



# WELCOME TO MAY

## Celebrating May

Monday May 1st  
**May Day Lei Day Celebration**

Friday May 5th  
**Cinco de Mayo**

Saturday May 6th  
**Kings Coronation Day – A Royal  
Affair**

Tuesday, May 9  
**Lost Sock Memorial Day**

Friday May 12th  
**Nurse Appreciation Day**

Friday May 12th, 13th, or 14th  
**Mother's Day Celebration**

Wednesday May 17th  
**Health Living with Nurse  
Presentation "Check Your Skin"**

Saturday May 20th  
**Prohibition Style Whisky Social**

Monday May 22nd  
**Victoria Day**

Thursday May 25th  
**Gardening Club Social**

Sunday May 28th  
**Hamburger Day BBQ**

Wednesday May 31st  
**Funny Money Auction and  
Spin The Wheel**

## May is Mental Health Awareness Month

*Each residence has a unique  
calendar full of fantastic  
programs and activities, so be  
sure to check with your Health  
and Wellness team for details.*



## May your month be filled with showers of happiness!

From May Day to Victoria Day and World Parrot Day (May 31st), May is a month packed with celebration. It is also a month that signals spring, creation, fresh starts, and new beginnings. The transition from dark to light, from winter to summer.

Great things are happening in our communities! There's growing anticipation of barbecue get togethers, outdoor activities and beach-themed parties. So, let's dive in.

To stay well informed about what is happening in your community, ask your ASC recreation director for your residence specific activity calendar and be sure to pick up the monthly *Headlines and Heartstrings* newsletter at reception. You can also visit our [Social Media page](#) to see new posts every day.



## Mother's Day Celebrations

Mother's Day is a time to celebrate all women. The world is filled with mothers. A mother is someone who nurtures children, passes on her wisdom, and shows love & support to those around her. A mother can be a teacher, aunt, or friend. This is your day!

Leading up to Sunday, May 14th, All Seniors Care residences across the country will be treating their mothers to brunch, bringing them flowers, and doing whatever we can to make the day as special as possible.

Join us in showing how much you care on Mother's Day (and every day).

**Alberta & Saskatchewan:** Enjoy a tropical themed "You Are My Sunshine" Mother's Day.

**Manitoba:** Bask in the whimsical Secret Garde Mother's Day Event.

**Ontario:** Get pampered and make "Everlasting Memories" with your family.

**Quebec:** Mother's win big during a "Poule aux oeufs d'or" day of fun.

*Lastly, but most importantly, we wish each one of our beautiful ladies a wonderful and Happy Mother's Day—we are so honoured and blessed to have you with us!!!*



## Coronation Day Event



On May 6th, after 8 months spent fulfilling Royal duties, King Charles III will officially be crowned in a traditional ceremony in which his wife will become Queen Camilla.

It's the first coronation in 70 years and All Seniors Care Living Centres will be celebrating this historical event with a full British-themed day. Everyone will be treated like royalty!

Residents will enjoy a royal morning walk, crown making/decorating craft, a royal photoshoot with props, and even a King's Bingo! Residences will throw a King's Coronation Tea Party with live classical music during which King Charles' favourite adult beverages will be served at a Scotch & Martini bar. Join us and "Celebrate Like a King" in your Royal Best fancy attire!

VISIT OUR WEBSITE  
[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)



## Auburn Heights Residents Love the Exotic

There are many benefits to interactions between seniors and animals. From pet therapy to the enjoyment of a long-term pet companion, the benefits are significant and can make a difference in physical, emotional, and mental well-being for seniors.

At **Auburn Heights in Calgary, AB**, residents love having animals visit! But when Deniece Van Putten, threw some exotic pets into the mix, residents weren't sure what to expect.

"The first time they visited, most people reacted with "Eww", the BLOSSOM Coordinator recalled. But that reaction quickly disappeared. The program is such a success with residents that a University of Calgary film student recently interviewed Van Putten for a documentary.

"People get really excited when they know the reptiles are going to visit. They think it's cool and learn a lot!"



