



RECREATION HIGHLIGHTS

Theatrical Performance of CINDERELLA at The Christ Anglican Church
Sunday March 2nd at 1:30pm

Trip to the Stouffville Museum
Monday March 3rd 1:30pm – 4:00pm

Ladies Tea at Candlelight & Memories
Tuesday March 4th at 1:30pm

Anglican Church Service & Senior's Tea at Christ Anglican Church
Wednesday March 5th 9:30 – 11:30am

David Towndrow Traveling Guitarist Entertains
Wednesday March 5th 1:30 – 3:30pm in all home areas (please see calendar for times)

Roman Catholic Communion Service
Wednesday March 12th 10:00am In the Chapel

Men's Club Trip To Tim Horton's
Wednesday March 12th at 1:30pm

St Patrick's Entertainment ~ With Lawrence Marks
Monday March 17th 1:30 – 2:30pm In the Courtyard Café

Ice Cream Sundae St. Patrick's Day Celebration
Monday March 17th 2:30 – 3:30pm In the Courtyard Café

Birthday Party David Towndrow Entertains
Tuesday March 18th 1:30 – 3:30pm In the Courtyard Café

Easter Monday Entertainment ~ With Bosco Thomas
Monday March 24th 1:30 – 2:30pm In the Courtyard Café

Shopping Trip To Dollarama In Uxbridge
Monday March 31st 1:30 – 3:30pm

WEEKLY ACTIVITIES

Wellness & Beauty Every Monday

Pet Therapy with Beverly Every Tuesday Morning

Multi-Faith Chapel Services Tuesday Mornings 10:00am in the Chapel

Karaoke With Dave Osborne 10:45 am Tuesdays in the Courtyard Café

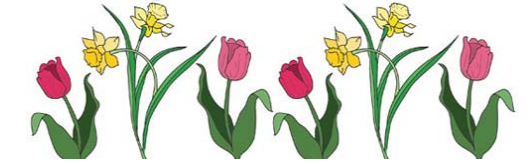
Spiritual Services & 1:1 Visits with Pastor Amy Thursdays 10:30 – 11:30am

Lunch Clubs Every Thursday At Lunchtime

House Socials Every Friday Afternoon



Bloomington Times



March 2008

Issue 3

OLTCA Campaign 2008

“Long term care needs more than a band aid”

Over the past month Bloomington Cove participated with other Ontario Long Term Care Association member homes in raising this issue with our local MPP. Residents, families, staff and community partners expressed their support by signing 150 postcards delivered to MPP Helena Jacek on February 29th by our Administrator Bernard Boreland and by sending in e-postcards via oltca.com.

“Their message is urgent but simple,” Mr. Boreland said. “We are telling our elected representatives that long term care needs more than a band aid in the 2008 provincial budget. We need the increased funding to implement a real solution that will make difference in the lives of residents.”

Thank you to all the families and friends who assisted us with this campaign! For updated information, please contact Bernard Boreland.

*Q*Mentum Accreditation Process Coming Soon

Please see front lobby for more details

CELEBRATING MARCH

Do Something Positive Day
March 1

Sleep Awareness Week
March 3 – 9

Procrastination Week
March 3-9

Daylight Savings Time Begins
March 9

Napping Day
March 10

St. Patrick's Day
March 17

Spring Begins
March 20

Easter
March 23

Spiritual Care for the Elderly Seminar

Who are invited: All who have an interest in ministering through visitation or through worship among elderly or people with long term care needs. This includes people from churches, staff or volunteers at nursing, group, or retirement homes and hospitals.

Why Come?

- Are you interested in visiting with the elderly but you don't know what to say or feel a little awkward about it?
- You want to help in Long Term Care facilities by visiting the residents but you don't know how to get started?
- You are already involved in ministry or care at a Long-Term Care home but you want to be more effective in your Christian care?

Seminar Highlights:

- Worship
- Interactive Sessions including multimedia presentations on:
 - The Biblical models of honour and care of the elderly
 - Visiting the elderly
- Discussion groups
- Interaction time with the residents of Bloomington Cove

Session Leaders:

- Dr. Tom McCormick – Co-author of “*Nursing Home Ministry: Where Hidden Treasures Are Found*”
- Kelly Scott – Spiritual Care Coordinator of Specialty Care Bradford Valley
- Garry Swagerman – Recently, Interim Chaplain at Southlake Regional Health Centre.

