

JULY 2026

There are three good reasons to be a teacher: June, July & August.

Wear red & white

Remember to wear red & white on July 1 for Canada Day! Note: Due to a respiratory outbreak in our retirement lodge and on Reception Three, music by Cowboy Mark has been postponed and will be rescheduled.

Fun Fact

Did you know the fastest growing city in Canada is Toronto? For a second consecutive year, it has also been the fastest growing metropolitan area in Canada and the United States.

New boards

Have you seen the beautiful new education boards in our home? What a nice addition!

Spotlight

This month, we're discussing the importance of IPAC. See Page 3 for details.



Residents' **CHOICE OUTING**

SECOND CHANCE RANCH
— A PLACE OF HOPE —

Join us for a visit to
SECOND CHANCE RANCH

1:30 pm
Monday, July 27

*Enjoy the peaceful surroundings,
meet the animals and experience
a place of hope and compassion.*

BY
Helen Henderson
Care Centre

Only in Canada....The world's first UFO landing site was built in 1967 in St. Paul, Alberta. 20 per cent of the world's fresh water is in Canada. There are 247 annual car accidents involving moose. The world's largest beaver dam was 850m in Northern Alberta. Canada produces 1.5 per cent of the world's food and only consumes 0.6 per cent. 40.6 is the average age of a Canadian. 77 per cent of world's maple syrup is made in Quebec. Canada has the most doughnut shops per capita than anywhere else.



Enjoy the summer season

With the summer upon us, it's time to get outside in the sun, take a short walk, sit and visit outside with friends. Just remember, the sun has strong ultra-violet rays and it's necessary to protect ourselves with sunscreen, sunglasses and a hat.

Continuous improvement

Residents, families and friends are reminded there are several avenues available to express your views, suggestions and ideas. We are happy to receive feedback at any time and we strongly encourage everyone to contribute so we can improve our services. One of the ways to do this is through our Family Council. For details, contact Donna at 613-384-4585 ext. 224.

Happy Canada Day

Canada Day celebrates Canada's 159th birthday on July 1. On this day (in 1867), the three original British Colonies of Nova Scotia, New Brunswick, and the Province of Canada united into a single country within the British Empire. People celebrated the newly confederated Nation of Canada with fireworks, military parades, music, and food. In 1868, a royal proclamation was issued asking Canadians to celebrate the anniversary of the union as a yearly event, but it was not established as a national holiday until 1879, when it was known as Dominion Day.

*"The summer looks out through her brazen tower.
Through the flashing bars of July."*

— Francis Thompson

Tell us what you think



Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or catherinereynolds@gibsonfamilyhealthcare.com

Aging myths and facts

Take this five-minute quiz to determine your knowledge of older adults. *True or False?*

1. The older you get, the less sleep you need.
2. People take more medications as they age.
3. As your body changes with age, so does your personality.
4. Intelligence declines with age.
5. Most older people live alone.
6. Most people get dementia if they live long enough.
7. Senior women have the lowest income of all adult groups.
8. Many older people are preoccupied with death.
9. Most seniors who are new to Ontario speak neither English nor French.

Answers

1. False. In later life, the quality of sleep may decline, but not the total sleep time. As people age, they are likely to take more naps rather than sleep for long stretches.
2. True. Most older Canadians take at least one kind of prescription or over-the-counter medication.
3. False. A person's personality stays the same throughout life, except when changes result from Alzheimer disease or other forms of dementia, stroke or other serious illness.
4. False. Most people's intellect stays the same or improves with age, although it may take longer for older people to learn something new.
5. False. Most seniors live with a spouse, common law partner, extended family or others.
6. False. Dementia is not a normal part of aging.
7. True. In 2001, 46 per cent of widowed, single or divorced women aged 65 and older lived below the poverty line. This is the highest poverty rate of any family type in Canada.
8. False. Attitudes toward death vary, but often older adults are less anxious and more matter-of-fact about death. As they see others close to them die, they begin to accept their own mortality, and tend to speak more freely about death and dying.
9. True. Of the more than 6,000 senior immigrants to Ontario from 1996 to 1999, 64 per cent of women and 56 per cent of men spoke neither English nor French.

