

Summer 2009

Bay Haven Newsletter

BAY HAVEN CELEBRATES 10 YEARS OF THE SUMMER JAZZ PARTY



“Stormy Weather” did not stop the crowd from “Singing in the Rain” as friends and family gathered to enjoy Bay Haven’s annual Kick Off to Summer Party and afternoon of Jazz music provided by Moonglow. This talented trio of John Potts and friends entertained us with the music of the golden age of popular song as well as sophisticated swing and jazz.

This year’s celebration was a milestone; we have been celebrating the Kick Off to Summer Party with this great Jazz trio for ten years now!

Residents, family and friends enjoyed popcorn and soft drinks. A Cookie Sale netted over \$200 for Resident Council. Lucky prize winners included Ruth Trenholme, Nettie Burechails, Millie MacLean, Florence Holt and Ann Stacey. David Duncan won the jar of jelly beans with his guess of 1008 jelly beans.

YOU'RE WELCOME

Bay Haven welcomes the following new residents to our home and family.

A warm welcome is extended to new Nursing Home residents:

Miss Christina McKenzie

Mrs. Anne Odnokon

Mrs. Margaret Odor

Mrs. Marie McBride

Mrs. Irene Isaac

A warm welcome is extended to new Retirement Home residents:

Mrs. Dorothy Petch

Mrs. Dorothy McLeod

Mrs. Minnie Robinson

MANY THANKS TO...

- Mr. Nick Hodson for a wonderful slide presentation of his paintings. Nick's knowledge of the history and people of Collingwood is incredible. A warm thank you also for Nick's donation of his drawings which we have proudly displayed in the Retirement Suites.
- Rick, Susan and Sarah from Smart's Flowers for providing a marvellous Flower Arranging demonstration. The breathtaking flower arrangements were then won by lucky audience members. It was sensory stimulation at its finest!
- The Meesters family/farm for the donation of fresh, local and delicious asparagus.
- Mrs. Ruth Barber for the donation of a hand crocheted afghan. The donation was a draw prize at our Family Party.
- Our hairdresser Chris Vivian for kindly donating prizes for our Family Party.
- Floral Renaissance and Blue Mountain Flowers who donated Carnation corsages for each resident's birthday and the monthly Birthday Party.

MAKE A FRIEND A NEIGHBOUR!

Do you know someone who might benefit from living at Bay Haven Retirement Home? If you think you do, you could make some cash! Effective July 1st we are offering a referral incentive to anyone who refers a resident to Bay Haven Retirement Home. Some restrictions apply. See Cynthia Strandholt or Roseanne Beaupre for more details.

SAFETY REMINDER

Bay Haven Senior Care Community continuously strives to make our home safer for our residents, staff, visitors and volunteers. Vehicle traffic at Bay Haven is something that we continue to monitor. Everyone driving on Bay Haven property is asked to drive slowly and cautiously and watch for residents. For those who don't already do so, please consider backing into your parking spot in the rear

parking lot. Speed bumps are installed in the driveway to encourage slower speeds. Please comply with 'No Parking' signs in the driveway as emergency vehicles require full access. Safety is everyone's responsibility. We can all make a difference.

REVIEW YOUR CONTRACT

Annually we encourage family/substitute decision makers to review and update the Nursing Home resident's contract. Should we not hear from you, we will deem the current contract to be in full effect.

If you wish to make an appointment to review the resident contract, please contact the Charge Nurse at 705-445-6501.

RAI-MDS UPDATE

As mentioned in the spring edition of the newsletter, we continue to proceed with implementation of the Resident Assessment Instrument - Minimum Data Set (RAI-MDS) 2.0 common assessment tool. Leigh Straiton, RN is the RAI Coordinator and Sue Dunn, RN is the Backup RAI Coordinator. Leigh and Sue are working diligently to get all staff trained on the new RAI-MDS processes as well as the new nursing software.

