



Celebrating June

Saturday June 1st
Intergenerational Day

Tuesday June 4th
**Healthy Living with Nurse
National Doughnut Day**

Thursday June 13th
**Garden Committee Planning
Group Day**

Friday June 14th – 16th
Father's Day Weekend

Saturday June 15th
**World Elder Abuse Awareness
Day**

Wednesday June 20th
Summer Solstice

Thursday June 21st
First Day of Summer Party

Monday June 24th
National Day of Quebec

Thursday June 27th
Hang Your Flag Day

Friday June 28th
Country BBQ

Saturday June 29th
Tour De France

Sunday June 30th
**Funny Money Auction + Spin
the Wheel**

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.



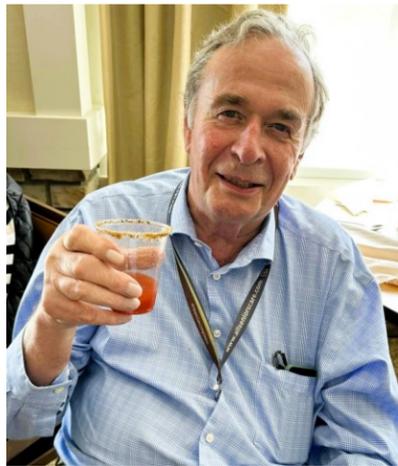
WELCOME TO JUNE

The Gateway to Summer is Here

Can you believe it's June already?! We're fast approaching the halfway point of 2024. As we say goodbye to May and welcome in June, the month is chock-a-block with reasons to celebrate the mid-year. From Father's Day and the start of summer to wacky holidays like Monkey Around Day Day, there are fun events happening in ASC residences all month long.

The milder weather means we are getting out to enjoy nature: lush gardens, natural walking paths, babbling brooks, and flowering trees. Residents are encouraged to join a shuttle outing for country drive, casino trip, or maybe even a picnic at a beach! The options vary from community to community, so ask your Health and Wellness team for details.

We would like to take this opportunity to extend our warmest welcome to the new residents who have made an ASC community their home this month. We are so pleased to welcome you to our extended family!



Happy Father's Day, ASC Dads!

The highlight of June is, of course, Father's Day. It is a day when we celebrate the incredible fathers – and father figures – who inspire us, support us, and shape our lives with their love and wisdom.

Leading up to Sunday, June 16th, ASC communities are preparing to make the day as special as possible. Many residences are hosting a "Father's Day 007 Extravaganza"! James Bond has saved the world more times than Superman, taken down more bad guys than John Wick, and enjoyed more romantic encounters than Casanova himself. During the event, men will enjoy a "License to Grill" BBQ, travelogues, special cocktails, and a "Boxing like Bond"

workout. Please watch the calendar and check the special Father's Day poster so you won't miss out on any of the fun. Invite your families to celebrate with you!

Whether you work on your "dad bod" in a special fitness class, play patio games, or enjoy the live entertainment that your residence has planned, we guarantee a full day of fun, father-focused activities.

To all fathers: Thank you for your endless dedication, patience, and guidance. You are the pillars of strength and the true heroes in our lives.



Winnipeg Residence Receives Community Builder of the Year Award

On May 16, the Assiniboia Chamber of Commerce (ACC) presented Sturgeon Creek I with the Community Builder of the Year award at the 2024 Business Excellence Awards. This annual event is a testament to excellence, innovation, and community impact, honoring businesses that have exceeded expectations in their respective fields.

Sturgeon Creek I has been instrumental in fostering a sense of community and camaraderie among seniors and their families in West Winnipeg. Through events like its All

Seniors Care Seniors Olympics, it has brought joy and unity to the neighborhood, spreading awareness and goodwill.

The Community Builder Award acknowledges businesses that prioritize corporate social responsibility and actively contribute to community growth and empowerment. Sturgeon Creek I's efforts go beyond business success to make a positive impact on the city.

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

Donuts Nutrition Nuggets: Enjoy a Doughnut Without



Guilt

In the spirit of National Doughnut Day on June 4th, River Ridge II's Healthy Living with Nurse talk takes a fun twist!

Healthy living can include indulgent treats like doughnuts, without guilt. Growing up, I believed doughnuts were a reward only after an active day. On lazy days, denying myself a doughnut intensified my craving, often leading to bingeing.

