



MOIRA PLACE

THE MESSENGER

September 2025

A MESSAGE FROM OUR ADMINISTRATOR

As the summer draws to a close, we hope that everyone has enjoyed a safe and sunshine-filled season with loved ones. As part of our September newsletter, we are looking to review our mission statement and values. A Mission Statement is something that we look to when setting strategic plans for upcoming years and outlines the manner with which we conduct ourselves.

It is valuable to remind people of these core concepts that influence the decisions that we make every day, as well as the long-term decisions that may have a larger impact on the people we interact with day-to-day.

Outlined below, is our Mission Statement and the Values that we abide by:

AON Long-Term Care homes are dedicated to creating a “new tradition of long term care” by combining a comfortable environment with flexible programs tailored to individual needs. We will provide a home-like environment that promotes the maximum independence, dignity, safety, and wellness of every one of our residents.

Values:

Choices: Our commitment is to treat every resident as an individual. We recognize the right of each resident to make decisions about their own care and we encourage individual control over the choices encountered in daily life.

Holistic Care: We will provide a range of services to care for the whole person: mind, body and spirit. "Wellness" is more than just attending to physical care needs, it means fulfilling emotional and spiritual needs as well. We will emphasize what our residents can do -- not what they can't do -- in striving to achieve optimum independence and wellness.

Involving Families: We understand the importance of family involvement and welcome family participation in every aspect of our residents' lives.

Courtesy and Respect: We will demonstrate the highest standards of courtesy and customer service excellence in every interaction with residents, their families, fellow employees, and members of the community. At all times we will treat our residents, and each other, with respect.

If you would like to discuss any of these values or our mission and how they affect you and/or your loved one, please feel free to stop in and see me.

I hope that everyone has a wonderful autumn. I hope you enjoy the cooler evenings and the beautiful fall colors that will be coming our way.

Tera Pollock
Administrator

SEPTEMBER ENTERTAINMENT LINE UP

September 3rd
Wayne- 2:00pm

September 4th
Brian- 2:00pm

September 10th
Kathy- 2:00pm

September 11th
Art- 2:00pm

September 17th
Darlene- 2:00pm

September 18th
Gary- 6:30pm

AON Long-Term Care
Moira Place
Website

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



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AON^{Inc.®}



Where *community* develops.

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

Arthritis Awareness Month

Approximately 1 in 2 adults over the age of 65 are living with arthritis. While arthritis can impact people at any age, older adults have additional considerations to keep in mind to optimize their symptom management.

Coping with a chronic condition such as arthritis can be a challenge at the best of times, particularly when it's accompanied by daily pain. While many treatment plans include strategies to manage the physical symptoms of arthritis, it's also important to take care of your emotional and mental well-being.

The good news is that there are simple actions you can take to help look after your mental health, which in turn can help improve your physical health.

Here are some strategies to help improve you mental and physical health:

- Get a Good Nights Rest
- Stay Active & Move Body, Joints and Muscles
- Pace Yourself to Avoid Physical Fatigue - Take Breaks!

Environmental Service Week

September 14th - 21st

This week is dedicated to recognizing and appreciating the hard work of environmental services staff. It's a time to acknowledge their contributions to maintaining clean and safe environments in our home daily.



Make Sure To Thank All Of Our Wonderful ES staff This Week!

Footcare Services

Moira Place has hired a new footcare nurse named Vanessa. Vanessa is an RPN who primarily focuses on the footcare needs of all residents residing with AON long-term care who have signed up for the service.



Upon admission, resident/POA/SDM have the option to register for service right away.

If chosen to wait and see the need for service, reach out and register through our Director of Family and Resident services, Tracey McKichan and register for service signing a referral form.



Sheila, enjoying a coffee outdoors.



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



Inquire Today
613-478-5524

Talking to Someone with Dementia

The more dementia progresses, the more difficult conversation becomes. While feeling disheartened is normal, don't give up!



Here are helpful tips that might improve the relationship.

Do:

- *Introduce yourself, even if it feels awkward*
- *Use humor and smile*
- *Go at their desired pace*
- *Use visual cues and gestures for direction*
- *Accept inappropriate answers or nonsense words*

Don't:

- *Argue*
- *Ask them to reason or problem solve*
- *Say, "Don't you remember"*
- *Correct their ideas or scold in any way*

"They may forget what you said, but they will never forget how you made them feel."

~Carl W. Beuchner



Phyllis, the bowling champ!

SEPTEMBER BIRTHDAYS

HAPPY BIRTHDAY

Frank C: September 4th

Emily A: September 13th

Francoise B: September 20th

Eveline N: September 21st

Thomas M: September 28th



Thankful for Our Community & Supporting Local!



We have had many different community collaborators this year come into the home to provide different services, and offering their desired niches to residents. We try our best at Moira Place to support local when buying resources for resident activities.

Thank you to the following local businesses for their collaboration this past 2025 year: Duffers Chip Truck, Kiwanis Club of Tweed, Cube Coffee Bar, Stonepath Green Houses, Root Cellar Garden Center, Rashotte's Home Hardware, The Tweed News, Toms Independent, Tweed Tim Hortons, Farm House Foods in Stirling, Tweed Elementary School, Tweed Legion.

