

# WILDPINE TIMES NEWSLETTER

## JULY 2024



10 WILDPINE COURT STITTSVILLE, ON.

☎ 613-831-8111

Get ready for a vibrant July at Wildpine!

Did you know we have a Book Club at the Pine?

On July 4<sup>th</sup>, at 10:30 am the Club will celebrate our very own mini library launch at the parkette!

Join the grand opening, browse books, and meet fellow residents who love to read!

The Club also can accommodate your preference for Audio book or E-Book and we have discussion about the books we read! We would love to see you at our next meeting!



## Editor's Desk

Let's welcome the sunny days with open arms! July is perfect for outdoor fun and garden gatherings.

*Frances & Lucy!*



Family and Friends are like sunshine rays on a summer's day, they fill our hearts with warmth and light.

# What is going on at Wildpine?



## Daily Visit by Sadie and Wesco!

Wildpine Residence is a pet-friendly environment, an important factor to consider when looking into a move to senior living facility.



We understand the importance of having animals

in our lives and that no one should have to make the heartbreaking decision to rehome their beloved pet before a move to a retirement home. Discover the remarkable benefits of animals for aging adults! From companionship to stress relief, animals bring joy and purpose to our lives. Learn how they can enhance your overall well-being today!

- Emotional support, Stress reduction, Physical activity, social interaction, Mood enhancement  
Sense of purpose, Cognitive stimulation even Pain management!

Our fur babies play an important role in enriching the lives of those who frequent them! These benefits are an invaluable contribution these two bring into our lives at Wildpine!



## Quote of the Day

*Believe you can  
and you're  
halfway there.*

## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

# Upcoming Events



PARIS 2024



The summer Olympics will be held in Paris.

Grand opening: July 26<sup>th</sup> 2024

10, 500 Athletes will participate

329 events and 32 sports

Closing Ceremony August 11  
2024

## Happy Canada Day!

July 1st 2024

### Town Hall

Tuesday July 16<sup>th</sup> at 2:15pm in the Rec Hall

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# Regular Events

**Happy Hour** every Tuesday at 3:30pm in the Bar

**Catholic Communion** every Tuesday 10:00am in the Chapel

**Hairdresser** every Wednesday and Friday from 8:00am to 1:30 pm – (please book at reception)

**Ladies' Club** every Thursday at 2:30 pm location changes weekly!

**Men's Club** every Friday Thursday at 3:00pm Bar

**Bingo!** every Monday & Wednesday at 3:15pm and every Saturday at 10:45am!

**Tuesday Jazz & Lattes!** every Tuesday morning at 9:45am in the Café

**Bridge Club** every Monday, Wednesday and Friday at 2:00pm in the Café

**Billiards** every Thursday at 2:30pm

## Special Days

### Special Days

1<sup>st</sup> Canada Day

1<sup>st</sup> International Joke Day

4<sup>th</sup> Mini Library Launch  
Independence Day US

7<sup>th</sup> World Chocolate Day

14<sup>th</sup> Bastille Day (France)

26<sup>th</sup> Paris Olympics

# Noticeboard



## NEW RESIDENTS

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Please join us for a special Happy Hour Meet & Greet on the last Tuesday of the month as we welcome all new residents that have moved into Wildpine during the month. Make them feel right at home!

## NEW STAFF

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A warm welcome also goes to the people who joined our team recently

- Stephanie
- Kaitlin
- Avery
- Kate
- Logan

Never stop shining!

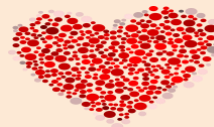


## CONTINUOUS IMPROVEMENT

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Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and interests!

There are Suggestion & Feedback forms available at Reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can!



## YOU TOO CAN CONTRIBUTE!

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on the community events that you support, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome. Let us share what we're all about.

Please hand in your submission to Frances, or email us anytime at [info@wildpineresidence.ca](mailto:info@wildpineresidence.ca).

Thank you!

# Noticeboard

## **LIBRARY SERVICE**

We have a mobile library service that delivers & picks up library books to residents. If you would like this service, please speak to Lucy.