EMPLOYEE RECOGNITION

Our most recent recipient of the employee Recognition Program is Cathy Eberhardt.

Cathy Eberhardt joined Bay Haven in 2001 as a Personal Support Worker. Cathy has a smile for everyone; she is a "People Person" and loves working with the residents.

Prior to joining Bay Haven, Cathy worked in the restaurant industry as a waitress for Pepi's, Don Cherry's and then the Gateway Restaurant. Most people who come through the doors of Bay Haven remember Cathy and her friendly persona as a waitress.

Cathy, a single mother, was raising her two sons on her own when she considered changing careers to health care. After so many years of being away from studying, Cathy was at first hesitant; she was unsure of her commitment to being a student once again. She approached Georgian College a few times before officially registering. She hasn't looked back since! She says this career is definitely for her and although the classroom component was a bit challenging, she is a quick "hands-on" learner.

Outside of work, she keeps busy with her two sons; Chris, 21 and Rob, 20 and her busy social life with friends and family. She also enjoys gardening and house work. She says she is a bit of a perfectionist in all she does.

Cathy loves working with the residents here at Bay Haven; she truly enjoys her job. Cathy is a pleasure to work with; she is a real asset to Bay Haven. Her family and friends are very proud of her award.

Congratulations, Cathy on a job well done!

Nancy McIntosh

In April 2009, our Employee Recognition recipient was Nancy McIntosh, RN. At the time of the award, Nancy was away and was not featured. This is her story.

Nancy was born in Lewiston, New York and spent her summers at their cottage in Ontario. This is where she met her husband Mac at the tender age of 13 years.

Nancy's choice for a nursing career was influenced by her family and Mac's family. Nancy's father wanted her to have a "useful" profession. Mac's mother and sister were in nursing and his father was a doctor. Nancy has never regretted her choice of a nursing career. She attended the University of Buffalo and then Millard Fillmore School of Nursing. Nancy was married in her senior year and after graduation worked in surgical recovery. Nancy and Mac moved to Toronto after Mac accepted a job in the Insurance Business. They have three great children and seven wonderful grandchildren.

After Nancy's children were in school she returned to nursing part time in the Emergency Department and then as a nurse clinician for eight family doctors in Burlington, Ontario. Blue Mountain was always an integral part of their lives; the family spent winter weekends here for over 35 years. After the children became more independent, Mac and Nancy moved here permanently and have never looked back!

Nancy has enjoyed long term care nursing, especially at Bay Haven where she says the staff is the best, very caring. She enjoys very much the Residents and meeting their family members.

When Nancy is not at work, you might find her in Ottawa, Vermont or Florida visiting the children, or skiing, kayaking, camping, trying to play golf and bridge, or just enjoying family and friends.




Congratulations, Nancy on a job well done!

WAY TO GO!



Bay Haven is proud of the many accomplishments we have achieved over the years. In-services, seminars, and other educational opportunities keep staff abreast of current long term care issues and in turn allow us to provide the best care possible to our residents.

Congratulations to...

-  Melissa Farley, who has returned to school for a BSCN. This Georgian College and UOIT program facilitates RPNs who are working to become RNs. She is thrilled to have been awarded a Bay Haven bursary to pursue these studies!
-  Debbie Orlik, for receiving her Executive Housekeeping certification.
-  Activity staff now have their Smart Serve certificates. Congratulations!

ACTIVITIES REPORT

Since coming to Bay Haven, Nursing Home resident, Andy Morritt, has decided to pursue his previous hobby of stamp collecting. He asks if anyone receives mail that has an interesting stamp and they don't mind parting with it, please drop it off in the activity office. Andy thanks you in advance!



- Courtyard Picnics start on July 9 and will run every Thursday at noon during the months of July and August. Enjoy an old fashioned picnic lunch al fresco!
- Families are reminded that there is a small barbeque in the courtyard available. Bring your own specially marinated meats or vegetables and enjoy the sizzling goodness of barbeque at your own private dinner party! Please call ahead to book.
- Outings scheduled in July and August include:
 - A visit to the soccer field to cheer on Bay Haven's soccer team.
 - Jazz at the Station musical presentations. Two evening performances are available for your enjoyment in July and August.

