

MOIRA PLACE

THE MESSENGER

July 2025

A MESSAGE FROM OUR ADMINISTRATOR

On Monday July 29th, we will mark our 16th year of operation in Tweed. It is an honor to serve the numerous people who have decided to call Moira Place their Home. As we look back and think of the people we've met, it's hard not to smile and recall those who made a difference in our lives, or impacted us in a meaningful way.

If you or your loved one live in a shared room with us, or an enhanced basic room and there is a rate reduction involved, you should have received a rate reduction application from our Office Manager, Cassie Tebo. As part of this process we require you to provide the Notice of Assessment for 2024 that the Canada Revenue Agency provided you when you filed your income taxes. We require this documentation to complete the application and submit to the Ministry of Long-Term Care in order to get the proper reduced rate entered into their system. Please get this application back to us or book an appointment to see Cassie as soon as you can. Deadline is July 15th and the new rates that the Ministry has set go into effect on July 1st.

If you haven't already checked out our Facebook page, please do so and follow us so that we can continue to grow the numbers of people having virtual access to our home and the wonderful activities and events that happen on a regular basis. We have over 2,000 followers and we're reaching people around the world, in such faraway places as: USA, Nigeria, Norway, the Philippines, Ethiopia, India, the United Kingdom, Pakistan, Australia and Botswana. This is a great way to stay connected with us and to share pictures of your loved ones, so please look us up.

Tera Pollock,
Administrator

JULY ENTERTAINMENT LINE UP

July 3rd | Wayne - 2:00pm

July 9th | Art - 2:00pm

July 10th | Andy - 2:00pm

July 16th | Mike - 2:00pm

July 17th | Jay - 6:30pm

July 23rd | Darlene - 2:00pm

July 30th | Myles - 2:00pm



AON Long-Term Care
Moira Place
Website

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



Follow Moira Place
on Facebook

AON^{Inc.®}



Where *community* develops.

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

INFORMATION REGARDING RATE REDUCTIONS:

Rate Reduction Residents please be aware that your rate reduction applications will need to be submitted this year before June 30th, 2025 to receive your rate reduction for the rate reduction period of July 1, 2025 to June 30, 2026. Please forward your 2024 Notice of Assessments as soon as possible to Moira Place so that your rate reduction applications can be submitted to the Ministry.

If you have any questions or require further information, please do not hesitate to contact me.

Cassie Tebo, Office Manager



FAMILY COUNCIL MEETING

10:00am | August 27th

Fireside Lounge



MAINTAINING GOOD HEALTH

Focusing on regular physical activity, a balanced diet, and staying mentally active will help you maintain good health.

Prioritizing social connections, managing stress, getting adequate sleep, and keeping a positive outlook towards life can also be very beneficial.



International Joke Day

July 1



“What did the Beaver
say to the Maple Tree?”



“It’s been nice gnawing you!”

INTERNATIONAL DAY OF FRIENDSHIP

JULY 30TH

Ways you can Celebrate:

- Do something nice for someone
- Make a new friend
- Show appreciation for your friends



Friendship enhances emotional resilience, boosts brain power, may improve sleep and makes people healthier!



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



Inquire Today
613-478-5524

NATIONAL INJURY PREVENTION DAY JULY 7TH

Steps to Take to Prevent Falls

- Stay physically active
 - Regular exercise improves muscles and makes you stronger
 - Exercise keeps your joints, tendons, and ligaments flexible
- Try balance and strength training exercises
 - Improves balance and muscle strength
- Get enough sleep
 - if you are tired, you are more likely to fall
- Stand up slowly
- Use an assistive device if you need help feeling steady when you walk
- Keep your hands free
- Choose the right footwear
 - wear non-skid, rubber-soled, low-heel shoes
- Consider staying inside when the weather is bad



FRIENDS AND FAMILY DINING

Moira Place Visitors are able to dine with their loved ones' in the home.

Friends and Family Dining only requires reservation and payment 24 hours before visit.

New Rates have been added.

All guests will be required to pay \$11.25 for lunch and \$12.75 for dinner.

If interested, please call front desk for more details 613-478-5524.



JULY BIRTHDAYS

Margaret W. | July 6th

Eric W. | July 12th

Reta J. | July 15th

Audrey L. | July 20th

Donald B. | July 21st

Noreen A. | July 28th

Paul C. | July 28th

Dorothy D. | July 30th



