

Simcoe Terrace Retirement Residence

April 2016 Issue



*Simcoe Terrace
Retirement Residence*

44 Donald Street
Barrie, Ontario
L4N 1E3
705-722-5750
info@simcoeterrace.com



The Terrace Tribune

April Showers Bring May Flowers...



■ Message from the GM

"April hath put a spirit of youth in everything"

-William Shakespeare

Rainy with the occasional snowstorm seems to be the forecast for the beginning of April. As I recall, March came in like a lion and is exiting the same way.

April should see the final inspection of our sprinkler system by the Barrie Fire Department. That means that Simcoe Terrace will be fully protected against the spread of fire by a sprinkler system in every room and public area.

Also in April, we have additional trained staff to assist the nurses with medication and resident care. You will notice additional care staff in the dining rooms and in the evenings distributing medication. Please help us welcome the new staff members to Simcoe Terrace.

Leaving us at the end of March is Heidi Garber, our night Charge Nurse these last 3.5 years. Good Luck Heidi.

Have a wonderful month,

Michael Ayers,
General Manager

■ Meetings

Resident General Meeting:

*Wednesday, April 20th at 2:00pm
in the Tea Room*

Menu Chat:

*Tuesday, April 5th at 10:45am
in the Dining Room*

Program Planning:

*Friday, April 1st at 9:30am
in the Sunroom*

■ Information

Tuck Shop Schedule

*The Shop is open for business Mondays,
Wednesdays and Fridays in the **Front
Lounge** at 10:15am*

Exercise Equipment

*Exercise Equipment is available in the
Lifestyle Office for use/sign out. Please
see Amber for more information*

■ Staff Star!

All the staff at Simcoe Terrace work very hard and we wouldn't be who we are without them! This month, we are letting the residents choose the employee of the month for May!

Cut out this ballot and indicate below who you think deserves it most and why. Amber is accepting ballots until April 11th, so cast your vote! Employee of the month will be announced on April 12th. Thanks!

I think _____
should be employee of the month because

Large Print Library Books

*Large print Barrie Public Library books
are always available in the **Lifestyle
Office***

Leisure Binder

*Check the leisure binder located at the
front desk often for special events,
outings and activities to sign up for!*

Management Staff Listing - We Love Hearing from You!

Michael Ayers, General Manager: michael@simcoeterrace.com

Theresa Abreu, Office Manager: theresa@simcoeterrace.com

Monica Mosher, RPN, Director of Wellness: monica@simcoeterrace.com

Darlene Guirey, Dietary Manager: darlene@simcoeterrace.com

Amber Head, Lifestyle Consultant: amber@simcoeterrace.com

Resident's Corner



- Ron S. April 6th
- Joyce B. April 8th
- Fran M. April 13th
- Barb L. April 14th
- John L. April 15th
- Maria R. April 18th
- Carol H. April 23rd
- Vera W. April 28th
- John E. April 30th

Happy Birthday to You!

We celebrate our April babies special day on
Monday, April 25th at 2:00pm in the Activity Room!
Cake, ice cream & musical entertainment by
Backwoods Billy!
All Welcome!

Stones, Flowers and Signs for April Babies

Diamond, the birthstone of April, represents strength, timelessness, affection and everlasting love. The diamond is undoubtedly the most desired gemstone.

Sweet Pea and Daisy, the flowers of April. The daisy is the Queen’s favorite flower. It represents cheerfulness, innocence, purity and beauty. The Sweet pea comes in a variety of pastel colours and symbolizes pleasure and good-byes.

Taurus (April 20th to May 20th)

- Strengths:** Dependable, Persistent, Loyal, Patient, Generous
 - Weaknesses:** Stubborn, Lazy, Possessive, Materialistic, Self-Indulging
 - Dislikes:** Bossy people, disorganization, unpredictability, unnecessary risks
 - Likes:** Good food and drink, beauty, harmony, security
 - Lucky Numbers:** 6, 15, 24, 33, 42, 51
- ### Aries (Mar. 21st to April 19th)
- Strengths:** Courageous, Determined, Confident, Optimistic, Enthusiastic, Passionate
 - Weaknesses:** Impatient, Moody, Short Tempered, Impulsive, Aggressive
 - Aries likes:** Comfortable Clothes, Taking on Leadership roles, physical challenges
 - Aries Dislikes:** Inactivity, delays, work that does not use one’s talents
 - Lucky Numbers:** 1, 9



Welcome to the Terrace!

- Robert Minister
- Robert Pitman
- Georges Oliver
- Sarah MacCuaig

Athletes of the Month!

Can you beat these AMAZING achievements? Prove it!

Darts:

Bea B. with a total month score of 308!

Carpet Bowling:

Dorothy H. with a total month score of 139!

Ban Bag Toss:

Betty M. with a total month score of 298!

Shuffleboard:

Table #1: Barb L. with a total month score of 3146!

Table #2: Fred M. with a total month score of 2803!

Ladder Ball, Best 2 of 3:

Blue Team wins 2 of 3! (Ina G, Betty M and Thelma W.)

■ Highlights of the Month

Fit and Fabulous! (Fit & Fab)

Last chance!

Everyone should be concerned with their health. Looking for increased flexibility? Weight Loss? Balance? Stamina? A better sense of overall well being? Here's the ticket!



Our program continues! We are now in month 2 of the program, and by now, I'm sure you've seen Lisa Renaud & Khushbu Patel (Kushy) of Georgian College strolling the halls with some ambitious residents! Reminding everyone that when Lisa and Kushy are scheduled to be here, everyone is welcome to take advantage of their skills.

Lisa and Kushy will be facilitating the AM energizer class Saturday mornings at 10:30am for the first two weeks of April.

Great job everyone!

Pie for Parkinson's Fundraiser!

April is Parkinson's Awareness Month! Did you know there are over 100,000 people in Canada who are living with Parkinson's Disease everyday?

Join us on April 27th at 2:00pm for our Pie for Parkinson's Fundraiser!

We will be serving coffee, tea and also selling big heavenly slices of home baked pie! Each piece will be \$4.00, with 100% of proceeds going to Parkinson's Canada!

We welcome Parkinson's Canada guest speaker to help us understand more about the Disease, and what hurdles science is having with finding a cure, and how fundraising is a big help to their organization.

Family and friends encouraged to attend!



April Outings! Family & Friends ALWAYS welcome to join!

Casino Rama Outing!

Tuesday, April 19th leaving Simcoe Terrace just after lunch. We will be leaving by bus.

Cost: \$10.00 for transportation, plus slot machine money

Sign up at the front desk!



Medieval Times Dinner and Tournament, Downtown Toronto

Date: May 28th, leaving Simcoe Terrace at 2:00pm, returning approximately 8:00pm.

Cost: Approx. \$50.00, Includes 2 Hour Show, 4 Course Meal, Transportation, Taxes and Gratuities.

Sign up at the front desk!

Family and friends always welcome to join!

From your Resident Council

Total bank balance to begin April: \$2507.00

Join us for movie and munchies!

Movies are shown every Friday night beginning at 7:00pm and every Tuesday afternoon beginning at 2:00pm. Check out the calendar and main bulletin boards for titles!

This Month's Resident Council Party will be held on Saturday, April 30th at 7:30pm in the Activity room. All are welcome and encouraged to come!

Please continue to use the suggestion box located in the front lounge. We value your input!