If families could assist with any of these outings, please call Susan at 445-6501.

- Enjoy a tour of the community on a Town Drive held the last Wednesday evening of each month.

- Let Elvis entertain you on July 23rd. More details will be posted as the date gets closer.
- In August, the Resident Council in the Nursing Home will mark 30 years in Action with a celebration on Tuesday, August 11th.
- A watercolour painting class is being offered monthly in the Nursing Home. Local artist Judy Shield leads this creative program.
- Join us as we reminisce about the 'good ole days' and the cars we used to ride in at the Antique Car Show in the back parking on Sunday, July 19th from 1:30-3:30. Family assistance is requested. Please call Susan at 445-6501 if you can help.

In the Nursing Home our outdoor summer walking program has begun. Residents who meet the criteria are encouraged to maintain their walking abilities. It is a great opportunity to get some fresh air and exercise all at the same time. Therapeutic walking and group exercise programs are still under the direction of Physiotherapy.

Nursing Home residents are participating in a Pen Pal program. Bay Haven and 10 other nursing homes are exchanging postcards with each other. Residents work as a group with the assistance of a staff member to read received post cards and to write and send post cards. It is a great way to make connections with others in similar situations. As postcards are received, they will be posted on the bulletin board in the activity room.

PAPER TOWELS MORE HYGIENIC THAN ELECTRIC HAND DRYERS from the Environmental Services Department

Next time you are drying your hands at work or in a public restroom consider the findings of a recent scientific study, conducted at the University of West Minster, London. The study found that from a hygiene standpoint, paper towels were clearly superior to electric hand dryers for reducing bacteria counts and reducing cross contamination.

Until recently, electric hand dryers in public and shared washrooms were thought to be the best method of drying hands after washing them. New studies now suggest that electric hand dryers actually increase the number of bacteria on the hands and contaminate other washroom users and the entire washroom environment with air borne bacteria. In fact, if an electric hand dryer is the only drying method available, in terms of bacterial numbers, a washroom user could be better off not drying their hands at all!

Bay Haven has always used paper towels in all of the public washrooms because it provides superior hygiene and also helps to reduce cross contamination amongst residents. For a complete copy of this study visit www.westminster.ac.uk/~redwayk

SMILE FOR THE CAMERA

Once again, Bay Haven has arranged with local photographer, Jeff White to take portraits of residents, staff and their families in the fall. Have you considered having a family portrait taken but just never seem to get around to it? Why not have that portrait taken this fall.

Portrait possibilities are endless; parents and children, grandparents and grandchildren, mothers and daughters, fathers and sons, brothers and sisters, different generations.

Bay Haven pays for the sitting fee. Any photos ordered from Jeff are the financial responsibility of the parties involved. Look for dates and information at the entrances of both the Nursing Home and Retirement Home.

CO OPERATIVE EDUCATION STUDENTS

Jessica Blackman

My name is Jessica Blackman and I'm a grade 12 student at Collingwood Collegiate Institute. Since February I have been doing my co-op placement here at Bay Haven.

I've been helping out in the activity department setting up for activities, reminding and bringing residents to activities and learning everything that goes on in activation. As I further my education I plan on getting into this career field. I have enjoyed meeting and working with all the wonderful people here.

Lisa Hardisty

Hello!

My name is Lisa Hardisty. I am a third year Gerontology student with Laurentian University at Georgian College program in Barrie. As part of my school program, I am required to complete 40 hours in a facility of my choice with older adults. I chose Bay Haven because of the number of activities and opportunities they offer to its residents and I wanted to be a part of it! As part of my time here, I have been organizing and running a weekly Wii Fit program in the Retirement Home. So far, we haven't been playing sports games to get acquainted with this new technology! I am so thankful to the Bay Haven staff and especially all of the residents who have welcomed me with open arms into their home...what a sense of family here! Thank you for providing me with such a great opportunity for learning.

