



AUGUST

A large, stylized sunflower with a brown center and yellow petals is positioned behind the letter 'A'. A cartoon bee with a yellow and black striped body and blue wings is positioned behind the letter 'T'.

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Executive Director News

By: Janet Lakie

Here we are half way through our summer and we have had some pretty warm days. You may have found some of the Home areas quite warm at times. We have been diligent to remind staff and residents to keep the windows closed when it's warmer outside than inside, to allow our HVAC and lounge cooling systems to work. Staff has been encouraged to move residents to the cooler areas of the home (lounges, ADL room, dining room) through the day if the residents so wish. However, most residents prefer the warmer temperatures.

Over the last month the Home areas have been enjoying their scheduled BBQs in the courtyard. The weather has held out for most of them. When it hasn't, the Life Enrichment Team and Dietary Department have made sure that residents still enjoyed those seasonal BBQ items indoors. The Life Enrichment team has also been amazing with their decorating for the BBQs. They look super festive and fun music is played as well. Great job to both of the teams for all their hard work!

If you are planning to be away in August and you are listed as the first contact for your resident, please contact the Registered Staff and let them know how you can be reached. Or let them know if there is an alternative person to contact in your absence in case of an emergency.

Reminder that when you take your loved one outside for a stroll through our beautiful pathway or in the courtyards to be please remember to have a hat available for your loved one as well we have sunscreen available in dispensers at the front door. We want to make sure everyone is protected from those strong UV rays.

Lastly..... In September the Family Council Meetings will resume via Zoom. I encourage you to join this group. It is a great way to be informed and to support your loved ones here at Henley Place. If you would like more information please reach out to our Life Enrichment Manager Melanie Spicer at mspicer@primacareliving.com .

Enjoy the rest of your summer and I look forward to updating you in September.



Pastoral Message

By : David Waldner, Chaplain



Verse for August: Then Jesus told them many things in parables saying “A farmer went out to sow his seed.” (Matthew 13:3)

Just over twenty years ago, a replica of Shakespeare’s Globe Theatre was opened in London on the south bank of the Thames. Shakespeare’s Globe stands near where the original theatre was located 400 years before. During the building work, it was said of the new theatre that it is “built for the simple function of telling a story - we are all part of the story.” (N. Hutchinson, Word-Sunday, a Lectionary Resource, p.144).

In a similar way we are invited into the stories of the Bible as we read or hear them. The parables of Jesus are uniquely accessible and asking the right questions about them draws us deeper into the heart of his message. For example, the parable of the sower mentions seeds falling on various types of soil. (Matthew 13) Some soils bring no return (a hardened pathway, a rock pile, a weedy patch) and another type brings a bountiful harvest (good soil). Jesus focussed on proclaiming and demonstrating what God was about (sowing the good news of God’s reign or kingdom). This parable is asking of us: “How do you respond when you experience God’s claim on your life?” or in the language of the story: “What kind of soil are you?” We are all part of the story.

Prayer for August: Grant to me, O God, a good and noble heart in order to hear, retain and persevere in this life and in doing so be part of your bountiful future. Amen (Luke 8:15)

Residents’ Council News



The next Residents’ Council Meeting is Tuesday Aug 23rd at 2:30 in the Celebration Room
All residents are encouraged to attend !!

Henley Place Family Council

Our next meeting will be virtual by zoom invite on
Sept 13 at 2:30pm

An email will be sent to those interested.





BEAT WORKPLACE STRESS BY REACHING OUT

When you feel overwhelmed at work, you lose confidence and may become angry, irritable, or withdrawn. Other signs and symptoms of excessive stress at work include:

- Feeling anxious, irritable, or depressed.
- Apathy, loss of interest in work.
- Problems sleeping.
- Fatigue.

A work-related mental stress injury is a psychological injury or illness caused by one or more substantial sources of stress in the workplace, or by one or more work-related traumatic events.

Indeed, one study shows younger people who routinely face heavy workloads and extreme time pressure on the job are more likely to experience major depressive disorder and generalized anxiety disorder. High levels of stress at work -- and outside of it -- can affect physical health, too.

You can combat the physical and mental effects of work stress by getting some exercise on your lunch break. If your schedule allows for it, you might try taking short exercise breaks throughout the day. This can help you blow off steam, lift your mood, and get into better shape.

Sometimes the best stress-reducer is simply sharing your stress with someone close to you. The act of talking it out and getting support and sympathy, especially face-to-face, can be a highly-effective way of blowing off steam and regaining your sense of calm. The other person doesn't have to "fix" your problems; they just need to be a good listener.

TURN TO CO-WORKERS FOR SUPPORT: Having a solid support system at work can help buffer you from the negative effects of job stress. Just remember to listen to them and offer support when they are in need as well. If you don't have a close friend at work, you can take steps to be more social with your coworkers. When you take a break, for example, instead of directing your attention to your smartphone, try engaging your colleagues.