So, it's important to put things into perspective:

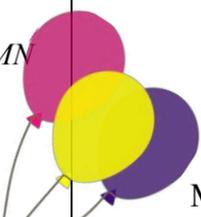
- ☞ One doughnut won't harm you unless you're allergic.
- ☞ Denying yourself can lead to overindulgence.
- ☞ Aim for an 80% healthy, 20% indulgence balance.

The reality is that moderate indulgence can boost overall health. This is because avoiding treats can lead to the "screw it cycle," where you overeat after initial denial. Eating your favorite foods regularly in moderation can reduce cravings and increase satisfaction.

Physical health is just one aspect of overall well-being, which includes social, emotional, mental, environmental, and existential health. Treats like doughnuts can boost these other aspects of health by providing joy and contentment.

Remember, balance is key. Enjoying a small treat regularly can prevent bingeing and contribute to overall happiness. Have a healthy, happy day and enjoy a doughnut!

*By Linda Pomeroy RN MN
Director of Care River Ridge 2 Retirement Residence*



A Summer Wedding Countdown in Alberta

It's Wedding Month at Aspen Heights Retirement Residence



Maddi Thauberger, Health & Wellness Director, is getting married, and the entire community is celebrating!! On June 21st, Aspen Heights is throwing her a country-themed bachelorette party aptly named "Maddi's Last Rodeo."

It's a girls-only event filled with laughs, reminiscing, and fun. Guests are encouraged to bring their cowgirl boots, wear everything pink, and share their favorite recipes and marriage wisdom. There will also be a show-and-tell segment where guests can

share keepsakes and stories from their own wedding days.

Maddi's love story is rooted deeply in childhood memories and family bonds. She's known her fiancé, Josh, her whole life, as he has been her older brother's best friend since elementary school. "I've had a crush on him for as long as I can remember", she confesses. Their connection grew stronger after university when Maddi and Josh began seeing each other - with her brother's enthusiastic approval. By the time they marry on July 20, 2024, they will have been together for five and a half years.

Wishing you joy, love, and happiness on your wedding day!!



ASC Memories in the Making

May was a fun-filled month at All Seniors Care Living Centres! We celebrated May Day with Hawaiian Flower Leis, took a trip to Mexico for Cinco de Mayo, paid tribute to Moms, and held Alzheimer's Walks. Here are 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.



Happy Birthday, Centenarians!!

It may be their overwhelming enthusiasm for life, or their positive attitude, or the positive impact of living a full life at ASC. Regardless, during the month of June ASC residences are celebrating three 100th Birthdays ... and three 101st!

- Bernice N at River Ridge 2 – Happy 101st Birthday!
- Mary C at Shaftesbury Park – Happy 101st Birthday!
- Annette M at Shaftesbury Park – Happy 100th Birthday!
- Gabrielle P at Beacon Heights – Happy 100th Birthday!
- Winona E at College Park – Happy 101st Birthday!
- Mme. Marie-Luce D at La Gappe 1 – Happy 100th Birthday!

BLOSSOM Gardens



June is the perfect time to plant your garden – and keep the fresh vegetables coming on well into late fall! Risk of frost has passed, and the sunshine and spring rain brings bright blooms.

For seniors enrolled in a BLOSSOM Living program, gardening is a great way to take in the beauty of the season, get some exercise, and bask in the light of longer days.

Like many ASC communities, **College Park II** residents in Regina, SK have been planting flowers and hanging bird houses for their BLOSSOM-ing gardens.

Meanwhile, at **Aspen Heights** in Calgary, residents happily started to fill their planters with flowers and herbs. It's a big job for the newest ASC community and it is looking fabulous!

Whether working in our gardens, on a shuttle tour of Tulip Festival, or enjoying an after-dinner stroll at **Beacon Heights** in Ottawa, there's always something fun happening!

On June 13th, residences are holding their annual Garden Planning Day – everyone excited!

BLOSSOM Living is a life enrichment program for those experiencing cognitive decline. By maximizing inclusion, care, support, health, and well-being, a sense of normalcy is created, and the person feels valued as an individual.

You can read about the BLOSSOM [program here](#). Then head on over to read about [benefits of gardening for seniors](#).

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

Celebrating Intergenerational Relationships



Last Thursday, ahead of Intergenerational Day on June 1st, **Preston Park** celebrated the power of intergenerational relationships. The Saskatoon residence invited École St. Luke School's Grade 6 class to their community for a heartwarming program called Spreading Kindness. Amidst smiles of joy, residents enjoyed a special treat and played games with the youth, creating beautiful memories together.