THE PHYSIOTHERAPIST CORNER by Wenda Recoskie, Midland Physiotherapy

Transferring from wheelchair to car/vehicle can sometimes be challenging. Here are some helpful tips.



Open the car door all the way and move the wheelchair close to the car. Remove both leg rests. Put the person's feet flat on the ground. Place the side of the chair close to the car seat. Lock the wheels of the wheelchair.

Move in front of the person and put your knees against hers/his legs. Bend your knees a little and slide your arms under his/her arms and around his/her waist. Help him/her to stand while keeping your knees against his during the transfer.

Turn the person's back toward the seat of the car. Lower the person onto the seat when he/she is in front of the seat. With your hands under his/her knees lift his/her legs and put them inside the car. (Ensure that you are bending your knees when bending down.)

Most importantly have someone show you the right body mechanics, which involve using your legs instead of your back as you turn to move your family member from wheelchair to car. If you have any further questions or need/require training please see Wenda Recoskie, Midland Physiotherapy.

“OUR SUCCESSES”**Austin Muirhead**

Austin is always keen to participate in any of the exercise programs. He is an active participant at the group exercise. When visiting Austin for his physio program he is always willing to take part. Austin always has a joke and finds good in everything that he accomplishes. He is totally committed to the exercise programs and strives for fitness at his optimum level. It is always a joy to work with Austin because of his positive attitude towards life.

Florence Kinsman

When Florence arrived at Bay Haven in March 2009, she was dependant on her wheelchair for her mobility. Florence had incurred a fall which caused her injury to her right hip. But since she arrived, Florence has been involved with the physio program. She is always ready for exercise and strives for perfection. Due to Florence's hard work and dedication she is now walking independently with the aide of her walker. She has done extremely well and we are all proud of her swift success with her physical abilities. Not only has Florence put her right foot forward but her left as well. Well done!

I would also like to recognize all the residents for their continued hard work and perseverance with the physio program.

COMMUNITY HIGHLIGHTS

Denim Day

For the last several years, Bay Haven has been participating in National Denim Day, an initiative of the CURE Foundation. Staff, residents and visitors donned their denim on May 12th and made donations to the CURE Foundation to raise money for breast cancer research. Held on the first Tuesday following Mother's Day, employees at companies across the country wear jeans to work in exchange for donations. Bay Haven staff took part on May 12 raising \$100 for breast cancer research. Thank you to everyone who donated.

LET'S RECYCLE and MAKE A DIFFERENCE

Plastic Milk Bags for Beds

Help collect "plastic milk bags" to be used to make sleeping mats for third world countries. These mats are used by people in countries such as Haiti, Guatemala, Mexico and Uganda as beds rather than sleeping on the ground; they are comfortable and can be rolled up and taken on the go.

Back in 2001 a group of creative women in Fisherville, Ontario, launched a local mission project as a response of compassion to people in Third World countries. The women began to crochet attractive, durable, washable, sleeping mats out of plastic milk bags. The mats were then distributed by missionaries in Africa to people who had no other option but to sleep on the ground. The washable mats repel bugs and provide an alternative to sleeping on the damp and bare ground.

It takes approximately 250 milk bags to create a sleeping mat. The mats are made in two sizes - one for adults that is 36 x 65 inches, and a child's mat that is 30 x 45 inches. The mats are made not from the individual 1 litre milk bags but from the outer bag in which they are delivered. To be usable in the project the milk bags must be thoroughly washed, dried carefully and then folded flat. The plastic bags are also crocheted into tote bags that can be used for carrying groceries or as school bags and visors as well.

If you want to divert your bags from landfill sites and have them transformed into something to help others in Third World countries, please bring your plastic milk bags in. Cathy Woods, PSW is spearheading this project.