Spotlight

Accreditation success begins with strong infection prevention & control
by Faith McGee

In June, Helen Henderson Care Centre welcomed surveyors from Accreditation Canada as part of our ongoing commitment to providing safe, high-quality care for our residents. While the survey highlighted many strengths throughout our home, one area that continues to play a vital role in resident safety every day is Infection Prevention and Control (IPAC).

To support this commitment, all new team members receive comprehensive IPAC orientation as part of their onboarding. The training focuses on the everyday practices that help prevent the spread of infections and protect residents, staff, families, volunteers, and visitors.

Staff learn about the **Chain of Infection** and how simple actions—such as proper hand hygiene and the correct use of Personal Protective Equipment (PPE)—can break the chain of transmission. Hand hygiene remains one of the most effective ways to reduce the spread of illness, with staff following the four key moments for hand hygiene throughout their day.

The orientation also reviews routine practices and additional precautions used when caring for residents with suspected or confirmed infections. Staff receive hands-on instruction in properly putting on and removing PPE, including gloves, gowns, masks, face shields, and N95 respirators when required.

Outbreak preparedness is another important component of the program. Team members learn how respiratory and enteric outbreaks are identified, the steps taken to isolate residents when necessary, and how Public Health works alongside our home to ensure outbreaks are managed quickly and effectively.

Environmental cleaning also plays a critical role in keeping everyone safe. Staff are reminded of the importance of cleaning and disinfecting resident care equipment between uses and maintaining clean, sanitary living spaces throughout the home.

Accreditation Canada recognizes organizations that demonstrate a strong culture of quality improvement, and infection prevention is an essential part of that culture. Every employee, regardless of their role, contributes to creating a safe environment where residents can thrive.

We thank all of our staff for their dedication, professionalism, and commitment to following best practices every day. Their efforts help ensure Helen Henderson Care Centre remains a safe, welcoming place for everyone who calls it home.

Presented by Helen Henderson Care Centre

**If you are sick,
please stay home**

**Staff
and
Visitors**



If you are a designated visitor with symptoms, wear a MASK and follow the care team's instructions.

Summer safety tips

Summer is a great time to think about how to become the best version of yourself.



Residents can enjoy summer safely by taking precautions against heat-related illnesses and sun exposure. Staying hydrated, dressing in light clothing, and seeking shade are essential. It's also important to be aware of heat-related illness symptoms and seek medical attention if needed.

Use the following important tips to help you thrive this summer: get enough sleep; stay hydrated; add fiber to your diet; limit added sugar; keep an eye on alcohol consumption; stay active; enjoy the weather and practice gratitude.



Look who celebrated their 101st birthday last month! Congratulations Joyce Nicol (pictured above with her family) who was born on June 19, 1925. Wow—what an incredible milestone!

Join the Helen Henderson Care Centre

FAMILY Council



If you would like to attend a meeting, please contact:

Donna Joudoin at 613-384-4585 ext. 224

2 pm

Gibson Room
Everyone welcome

*Virtual link available upon request



July 28

Volunteers making a difference
www.gibsonfamilyhealthcare.com



HELEN HENDERSON Care Centre

EarlyON

10 am

at Helen Henderson Care Centre

July 13

NEW

HELEN HENDERSON Care Centre

You know you're Canadian if...

- You put on shorts as soon as it hits plus 10, even if there is still snow around.
- You know how to pronounce and spell Saskatchewan without blinking.
- You know what a tuque (toque?) is.
- You are excited whenever an American television show mentions Canada.
- You make a mental note to talk about it at work the next day.
- You use a red pen on your non-Canadian textbooks and fill in the missing 'u's from labor, honor, and color.
- You have Canadian Tire money in your kitchen drawers.
- Pike is a type of fish, not some part of a highway.
- You drive on a highway, not a freeway.
- You know what a Robertson screwdriver is
- You understand the sentence, "Could you please pass me a serviette, I just spilled my poutine."
- You drink pop, not soda.
- You love your fries with poutine.
- You go to the washroom, not the restroom or bathroom.
- Someone accidentally stepped on your foot. You apologize.
- You stepped on someone's foot. You apologize, then apologize for making them apologize.
- You have worn shorts and a parka at the same time.
- "Eh" is a very important part of your vocabulary and you understand all the 1,000 different meanings of "eh", eh?



