

**March 6**

*Manning Brothers  
Entertainment  
2:00pm*

**March 7**

*Andy Forgie  
Entertainment  
2:00pm*

**March 13**

*Art Lajambe  
Entertains  
2:00pm*

**March 14**

*St. Patty's Social  
2:00pm*

**March 17**

*St. Patrick's Day*

**March 20**

*Theme Day*

**March 21**

*Pub Night with Gary  
Cassibo  
6:30pm*

**March 28**

*Wayne Scott  
Entertainment  
2:00pm*

**March 31**

*Easter*

## *Message from the Administrator*

Our 9<sup>th</sup> Annual Easter Egg Hunt is slated for the Saturday before Easter, which will be a little earlier this year, occurring on March 30th, so hopefully the chocolate eggs won't be buried in snow! The event will take place at 10:30 AM at Moira Place, and we're hoping for a similar turnout to our pre-pandemic Easter Egg Hunts, with our last one being in 2019. We will have prizes for four different age categories (a new bicycle for each of the age groups) and approximately 26,000 chocolate eggs for the kids to find. The setup will be the same as in previous years where the older age groups will conduct their hunt outside in three separate sections of our grounds, and the toddlers will be in our Fireside Lounge. The entire community is welcome to attend, along with family members of our residents, so please invite the kids and grandkids to join in on the fun. Darryl Drain of Drain Poultry – who supplies eggs to our Dietary Department – is donating funds towards the purchase of the chocolate eggs, so thank you to Darryl.

For those of you who have access to social media, we sincerely hope that you have "Liked" us on Facebook. This provides an excellent method for keeping up-to-date with the happenings at Moira Place, as we regularly put up information and photos of our residents and staff to let you see what's going on here. We're on a mission to reach 2,000 followers and at time of writing we're at 1,914. We have people following us from several countries and not just Canada, such as: USA, Nigeria, Norway, Philippines, Pakistan, United Kingdom, Australia, Costa Rica and Ghana.

Moira Place has two excellent physician's who work with us to provide your medical care as part of our team. They are Dr. Andy Quinn, and Dr. Chuck Mustard. Both also work at Gateway Community Health Centre and see a wide variety of patients in that setting, which ultimately benefits us with the experience and skill sets that they bring to our residents. If you have an opportunity, please thank your doctor, as they work diligently to keep up-to-date in the ever-changing world of medicine and they are all incredibly devoted to our home and to your individual care.

Michael O'Keeffe,  
Administrator



Helen and Karen all decked out in purple.

## St. Patrick's Day Social!

*March 15th celebrate the luck of the Irish and wear green— anything goes!*



Rella and Marion enjoying ice cream cart.



Jake and Glenda, she loved his performance!

## March Joke of the Month

**Why is the calendar always full before April?**

*Because there's so March to do.*





# First Day of Spring

TUESDAY MARCH 19TH, 2024

## Hairdressing Services

**Salon Hours**  
**Tuesdays from 9:00am-2:00pm**  
**and**  
**Wednesdays from 10:00am-5:00pm**



**Resident/POA must fill out a permission form to receive services by Joanna.**

*Pricing and services included on form.*

**Joanna will make you look fabulous!**  
**For inquiries call 416-276-6506**



Doreen loves animals.



Hope and Don enjoying the puppy snuggles.

**March 10th, 2024**

**Don't forget to  
adjust your clocks!**



## March is Music Therapy Awareness Month!

In Canada, March is recognized as Music Therapy Awareness Month, where we celebrate the services provided by Certified Music Therapists who utilize music-based clinical practices to help engage and rehabilitate residents and patients depending on their personal needs. The first findings on music therapy were in the 1800s. Musical therapy can be beneficial to all ages from the NICU to hospice and palliative care. Here at Moira Place we have a local musician, Jackie that comes in to do musical therapy, one to one or in small groups with our residents. The benefits that come along with having music therapy in Moira Place have been exponential for our residents. Residents can have an improved mood, reduction of anxiety, improved memory, as well as physical stimulation of conscious and unconscious body movements.



**Tory and Pauline enjoying a pub night together.**



**Irene is kicking back with a mocktail enjoying the tunes at the Birthday Party celebration.**



## Irish Blessing

May there always be work for  
your hands to do.

May your purse always hold a  
coin or two.

May the sun always shine on  
your window pane.

May a rainbow be certain to  
follow each rain.

May the hand of a friend always  
be near you.

May God fill your heart with  
gladness to cheer you.



## Are You Swallow Aware?

March 16th, 2023 is swallowing awareness day. Dysphagia is a term that refers to swallowing difficulties of solid or liquid in any of the three primary phases of the swallowing process.

Dysphagia can vary in severity from mild swallowing difficulties to complete inability to swallow. This condition is more prevalent among older adults; however, it can affect individuals of all ages. Since it can develop gradually over time, dysphagia often goes unnoticed. Problems with swallowing can have an impact on physical as well as mental health. Individuals with dysphagia are often nutrient deficient, dehydrated, and fatigued.



