



# henleyplace

LONG TERM CARE RESIDENCE



**AIMING HIGH  
TOGETHER™**



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**CONTACT US** | Tel. 519.951.0220 | Fax519.951.0212 | [henleyplace@primacareliving.com](mailto:henleyplace@primacareliving.com)

## Executive Director News

By: Janet Lakie

Hello Everyone,

I hope everyone was able to enjoy a wonderful Easter and we are looking forward to warmer weather ahead! We have had many people ask about when we will be opening the walkway around the building. In mid-April we had our Environmental Manager inspect it and there are several spots that have had tree roots break up the concrete, so we are in the process of getting this fixed. Therefore, we need to wait a little bit longer to ensure the pathway is safe for everyone. As soon as it is open, we will let all families and residents know. I am sure the Life Enrichment Team will once again have a grand opening walk to celebrate!

I know that the Life Enrichment staff are also excited for this warmer weather to bring out our tandem bicycle! This bicycle allows those in a wheelchair to be transferred onto the bike and enjoy a wonderful bike ride throughout the neighbourhood. It is one of our favourite spring/summer activities!

On April 12th we held our first family council meeting via zoom and were happy to see some families join us. In May we will be holding the meeting at 6:30 pm in hopes that we will be able to have more families join in. I would like to personally invite our family and friends to join in this meeting on May 10. We, as a leadership team, would like to support this Council in its growth. It is important for family and friends to engage in these sessions where you are able to get a bird's eye view of what is happening in the home and contribute to the operation of the home. This is an opportunity to share ideas, help problem solve, keep open communication, advocate for the residents and participate in quality management, evaluations and program development, with a collaborative goal of improving the home for the residents. Please contact Melanie Spicer at ext. 5311 or [mspicer@primacareliving.com](mailto:mspicer@primacareliving.com) for more information.



Once again I would like to extend a welcome to all families to stop into my office to introduce themselves!

Janet Lakie  
Executive Director

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## Nutrition News

**By: Food Nutrition Manager, Veera Sharma**

New Menu Month is here!!! Soon we will be posting and starting the new Spring-Summer menu. We will be celebrating Cinco de Mayo with a special Mexican Dinner Menu.

Our Food Committee Meeting will be on the second Wednesday of the month, which will be on May 11th, 2022. In this Food Committee meeting, suggestions about the new menu from the residents are welcome and encouraged.

Good Day!

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## Community News

Window cleaning will take place  
May 10th and May 11th.



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## Residents' Council News



Residents'  
Council

The next Residents' Council Meeting is Tuesday May 10th at 2:30 in the Celebration Room.  
All residents are encouraged to attend !!

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## Henley Place Family Council

Our next meeting will be virtual by zoom invite on  
May 10th at 6:30pm.

An email will be sent to primary contacts.



**Social Worker News**  
**By: Lisa Mitchell, RSW**



***Psychoneuroimmunology***

Okay. Yes, I agree. That is a ridiculously long word. However, it means simply, “the science of the interactions of mind and body.” I first came across “psychoneuroimmunology” in a book called “When the Body Says No,” by Gabor Mate. He is a well-known Canadian doctor, researcher, speaker, and writer specializing in the areas of trauma, addiction, stress, and childhood development. This book was a turning point in my understanding of how critical this connection of mind and body truly is in our mental AND our physical health (and it is actually an easy -to-read book I regularly recommend to my clients).

The book focuses on fascinating case studies, where mental health or traumatic experiences have led to biochemical and hormonal changes within the body. These, in turn, lead to physical illness and disease outcomes. While some of the examples are dramatic and took decades for illnesses to manifest in individuals, I liken this to how current mental health challenges and struggles have led to or are accentuating the negative physical impacts for our seniors.

The physical impacts of COVID infections are just part of the picture. There are so many emotional impacts of this pandemic as well – such as increased isolation and loneliness, heightened stress and anxiety, and other mental health issues. Importantly, these emotional impacts are not just emotional. They actually alter the physiological and biochemical pathways in our brains and bodies, increasing stress hormones which result in physical changes as well.

While I am not a medical professional, I do pay careful attention to the physical illnesses a resident is dealing with. And while I focus on the emotional needs of our residents, I am always aware that their emotional and physical struggles are integrally tied together.

**Life Enrichment News**



Henley Place staff and residents will be participating in the annual London Alzheimer's Walk. This year the walk is May 28th. Stay tuned for fundraisers that will be happening around the home.

You can also go online and visit [2022 Walk for Alzheimer's - London: Henley Heroes - IG Wealth Management Walk for Alzheimer's \(alzgiving.ca\)](https://www.alzgiving.ca) and find our team Henley Heroes to donate.