The event was filled with laughter and camaraderie as everyone participated in fun activities like shuffleboard, Pétanque, bocce, and cornhole. It was a delightful experience for both the young students and the senior residents, highlighting the joy that intergenerational interactions bring.

Intergenerational programming is a frequent offering at ASC residences. These programs provide invaluable opportunities to connect children, youth, adults, and seniors. Participants come together to share, learn, and engage with each other, fostering meaningful relationships across generations. Intergenerational programming can take a variety of shapes and forms – from a single event to weekly scheduled activities, enriching the lives of all involved.

Have a great month!



♪ Little Rebels Pilot Program at Summit Heights ♪

On May 23rd, a group of Little Rebels arrived at Summit Heights, bringing with them infectious energy and joyful music. Their presence spread happiness and laughter throughout the Hamilton community. Residents were overjoyed, singing along with the tots, creating an atmosphere of pure bliss.

The pilot of the Little Rebels Music and Development Intergenerational class was a huge success! This unique program, designed for children aged 2 months to 5 years, brought joy and excitement to local seniors and families alike. With a curriculum promoting cognitive learning, muscle development, and confidence, the class encouraged everyone to sing and move along to Broadway, Motown, and Rock 'n' Roll tunes.

We are incredibly grateful for their visit and hope they can come back again soon.

National Indigenous History Month in Canada

June is National Indigenous History Month and June 21st is National Indigenous Peoples Day. It is a time to celebrate and learn from First Nations, Métis, and Inuit peoples' diverse cultures, histories, experiences, creations, perspectives, and achievements. This is a day of significance for many Indigenous Peoples in the country we call Canada today. It marks the day when the Sun is closest to the Earth. It is the longest day of the year and the shortest night. Many First Nations, Métis and Inuit peoples celebrate the Summer Solstice. It is a time that reminds us to remain grounded, humble, and appreciative.



Walk For Alzheimer's: Over \$28,000 raised!



THANK YOU to everyone who participated in this year's Walk for Alzheimer's!

"On May 25th, we were proud to raise awareness and supporting individuals living with dementia," said Hannah Silver, Vice President of Health & Wellness. "All together, our buildings raised over \$28,000!"

Each ASC residence joined in the way that worked best for their tenants: some walked outside, attended local events, or rolled through the buildings. Participants walked for as long as they were comfortable and were encouraged to take breaks. Staff and management also joined in the walks.

A special thank you to everyone who donated and sponsored our walkers.

FATHER'S DAY Word Scramble

- | | |
|-----------------|------------------|
| LICPAES_____ | SOOLT_____ |
| YDDAD_____ | SGOTNR_____ |
| RESMOEMI_____ | FTOUUHLHTG_____ |
| NESIKTCE_____ | ENJU_____ |
| SDUNYA_____ | GFIISNH_____ |
| LLFOTOBA_____ | RNEATP_____ |
| TDVEEOD_____ | YFMAIL_____ |
| SGAURECOOU_____ | AAPP_____ |
| SLUAVE_____ | ODPRU_____ |
| FGLO_____ | SSSKIE_____ |
| RMOETN_____ | KDAHONRWGIR_____ |
| LYLIS_____ | BLSAABEL_____ |

Solutions:

- | | |
|-----------------------|-------------------------|
| LICPAES SPECIAL | SOOLT TOOLS |
| YDDAD DADDY | SGOTNR STRONG |
| RESMOEMI MEMORIES | FTOUUHLHTG THOUGHTFUL |
| NESIKTCE NECKTIES | ENJU JUNE |
| SDUNYA SUNDAY | GFIISNH FISHING |
| LLFOTOBA FOOTBALL | RNEATP PARENT |
| TDVEEOD DEVOTED | YFMAIL FAMILY |
| SGAURECOOU COURAGEOUS | AAPP PAPA |
| SLUAVE VALUES | ODPRU PROUD |
| FGLO GOLF | SSSKIE KISSES |
| RMOETN MENTOR | KDAHONRWGIR HARDWORKING |
| LYLIS SILLY | BLSAABEL BASEBALL |

ALL SENIORS CARE *Neighbourhood News*

ALL SENIORS CARE NEWS | June 2024

May Memories

