

VOLUNTEER INFORMATION

Current Volunteer Positions

Bingo Assistant

Friendly Companion

Resident Outing Escort

Valuable is the work that you do,
Outstanding is how you always come through
Loyal, sincere and full of good cheer,
Untiring in your efforts through the year
Notable are contributions you make,
Trustworthy in every project you take
Eager to reach your every goal,
Effective in the way you fulfill your role
Ready with a smile like a shooting star
Special and wonderful— that's what you are!

Looking for a way to give back? Research has shown that the process of serving others reduces stress, and increases our life span.

Kindly contact
The Recreation Department
for any questions or suggestions you may have regarding programs.

Thank you!!!



August 2024

Craiglee Newsletter

Celebrating August!

August 1, 8, 15 and 22
R.C Mass/Communion

August 2nd
Cooking with Moises

August 4th
British Methodist Church

August 6th
Resident's Council

August 8th and 22nd
Book Club

August 10th and 24
Seventh Day Adventist

August 13th
Bus outing

August 16th
Stamp Club

August 20th
Lunch Bunch

August 23rd
Karaoke

August 30th
Birthday Party



The recreation department has been fortunate to recruit one of our family members who happens to be a lover of books.

Ron, comes with years of experience being an avid reader and being an active member of book clubs and facilitating book clubs.

The club is comprised of residents from all three floors. Our experienced facilitator has provided residents with their short stories to read which provides opportunities for engaged and lively discussion.

If you have a special ability or talent that you would like to share, kindly see the Program Manager for more information, contact information can be found at the back of the newsletter.

Thank you



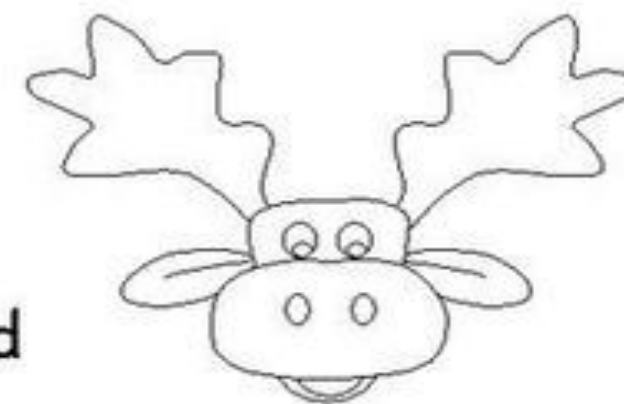
- Charles B August 1st
- Mohamed H August 1st
- Mangalawathany R
August 2nd
- Hilda F August 3rd
- Tze Lim C August 5th
- George M August 6th
- LLona Katalin S
August 6th
- Barbara L August 14th
- Lily W August 19th
- Michael W August 19th
- James M August 23rd
- Kong C August 23rd
- Norah M August 25th
- Meschach R August 25th



