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<https://www.primacareliving.com/henley-house>

Happy Mother's Day

This year Mother's Day falls on Sunday May 12. Many people express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include stepmothers, mothers-in-law, guardians (e.g.- foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them. Father's Day is also celebrated in Canada on the third Sunday of June, when people thank fathers and father figures for the positive contributions they made.

Some people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day. Others take their mothers or mother figures to the movies, a restaurant, café, or a day in a park. Some mothers and mother figures also receive special gifts such as jewelry, clothing, accessories, and gift vouchers for services or products.

Background and symbols

Early celebrations of Mother's Day originated from Canada's neighbouring country, the United States. Carnations are a popular Mother's Day symbol in both Canada and the United States. Some people may choose to wear a carnation as a brooch on Mother's Day. However, other flowers are also given to mothers or mother figures to symbolize one's love and appreciation for them.

Come join us here at Henley House on Sunday May 12th at 2:00 pm in the Celebration Room for our Mother's Day Celebration. Everyone is welcome to join in.



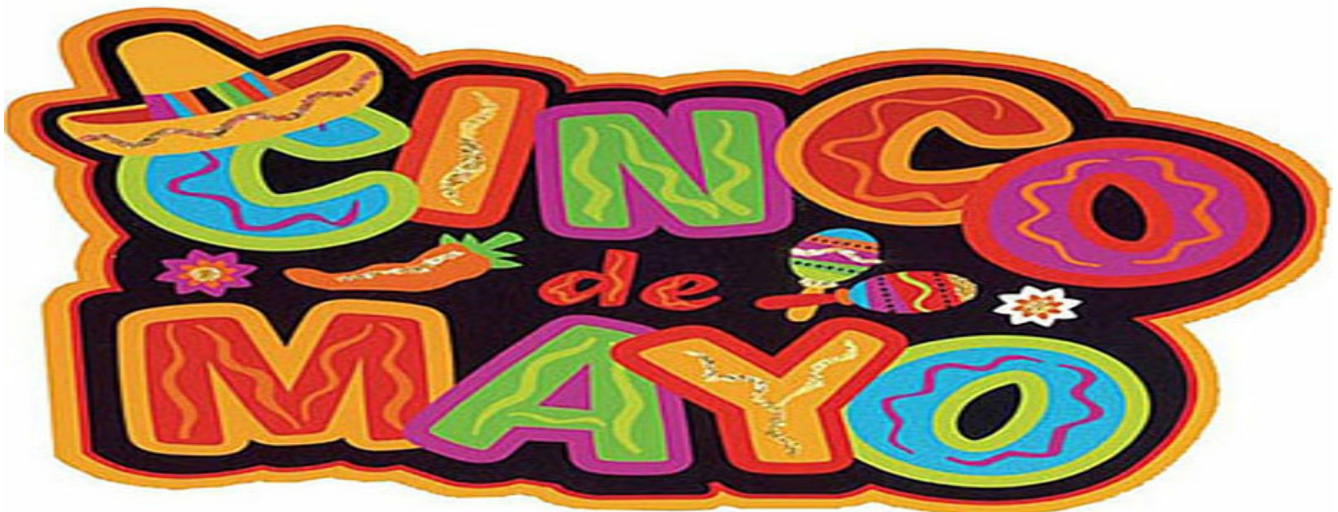
Cinco de Mayo!

The fifth of May is when North Americans celebrate the Battle of Puebla with so much food and music and fun that the real story behind the holiday is often overlooked. While Cinco de Mayo is often thought of as a celebration of Mexican independence, it is not. Mexican independence, also called the Cry of Dolores, is celebrated on September 16 and occurred about 50 years before the Battle of Puebla. That's right, all the festivities and fun those in North America have on May 5 is to celebrate a single battle. However, don't let that singularity fool you; it was an important and epic battle that lifted the spirits of the nation and affected the future for more than just Mexico.