LEAN ON YOUR FRIENDS AND FAMILY MEMBERS: As well as increasing social contact at work, having a strong network of supportive friends and family members is extremely important to managing stress in all areas of your life. On the flip side, the lonelier and more isolated you are, the greater your vulnerability to stress.

BUILD NEW SATISFYING FRIENDSHIPS: If you don't feel that you have anyone to turn to at work or in your free time, it's never too late to build new friendships. Meet new people with common interests by taking a class, joining a club, or by volunteering your time. As well as expanding your social network, helping others - especially those who are appreciative - delivers immense pleasure and can help significantly reduce stress.

"Give your stress wings and let it fly away."

Terri Guillemets



Happy Birthday to everyone celebrating this month! Fun Facts about August



BIRTHSTONE (Peridot) - Peridot is the gem-quality variety of the common stone olivine. In fact, peridot is often referred to as “precious olivine.” Peridot comes from Old French, so it’s pronounced ‘*pear-adoe*’, instead of ‘*pear-a-dot*’. The bright yellow-green stone is very popular in jewelry, and it is reasonably priced compared to other coloured gemstones. A high-quality peridot can be purchased for around \$100 per carat. The largest cut peridot is 310 carats and can be found at the Smithsonian Institute. According to those who believe in the healing power of crystals, the peridot emits warm and friendly energy and helps the wearer feel less angry and jealous. “Green with envy” doesn’t apply if you are wearing a peridot.

FLOWER (Gladiolus) - The gladiolus is known by a number of other names: gladiola, glad, and even sword lily because of its long, sword-like leaves. Whatever name you prefer, they are one of the most popular flowers grown in the home garden. Gladiolus plants range from one foot to over five feet in height, depending on the variety and growing conditions. The blooms themselves can be from two to eight inches wide and grow along one side of a stem. The North American Gladiolus Council recognizes 28 different basic colours, including white, green, cream, yellow, buff, orange, salmon, scarlet, pink, red, rose, lavender, purple, and blue. There are even tan and brown varieties. Gladiolus flowers signify remembrance. They also express infatuation, telling the receiver that he or she “pierces the heart.”

Some famous people born during the month of August include:

- Peter O’Toole (actor) – August 2, 1932
- Martin Sheen (actor) – August 3, 1940
- Louis Armstrong (musician) – August 4, 1901
- Neil Armstrong (astronaut) – August 5, 1930
- Lucille Ball (actress, comedian) – August 6, 1911
- Garrison Keillor (radio host) – August 7, 1942
- Eddie Fisher (singer) – August 10, 1928



Happy Birthday to our residents celebrating this month:

Stan D- Aug 2	Ruth B- Aug 8	Frances B- Aug 9	Eddie U—Aug 9
Audrey P- Aug 10	Norma M- Aug 11	Bill B- Aug 18	Ann S- Aug 23
Mable A- Aug 24	Reg W- Aug 24	Evelyn M- Aug 24	Erwin L- Aug 24
Georgina H- Aug 26	Larry M- Aug 27	Catherine O- Aug 29	Andrea V- Aug 30

Lak T- Aug 30

Life Enrichment News

By: Melanie Spicer, Life Enrichment Manager

We are so pleased to be doing outings again! In July we were lucky to have beautiful weather to go to Mackie's on the beach for lunch in Port Stanley and will be going two more times in August. Please see the Life Enrichment staff to sign up as seating is very limited.

Our floor BBQs have been another highlight in our week. Each floor is scheduled to enjoy a BBQ once a month for June, July and August. At times, when the weather isn't in our favour, (eg. - extreme heat and/or rain), we move our BBQs indoors but we still have a great time!

Outdoor visits are not being booked through the Life Enrichment department. Please make arrangements with your essential caregivers for accommodations if needed.

Lastly, I wanted to mention that, from time to time, members of our Life Enrichment department may be pulled from their regular activities to assist in other areas of the home. The care and safety of our residents is always our first priority. We appreciate your patience and understanding during those times when our much anticipated programs get cancelled.

School Supply Donations

As we head into August and students begin thinking of the school year to come, the residents at Henley Place are once again taking the initiative to support children in need. We are putting together knapsacks to donate to schools in need of assistance. We welcome any donation of supplies (knapsacks, pens, pencils, erasers, rulers, etc.) in order to fill as many knapsacks as we can. Donations can be brought to the front desk, and will be accepted up until August 28th. We appreciate all contributions. Even the smallest of items will help make a positive impact for a student in the community.



PEOPLE PLACES & EVENTS



Lunch at Mackie's



Loving the Beach!



Pet Therapy is Back!



Enjoying the Sun



1961 Cedarhollow Blvd.
London, ON
N5X 0K2
519.951.0220