Canada Word Search

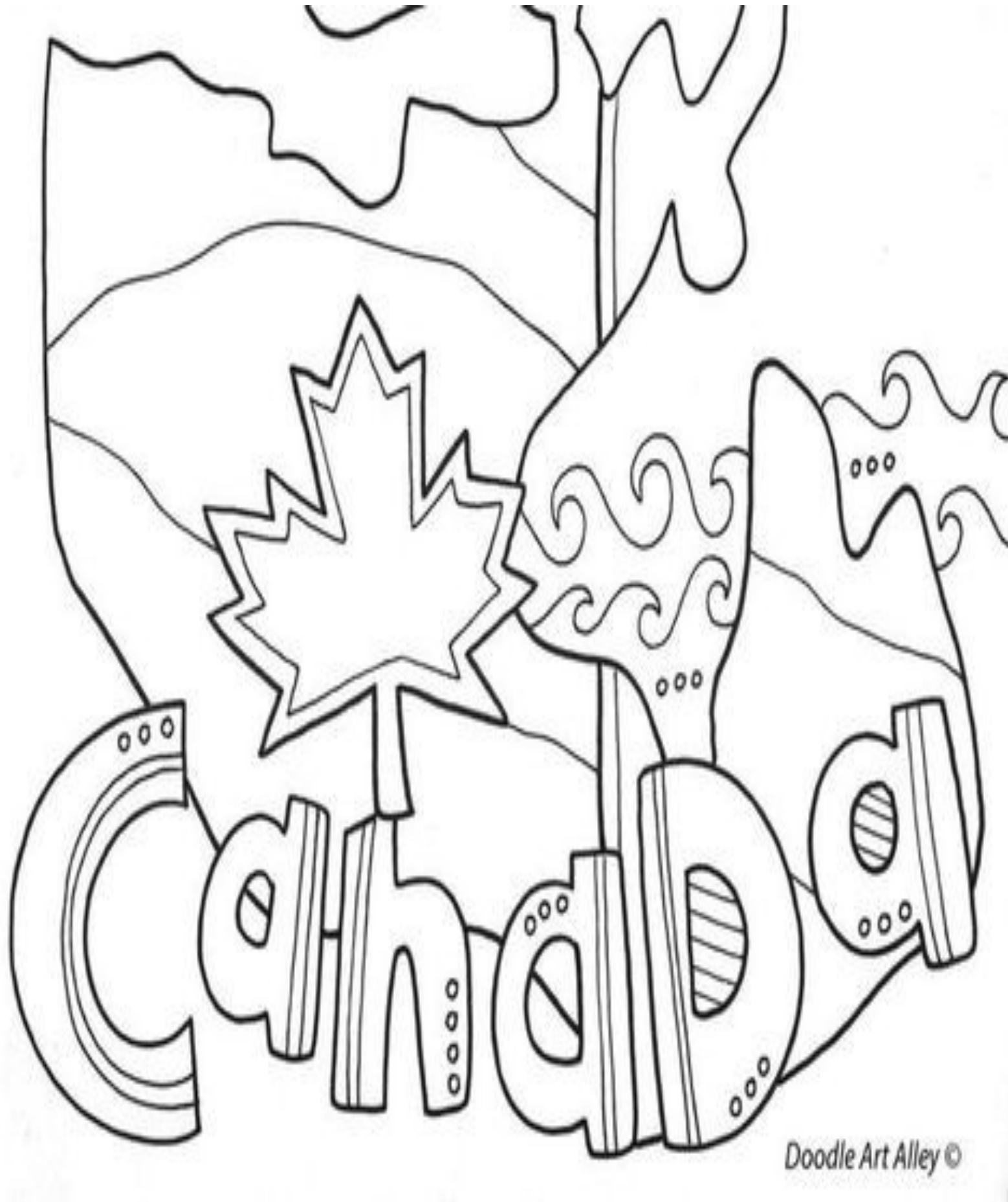
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- deer
- elk
- goose
- grizzly
- ice
- lacrosse
- moose
- mountains
- RCMP
- skates
- skiing
- sled
- snowboard
- snowman
- syrup
- Wild rose



Ottawa

Civic Day



The first Monday of August is a holiday across Canada. Most people simply enjoy it as an extra day off from work, which is a good enough reason to celebrate, but did you know that the true meaning behind this annual observance is to honor John Graves Simcoe? He was the first lieutenant governor of Upper Canada, which is known as Ontario, today. He also established the landmark of Fort York, the founding place of modern Toronto.

Most provinces and territories observe Civic Holiday on the first Monday in August. In the Northwest Territories, Manitoba, Nova Scotia, Ontario, and Nunavut, it is known as Civic Holiday, in Alberta, it is celebrated as Heritage Day, in some parts of Nova Scotia it is known as Natal Day, in Saskatchewan as Saskatchewan Day, in New Brunswick as New Brunswick Day, and in British Columbia as British Columbia Day.

The earliest references to Civic Holiday being observed in Canada date back to the mid-1850s to early 1860s when some cities in Upper Canada — London in 1856, Toronto in 1861, Hamilton in 1862 — started to have a public holiday in August. These holidays varied every year and were declared by the mayor. Local businesses and stores were closed for the day and people spent the day enjoying picnics. The idea spread quickly, and soon Winnipeg also had its first holiday in 1874. The first Monday of August was ultimately solidified as Civic Holiday.

