



MOIRA PLACE

THE MESSENGER

August 2025

A MESSAGE FROM OUR ADMINISTRATOR

There have been some nice changes that you will notice in our beautiful front entrance. We have replaced our 3 chandeliers with new lighting and this has freshened up this wonderful space. Please take a look when you are passing through, we are excited to hear what everyone thinks.

I want to thank a few people for helping to make the grounds of Moira Place look incredibly beautiful: Matt & his son Dominic Robinson have been our contracted provider of landscaping services since we opened in Tweed in 2009 and they are a big reason as to why our grounds look so wonderful and are so well maintained; Linda Van Will, a neighbour of ours, has been instrumental in choosing the flowers that we have throughout the grounds and has cared for each and every garden since we opened as well; Sandra Coates, whose mother used to live with us, has volunteered for the past few years as well and is a big help to Linda in keeping the gardens looking as beautiful as they do. Thank you again to each of these folks and if you can't see our grounds in person, have a peek at our Facebook page, as there are many pictures showing off their hard work.

One of the biggest challenges that our elders face in our society is an injury sustained as a result of a fall. Moira Place has a Falls Injury Prevention Committee that meets monthly and some of the objectives of this program include decreasing falls; decreasing the severity of injury; decreasing the number of fractures & hospitalizations; increasing endurance; improving functional mobility; increasing muscle strength; improving balance; increasing range of motion; the provision of social support; and confidence gained in ambulating ability. This is an area where a great amount of time and attention is spent attempting to minimize injuries to our residents. If you have any questions about our program, please speak with Carla Fraser, Director of Care.

We have a new foot care nurse who joined us on Friday July 11th, 2025 as a new contracted service in the home. Her name is Vanessa Miner and she joins us from Thankful Soles foot care and she will be providing basic, advanced and diabetic foot care to our residents. She will be on site at Moira Place on Thursdays and Fridays.

Tera Pollock RN,
Administrator

AUGUST ENTERTAINMENT LINE UP

HAL
AUGUST 6 | 2:00PM

MANNING BROS
AUGUST 7 | 2:00PM

VICKI
AUGUST 11 | 2:00PM

ART
AUGUST 13 | 2:00PM

MURRAY
AUGUST 20 | 2:00PM

GARY
AUGUST 21 | 6:30PM

DAYSPRING CHOIR
AUGUST 26 | 7:30PM

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.

Utilizing Courtyards

Our courtyards are located outside of Trillium and Heritage dining rooms and are a tranquil space for residents and families to visit with one another.

The courtyard gardens are maintained by volunteers and residents with blooming annual and perennial plants.

We have sunscreen pumps and hat racks located outside of each entrance of the courtyard to protect our residents from any form of sunburn or sun damage.

Please note all residents should be monitored while being outdoors to ensure they are safe and not outdoors for too long to prevent heat stroke and/or dehydration.



National Friendship Day

AUGUST 3

A day to celebrate friendships new and old.

Try to take some time and appreciate your co-residents' acknowledge the value they bring to your daily life.

FUN INDOOR ACTIVITIES TO BEAT EXTREME SUMMER HEAT

- Arts and Crafts
- Reading books or magazines
- Repotting Houseplants
- Movies
- Board games and puzzles



Happiness Happens Day

August 8

A day to acknowledge and celebrate happiness.

Encouraging people to be open about their joy and share it with others, happiness is a contagious and positive emotion!

Take a moment to reflect and write down 5 things that make you happy. Try to engage in these 5 things at least once in the next month.

FAMILY COUNCIL MEETING

10:00am | August 27th

Fireside Lounge





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



Inquire Today
613-478-5524

Summer Safety Tips When You Are Elderly....

- STAY HYDRATED & DRINK LOTS OF WATER
- MONITOR MEDICATIONS
- DRESS FOR THE WEATHER (SUNHATS, SUNSCREEN AND LIGHT COLOURED CLOTHING)
- PROTECT YOUR EYES BY WEARING SUNGLASSES OR A SUNHAT
- STAY INDOORS WHEN IT IS TOO HOT OR HUMID
- BE AWARE OF THE WEATHER



STAY COOL!



National Senior Citizens Day

AUGUST 21



A day to recognize the achievements, dedication, and contributions of senior citizens.

It's also an opportunity to show appreciation for the valuable role they play in society.

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.



AUGUST BIRTHDAYS

Elizabeth B. | August 1
Ilene S. | August 1
Hans V. | August 2
Raymond S. | August 7
Bob A. | August 7
Corinna G. | August 8
Jim S. | August 12
Joyce W. | August 18
Pat R. | August 19
Joan Y. | August 20
Janice H. | August 24
Sheila C. | August 28





Exercise



STAYING ACTIVE ALL SUMMER LONG!



Baking



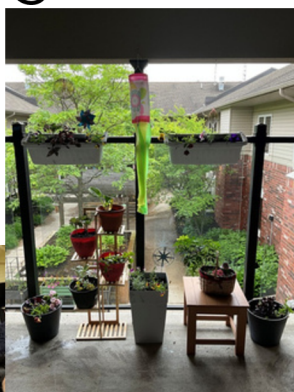
Ice Cream Sundaes



Arts & Crafts



Gardening



Live Music



Putting Practice