Unique Celebrations

- 1) The Cayman Islands in the Caribbean celebrate Cinco de Mayo with an air guitar competition.
- 2) In Vancouver, they celebrate with a skydiving event.
- 3) In Chandler, Arizona, they celebrate with Chihuahua races and the crowning of a dog king and queen.
- 4) In Denver, Colorado, the Cinco de Mayo Festival specializes in all types of Mexican music and lasts for two days.
- 5) The world's largest Cinco de Mayo celebration is held in Los Angeles, California. More than 600,000 people attend the Fiesta Broadway and celebrate with Mexican food and music.
- 6) Americans drink more tequila on Cinco de Mayo than on any other day. Can you guess how much more? Americans drink about twice as much tequila - mostly in margaritas - on Cinco de Mayo than on any other day.

Here at Henley House, recreation staff will be coming around with Tacos and Treats to celebrate.



MESSAGE FROM DIETARY MANAGER

RECIPE FOR LEMON SQUARES

Ingredients:

- cooking spray
- 2 cups all-purpose flour
- 1 cup cold butter
- ½ cup confectioners' sugar
- 2 cups white sugar
- 4 eggs
- ¼ cup all-purpose flour
- ¼ cup lemon juice, or more to taste
- 1 teaspoon baking powder
- 1 teaspoon lemon zest, or to taste

Optional

- confectioners' sugar for dusting



Directions:

- Preheat oven to 350 degrees F (175degrees C). Spray a 9x13-inch baking dish with cooking spray.
- Process 2 cups flour, butter, and 1/2 cup confectioners' sugar in a food processor until mixture resembles coarse crumbs; press into the prepared baking dish.
- Bake in the preheated oven until the edges of the crust are golden brown, 18 to 22 minutes. Cool crust to room temperature.
- Beat white sugar, eggs, 1/4 cup flour, lemon juice, baking powder, and lemon zest together in a bowl using an electric mixer until light and fluffy; pour onto the cooled crust.
- Bake in the oven until custard is set, 25 to 28 minutes. Cool lemon squares completely; dust the top with more confectioners' sugar.

ENJOY!

RESIDENTS' BILL OF RIGHTS

RIGHT TO BE TREATED WITH RESPECT

1. Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.
2. Every resident has the right to have their lifestyle and choices respected.
3. Every resident has the right to have their participation in decision making respected.

RIGHT TO FREEDOM FROM ABUSE AND NEGLECT

4. Every resident has the right to freedom from abuse.
5. Every resident has the right to freedom from neglect by the licensee and staff.

RIGHT TO AN OPTIMAL QUALITY OF LIFE

6. Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference.
7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.

Source: Ontario Provincial Government, Fixing Long-Term Care Act, 2021 Accessed 2022-04-25 | <https://www.ontario.ca/laws/statute/21f39#BK5> |





Lyme Disease

HNHB Infection Prevention and Control

Bug of the Month

What is it?

It is caused by the bacterial spirochete, (a corkscrew-shaped bacterium), *Borrelia burgdorferi* and transmitted to humans by blacklegged ticks (*Ixodes scapularis*).

Signs and Symptoms:

Three to 32 days (average 7-10 days) following a bite from an infected blacklegged tick, a person may experience symptoms which are generally divided into 3 stages:

1. *Early localized disease:* This stage may have a characteristic Erythema migrans (EM) or "bull's eye" rash at the site of the recent infective tick bite, fever, chills, fatigue, headache, swollen lymph nodes, muscle and joint aches.
2. *Early disseminated disease:* This stage is primarily characterized by evidence of systemic infection, which means infection has spread throughout the body, including to other organs. Symptoms can include, multiple EM lesions, disturbances in heart rhythm, neurologic conditions, such as numbness, tingling, facial and cranial nerve palsies, and meningitis. The symptoms of stages 1 and 2 can overlap.
3. *Late disease:* This stage may develop in people with early infection that was undetected or not adequately treated. It can occur months or years after the tick bite. If left untreated, the infection could spread to the joints, heart and nervous system.

Transmission:

One can estimate the time attached by how engorged the ticks are. If already clearly engorged, it must have been attached for more than 24h once detected. Not all blacklegged ticks are infected.

Who is at Risk?

In regions where blacklegged ticks are found, people can come into contact with ticks by brushing against vegetation while participating in outdoor activities. Risk of a tick bite is highest in the spring and summer months.

