



May 2021

Georgian Heights Newsletter

1115 10TH ST. EAST, OWEN SOUND ONT. N4K 6B1

Upcoming Programs:

May 5
Cinco de Mayo
Fiesta Fun

May 6
Outdoor Concert with
James S

May 9
Mothers Day
Tea with Wanda

May 11
Ice Cream Social

May 13
BBQ lunch

May 18
Patio Campfire

May 21
Prize BINGO

May 26
Outdoor Concert with Al
Crawford

To those of you who reside in a basic ward room:

You have the option to apply for a rate reduction annually. Please remember to file your income tax, as I will need the Notice of Assessment from 2019 for the next rate cycle (July 1 2021-June 30 2022). You will need to fill out the Application as well.

Thank you for your attention to this matter. Please call if you have any questions.

Lee Berner, Office Manager



Are you interested in connecting with your loved one through Facebook Messenger Video/Face Time or Zoom??

Please call or email Jenna to set up a time
519-371-1441
jbunn@southbridgecare.ca

The Spring Summer menu has arrived;

the menu consists of a three week cycle for both meals and snacks. The Residents have input with the menu then it is reviewed by the home's Registered Dietitian. Implementation date is May 5th. We will soon be starting our weekly BBQ's out on the patio, these have been quite the success in the past.

Lori MacPhaden, Dietary Manager



CMHA Mental Health Week, May 3rd-9th

"Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose. This CMHA Mental Health Week, we focus on how naming, expressing and dealing with our emotions- the ones we like and the ones we don't- is important for our mental health. Heavy feelings lighten when you put them into words, When we voice out emotions, the pain gives way. So, lets understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good. This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it. " (mentalhealthweek.ca)



Staff Highlight

The "Heart of the Home" for the month of April went to Melanie M., PSW. Thank you so much for all your hard work !

