

As we have moved from winter to spring, we continue to be a busy house!

Carleton Manor celebrated the Winter Olympics by hosting their own Winter Games beginning February 1st Games, held once a week during the month, started with a parade for the Opening Ceremonies all around the house.



Left: Dean Estey and Margaret Kilpatrick are the Torch Bearers.



Right: Hazel and Loretta represent the country of France

NEW BACK IN FORM TRAINERS

Recently certified were Heather Lewis, Chad Green, Jessica Sipprell and Jenna McKeil



Planetree Day in February was Valentine's Day, and was hosted by the Environmental Services Department. They sold tickets on a beautiful Valentine's Basket raising about 520.00. This money was then donated to the Special Olympians, Western Valley Region. Owen Leighton, Manager, presents the check to Olympian Robert Levesque. Other Olympians, seated, are Jason Payne and Patti Connors.

Around the House

We take pride in having our Long Term Care home recognized this year as Gold in the Best Special Care Home and as Silver in the Best Retirement Home categories in the Reader's Choice Awards as conducted by our local Bugle-Observer newspaper. Our wonderful staff, neighbours, volunteers, friends and family are the true winners who make this happen. We, who work here, live every day richer for knowing you all and appreciate every small gesture of kindness, even though you may think it was nothing, whether from a fellow staff member or a neighbour. Joy can't be bought, can't come from a book or from a conference we may attend, but simply comes from those acts of kindness we both give and receive.

We have enhanced our Activity Calendars to include some new events and increase bus trips for our neighbours. We have travelled to a hockey game, music/dance at the Y, celebrated St. Patrick's Day, held an open mic evening, and held our first ever Good Friday Service under the guidance of Chaplain, Mae Wells Mullen. Staff stepped forward to support Big Brothers and Sisters in their "Bowl For Kid's Sake Event", served up pancakes and maple syrup for breakfast, participated in wellness events and assisted, along with neighbours and volunteers, in helping Dietitian, Karrie Bedford, launch her Community Food Smart program. We were so proud to see our neighbour, John Everett, in the article and photo of the Bugle -Observer featuring this new program.

The Activity Calendar for each month is available on our web site at www.carletonmanor.ca or on our Face Book page, Carleton Manor Nursing Home, along with a wealth of other information about events we are involved with. We encourage you to have a look and please know you are welcome to come at any time to participate in activities.

Jim Kinsey, Planetree Senior Consultation Services Specialist, spent the day in house on Tuesday, April 3rd, meeting with various committees, groups and staff to introduce us to the new criteria which will continue our journey of Person-Centered care. Sometimes we may be tempted to think, "what more can we do?" but life is a journey with constant change so we will be consistently improving on how we serve our neighbours within Person-Centered care.

Lobsterfest May 26, 2018

The Carleton Manor Foundation Board is dedicated to raising funds to support projects and initiatives that are not funded through the Manor's operating budget. Our beautiful Solarium with its fish tank and the outdoor courtyard are previous projects which the Foundation funded. In 2017, the concentration was on enhancing our outdoor spaces so our neighbours could enjoy time with family and friends on specialized outdoor furniture. In addition, under the guidance of our Wellness Committee, the Foundation funded the new walking trail, paved and wheel chair accessible, connecting our neighbourhood to the Super Store area.

The Foundation will be concentrating this year on replacing some equipment in our home which will help us provide specialized care to our neighbours. As with any home, things do wear out over time and newer equipment is always coming along which can make life more comfortable and allow staff to care for neighbours in a better and more efficient way.

The major fundraiser for the year is coming up in May. We would love to see everyone support the Foundation and support the neighbours in our home!!!!



Vernon and Evelyn Morehouse enjoy the first swing!!!!



Pictures from Lobsterfest 2017, a wonderful evening of music, food, fun and laughter!! Come join us in 2018.



Staff member, Cindy Tozer, often brings her granddaughter, Marlee and her dog, Margaux, to visit neighbours in our home. What a special joy this is to so many. Here, she visits with our neighbor, Connie Corvec.



Her Majesty, Cali, the house cat!!



The Planetree Steering Committee, under an initiative suggested by member, Murielle Mulherin, provides a cake to celebrate birthdays at the monthly Staff Meetings.

Here, Cathy Stairs-Cronkhite cuts her birthday cake at the meeting held in our beautiful solarium as other staff look on. I remember Cathy came to the meeting that day on her snow machine!!

Jessica Sipprell and Jody Anderson celebrate their March birthdays with cake at our staff meeting.



Mae Wells Mullen helps neighbour Gaynelle Hawkins at open mic night as she tells some humorous stories!!!!



NBCC students eagerly ready to start building a new storage shed for Carleton Manor



Pat and Murielle pose with the awesome gift basket the Environmental Services Team sold tickets on for their Valentine's Day Draw. The lucky winner was Monica Carr.

Congratulations!!!!

Now, I'm just saying Owen, it looks like you are not winning this argument!! Way to go, Karrie!!



We are so thankful!!!! The Debec Women's Institute made and donated 10 Fidgit Blankets to our home for our neighbours. Here, we see Institute member, Irene Williams, left, presenting the blankets to Activity staff Mae Wells Mullen, Barbara Estabrooks and Mirna Rodriguez Rogue.



Jessica Sipprell, of the Carleton Manor Rehab Team, designed a piece of artwork for her office which Artist, Terra Lynn Culberson, painted for her. The details in the wheel chair and pensive pose of the elderly gentleman speak to the journey of life as the dancers reflect the vibrancy of a life filled with movement and active living. Memories that our seniors cherish and so readily share, move them from the greyness of life to a world full of color again. Won't you let them share with you? You are welcome to stop by to see this lovely piece and a neighbour would welcome as visit!!

Planetree Champion for the month of March was Marilyn Rosevear. Congratulations!!!!!!



We miss our neighbour Walter Neal, and in honour of their grandfather, Julie Craig and Amanda Craig attended Planetree Day on March 29th presenting a plaque with a special verse inscribed to be placed in his memory. Thank You!!!!



March Planetree Day featured our Dietary Department who made us wonderful chocolate milk shakes enjoyed by neighbours, family and staff. And then there were those who entertained with the Mexican Hat Dance.....no names mentioned Barb and Brandy and Carolyn!! Oops!!



Neighbour Madeline Faulkner chats with Barb and Brandy from the Activities Team

With so many new staff, a reminder that if you would like to have your name read out and be recognized at our monthly staff meetings for your birthday, please let Carolyn in the PR office know and we will add your name to our list. We fully respect those who celebrate their birthdays in a quiet way and will only announce your name with your approval. The best part is, everyone gets to share the cake!!!!



Staff members Shonalee, Christa, Lori, Kevin and Georgia celebrated their April birthdays with cake at our April staff meeting.

Community Food Smart Program

Thanks to our Dietitian, Karrie Bedford, Carleton Manor was pleased to be involved in the launch of this worthwhile service in our community. Information on the service is fully available on our web site and face book pages. The first bags were packed and picked up on April 10th, with volunteers, staff, neighbours and family members stepping up to help. I couldn't resist sharing some photos from the exciting morning!!



**Congratulations
Karrie for making this
happen!!!!**