PASSINGS

We offer our condolences to the families and friends on the passing of the following residents:

Mrs. Marga Janetschka
Mrs. Cecilia Zettel
Mrs. Doris Duffy
Mr. Frank Kneeshaw

Mrs. Winnifred Lee
Mrs. Kathleen Plewes
Mr. Duncan Currie

Our next Memorial Service will be held in November 2009 in the Retirement Home.

ACCREDITATION

On September 23, 2009, Bay Haven will undergo a survey by The Ontario Retirement Communities Association. Successfully accredited by ORCA since 1995, Bay Haven has proudly passed ORCA's standards for accreditation and continues to meet the highest professional residential care standards in the province, demonstrating a commitment to quality and accountability to its residents, staff and the public. ORCA membership is an assurance of a safe, well maintained, professional and pleasant living environment. www.orca-homes.com

FROM THE FOOD FACTORY

BBQ season is here. Keep your house nice and cool by cooking dinner outside. Using the BBQ gives your food a savory grilled flavor, but it is also an easy healthy way to cook. Fish, chicken, beef and pork have never been more easy to cook. Cooking on the BBQ allows the fat from your meat to drip off and eliminate consumption. Meat and vegetables are great traditional foods to BBQ. But have you ever tried **BBQ fruit**? This is an easy treat for all to enjoy.

You will need:

- wooden skewers
- your favourite fruit (some favourites are bananas, peaches, apples, strawberries, pears, kiwi, cantaloupe, grapes and pineapple)

Preparation:

- soak the wooden skewers in water for a few hours to prevent them from burning on the BBQ
- wash and cut up the fruit assortment in large pieces to prevent them from falling off the skewers
- with your BBQ at medium heat, place the skewers on for about 5-7 minutes, turning once.

The natural sugars from the fruit will start to caramelize. This causes the fruit to become sweeter and tender as they break down faster in your mouth. Enjoy!!!

This is a flavourful sauce, on the sweet side. Adjust the sugar, molasses if you like your sauce a little less sweet.

MEMPHIS STYLE BARBEQUE SAUCE

Ingredients:

1 tbsp. butter	1 tbsp. Worcestershire sauce
¼ cup finely chopped onion	1 tbsp. liquid hickory smoke flavouring
1 ½ cups ketchup	½ tsp. garlic powder or fresh minced garlic
¼ cup chili sauce	½ tsp. salt and pepper
3 to 4 tbsp. brown sugar	1 tsp. chili powder
3 to 4 tbsp. molasses	Dash cayenne pepper
2 tbsp. prepared yellow mustard	
1 tbsp. fresh lemon juice	

Preparation:

In a saucepan, slowly sauté the chopped onion in butter until soft. Add remaining ingredients. Simmer for about 15 minutes. Taste and adjust seasonings. This is delicious on pork and chicken.

RESIDENT SPOTLIGHT

At Bay Haven, we have the pleasure of getting to know some truly remarkable people – our residents. With their permission, we invite you to get to know them too.

EVELYN COLE

Evelyn Florence Cole, nee McDonald was born in Toronto on December 2, 1933. Due to unfortunate family circumstances, Evelyn was put up for adoption. Times were tough during the depression and few families were adopting at the time. Evelyn was transferred to various foster homes in her first few years. Evelyn's biological uncle Albert, (her birth mother's brother) was concerned that Evelyn was not being raised by a family member and invited Evelyn to move in with his family.

Uncle Albert was very good to her but her aunt was strict and unreasonable. Although Evelyn does not have fond memories of her aunt, she feels blessed she was able to know her biological family including her mother, who she knew as Aunt Marge and her grandmother with whom she had a close relationship. Under her aunt and uncle's roof, she learned to play the piano which brought much happiness throughout her life.