I AM CANADIAN

Hey. I'm not a lumberjack or a fur trader
And I don't live in an igloo,
Or eat blubber or own a dog sled,
And I don't know Jimmy, Sally or Suzy
from Canada, although
I'm certain they're really, really nice.
I have a Prime Minister, *not* a President,
I speak English and French, *not* American
And I pronounce it "about," *not* "about."
I can proudly sew my country's flag on my
backpack.
I believe in peacekeeping, *not* policing,
Diversity, *not* assimilation
And that the beaver is a truly proud and noble
animal.
A toque is a hat.
A chesterfield is a couch.
And it *is* pronounced zed, *not* zee, ZED!
Canada is the second largest landmass.
The first nation of hockey.
And the *best* part of North America!
My name is [insert your name here].

And I AM CANADIAN!

O Canada



The original poem of 1908 by Robert Stanley Weir.

O Canada! Our home and native land! True patriot love, in all thy sons command. With glowing hearts, we see thee rise, the truth north strong and free! And stand on guard, O Canada, we stand on guard for thee.

(Refrain)

O Canada, glorious and free!

We stand on guard, we stand on guard for thee. O Canada, we stand on guard for thee! O Canada! Where pine and maples grow.

Great prairies spread and lordly rivers flow. How dear to us thy broad domain, from East to Western Sea, thou land of hope for all who toil! Thou True North, strong and free!

(Refrain)

O'Canada! Beneath thy shining skies, may stalwart sons and gentle maidens rise, to keep thee steadfast through the years. From East to Western Sea, our own beloved native land! Our True North, strong and free!

(Refrain)

Ruler supreme, who hearest humble prayer, hold our dominion within thy loving care; help us to find, O God, in thee, a lasting, rich reward, as waiting for the better day, We ever stand on guard. (Refrain)

Live Music at
HELEN HENDERSON
CARE CENTRE

Larry Hachey
FRIDAY, JULY 10
2:30 PM

LODGE LOUNGE

Taste of Summer
CHICKEN BBQ
with Salads

Great Food!

at Noon Tuesday, July 28 Lodge Lounge
at Helen Henderson Care Centre

Happy Birthday STAFF

- Claire T, July 4
- Cindy N, July 4
- Kristian Y, July 5
- Thomas L, July 6
- Krystyn W, July 14
- Bryan B, July 14
- Laura M, July 17
- Kerry N, July 20
- Babelyn A, July 24
- Casandra H, July 27

See someone doing a GREAT job?
Please inform your supervisor...
and nominate them for Employee of the Month



An employee appreciation program by
Gibson Family Health Care



How to survive a heat wave

A heat wave is a prolonged period of excessive heat often combined with excessive humidity. Officially, a heat wave is defined as three days of temperatures of 90°F or more.

During a heat wave, the most important thing is staying hydrated. People who have a heart condition, are older than 50, or are overweight, may have to take extra precautions. Our bodies are about 75 per cent water and blood is nearly 80 per cent water, so it is necessary to replenish what is lost every day. When water is not replaced, blood thickens, forcing the heart to work harder and raising the risk of a heart attack. Staying hydrated, then, is essential for heart function, but it also helps with alertness, controlling appetite, and generally improving all activity.

When the temperature and humidity are both above 70°F, we have entered the dehydration danger zone and it becomes necessary to sip water frequently and drink before, during, and after vigorous activity. To maintain a healthy fluid balance while in the dehydration zone, the following suggestions may help:

1. Keep a large water bottle handy to encourage you to drink water wherever and whenever.
2. Be sure to eat fruits and vegetables, which are great sources of water, *daily* not only to stay hydrated, but also to maintain optimal health.
3. Have a glass of water before each meal.
4. After each trip to the restroom, drink a glass of water to replenish your fluids.
5. Set reminders on your phone, watch, or e-mail to drink every hour.
6. Add a slice of lemon, lime, and/or mint to your water to give it some flavor without adding any extra calories.



