

# West Park Health Centre

103 Pelham Road, St. Catharine's ON L2S 1S9 | (905) 688 1031



## St. Patrick's Day 2023



*shamrock shakes, photo booth fun, trivia, music, you name it, we did it!*

West Park residents and staff also had an opportunity to guess how many chocolate loonies were in the mason jars in the picture above...the winners went home with all that chocolate and the fun drinking cups

## EASTER 2023

This Easter at West Park our residents had a weekend filled of activities such as Easter egg hunts, egg decorating, trivia and finished with Easter Sunday dinner, served with some complimentary wine

We also held an Easter raffle for all residents, families and staff to participate in! We were able to raise \$200 that will be used to fund some gardening and floral décor for our home!



**Interested in Joining West Park's Family Council??** Please see Sarah, Programs Manager to join or to learn more about the committee ☺

## Spring Birthdays

Maryann L – March 5<sup>th</sup>, 1943  
Patrick L – March 13<sup>th</sup>, 1947  
Robert D – March 14<sup>th</sup>, 1958  
Merle B – March 17<sup>th</sup>, 1932  
Richard B – March 23<sup>rd</sup>, 1947  
Danielle B – March 28<sup>th</sup>, 1958  
Maimo P – March 31<sup>st</sup>, 1937

Eleanor R – April 3<sup>rd</sup>, 1932  
Emeline L – April 17<sup>th</sup>, 1939  
Real B – April 18<sup>th</sup>, 1949  
Thomas W – April 19<sup>th</sup>, 1963  
Claudette J – April 20<sup>th</sup>, 1940  
Philip B – April 25<sup>th</sup>, 1954  
Donald P – April 27<sup>th</sup>, 1955  
Juanita F – April 29<sup>th</sup>, 1957

Austin T – May 1<sup>st</sup>, 1946

## Mother's Day!

Thanks to the very generous donation from Vineland's, *Watering Can*, all of our ladies of West Park received beautiful pots of African Violets!!



We continued Mother's Day Afternoon with a "High Tea" social paired with some classical music



## Celebrating Spring

**International Women's Day**  
*March 8*

**St. Patrick's Day**  
*March 17*

**April Fools' Day**  
*April 1*

**Easter**  
*April 9*

**Earth Day**  
*April 22*

**Cinco de Mayo**  
*May 5*

**Nurses Week**  
*May 8 – 14*

**Mother's Day**  
*May 14*

**Victoria Day**  
*May 22*

## Spring is here!

West Park is enjoying the Spring season and eagerly awaiting the Summer months. Throughout the Spring, we have implemented some new projects into our home such as new flooring for 2<sup>nd</sup> floor and the 1<sup>st</sup> floor dining room and a new generator that will allow our home to be fully functioning despite a loss of essential services incident

With the warmer months fast approaching, we are also planning to re-vamp our front entrance way with some new plants and soil to give our home a great curb appeal to the public eye!

Summer BBQ's will begin in late June, and we have rolled out our new Spring/Summer food menu, in which our residents have thoroughly been enjoying. Music entertainment and special programming can begin to happen out in our courtyard again, weather permitting



## I LOVE WEST PARK BECAUSE...



### Nursing Department Updates

West Park staff have received some recent education on the *Pain & Palliative Approach*, as well as the *Gentle Persuasive Approach*

Additionally, upcoming education for staff includes training on *UTI Prevention, CADD Pump 101 and Pressure Injury Staging*

**The leadership team also welcomes our former RPN, Kennedy Clapp, to take on the new role of our RAI Coordinator!**



### Spring Poem

"Reminiscent melodies serenade the morning breeze.

Feathered creatures nest with care in cherry blossoms pink and fair.

Perfumed scent of roses flow. Tiny blades of green grass grow.

Misty showers soak the earth, glorious colors come to birth.

Gathering clouds come and go, rain, sun, and vibrant bow.

Dainty petals, fancy flair, dancing in the warm, sweet air.

Violets, yellows, purest white, graceful, gentle, welcomed sight.

Thank you, oh sweet lovely Spring, patiently waiting the charms you bring!"



### New Spring/Summer Menu

The 2023 Spring/Summer menu is here! The menu has officially launched and features a ton of new and exciting dishes that our resident's have voiced their enthusiasm about

Also approaching is the launch of our BBQ Fridays! Our BBQ's will consist of yummy spare ribs, burgers, hot dogs, ice cream, watermelon and more!!

Make sure to keep an eye out on your monthly program calendars for the official first BBQ Friday and any special meal/events happening this summer

Remember that any questions or concerns regarding your meal services can be addressed during our monthly Food Committee that happens in Resident's Council

### Health & Safety Week (May 1<sup>st</sup> – 6<sup>th</sup>)

Here at West Park, this year we celebrated Health & Safety week with a bunch of different exercises for staff to engage in. These exercises included fire safety trivia, PPE word searches, a mock resident's room with various hazards to identify, and even an opportunity to shout out a co worker on our colourful board!



### Nurses Week (May 8<sup>th</sup> – May 14<sup>th</sup>)

To celebrate our incredible, devoted and hard working nurses this year, our leadership team handed out Amazon gift cards to each registered nurse as well as the generous pizza delivery from our staffing Agency, Power!



### Meet our new Office Manager, Karen!

Hi Everyone!

It's so wonderful to be a part of such a welcoming group of people at West Park. As West Park's Office Manager, it is my mission to be an effective part of the team while accomplishing my overall goals. I have worked in administration, in the education sector, for over 20 years before starting here at West Park!

Some things that I love are...

- All bodies of water and sun
- Reading
- Traveling
- Being active
- Music
- Nature



Karen can be reached at...  
(905) 688 1031 ext. 200  
[Karen.Reid@southbridgecare.ca](mailto:Karen.Reid@southbridgecare.ca)

### IPAC Reminders

Did you hear the joke about the Germ? Never mind... I don't want to spread it around!

West Park takes pride in our IPAC Program. See the following helpful tips to continue to keep our residents, you and your loved one safe