### Signs and symptoms

- Continuous drool of saliva
- Inability to chew food
- Feeling of food stuck in the throat
- Pain when swallowing food or liquid
- Coughing or choking during meals
- Wet ("gurgling") voice following eating or drinking
- Unintentional weight loss following malnutrition



**Hop on Over**  
to the  
**Children's Easter Egg Hunt**

**Saturday March 30th**  
**at 10:30am**

**Moira Place Long-Term Care Home**  
**415 River St. W. Tweed**

Bring your basket and search for  
thousands of Chocolate Easter Eggs.  
Enter the draw for a chance to  
win a **NEW BICYCLE!**

**Age Categories:**  
2yrs & under  
(indoor hunt)  
3-5 yrs  
6-8 yrs  
9-12 yrs







Jane had a lovely picnic style lunch with friends.



Kelly and Shelia Colouring.



## International Women's Day!

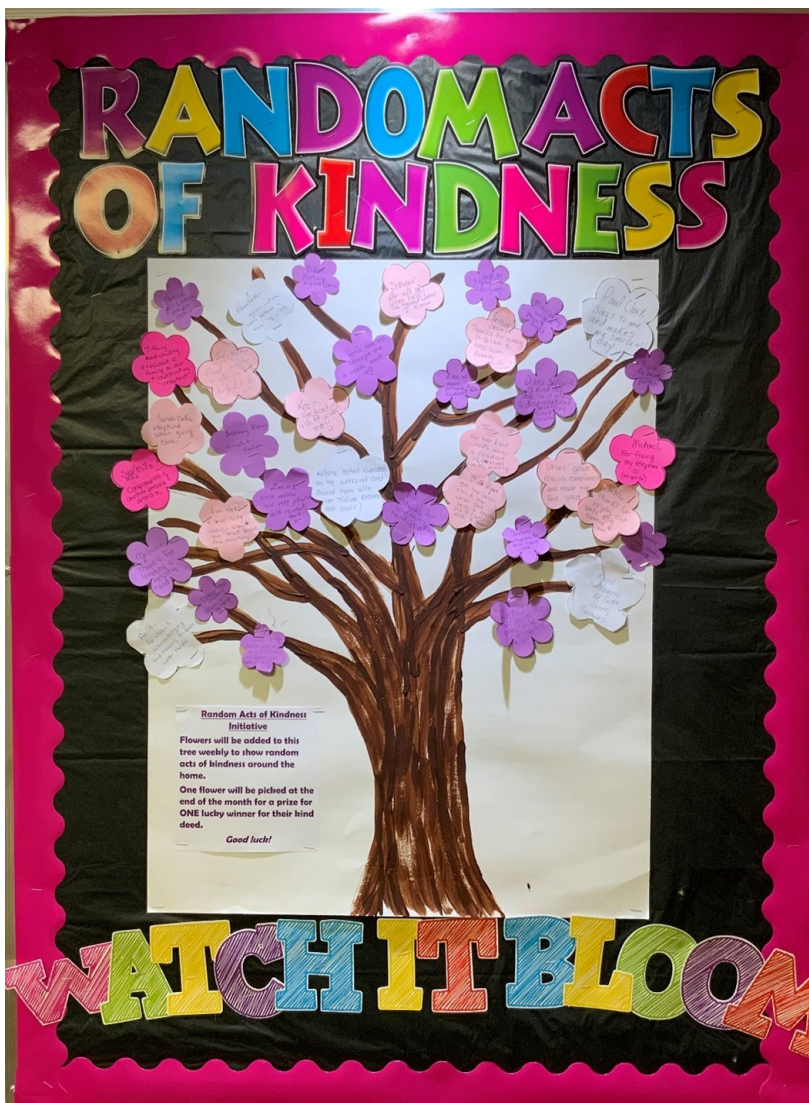
March 8th is International Woman's Day. This day is recognized all over the world to celebrate women's and girls social, economic, cultural and political achievements. This is also a time to recognize the progress that has been made towards achieving gender equality and the work remaining to be done.



Helen is on Fiji time!



# Random Acts of Kindness Initiative



"A little bit of kindness goes a long way!"

For the month of February we had a "Random Act of Kindness" Initiative where resident's and staff nominated Each other around the home for their kind deeds. As you can see a lot of kindness happens regularly and one lucky winner was selected at the end of the month.

## News from IPAC: March 2024

As we come into spring (YAY) do you know the difference between seasonal allergies or respiratory illnesses? Sometimes it is hard to differentiate between them. Common symptoms of both are: sneezing, runny or stuffy nose. However, there are many differences. Allergies generally will also have symptoms of itchy watery eyes and can last for long periods of time, depending on the allergen involved. Respiratory illnesses are generally short lived and can have symptoms of sore throat, cough, and fever. We strongly recommend, that if you are not sure, and have any of these symptoms you avoid visiting until you are feeling better or wear a mask and be diligent with using our hand sanitizers located throughout our Home. Together, we can keep our Residents safe.