Evelyn attended EarlsCourt Public School and McMurrich Secondary School in Toronto. During Evelyn's high school years, living under the same roof as Aunt Flory, with unrealistic restrictions and unfair treatment was difficult for Evelyn. Her aunt suggested it was best for Evelyn to move out. Young Evelyn, always

resourceful with excellent common sense, quickly found a job and was gainfully employed at Bell. She met a young man named Jim and fell in love. Although the two were very young, they were in love (Evelyn describes it as puppy love) and were married in 1950.

The young couple lived with Jim's parents until their first child, Russell was born in 1951. Jim's parents helped the couple with a down payment on a home in Toronto at the Six Points interchange, the area where Kipling Avenue, Dundas Street West, and Bloor Street West meet. At that time Evelyn was working for Carrington Distillers. In that era, pregnant and married women were not allowed to work. She did not confide her situation to her employer in order to continue working. In the last few months of the pregnancy, as she was walking up the stairs to her office, her boss noticed her huffing and puffing, but never said a thing. She worked until the day before the baby was born when her boss came in and said, "Evelyn, you must take care of yourself."

Evelyn and Jim were blessed with many children. She had a baby boy three years later named Jim and then two more children, Wendy and Donna. Evelyn's husband Jim had several different types of jobs, but never seemed to keep any job for very long. As with any young family, maintaining a home, looking after the kids and being a supportive wife can be quite challenging. But resourceful Evelyn was doing it all. She had their fifth child, Karen. After Karen was born, Evelyn was hired by BASF Canada in inventory control. She had a good job, was a quick learner and had good common sense. She was promoted quickly and earned a pay raise.

Evelyn hired a babysitter to come to the house to look after the three youngest children, Wendy, 4, Donna, 2 and Karen, 6 weeks old. Evelyn was ecstatic to have in-house day care; not having to dress the kids and drop them off before work each day. Her oldest children, Russell and Jim, Jr. were at school during the day.

Tragedy happened again. Evelyn came home one day and didn't see Wendy or Donna. Evelyn asked about the kids and the babysitter said they were outside. Evelyn knew they were not outside due to rainy weather. They looked all over the house and in the backyard. The neighbors began searching more extended areas and the police were contacted.

Unfortunately, the two girls were found in an old refrigerator in the basement. The doors could not be opened from the inside. Evelyn and the family were devastated. Counseling was not typical in those days. The only advice she received from her doctor was to have another child. Glen was born in 1963. Evelyn continued maintaining the home and working, while raising the children.

After 18 years of marriage to Jim, Evelyn moved out with the youngest two children and lived with a friend, while the oldest kids stayed with their father. She was happy to be free and independent. She saw the two oldest kids frequently.

One day when visiting with friends, she met an old acquaintance of her previous husband, Jon Cole. They enjoyed a friendly chat and said good-bye. Jon who bowled with Evelyn's oldest son, asked for her phone number. Their first date was at Massey Hall to see Merle Haggard.

A friend told her about a position at Johnson Matthey, a specialty chemicals company focused on catalysis, precious metals, fine chemicals and process technology. She was hired as an accountant and quickly moved into a supervisory role. She attended Ryerson Adult Education and took a three year management course. She had a great job and was making good money and was happy; life was good.

Evelyn and Jon dated for a couple of years and enjoyed each other's companionship. Before they were married, Evelyn had the first of many surgeries. Jon looked after her two kids as well as his three girls. His kids were important to him and he was a good father. This attribute was one more endearing quality about Jon and she was impressed! One evening, as they strolled by a jewelry store, Jon said, "I'm a lonely guy, you're a lonely girl. What do you say we be lonely together?"

They were married April 8, 1972 in Toronto. Due to a physical disability, Jon could no longer maintain his position at Canadian Dressed Meats. He offered to stay home and be "Mr. Mom"; he was a very good house husband. The couple raised their youngest children in a stable and comfortable home. They married off all the kids and paid off all their debts. In 1989, due to Evelyn's health issues, the couple decided it was time to relax and enjoy life. Evelyn gave notice to her employer; they sold their home in Toronto and moved to Jon's family homestead in Cobalt, Ontario.