July 29
Noon

SWISS CHALET
ROTISSERIE & GRILL

Resident choice lunch

at Helen Henderson Care Centre
Fireside Room


Sign-up required:
w/ Activation



HAPPY 
Canada
DAY



LIVE MUSIC
Join Us for Happy Hour!
by Tim Hallman



July 17 • 2:30 pm
Helen Henderson Care Centre
Lodge Lounge

Enjoy live music!



Residents enjoyed time with Rambo the pony in June.

Recipe of the month

Fresh berry yogurt parfait

Ingredients:

- 1 cup vanilla yogurt
- ½ cup fresh strawberries, sliced
- ½ cup fresh blueberries
- ¼ cup granola or crushed graham crackers

Optional: drizzle of honey

Directions

1. Spoon a layer of yogurt into a clear glass or bowl.
2. Add a layer of strawberries and blueberries.
3. Sprinkle with granola or graham cracker crumbs.
4. Repeat layers until all ingredients are used.
5. Top with a few berries and a drizzle of honey if desired.

Serve immediately and enjoy!

Fun Fact

Berries are packed with vitamins, antioxidants, and natural sweetness, making them a delicious and healthy summer snack. Watch for this program on your July calendar.

GIANT TIGER
your save on everything store



GIANT TIGER Shopping Trip
by Helen Henderson
Care Centre

July 30
1:30 pm

Spiritual CARE

Nurturing the spirit.
Building community.



ROMAN CATHOLIC MASS
Wednesday, July 15
at 11 am in Chapel



ECUMENICAL SERVICE
by Rev. Morrison of St. Peter's Church
Sunday, July 5 • July 12
July 19 • July 26
at 1:30 pm in the Fireside Room

Lifelong Learning

EDUCATION SESSION

FRIDAY
JULY 10

10:15 AM

in the
FIRESIDE ROOM

TOPIC:
**SUMMER,
SAFETY
& WELLNESS**



at Helen Henderson Care Centre

Helen Henderson Retirement Lodge presents

Happy Hour

with
WAYNE SCOTT

FRIDAY,
July 24

2:30 PM

Live Music
IN THE
LODGE LOUNGE



Happy Hour

with
DRUMMIN' & STRUMMIN'

2:30 PM • JULY 10
RECEPTION THREE



Resident Spotlight

Celebrating Talent

This month, we are proud to shine the spotlight on

Nancy Jenkin



Join us as Nancy shares stories and memories from her inspiring nursing career.

Hear Nancy speak at
2:30 pm on July 9
in the Fireplace Room!

HELEN
HENDERSON
Care Centre



News at Helen

Ever wanted to make your own fresh berry yogurt parfait? Residents are invited to the Fireside Room at 10:15 am on Wednesday, July 15 to create this delicious dish.

Join the Activation Department in the Fireside Room at 10:15 am on Monday, July 20 for a Poetry and Reflection Class.

Our Alzheimer's Support Group is on hold until we find a new facilitator. We apologize for any inconvenience.

Watch for a Resident Choice Program at 2 pm on Thursday, July 16: Popcorn and a movie!

Enjoy Bingo Nights in the Lodge Lounge at 6:30 pm on Monday, July 6 and 13 and Wednesday, July 22.

Join our Laughter Healing Circle at 11 am in the Gibson Room on July 8, 15, 22 and 29.

Lifelong Learning Education Program

"July Learning Spotlight: Discover, Discuss, and Stay Curious"

July 1—Canada's history and traditions: Learn about the history of Canada Day, national symbols, and memorable Canadian achievements. There will be a trivia game, and you can win a prize.

July 13 at 10 am—Memories of summer: Reminiscence program focused on summer vacations, family traditions, music, and favorite seasonal activities.



HELEN HENDERSON
Care Centre

Happy Hour

MUSIC BY
Al Pilon

2:30 PM | JULY 31

LODGE LOUNGE

AT
HELEN HENDERSON CARE CENTRE

OUTDOOR Parachute GAME

Fun • Movement • Laughter • Together

THURSDAY, JULY 30

2:30 PM

Reception Three
Helen Henderson Care Centre

Outdoor PICNIC

Come enjoy good food, fresh air and great company!

