

WP's Spring Birthdays!

Patrick - March 13th, 1947
Robert - March 14th, 1958
Michael - March 17th, 1949
Richard - March 23rd, 1947
Danielle - March 28th, 1958

Mark - April 1st, 1956
Mary - April 2nd, 1927
Eleanor - April 3rd, 1932
Raymond - April 8th, 1948
Emeline - April 17th, 1939
Real - April 18th, 1949
Thomas - April 19th, 1963
Claudette - April 20th, 1940

Donald - April 27th, 1955
Juanita - April 29th, 1957

Maryann - May 5th, 1943
Austin - May 5th, 1946
Margaret - May 24th, 1930
Gioacchino - May 26th, 1933



Notable Quotable

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have to keep moving forward"

-Martin Luther King Jr.

Riddle Me This...

Riddle #1

What falls but never gets hurt?

Riddle #2

Why did the farmer plant a seed in his pond?

Riddle #3

What kind of garden does a baker have?

Riddle #4

What did the summer say to the spring?



Answers:

- #1 the rain!
- #2 He was trying to grow a water-melon
- #3 A flour garden
- #4 "Help, I'm going to fall!"

Spring/Summer Menu

WP'S new Spring & Summer is set to roll out on May 2nd. The menu has been planned with more plant-based proteins, more fiber, low sodium ingredients and overall less concentrated sugar snacks.

The menu planned, in combination with the snack rotation, continues to offer a variety of food that meet or exceed the minimum guidelines recommended in the Canada's Food Guide 2019.



Any questions about food services, please feel free to contact
Maria Andrei,
Dietary & Environmental
Manager at
(905) 688 1031 ext.203 ☺

West Park Health Centre

SPRING 2022

Celebrating Spring...

Daylight Savings Begins
 March 13th

St. Patrick's Day
 March 17th

April Fools' Day
 April 1

World Health Day
 April 7th

Passover
 April 15-23

Easter
 April 17

Earth Day
 April 22

Arbor Day
 April 29

Cinco de Mayo
 May 5th

International Hand Hygiene Day
 May 5th

Mother's Day
 May 8th

Victoria Day
 May 23rd

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Time for Some Spring Cleaning

There is nothing like a bit of spring cleaning and we are doing just that at West Park.

With new floors on the 1st floor, the plans for wheelchair accessibility for the front and garden doors and finally, the cleaning of all inside and outside windows! We are extremely happy to be doing some upgrading in your home.

Thank you for your patience during this time and just think of how lovely the front will look with our ideas for both the front entrance garden area and the closed garden space.

We trust our program staff will be keeping you all busy with the planting of fresh herbs for the kitchen, tomatoes for some resident food club times, as well as some sunflowers for our beautiful birds that you all love. Spring is such a beautiful time!

- Sara Rooney, Executive Director



Spring Programming

With the warmer weather approaching, the program department is getting ready to facilitate some outdoor/indoor gardening, spring/summer based food clubs, ice cream sundae socials, BBQ'S in the courtyard and much more.

This is a great time to reminisce, and look back on the wonderful things in our lives; as well as the things we are looking forward to.

We can embrace and enjoy all the things we love in life. No matter our age or stage in life, we all have something to offer. This is the time of year to stop and smell the roses, or tulips.

Any questions about programs at WP, please feel free to contact
Sarah Masonovich,
Programs Manager at
(905) 688 1031 ext. 212 ☺

St. Patrick's Day at WP



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Some WP residents enjoying shamrock shakes on St. Patrick's Day!

Ice cream Sundaes on Sunday's!



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n during the



I SCREAM
YOU SCREAM
we all scream
FOR
ICE CREAM



Nursing Updates

- New pharmacy Care RX since the fall. There has been an improved communication and better reliability for the resident needs
- Continuing education in medication management and responsive behaviors
- There have been a few additions of a new RN and RPN, as well as returning RN/RPN to improve our registered nursing compliment
- Much continued thanks and appreciation for the frontline heroes that continue to work hard keeping our residents safe. Thank you all for everything you continue to do!!
- There has been recent education provided to nursing staff for palliative care
- Michele Hough,
Director of Care



Covid Update & Staying Safe



With the warmer weather approaching, let's remember to not let our guards down. Let's keep in mind staying 6ft from one another, the wearing of masks when in programs, proper use of PPE when needed, and most importantly, our hand hygiene.

We want to continue to get back to our "new normal" and the decisions we make everyday at WP will help us to do so!