## Health Living with Nurse Presentation "Check Your Skin"

On Wednesday, May 17<sup>th</sup> ASC nurses will host "Check Your Skin" presentations at our Living Centres. With May being Sun Awareness Month, Canadians are urged to learn about the causes and early warning signs of skin cancer. See the [Canadian Dermatology Assoc.](#) for more information.

For more health tips and tricks ASC's [Senior Living Advice](#). It is published every Thursday on our website.

## National Nursing Week – "Our Nurses. Our Future."

*A message from Jackie Dusome RN, VP of Operations – Ontario*

*What comes to mind when you hear the word nurse? To me it is a caring professional, who is kind, courageous, hardworking who puts the needs of others before their own. This is all of you.... our All Seniors Care nurses. At All Seniors Care where caring is our number one concern, we thank each and everyone of our nurses for your hard work and dedication. All Seniors Care and our residents are so lucky to have you on our team!!!*

The annual celebration of nurses in Canada takes place from May 8 to 14<sup>th</sup>. From Monday to the Sunday of the same week as Florence Nightingale's birthday on May 12<sup>th</sup>, we honor the contributions our nurses make and thank the medical professionals for the hard work they do every day in our communities. To mark the occasion, ASC residences each have some special surprises in store for their nurses. Ask your activities team for details!

Ciera Hills, Recreation Therapist & Health and Wellness Director gave us a sneak peek at what is happening at **College Park II** in Regina, Sask. "Our residents wanted to take the lead with our RN Appreciation Day, so we are assisting them in the planning. They are putting together a cupcake booth for the nurses and care staff! Residents have also been busy making thank you cards."

## Cataraqui Heights Home to one of Canada's Favorite Contemporary Artists

On April 22<sup>nd</sup> & 23<sup>rd</sup>, Cataraqui Heights residence hosted a very special spring art show.

The Kingston, ON residence was thrilled to have artist James L. Keirstead show his work at their recent Meet the Artist Open House Event. One of Canada's foremost landscape and heritage artists, Mr. Keirstead, 90, met with fellow residents and guests, signed copies of his book of paintings, and even raffled off one of his iconic works.



The newly opened residence was the perfect place for Mr. Keirstead to enjoy his two favourite activities: painting and swimming. Mr. Keirstead moved into Cataraqui Heights after the passing of his wife.

Read the full story here. [www.thewhig.com/news/artist-james-keirstead-back-to-work-in-new-studio](http://www.thewhig.com/news/artist-james-keirstead-back-to-work-in-new-studio)

You can view his work here: [www.keirstead.net/](http://www.keirstead.net/)

## Shaftesbury Park Raising Money for Ukraine

On April 19<sup>th</sup>, a Mystery Prize Draw was held in the Shaftesbury Park residence dining room. Each prize was wrapped for the mystery raffle and tickets sold for \$2. More than 150 prizes were distributed!

The Mystery Prize raffle raised \$410.00 toward the International Red Cross for their work in war-torn Ukraine. A huge thank you to everyone who donated prizes, helped out during the raffle, especially David Rosner for running and organizing the event.

The next fundraiser event will be a Neck-Tie Auction on May 10<sup>th</sup> at 3:00pm in the Winnipeg, MB residence's theatre. The item being auctioned is a framed collage made up of neckties.

On May 11<sup>th</sup>, the proceeds from both fundraisers will be presented to representatives of the [International Red Cross](#). The humanitarian organization will be on-site, speaking to residents about their mission, as well how they are helping those affected by armed conflict in Ukraine.

## BLOSSOM-ing at Fox Hollow



"I love this job! Every day is fun and different!"

As a fairly new recruit to the Fox Hollow team, Kelsey graduated from the Fanshawe College Recreation and Leisure Services program in 2017. She thrived in her program and earned the Bill Watson Memorial Award for demonstrating exceptional leadership skills within her field. Soon after graduating, Kelsey and her husband opened a nano craft brewery in the Hyde Park area of London, ON. After helping her husband build and grow the business for 5.5 years, Kelsey returned to the field of Recreation and Leisure, taking on the role of BLOSSOM Living Coordinator at Fox Hollow Retirement Residence in London, ON.

