

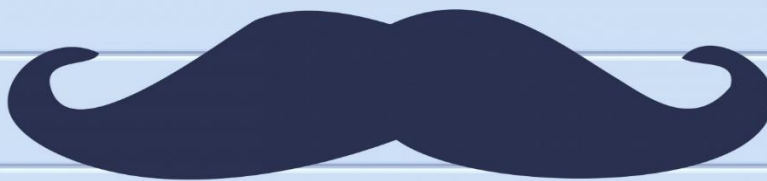
NEWSLETTER

June 2023

Peter Dawson Lodge
Box 750 Vulcan, AB T0L 2B0 614 1st Street North
403-485-2422



HAPPY
Father's
DAY



Editor's Desk

Hello Residents, Families and Friends!

May saw the lodge host their annual Spring/Mother's Day Tea. I would like to thank the Residents who helped with the tea and those who donated the raffle prizes. A big thank you to the kitchen staff for making the delicious squares. It was so nice to see Residents, family and friends spending the afternoon together.



The garden group have been out planting vegetables and flowers in the garden boxes. Thank you, Hal for getting them ready for the Residents. He gave the boxes a fresh coat of paint and added some much need soil.

Having visitors, maybe an outside visit with family or friends would be a great alternative to visiting in your room. With a covered gazebo, tables, chairs, and sun umbrellas the patio area offers some additional space for a nice visit.

Keep Safe!

Janice Povey

June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**
Birthstone: **Moonstone or Pearl**
Flower: **Rose or Honeysuckle**

Quote of the Day

Don't let yesterday take up too much of today!

– Will Rogers

June Birthdays

In June, we celebrate birthdays with:

- **Resident - Marjorie N. 3rd**
- **Cook - Stephanie 12th**
- **Caregiver – Sherry 13th**

Please wish everyone a Happy Birthday
on their special day!



Marilyn Monroe, Actress, 1st June 1926

Morgan Freeman, Actor, 1st June 1937

Johnny Depp, Actor, 9th June 1963

Judy Garland, Actress, 10th June 1922

Prince Philip, Duke of Edinburgh, 10th June 1921

Donald Trump, Former President, 14th June 1946

Boris Johnson, Prime Minister, 19th June 1964

Nicole Kidman, Actress, 20th June 1967

Elon Musk, Entrepreneur, 28th June 1971

Mike Tyson, Boxer, 30th June 1966

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

WOW!

The First Manned Hot Air Balloon Launch

On June 4, 1783, the Montgolfier brothers launched the first untethered hot air balloon in France. This historic event marked the beginning of manned flight and opened up a new world of possibilities for exploration and travel, changing the course of history and inspiring future generations to reach for the stars and achieve the impossible.

Month in Review

Mother's Day/Spring Tea

Residents invited family, friends, and the community to their annual tea. It has been a few years since we have been able to have a tea due to Covid. Thank you to everyone that came and a special thank you to Donna, Evelyn, and Jessie for the raffle donations.



Craft Day

Craft days are always a treat for the ladies. We have a great group of ladies that enjoy coming out to create some beautiful items. Today the ladies created these beautiful little girl door adornments.



Gardening at the Lodge

There are a group of Residents that love to get their hands dirty, gardening. These garden boxes offer the opportunity for Residents to plant vegetables and flowers.

Month in Review



Mother's Day gift for the ladies of the lodge.



Craft Day



Residents enjoying a cool drink in the gazebo after an afternoon walk.



Mother's Day at the Lodge



Fierce game of Kings in the Corner

Regular Events

Resident's Meeting

Tuesday, June 6th 10:30 am in the Atrium

Pool Noodle Exercises

Tuesdays, Wednesdays, Thursdays, Saturdays & Sundays in the Atrium

Balloon Badminton

Tuesdays & Thursdays in the Atrium

Courtesy Car Service

Wednesdays

Hairdresser

Thursdays

Games

Daily except Saturdays 3pm in the Atrium
Everyone is welcome to join us for these daily events.