Evelyn has fond memories of their retired years in Cobalt. Jon was a fiddler and Evelyn played the piano. Their band, the Coleman Township Old-timers, included a singer and guitarist as well. The band played at many nursing homes, traveling all over Ontario and Quebec. They loved it! In addition to music, the couple entertained a lot. They had many visitors, family and friends. They enjoyed fishing for Pike and Bass, and swimming and boating on Mud Lake. Evelyn was an avid knitter as well, knitting sweaters for family and friends.

In 2006, Jon died of cancer which had been diagnosed only four months earlier. She missed Jon but knew he had gone to "Hillbilly Heaven" as his friends called it. As Evelyn's health declined, she wanted to be closer to her family who lived in the Collingwood area. Evelyn had emergency surgery up north in 2007 and moved into Bay Haven shortly after.

One of Evelyn's most important lessons in life she has learned is to keep a positive attitude or you will go downhill fast. "I know life is hard but there are always better days ahead." One of the 'hardest times' memories was having hot dogs at Thanksgiving. It wasn't turkey but at least the family was altogether. She said the hard times make you tougher.

Evelyn is spiritual and believes there is a higher being; she asks, "How can you not believe there is a higher being when you see beautiful flowers and unexplained miracles in this world." Her husband, Jon made the biggest impact on her because he was a good man. He never held grudges and always said, "If you can't say something good about someone, don't say anything at all." She says he made her a better person. She says playing with the band at the nursing homes was so rewarding; making others happy cheered her up. She says, "Always follow the Golden Rule and you can not go wrong." (FYI: In North America the most commonly known version is the Golden Rule of Christianity, which is often expressed as "Do unto others as you would wish them do unto you.") Source: www.religioustolerance.org

Evelyn is an amazingly positive woman who has endured hardships, tragedy and pain throughout her life, but still has a smile for those around her. She is quick to help when needed and is a natural leader. She has a wonderful sense of humour; she enjoys a good story and a good joke and is full of laughter.

Evelyn beams a broad smile when talking about her family. Her family is extremely important to her and she is very proud of her many children, grandchildren and great grandchildren. She feels blessed to have her family who are all healthy and looks forward to their frequent visits.

Evelyn joined Bay Haven in 2007 and although she states it was challenging initially she is happy to be here and has met many nice people including staff,

residents and visitors. She enjoys her role on Resident Council and proudly participates and is an integral part of the Belles and Beaux of Bay Haven choir.

Evelyn thank you for letting us get to know you.

SHELF LIFE

This section provides information on interesting and educational books. If you have found a helpful book, let us know!

Our Turn to Parent by Barbara Dunn and Linda Scott.

By 2035, nearly one in four Canadians will be 65 or older. And over the next decade it is estimated that approximately 50 million baby boomers across North America will take on the task of becoming caregivers for their aging parents. This book offers practical advice, shared experiences, insights and skills for dealing with extended families, spouses and children, as well as taking care of oneself. It also helps people navigate the world of complex medical, legal, financial and emotional issues.

COOL WEBSITES

We would like to share with you some web sites that we have found.

<http://stayhealthy-livewell.com> - If you are looking for solid, useful information about health and nutrition, this site is for you. Here, you'll find articles, product and book reviews, recipes, and other solutions that make it easier to stay healthy *and* live well.

www.mayoclinic.com - *Mayo Clinic* offers award-winning medical and health information and tools for healthy living. This website offers information on diseases, conditions, symptoms, drugs and supplements as well as tests, procedures and first aid.

PARTING THOUGHTS

To be a complete person is to be a part of others, and share a part of them.

Accept challenges, so that you may feel the exhilaration of victory.

Laughter is the closest distance between two people.

Bay Haven's newsletter is published four times each year by:

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Visit our website - www.bayhaven.com

Send a message to family and friends at intouch@bayhaven.com
Please make the ***subject line of every email***, the resident's name.

Our mission is to provide resident/client focused quality long term care.