In 2008, the Ontario Legislature passed a law identifying the first of August as "Emancipation Day", as the British Parliament abolished slavery in the British Empire as of 1 August 1834. It still does not make it an official holiday, however. The Caribbean Cultural Festival, formerly known as Caribana, is held this holiday weekend in Toronto, coinciding with Emancipation Day., Newfoundland, and the Yukon don't observe the first Monday in August as a civic holiday.

However you may choose to celebrate your time off, enjoy safely. (web)

6th August



Day

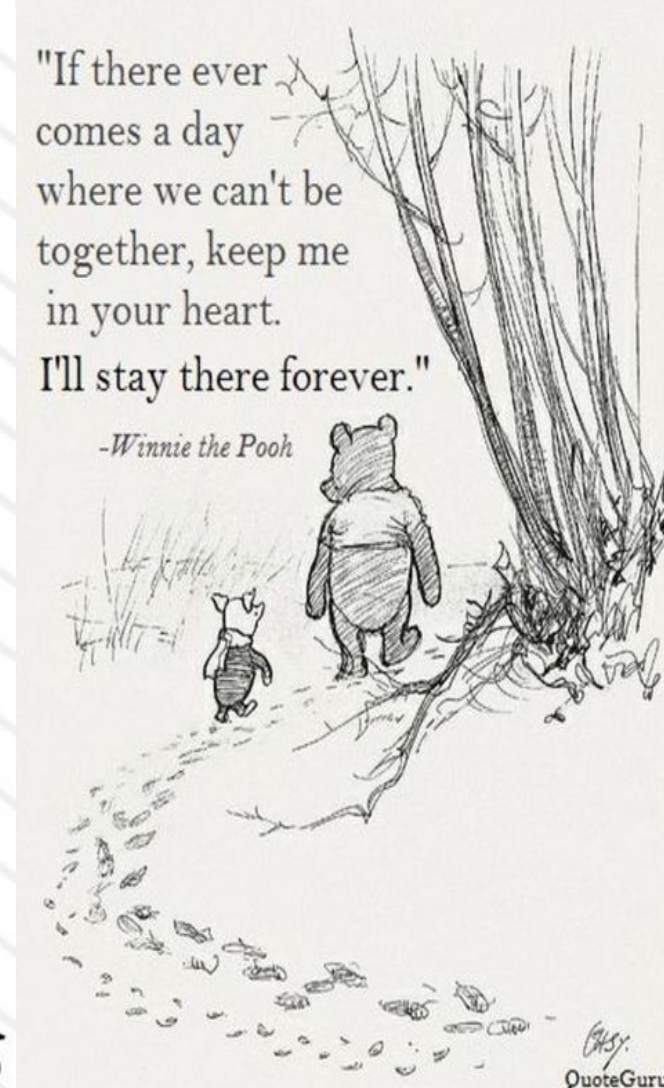
Friendships can have a major impact on your health and well-being, but it's not always easy to develop or maintain friendships. Understand the importance of social connection in your life and what you can do to develop and nurture lasting friendships.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

August 4th - International Friendship Day



Craiglee at a Glance



Encouraging out residents to live life to the full!



Friends also play a significant role in promoting your overall health. Adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections.



Craiglee's High Tea



Happenings and upcoming Events

- Craiglee Nursing home now have 6 individual volunteers ,5 residents, 2 family volunteers and 1 staff, this is not including our church groups. These numbers will be increasing with ongoing support, as we continue to provide residents with a wide selection of programs base on interest needs.
- A special baking program will be demonstrated by a special family volunteer, look for the date in your upcoming calendar.
- Our Lunch Bunch programs which resumed this month with the highly requested Spaghetti and meatballs will continue every other month. Kindly note that the list of residents in attendants will be rotated similar to our bus outings, in order to provided residents equal opportunities.

