



We all need to have a little laughter in our lives. Enjoy some Irish jokes!

Q: What do you call a fake stone in Ireland?

A: A sham rock.

Q: Why do people wear shamrocks on St. Patrick's Day?

A: Regular rocks are too heavy.

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: How did the Irish Jig get started?

A: Too much to drink and not enough restrooms!

Q: Why do leprechauns have pots o'gold?

A: They like to "go" first class!

Q: How can you tell if an Irishman is having a good time?

A: He's Dublin over with laughter!

Laughter relaxes the whole body, boosts the immune system, triggers the release of endorphins and protects the heart!



Role changes in Leadership!

We are activity recruiting a new maintenance man at this time to also take over housekeeping and laundry. Katie ADOC will be going off on maternity leave early April and Alyssa DOC will be returning early March from her maternity leave. We are happy to announce that Elaine will be staying on to support Alyssa as Co DOC's while Katie is off.

March Special Events and Entertainment

Tuesday March 5- Music with Tonia Joy Skipper- 2:15pm 1st floor multi purpose room

Monday March 11- Music with Bill- 2:15pm 3rd floor family room

Tuesday March 12- Music with Peter- 2:15pm 1st floor multi purpose room

Friday March 15- Music with Cathy Kempert- 2:15pm 2nd floor family room

Sunday March 17- St. Patrick's Social- 2:15pm 1st floor multi purpose room

Monday March 18- Residents Council Meeting- 2:15pm 1st floor multi purpose room

Monday March 18- Music with Dolores- 6:30pm- 2nd floor family room

Tuesday March 19- Music with David Schmidt- 2:15pm 1st floor multi purpose room

Monday March 25- Music with the Time Travellers- 6:30pm 3rd floor family room

Tuesday March 26- Birthday Party with Mary Anne- 2:15pm 1st floor multi purpose room

Wednesday March 27- Silverthreads- 2:15pm- 1st floor multi purpose room

New Programs to Strathcona!

Café Visits: Monday, Wednesday and Friday afternoons

Hymn sing: Friday mornings!

Men's Hour with Charles: once a month!



HAPPY BIRTHDAY TO YOU!

Dorothy Jackson- March 4th
Gail Payne- March 8th
Beth Ritchie- March 15th
Walter Ellsworth- March 17th
Ardath Pringle- March 28th
Trudy Mader- March 31st
Mearney Branston- March 31st
Join us for our Monthly birthday party on Tuesday March 26th at 2:15pm with Mary Anne Holst!



Volunteers are needed!

Now that Spring is upon us and it is the season for growth and change why not become a volunteer?

If you are looking for a new beginning and want to join our volunteer team Sheryl would love to hear from you!
Contact Sheryl at ex 110!



With Sympathy for the loss of:



Douglass Mossman
Irene Wedseltoft
Blanche Corby
Florence Nelson

You will be missed dearly!

Are you looking to have a meal with your loved one or have a family party?

Reserve your meal/ party booking for the country kitchen with Reception at ex 101.
If the space is already booked you can always have a meal in the multi purpose room on the 1st floor.
For booking your party family members are welcome to use the stove and oven! We just ask that you clean up the area when you are finished with your party.

Welcome to Strathcona!

Warren Hilliard
Robert Watson
Gerrie Lebbink
Arthur Gibson
Jack Cason

Welcome Social will be taking place on: Saturday March 30th!



Farewell wishes to:

Laura Holup
Robert Watson

Contact numbers for Strathcona!
519-323-2140

Lynn/ Heather: Reception- ex 101
Elaine: Director of Care (DOC)- ex 102
Cate: Administrator- ex 103

Sheryl: Director of Therapeutic Recreation- ex 110

Diane: Director of Dietary- ex 112
Katie: Assistant Director of Care (ADOC)- ex 126

1st floor: RPN ex 301
2nd floor RPN ex 302
3rd floor RPN ex 303
RN ex 304



With the new home, many family and friends have likely noticed our PSW staff busy documenting away on the iPod. We have switched to this model for documentation to improve the amount of time we are able to spend face to face with the residents, improve accuracy of documentation by completing it at the time of care and to improve safety of our residents.

Feel free to ask a staff member if you're curious, and they will be happy to let you know what the iPod's are for.