



MOIRA PLACE

THE MESSENGER

June 2025

A MESSAGE FROM OUR MANAGEMENT TEAM

June is Senior's Month, which gives us an opportunity to recognize and celebrate the aging population of our community and throughout the province. We have much to be thankful for when we look back at what they have done for us. Aging does not prevent any of us from leading fulfilling lives with a focus on well-being, inclusion and community connection. Seniors continue to contribute to our community, and we can all benefit from their knowledge, wisdom, friendship, stories and experience.

Many of us have spent most of our careers in the long-term care field and for this we are so fortunate. When you are given the opportunity to help someone who is in need of support, it doesn't feel like work; rather, it provides a sense of fulfillment and honour, which you don't find in every field or profession. Our seniors have led full lives that are rich with history and insight, and every now and then someone will astonish you with a precious moment from his or her past. If you get the chance, please sit down and start a conversation with one of our residents – you might be pleasantly surprised.

“The spirit never ages. It stays forever young.” – Lailah Gifty Akita.

Last month, we were so fortunate to celebrate Mother's Day with our residents and their families and this month we are honored to celebrate Father's Day. We will be celebrating on June 12th with social time and light snacks. Family and friends are welcome to come to celebrate. This celebration will take place at 2pm in each home area in the dining room. We look forward to spending this special time with everyone.

We have a couple of exciting personnel announcements to share. Carla Fraser has moved into the Director of Care role for Moira Place, we are very excited to have Carla step into this new position. On May 7th, we had a new Associate Director of Care, Camron Parker, join our team at Moira Place. Please join us in giving Camron a warm welcome and Carla warm congratulations.

Tera Pollock
Administrator



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Where *community* develops.

Please note that signing a media consent form is required to be included in newsletter pictures and media sharing.

WHAT IS ADVANCED CARE PLANNING AND WHY IS IT IMPORTANT?

Advanced Care Planning is a process of formal decision making to help someone establish decisions about their future care, which takes effect if/when they lose the capacity to make decisions for themselves.

During this process it gives the opportunity for someone to share their values, goals and preference regarding current and future medical care.

It ensures the person receives the care they want and begins early discussions about end-of-life care – which can be uncomfortable conversations to have but they are essential.

Think about what is important to you, what gives your life meaning and what brings quality to your life.

For more information about Advanced care planning, see our SSW Cortni or visit Speak Up Ontario at advancecareplanningontario.ca

Moira Place Website

<https://www.moiraplace.com/>



JUNE BIRTHDAYS!

Dorothy E | June 2nd
Dorthea M | June 3rd
Eunice T | June 4th
Patricia P | June 9th
Alan V | June 15th
Barbara C | June 16th
Jean M | June 17th
Helen C | June 20th
Mary G | June 25th
Blanche E | June 27th
Rosaline T | June 27th

Fathers Day Social



**Family & Friends
Welcomed**

THURSDAY, JUNE 12TH AT 2:00PM

LOCATED IN HOME AREA DINING ROOMS

June Humor

How can you tell the weather's getting warmer?
There's a spring in people's steps.



Inquire Today
613-478-5524

JUNE IS SENIORS MONTH

June is Seniors Month in Ontario. It's a time to acknowledge and honour the amazing seniors in our lives across the province.

This year's theme, **Fit, Active and Healthy Seniors**, focuses on helping older adults. We support them through programs that promote wellness, social engagement and education.

Here's some ways to maintain a fit, active and healthy life style while living in Long Term Care:

- Get Outside for Walks
- Join our Exercise Classes and Restorative Programs
- Participate in Group Yoga
- Stay busy engaging in activities
- Try tracking and logging your exercise engagement
- Set achievable goals for yourself

To view Moira Place Happenings access AON
TV by visiting the link below:
<https://www.moiraplace.com/aon-tv>

SUN SAFETY TIPS

To Minimize the risks of sun damage when spending time in the sun, practice the following tips:

- Be mindful of when UV rays are strongest (Between 10am and 4pm)
- Use Sunscreen Appropriately (Apply 15-20 minutes before exposure, choose SPF 30 or higher)
- Wear wide brimmed hat and lightweight, long sleeved clothing/pants to minimize direct exposure
- Stay hydrated and drink water to avoid dehydration

THE SECRET TO STAYING MENTALLY AGILE

In addition to its physical health benefits, laughter also works wonders for mental agility. It stimulates cognitive functions, such as creativity, problem-solving, and memory. Here's how:

1. Cognitive Enhancement:

Laughter triggers the brain to release dopamine, a neurotransmitter associated with pleasure and reward. This influx of dopamine can enhance cognitive functions, fostering creativity and problem-solving skills.

2. Memory Improvement:

Laughter's influence on the release of dopamine can also improve memory retention. A positive mood, often induced by laughter, has been linked to better memory recall and the ability to absorb and retain information more effectively. So, not only is laughter excellent for your physical health, but it's also a fantastic mental workout, keeping your mind sharp and agile as you enjoy life's humorous side.

ENTERTAINMENT LINE UP

Stirling Citeizen Band | June 2nd
Hal | June 4th
Manning Bros. | June 5th
Art | June 11th
Kathy | June 18th
Jay | June 19th
Dayspring Choir | June 24th

Putting Their Putting to Practice



"PUTTING IS LIKE WISDOM - PARTLY A NATURAL GIFT AND PARTLY THE ACCUMULATION OF EXPERIENCE."

-ARNOLD PALMER

