

### Staffing News

We welcome the following people to  
Saugen Valley:

- Denise Shupe (Housekeeping)
- Barbara Hawkrigg (PSW)
- Valerie Safronova (Housekeeping)



### Pet therapy with Angela!

Will be moving  
to Wednesday  
evenings instead  
of Thursday  
evenings from  
May to  
September.

We are excited to begin our Green Thumbs  
program outside this month!



## Dear Mother

As I look back on my life  
I find myself wondering...  
Did I remember to thank you  
for all that you have done for me?



For all of the times you were by my side  
to help me celebrate my successes  
and accept my defeats?  
Or for teaching me the value of hard work,  
good judgement, courage, and honesty?

I wonder if I've ever thanked you for the simple things...the  
laughter, smiles and quiet times we shared...

If I've forgotten to express my gratitude for any of these things, I  
am thanking you now and want to express my love for you!  
And I'm hoping that you've known all along  
how very much you are appreciated!



### May Special Events and Entertainment



- Tuesday May 1- Ladies Glamour Shots- 9:00am
- Tuesday May 1- St. Mary's Choir-2:00pm
- Friday May 4- Ladies Breakfast- 8:00am
- Sunday May 6- Ladies Glamour Shots- 2:15pm
- Monday May 7- Silverthreads- 2:00pm
- Saturday May 12- Corsage Making-3:45pm
- Sunday May 13- Royal Mothers Day Tea- 2:15pm
- Monday May 14- Residents Council Meeting- 2:15pm
- Tuesday May 15- WC/Walker Cleaning Day
- Tuesday May 15- Travelogue- 2:15pm
- Friday May 18- Price is Right game- 2:15pm
- Sunday May 20- Monthly Church Service with Charles- 2:15pm
- Monday May 21- Receipt Collection- 2:15pm
- Tuesday May 22- Walmart Shopping Outing- 10:00am to 2:00pm
- Monday May 28- Change Program- 2:15pm
- Tuesday May 29- Birthday Party with Mary Anne- 2:15pm

Please refer to the calendar for a complete list of  
recreation opportunities for our residents.

### Honour guard cover contest

We are excited to announce that the winner of the honour guard contest is Rose Pierre!

If you are interested in purchasing our Honour guard song CD the cost is \$5.00.

All the money raised will go into a Palliative care fund!

Stay tuned for all of the entries to be posted here in the home!

If you have any questions please contact Sheryl at ex 25

Take a moment to give thanks to all the amazing care givers that work at Saugeen! We will be celebrating Caregiver week from May 7-11<sup>th</sup>



### With Sympathy for the loss of:

Elmer McDougall

Arthur Widdis

Linda Mundy

Carl Richardson

Garnett Vasey

Marion O Shae

You will be missed dearly!



Family Council meeting takes place on Wednesday May 23<sup>rd</sup> at 3:00pm in the library! All resident's family and friends are welcome to attend! Come and make a positive difference in the lives of our residents today, tomorrow and for the future.

### Spring Summer Clothes Cleaning

Family members your assistance with helping your loved ones with switching out the fall/ winter clothes for spring/ summer clothes would be greatly appreciated. We understand the closet's are not ideal for holding ones entire wardrobe.

Thank you for your assistance!

### The Change Program

Community engagement to help improve health and well being

Helpful Expert presenters sharing information

Answers To your toughest questions

News on the latest updates in the community of health

Guidance in health planning

Education for health and well being

**Monday May 28 @ 2:15pm Heather Jackson, Social Worker, will be here to share her expertise on how to cope with grief and loss.**

**For more info contact Jennifer Naylor, ADOC ext 23 or [jnaylor@svch.ca](mailto:jnaylor@svch.ca)**



Ted Mundy- May 4<sup>th</sup>

Erzsebet Szabo- May 9<sup>th</sup>

Gerta Petz- May 12<sup>th</sup>

Marion Hopkins- May 17<sup>th</sup>

Georgina Mulhall- May 21<sup>st</sup>

Annie Hinds- May 22<sup>nd</sup>

Deanna Martin- May 22<sup>nd</sup>

Martina Luesink- May 28<sup>th</sup>

Jolyne Bernardo- May 31<sup>st</sup>

The monthly birthday party will take place on May 29<sup>th</sup>!

Just a friendly reminder that Saugeen Valley is a scent free facility. This policy was implemented to protect residents, staff and visitors with allergies and sensitivities to scents. Strong perfumes have been known to cause some side effects for our residents and staff!



### Recipe collection

Please bring in your recipes: appetizers, main course, dessert and special drinks. Pictures are also welcome as we are working on making a cook book to be sold as a fundraiser in the upcoming months. If you have any questions please don't hesitate to ask Sheryl at ex 25.