Monday, July 14 at noon

Courtyard outside the Fireside Room
Helen Henderson Care Centre

HELEN HENDERSON Care Centre
www.gibsonfamilyhealthcare.com

Keeping residents engaged and connected at Helen Henderson Care Centre
www.gibsonfamilyhealthcare.com

HELEN HENDERSON Care Centre

Everyone welcome

Residents' Council MEETING

July 8
2:30 pm in Lodge Lounge

July 29
2:30 pm in Fireside Room
...with refreshments

www.GibsonFamilyHealthCare.com

For residents, by residents!

happy **Canada** day

HELEN HENDERSON Care Centre

Taste of Culture

at Helen Henderson Care Centre

Join us for a celebration of the HISTORY, FOOD and CULTURE of THE PHILIPPINES

Experience the vibrant flavors, rich traditions and warm spirit of the Philippines!

WEDNESDAY, JULY 16
2:00 PM
FIRESIDE ROOM

Residents are encouraged to attend this special program!

HELEN HENDERSON Care Centre

HELEN HENDERSON Care Centre

July 30

Wine and steak night

5 pm in Lodge Dining Room | Steak, Baked Potato, Wine

Look What's Happening!

Pub Night
with Chris Murphy

July 8
7 pm

Lodge Lounge at Helen Henderson Care Centre

Live Music

Chris Murphy
Finally Coming Home




July 23
2:30 pm

Picket Fences
Country Rock Band




Birthday Party at Helen Henderson Care Centre | Lodge Lounge
Live Music by Picket Fences | Refreshments | Dancing

Birthday Party!
LIVE MUSIC!
Featuring
Penny & Steve
— ENTERTAINING MUSIC LOVERS —

WEDNESDAY, JULY 15
★ 2:30 PM ★

HELEN HENDERSON RETIREMENT LODGE
Lodge Lounge

JOIN US FOR AN AFTERNOON OF GREAT MUSIC & BIRTHDAY CHEER!



HELEN HENDERSON
Care Centre

RIB NIGHT DINNER!

NEW!

— 5 PM • JULY 23 —
★ IN THE DINING ROOM ★



★ Helen Henderson Retirement Lodge ★

Join Us For **Fun & Delicious Activities!**
ON RECEPTION THREE AT HELEN HENDERSON CARE CENTRE

JULY 6 Lemonade SOCIAL WITH WORD GAMES	JULY 8 Baking BLUEBERRY MUFFINS 10:15 AM	JULY 15 Milk Shakes 2:30 PM	JULY 21 Baking CHEESECAKES 10:15 AM	JULY 30 Making MAPLE SYRUP YOGURT 10:15 AM
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Good Company. Great Times. Delicious Treats!

Happy Hour
with Live Music by **KEVIN ADAMS**



Helen Henderson Care Centre
Reception Three
Friday, JULY 31
2:30 PM

HAPPY HOUR
with music by **Jon McLurg**



WEDNESDAY JULY 15
2:30 PM

at **RECEPTION THREE**
HELEN HENDERSON CARE CENTRE

MB 2014
MCKINNON BROTHERS BREWERY

GOOD COMPANY. GREAT BEER. BETTER TIMES.

HELEN HENDERSON CARE CENTRE | **11 AM** | **FRIDAY JULY 10**

HAPPY Hour
MUSIC BY **REG COREY**



2:30 PM
FRIDAY JULY 24

RECEPTION THREE

Helen Henderson Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome

Sarah Cheetham

Diane Brewer

Reg Cronk

Birthdays

Elizabeth J, July 4

Donna C, July 6

Tony P (Lodge), July 6

Peter M (Lodge), July 7

Audrey P (Lodge), July 8

Kathryn F (Lodge), July 9

Henry W (Lodge), July 11

Helen J (Lodge), July 12

Rosemary S, July 29

Joan K (Lodge), July 30

Donna W, July 30

In Memory

Murray McKay

Harold Piercy