Special Days

- 1st World Milk Day
- 2nd Italian National Day
- 3rd Full Moon
- 5th World Environment Day
- 6th D-Day
- 8th World Oceans Day
- 18th Father's Day
- 21st World Music Day
- 21st Summer

June's full moon is known as the "Strawberry Moon." It was named this because when the moon appeared it was strawberry harvest time.

Upcoming Events

Resident's Choice Supper

Tuesday, June 13th

Ice Cream

Friday, June 23rd 3:00 pm

Resident's Choice Dinner

Thursday, June 29th

Happy Hour

Friday, June 30th 3:00 pm

June 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“It’s the nature of the world. One thing remains, and one gone. Goodbye May and Hello June.”

					1 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Darts World Milk Day	2 9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Rummikub 6:30 Social Hour	3 Full Moon 🌕 10:30 Pool Noodle Exercises Happy Birthday Marjorie N!
4 10:30 Pool Noodle Exercises 3:00 Dice Game 	5 9:00 Bean Bag Tournament \$2 1:30 Craft 6:30 Good News World Environment Day Seniors Week	6 9:00 Balloon Badminton 10:30 Residents Meeting 1:00 Reader’s Build 3:00 31 Card Game D-Day	<u>Courtesy Car</u> 7 9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Bingo	8 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 2:00 Old Time Music	9 9:00 Soccer 10:30 Bible Study 2:30 Bumps 6:30 Social Hour	1 10:30 Pool Noodle Exercises Spock Days Parade 10 am 	
11 10:30 Pool Noodle Exercises 3:00 Dice Game 	12 9:30 Shuffleboard Tournament \$2 1:30 Walking 3:00 Uno 6:30 Good News Happy Birthday Stephanie! 	13 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace Happy Birthday Sherry! Resident’s Choice Supper	<u>Courtesy Car</u> 14 9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Phase 10 Asani Healing	15 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Card Bingo Elder Abuse Awareness Day	16 9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Pennies Dice Game 6:30 Social Hour	17 10:30 Pool Noodle Exercises	
18 10:30 Pool Noodle Exercises 3:00 Dice Game  Father’s Day 	19 9:00 Bean Bag Tournament \$2 1:30 Craft 6:30 Good News	20 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Obie Games	<u>Courtesy Car</u> 21 9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 31 Card Game 	22 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 2:00 Old Time Music	23 9:00 Soccer 10:30 Bible Study 3:00 Ice Cream 6:30 Social Hour	24 10:30 Pool Noodle Exercises	
25 10:30 Pool Noodle Exercises 3:00 Dice Game 	26 9:30 Shuffleboard Tournament \$2 1:30 Walking 3:00 Dice Golf 6:30 Good News	27 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace 6:30 Church Service	<u>Courtesy Car</u> 28 9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Pennies Dice Game	29 9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:00 Reader’s Build 3:00 Obie Games Resident’s Choice Dinner	30 9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour		

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs. Doreen Waskiewich**
- **Mr. Eugene Waskiewich**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome to our newest staff member:

- **Shelley Harder**

We hope that you enjoy your time here!

ASANI HEALING

Joanne from "ASANI Healing" will be here on June 14th to provide in house massage, energy healing or hand/foot treatments. Listed below are the types of therapy that she will provide. If you would like to book a time, please sign up on the sheet at the front desk or see Janice to book an appointment. Receipts available.

Reiki Energy Healing 30 minutes

Massage 30, 45, or 60 minutes

Hand Treatment 30 minutes

Foot Treatment 30 minutes

**Next date:
Wednesday,
June 21st, 2023**



WINNERS

Bean Bag Tournament:

May 8: Jeanette, Betty, Jessie, & Sherry

May 22: Helen, John N. & John C.

Shuffleboard:

May 1: Betty & John N./ Jessie & John C.

May 15: Betty & Jeanette/ Janice & Karen

Rollerball:

May 3: Betty, Jessie, John N., Willow, Gerry, & John C.

May 10: Yellow Team

May 17: Tied as both teams won a game

May 24: John C.,

Floor Curling:

April 28: Linda, Jessie, Betty & John C.

May 12: Linda, Helen, Jeanette, & John C.