Kelsey is an outgoing, passionate people person. Since returning to Recreation, Kelsey feels that this career path is what she was always meant to do.

"I have always thought of myself as an old soul. I get along really well with the residents ... it helps that I have a lot in common with them in terms of movies and music. I love the BLOSSOM Living program because I have some one-on-one time with the residents, which means I get to know each person individually. I love making their day, it is so rewarding!"

When she is not working, she can be found gardening, camping, hiking, and spending time with her beloved pets.

**Fun fact:** Kelsey has 2 female cats, Tiger and Belu, and 2 male guinea pigs, Gordon and Ziggy. Welcome to the ASC Family, Kelsey!



## National Limerick Day

National Limerick Day, held every year on May 12, pays homage to the man who made the short poems widespread — Edward Lear. Lear was an English writer known for his works of nonsensical prose and poetry. It was Edward Lear who popularized the Limerick in his *A Book of Nonsense*, published 1846.

*There was an old man of the Cape  
Who made himself garments of crepe.  
When asked, "Do they tear?"*

*He replied, "Here and there,  
But they're perfectly splendid for shape!"*

- Robert Louis Stevenson

Write your own limerick!

A limerick is a five-line poem - usually humorous and frequently rude, with a strict rhyme scheme of AABBA. The first, second and fifth line rhyme, while the third and fourth lines are shorter and share a different rhyme. Give it a try and share them with your friends and family!!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## May Birthday Facts!

Like April, May is a royal birthday month. While Queen Elizabeth II was born in April, her great-great grandmother, Queen Victoria, was born on May 24, 1819.

In addition to Queen Victoria, those born in May also share a birthday month with quite the line-up of other big names! Bob Dylan, The Rock, George Clooney, Audrey Hepburn, Adele, Bono, Stephen Colbert, Cher, George Lucas, & Clint Eastwood are all celebrating birthdays in May.

**Flower:** Lily-of-the-valley

**Stone:** Emerald

## ASC Memories in the Making

April was a fun-filled month at All Seniors Care Living Centres! We played April Fool's pranks, wondered at 100 years of the World of Disney, celebrated Passover and Easter, Earth Day, International Jazz Day, and even cheeseballs! Here are just a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page.



La Gazoie, Quebec

Chapel Hill BLOSSOM Living



Preston Park II Funny Money

Shaftesbury Park



Easter Joy at BH

Auburn Heights Music Therapy



Preston Park planting Earth Day

River Ridge I Tournament Day



Sturgeon Creek Majong

Cataraqui puzzles

## ASC Social Media Contest Announced



Throughout May, ASC is hosting a Social Media Contest. On each residence Facebook page, seniors, family, and friends are urged to like, love, or laugh out loud! Comment and share posts to help your residence win a prize! These are the details :

- May 1-7th – Most shares
- May 8-14 - Most reactions
- May 15-21 – Most posts
- May 22-30 – Most comments

## Host a Your Own Mother's Day Garden Party

Mother's Day is a big event at ASC residences! For those who are not able to join us in person, our creative Health & Wellness Directors shared some of their garden party ideas to help you plan your very own celebration.

Set the scene for your brunch or lunch festivities:

- A table set with a pretty tablecloth and fancy cloth napkins.
- Put out vintage China teacups and saucers – they don't have to match.
- Use a cake stand for added height at your treat table.
- Hang paper lanterns.
- Lots of fresh flowers.

The finishing touches:

- Create a special Mother's Day cocktail – a Mom-osa.
- Serve fruit garnished with edible flowers.
- Treat her to a meal, including her favourites.
- Don't forget games, music, or other entertainment.
- Set up a photo booth where you can capture the moment and make memories.

When cakes and tea are served in a pretty setting, something magical happens and a celebration comes alive. Make the day 'extra' by treating mom to a manicure or colour analysis!