Note: Our April community clean up has been postponed, date TBD. An email will be sent out with more information



## Happy Birthday to everyone celebrating this month! Fun Facts about May



May is the fifth month of the year in the Julian and Gregorian calendars. There is some dispute as to how this month got its name. Some say it was named for the Greek goddess Maia, who oversaw the growth of plants. It has also been said that the name comes from the Latin word maiores, or “elders,” who were celebrated during this month.

### ***Birthstone – Emerald***

May’s gemstone is the emerald ranging in colour from brilliant lime hues to deep forest greens. The emerald has long been considered a symbol of hope and faith, especially in the Christian religion. The word emerald comes from the Greek word smaragdus, meaning “green.” It is the stone of the Roman goddess of love, Venus. Whatever the reason, emeralds are and will always be a symbol of everlasting love.

### ***Flower - Lily Of the Valley***

The lily of the valley is a popular gardening flower with a heady perfume and white, bell-shaped blossoms. Though the plant is highly poisonous, its beauty has made it a favourite for centuries. Its flowers are typically white or pink, and the plant also produces little red berries. In the Victorian era, lilies of the valley were very symbolic, representing a return to happiness or a pure heart. The flower is also said to protect gardens against the trespassing of evil spirits.

### **Some famous people born during the month of May include:**

- James Brown (musician) – May 3, 1933
- Audrey Hepburn (actress) – May 4, 1929
- Harry S. Truman (president) – May 8, 1884
- Don Rickles (comedian) – May 8, 1926
- Billy Joel (musician) – May 9, 1949
- Fred Astaire (actor) – May 10, 1899
- Bob Dylan (musician) – May 24, 1941
- Miles Davis (jazz musician) – May 26, 1926
- John F. Kennedy (president) – May 29, 1917



### **Happy Birthday to our residents celebrating this month:**

Ruby B- May 2	Adel M- May 4	Dorcus R- May 6	Heddy G- May 7
Joe H- May 9	Julie V- May 9	Bob P- May 10	Doug B- May 11
Romano P- May 14	Rada P- May 14	Dorina P- May 15	Helen G- May 16
Nadia W- May 17	Liz B- May 17	Joy H- May 18	Edith F- May 18
Barb M- May 25	Lois B- May 26	Maria C- May 26	Donna P- May 29
Peter W- May 29			

# Pastoral Message

## By : David Waldner, Chaplain



The days are lengthening, the birds are singing, the flowers are blooming, the garden is calling, it must be May. In May we are invited to reflect and honour all the mothering we have experienced over the years. I would like to share a beautiful prayer for Mother's Day (May 8<sup>th</sup>), written by Rev. Margaret Whyte of the Church of Scotland.

God of all Living and Loving:

How pleasant it is when women, men, and children live together in unity!  
How noble is your creation and the world that you have made!  
How blessed we are to receive the gifts of life and love!

We are thankful for families,  
where scattered piles of stuff testify that we live fully in the moment;  
where the noise of laughter and the silence of sadness are freely shared.

We are thankful for families,  
where we find sanctuary from danger and judgment;  
where words of love and openness are the rule of life.

We are thankful for families,  
where our differences are the spices of life;  
where our unity is something that we can always take for granted.

We grieve for families,  
where violence and rejection are living realities;  
where hearts are broken, and dreams are shattered.

We grieve for families,  
where walls of protection become fortresses of isolation,  
where language is a weapon of destruction and hate.

Help us to understand,  
those families whose identities are different from ours;  
the ways of loving, parenting, partnering  
and working together for peace.

Help us to dare,  
to stand strongly against hate and divisiveness;  
to encounter our differences with love and respect.

This we believe:

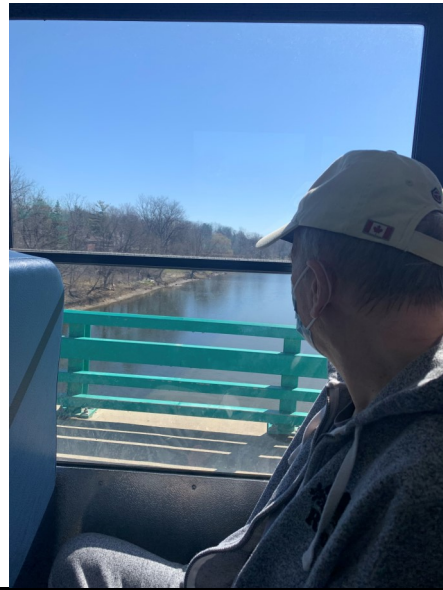
that love is stronger than hate;  
that hope is stronger than despair,  
and that good is stronger than evil.

In the name of the One who is Loving and Living, Amen.

PEOPLE PLACES & EVENTS



Wii bowling!



Country Drive



Tea Time



Puzzles



1961 Cedarhollow Blvd.  
London, ON  
N5X 0K2  
519.951.0220