## **HAIRDRESSER**

Debbie is our famous hairdresser! She is here every Wednesday and Friday . If you would like an appointment please speak to reception or ask a staff member to write your name down in the hairdressers book on your preferred day and time!

## **THANK YOU**

We would like to issue a heartfelt thanks to residents and volunteers who take part in Wildpine life day in and day out.

You make such a difference and we very much appreciate your time, care and energy.

If you wish to join the volunteer group, please see Lucy! (leave a message at ext: 518)

## **A LA CARTE MENU**

We have launched our new A La Carte Menu! Kindly let your server know if you plan on taking advantage of it for your next meal and pre-order you can also call 501 to pre order at least 1 hour before your meal!



# Spotlight

The Garden Club wants to invite all the crafty hands  
to join them in making tree beads ornament!  
Once we have them made, we will place them in all the  
trees in front of Wildpine  
all the way up to the Parkette!  
Please let Lucy know if you are interested!



# Poem to Share

July's a crown, the sun its gem, long days that stretch, a diadem.  
Sunlight simmers, skies ablaze, Birdsong chorus fills the daze.  
Fireflies, like stars ignite, In twilight's hush, a gentle light.  
Lawns unfurl, a verdant sea, Laughter rings on breezes free.  
Ice cream melts, a sticky bliss, Children's shouts, a joyful kiss.  
Watermelon, cool and red, Summer's bounty overhead.  
Fireworks burst, a starlit rain, Celebrating freedom's reign.  
July's a sigh, a sweet content, Summer's heart, forever lent.

# Laughing Matters



## The Passenger

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches before hitting a shop window.

For a second everything went quiet in the taxi, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the past 25 years".

## The Coach

At one point during a soccer game, the coach says to one of his young players, "Do you understand what cooperation is? What a team is?" The little boy nods yes.

"Do you understand that what matters is whether we win together as a team?" The little boy nods yes.

"So," the coach continued, "when a strike is called, or you are out, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nods.

"Good," said the coach. "Now go and explain it to your mother."

## Eye Problems

A man calls his boss and says "I can't come to work today".

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."



# Think About It

## Seniors and Heat Waves: How to Stay Safe

Protect yourself against heat waves this summer.

Too much heat is not safe for anyone, but it is especially unsafe for older adults. Seniors are more vulnerable to adverse effects from extreme heat. It is important for seniors to take precautions to protect themselves during the hot summer months.

### Why are seniors more vulnerable?

People who are 65 years of age and older are more susceptible to heat stress, these are some of the reasons why:

- Seniors living in homes or facilities without air conditioning or fans are most at risk.
- Seniors are more likely to have a chronic medical condition that inhibits regular body responses to heat.
- As the body ages, it's more difficult to cope with sudden stresses. For example, on hotter days elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.
- Taking prescription medicines such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medications can affect the body's ability to control its temperature or to produce sweat.
- Frail seniors who are living alone may experience difficulty with self-care. Some older people have reduced mobility or mental capacity. These factors can make it difficult for seniors to take adequate precautions in hot weather.



## **Signs of heat stress**

These are the signs to look out for if a senior or someone you know is experiencing heat stress:

- The person is fainting or becoming unconscious.
- The body temperature is over 40°C.
- The skin is dry, flushed and has a strong and rapid pulse or a slow and weak pulse.
- The person is not sweating even if it is hot out.
- There is a change in the person's behaviour. This includes confusion, agitation, staggered speech and the person is being grouchy or acting strangely.

*If you or someone you know is having a heat stroke, you need to seek medical attention right away.*

## **How to stay cool in the heat**

It is important to practice these safety tips to lower the risk of heat-related illness:

- Drink plenty of liquids such as water, fruit juices or coconut water. Avoid drinks containing alcohol or caffeine.
- Try to keep the house as cool as possible by utilizing fans or air conditioning whenever possible. Keep the shades, blinds or curtains closed during the hottest times of the day. Open the windows at night to let the cool breeze into the house.
- Limit use of the oven, especially during the day time.
- Dress for the weather. Natural fabrics such as cotton or linen tend to be cooler than synthetic fibers.
- If outside try to stay in the shade, away from the sun. Wear a hat or carry an umbrella for shade.
- Don't exercise or do a lot of strenuous activities outdoors when it's hot.