When: Saturday March 29, 2008,

- Registration: 8:30 – 8:50 a.m. (coffee and tea)
- Seminar: 8:50 am – 4:30 p.m.

Where: Specialty Care Bloomington Cove

Cost: \$15.00 includes Lunch, Snacks and Materials (Cash or Cheque only)

For more INFORMATION and PRE-REGISTRATION:

- Beth Boyd at bboyd@sim.ca or 905-640-7241
 - Lori Andrews at lcawston@hotmail.com or 905-640-7695
- Please let us know by Wednesday, March 26th, 2008

Nutrition Nugget

Spotlight on Food and Nutrition!

By Julie Cavaliere, Corporate Dietitian

March is National Nutrition Month with the 2008 theme “Spotlight on food and nutrition!”. This year dietitians invite you to take action to be healthier and more active. Make at least 1 positive change for yourself or make a change that benefits the whole family.

Choose from 2 of the top ten ideas below:

1. Want to feel your best? Eat well and get physical!
2. Benefit from balance– challenge and support family members to achieve and maintain healthy weights.
3. Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
4. Give your food portions a makeover – tune in to moderation in serving sizes.
5. Colour your world with vegetables and fruit!
6. Be a savvy shopper – get the nutrition facts on foods from the label.
7. Make meal time a family affair!
8. Healthy eating is more than a flash in the pan – it's a lifetime commitment.
9. Make www.dietitians.ca/eatwell your ‘go to’ place for trusted nutrition information and fun healthy eating ideas!
10. Have a food or nutrition question? Ask a Registered Dietitian!

The Dietitians of Canada cookbook *Simply Great Food* and www.dietitians.ca/eatwell provides solutions that are quick, easy and healthy such as cook once, eat twice meal ideas, freezer friendly meal ideas, batch cooking recipes.

All of our homes have a Registered Dietitian on staff and will have “Spotlight on food and nutrition” resources available

Interesting Information...

Napping Is Nifty

Did you know that March 3 – 9 is Sleep Awareness Week and March 10 is Napping Day?

When we are sleeping, our bodies are actively rejuvenating themselves: tissue is repaired, heart health is improved, hormones are regulated, and our immune systems are strengthened. The stress on our bodies caused by a chronic lack of sleep puts us at higher risk for cancer, cardiovascular disease, diabetes, and obesity. Lack of sleep impairs our concentration, reaction time, judgment, learning, performance, and memory and causes us to be more accident-prone. And in case that's not enough, it tends to make us crabby and hard to live with.

As we age, we tend to get less *deep* sleep than when we were younger, causing us to wake less refreshed. It was once thought that people who napped during the day would be less likely to sleep well at night, but newer research suggests we are fighting nature to resist naps. Most people are normally awake about 16 hours a day and rest for eight, but our body's clock almost always takes a dip in alertness about halfway through that awake cycle. If you are feeling groggy at about 2:00 p.m., your body is telling you to nap. The siesta was not an idle invention (pun intended). Studies show that taking a nap corrects all the problems lack of sleep creates. One study of NASA pilots showed a 34% boost in performance and a 54% boost in alertness in those who napped. The optimum nap length seems to be 10 -20 minutes. Naps lasting 30 minutes or longer seem harder to wake from.

Still not convinced? Consider these famous nappers: Winston Churchill, Napoleon Bonaparte, Albert Einstein, Leonardo Da Vinci, and John F. Kennedy. Get your ZZZZs.

Resources: www.healthcentral.com

Nil Flow at Niagara Falls

Niagara Falls has only once stopped flowing naturally in recorded history. That was on March 28, 1848 when an ice jam on the upper river completely stopped the flow for several hours – long enough for people to walk out and recover artifacts from the riverbed.

The Falls has never completely frozen over, although ice mounds as much as 50 feet thick can form during a long, cold winter. Some years, the ice will stretch completely across the river, forming an “ice bridge.” Until 1912, when several lives were lost, visitors were allowed to walk out on the ice bridge and view the Falls from below. A local newspaper article in 1888 reported that at least 20,000 people watched or tobogganed on the ice, and vendors sold liquor and souvenirs.

Niagara Falls is really three separate falls: on the Canadian side of this international border is the huge (2,600 feet at the brink and about 170 feet high) Horseshoe Falls; on the American side are the narrow Bridal Veil Falls and larger American Falls. The American Falls is interrupted by huge piles of rocks at its base, meaning that it actually “falls” uninterrupted for only about 70 feet.

Sources: www.niagarafallsalive.com

Irish Toast



May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

