



LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™



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EMERGENCY CODES

Primacare Living Solutions employs a universal emergency code system as an integral part of the Emergency Preparedness Program. This system is designed to promote ease of communication and identification of the appropriate emergency plan to be executed.

The codes are:

- Code Red – Fire or Smoke Emergency
- Code Green – Evacuation
- Code Yellow – Missing Resident
- Code Black – Bomb Threat
- Code White – Violent/Aggressive Behaviour/Hostage Threat
- Code Orange – Disaster Contingency Plans (e.g. - loss of power, loss of water)
- Code Brown – Chemical Spill

Education for staff on the different codes is provided during orientation and again annually. Education includes drills of each emergency code in order for everyone to practice should a real emergency occur.

Education for residents and families occurs on admission and periodically. Information is provided in the resident handbook and posted throughout the facility.

During fire drills residents, families and visitors are active participants in this education.

Residents/Families/Visitors should receive instructions on:

- What to do when the alarm sounds
- Safety measures that they can take during a fire emergency
- The importance of panic control/staying calm
- How to cooperate with staff during evacuation
- Location of evacuation sites
- Their role in the fire safety program

THE HOME HAS A TWO STAGE FIRE ALARM SYSTEM

First Stage: Alert Signal

If you hear an *intermittent* alert signal:

1. Stand by and prepare to evacuate the building.
2. Listen to the voice communication system loudspeaker or staff for additional instruction.

Nutrition News



Apricot Jam

Ingredients:

- 8 cups fresh apricots - peeled, pitted and crushed; or; if it is winter, you can rehydrate dried apricots by soaking in water overnight in the fridge (just know that it will make your jam super sweet because of the drying process!)
- 1/4 cup freshly squeezed lemon juice
- 6 cups white sugar
- 5 (1 pint) canning jars with lids and rings

Directions:

1. Mix apricots and lemon juice in a large pot; add sugar. Slowly bring to a boil, stirring until sugar dissolves. Cook and stir until apricot mixture thickens, about 25 minutes. Remove from heat and skim foam if necessary.
2. Meanwhile, prepare jars, lids, and rings by cleaning and sterilizing in dishwasher or boiling water bath. Leave lids in simmering water until ready to seal jars.
3. Ladle hot jam into hot sterilized jars, leaving about 1/4 inch of space on top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
4. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil, then carefully lower the jars into the pot using a holder. Leave a 2-inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 15 minutes.
5. Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Residents' Council Meeting: Thursday, June 19th @ 10:30am (PL)

Food Council Meeting: Thursday, June 19th @ 11:00am (PL)

Family Council Meeting: TBA

Monthly Feature

Birthstone: Pearl, Moonstone, Alexandrite

The main reason why some months have multiple birthstones is because various ancient stones have become too rare, so it is less likely for them to be available on the market and to satisfy consumer needs. June's three birthstones are pearl, moonstone, and alexandrite – the only other month with three birthstones is December, with turquoise, zircon, and tanzanite.

Flower: June's birth flowers are the rose and the honeysuckle, and each is unique in its own special way. Apart from simply being two separate and distinctive plants, June's birth flowers both have a great deal of symbolism and meaning attached to them.



June Fun Facts:

- June is the month with the longest daylight hours of the year in the Northern Hemisphere and, conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
- In 2009, June was the 662nd most popular name for girls in the USA.
- June is derived from Juno, the goddess of marriage.
- In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
- June is international men's month.
- June is accordion awareness month, as well as candy, dairy and papaya month.



Happy Birthday Wishes to:

Bruce W—June 6th
Paul C—June 6th
Zarko R—June 11th
Anne S—June 13th
Margaretta D—June 14th
Shahaberdeen J—June 15th
Sherry K—June 15th
Joycelyn G—June 16th
Ina W—June 17th
Maria D—June 19th
Lillian F—June 22nd 100th!!!!
Albert D—June 26th
Raul C—June 29th



Famous People in History who have a birthday in May:

Marilyn Monroe—June 1st
Prince—June 7th
Johnny Depp—June 9th
Judy Garland—June 10th
Anne Frank—June 12th
Alan Turing—June 23rd
Lionel Messi—June 24th
Helen Keller—June 27th
Elon Musk—June 28th
Mike Tyson—June 30th

Monthly Feature

Special Events & Outings

Sing-a-Long with Karen - Monday, June 2nd @ 2:00pm (CR)
Happy Hour with Ryan - Thursday, June 5th @ 2:00pm (CR)
Ladies' Social - Friday, June 6th @ 2:15 (CR)
Seniors' Month Celebration "Caribbean Theme" - Monday, June 9th @ 2:00pm (CR)
Visits with the Grade 5s - Tuesday, June 10th @ 10:30am (CR)
Portugal Day Celebration - Tuesday, June 10th @ 2:30pm (CR)
Happy Hour with Cameron - Thursday, June 12th @ 2:00pm (CR)
Father's Day Pub with Entertainment - Sunday, June 15th @ 2:00pm (CR)
Musical Entertainment with Dilpreet - Monday, June 16th @ 2:00pm (CR)
Happy Hour with Gerry Larkin - Thursday, June 19th @ 2:00pm (CR)
Musical Entertainment with Giordano - Monday, June 23rd @ 2:00pm (CR)
Residents' Birthday Party with Linda & Denis - Thursday, June 26th @ 2:00pm (CR)
Men's Afternoon - Friday, June 27th @ 2:00pm (CR)
Sing-a-Long with Karen - Monday, June 30th @ 2:00pm (CR)

Spiritual Programming

Church Service with Chaplain Samuel - Sundays @ 2:00pm (CR)
**No Service on June 15th ** 10:00am on the 22nd
Catholic Communion Service - Wednesdays @ 10:30am (CR)
Portuguese Communion Service - Saturday, June 21st @ 10:30am (CR)

Diners' Club

"Fish n Chips"
Friday, June 28th
12:30pm (CR)
**Sign up required



Outing to Dairy Queen

Wednesday, June 25th
1:30–3:30
** Sign up required



PEOPLE PLACES & EVENTS



Mother's Day Brunch!



Making "Thank you" Cards for Nursing Week



Outing to the Casino!



Enjoying a nice day on the balcony