Bingo:

Alma

SPOCK DAYS PARADE

Residents who would like to ride their scooters in the Spock Days Parade please see Janice. We will decorate the scooters the afternoon of June 9th. If you don't have a scooter but would like to participate in the parade, please see Janice.

Noticeboard



ELDER ABUSE

June 15th is Elder Abuse Awareness Day. There are many different forms of abuse that seniors may be victims of.

- Physical Abuse is the use of physical force causing discomfort which may result in bodily injury, physical pain, or impairment. You have the right to be free from harm and danger.
- Emotional Abuse includes verbal aggression, humiliation, isolation, intimidation, threats, and inappropriate control of activities. You have the right to respect and dignity.
- Financial Abuse is when someone misuses your money, financial resources, or property without your consent or understanding. It's your money. Protect yourself.
- Medication Abuse is the misuse of medications and prescriptions. It can include, but is not limited to withholding medications, over medicating, sedation, or not complying with prescription refills. Correct use of medication is important for your health and well-being.
- Spiritual Abuse is a form of emotional and psychological abuse. It is characterized by a systematic pattern of coercive and controlling behavior in a religious context. Everyone has the right to practice their own spiritual and religious beliefs, free from abuse.
- Neglect is the intentional or unintentional failure to provide for the needs of someone. You deserve to be cared for.

ELDER ABUSE

What should you do if you are being abused?

- Physical Abuse: If there is immediate danger call 911. Do not engage with abuser. Have a safe place to go, always have a phone within reach, and pack a go bag.
 - Emotional Abuse: Know your rights and recognize the warning signs. Establish boundaries and practice self-care.
 - Financial Abuse: Keep your money in the bank or financial institute. Prepare a will. Always ask a trusted friend or lawyer to review documents before signing.
 - Medication Abuse: Keep medication in a safe place and labeled. Talk to your doctor or pharmacist.
 - Spiritual Abuse: Know your rights. You have the right to be treated with respect have an opinion change your mind or say no.
 - Neglect: Stay active and attend social events. Stay in contact with family and friends. Have a personal directive.
- If you suffer from any form of abuse confide in someone you trust, a friend, family member, nurse, social worker, faith leader or doctor. Keep a record of the abuse. Call the police. **Don't blame yourself.** It's not your fault. Ask for help because abuse of any kind is wrong. There are many agencies and organizations in our community that will help protect your rights, safety, and dignity.

Poem to Share

June

By Lottie Brown Allen

Oh, what is more sweet than the month of June
When our senses thrill and our hearts keep tune
To the song of the birds and the rose in bloom?

Oh, what is more joy than the early gray
Of the dewy morn and the sun's first ray
That herald the dawn of a perfect day?

Oh, what is more fair as the sun climbs high
Than the azure hue of the summer sky
And the snow-white clouds drifting idly by?

Oh, what is more pure than the summer air
That wafts from the woodlands and gardens fair
A fragrance and perfume so rich and rare?

Oh, what is more dear than the twilight hour
When the daylight fades and each nodding flower
Is kissed by the moonbeams' mystic power?

O, Summer Queen! you are gone too soon
With your sunny days and your shining moon,
With your golden grain and your wealth of bloom.

And if we could hold in some magic way
To your trailing robes for a single day,
Dear month of June, we would bid you stay.

Laughing Matters



The Engagement

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter. She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

Word Search

RECYCLE REUSE REDUCE



E U K H M X C P L A S T I C
S E M I S S I O N S V H F K
O U C C W I S G M O S M R D
L J Q F L T U T C P T I G P
A R U G C O S G K L O O P O
R E O I H Y T X G I I S E Z
O C R N E D A H R R V N T O
T Y G C M M I H E P E B R N
R C A E I Y N T M S L B O E
A L N G C L A N D F I L L G
S E I Z A W B W V C N A V Q
H R C K L E L H Z C H Y Q P
G H I O S R E P A I R T A H
F R B G R E E N H O U S E O

Solar
Trash
Compost
Greenhouse

Water
Clothes
Chemicals
Repair

Emissions
Ozone
Sustainable
Landfill

Plastic
Organic
Petrol
Recycle