Diagnosis and Treatment:

The diagnosis of early localized Lyme disease is primarily clinical with presence of an erythema migrans rash, supported by history of exposure to blacklegged ticks. Lyme disease can be effectively treated with 10-14 days of antibiotics; however, a longer course of antibiotics, up to 4 weeks, may be required with joint infections.



Remember...

Lyme disease is a reportable disease to Public Health.

Lyme disease is vector borne by black legged ticks. There is no person to person transmission and no isolation is required.

How to remove a tick...



Prevention?

When hiking in wooded/grassy areas:

- Wear closed toed shoes, long sleeve shirts and pants.
- Pull socks over pant legs to prevent ticks from crawling up legs.
- Wear light coloured clothes to spot ticks easier.
- Use insect repellants that contain DEET or Icaridin. Apply to clothing and exposed skin.
- Shower or bathe within 2 hours of being outdoors to wash away loose ticks.
- Do daily full body checks for ticks on yourself, your children and your pets.
- Removing a tick from your skin within 24 hours will usually prevent infection.

FAMILY COUNCIL



The Henley House Family Council has been successfully re-established. We have had 4 meetings to date with a consistent attendance of 12 family members. Members have updated the Terms of Reference and Mission Statement. At the request of members, an education session is being arranged for the May 29th meeting. A guest speaker from the Alzheimer Society will provide a presentation. New members are welcome to attend. Minutes from previous meetings are available in the Council binder in the main lobby.

Come out to meet other family members and see what the Henley House Family Council is all about.

For more information on Family Councils, please visit:

www.fco.ngo



Family
Councils
Ontario



RESIDENTS' COUNCIL

Residents' Council is an open forum for residents to come together to share their ideas, express any concerns, offer suggestions or compliments and to keep abreast of what is happening in your home.

Get involved in your home. Become an ambassador for welcoming new residents.

Volunteer in your home. Be a friendly greeter. There's so much you can do to become a part of the community.

We encourage residents to participate in these monthly meetings. We want to know about any activities that you would like to have in the home as well as choosing where you would like to go on an outing (e.g. - out to lunch, shopping, casino, legion, etc.). We want to be able to plan special events around your interests, likes and passions.

On our part, we will listen to what you tell us. We will keep you informed about any changes that are taking place regarding improvements, finances and any in-house and corporate updates.

Using your voice and participating in meetings is the way to create positive changes and communication within the home.

Next Meeting:
Thursday MAY 2nd.
10:00 am
Celebration Room



For Residents,
By Residents

MESSAGE FROM LIFE ENRICHMENT



MAY 2024 SPECIAL EVENTS & ENTERTAINMENT

SUNDAY MAY 5TH - CINCO DE MAYO TRAVELLING TACOS

TUESDAY MAY 7TH - PAT SERRE ENTERTAINS @ 2:00PM

SUNDAY MAY 12TH - MOTHER'S DAY CELEBRATION @ 2:00PM

THURSDAY MAY 16TH - DAVE BURDEN ENTERTAINS @ 2:00PM

THURSDAY MAY 23RD - BIRTHDAY PARTY WITH BRAD BOLLAND @ 2:00PM

MAY OUTING

THURSDAY MAY 30TH -
TIM HORTON'S OUTING AT THE GATEWAY NOTL (10:00AM)

MAY CHURCH SERVICES

SUNDAY MORNING WORSHIP SERVICE EVERY SUNDAY
CELEBRATION ROOM @ 10:00 AM

WEDNESDAY MORNING BIBLE STUDY
MAY 1ST, MAY 15TH AND 22ND @ 10:30 AM

ST. GEORGE ANGLICAN CHURCH SERVICE
WEDNESDAY MAY 8TH/CELEBRATION ROOM @ 10:00 AM

ST. DENIS ROMAN CATHOLIC SERVICE
WEDNESDAY MAY 29TH/CELEBRATION ROOM @ 11:00 AM

SNAP SHOTS



Easter Sunday



Easter Sunday



Solar Eclipse Day



Solar Eclipse Day



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