

July 2019

Delhi LTC Centre

750 Gibraltar St, Delhi N4B 3B3 Tel: 519-582-3400



Celebrating July

Canada Day Social
Monday, July 1st 1:30 pm

Pub Night with Archie
Tuesday July 9th 6:30 pm

Church Service with Pastor Babbey
Wednesday, July 10th 10 am

Trip: Church Service Outing
Sunday, July 14th 10:30 am-
Sign Up

Resident Council
Monday, July 22nd 10 am

Norwich Concert Band
Tuesday July 23 7:00 pm

Birthday Party with Pat Muray
Thursday July 25th 2:00pm

Fundraiser Car Wash
Friday, July 26th –Sign Up

Happy Hour with Ken Lightheart
Monday, July 29th 6:30 pm

Port Dover Outing
Wednesday, July 31st
10:30am-3:30pm-Sign Up

July 2019

peopleCare
communities



Congratulations to Camiel V. and Christina V., This years King and Queen of Delhi LTC.



Thanks to our partnership with SKIP this year! Residents enjoyed monthly visits from the local school children



Welcome Home Violet R., Louis V., Doris T.

Happy Birthday to
All those born in July!

Resident Name	Date
Mariette S.	July 4th
Frank S	July 18th

Flower: Rose

Birthstone: Pearl



July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

Resident Council

Next Meeting will be held on Monday July 22nd at 10:00am. All residents are welcome to attend.

Resident's Bill of Rights:

#6 – Citizen's Rights

You keep all the rights of a citizen. These include: democratic rights, equality rights, rights to practise your religion, right to express yourself...etc. You also have the responsibility to respect other's rights and freedoms and obey Canada's laws.

Resident News

Congratulations to Andy and Nera Sinneave who are celebrating their 65th Wedding Anniversary on July 3rd. What a milestone! Help us congratulate them!



In Memory Of

*Clarence A.
Frieda S.*

*Our deepest thoughts and sympathies go
out to the family and friends*

**"He spoke well who said that graves
are the footprints of angels."**

~Henry Wadsworth Longfellow

Message from the Executive Director

Happy Canada Day!

What a fun month June was! The residents loved our days with the SKIP kids and sending them off for the summer. It was great to see the great turnout for the Family Berry Social. Between the food, music, and chatter around the Home, it was great to see everyone out. The only unfortunate part was not being able to host the event outside to appreciate all the hard work our families did on cleaning up the yard. We'll have to find another excuse to be back there later in the year!

Thank you to all those that came out to meet with me for the Coffee Time drop-in. It was great to get to know some of you a little more and hear all about what you think of the Home. Know that my door is always open!

July will be hard pressed to be as fun as June, but there are some exciting events to try to do that. The Norwich Band will be visiting on July 23rd at 7pm. We will be having our Resident and Staff BBQ on July 30th. And lastly, but something a lot of people are looking forward to, is the trip to Port Dover. It will be a great day for lunch at the Beach House and relaxing on the pier.

Ohh! And CAR WASH! We will be hosting a car wash fundraiser at the Home on Friday, July 26th. Proceeds go to the MEDA Nigeria Way campaign. Thank you for supporting.

Reminder: With the increase in sun and warm weather, please ensure to apply sunscreen when you head outdoors. We have installed two new orange pumps in the Home for your use. They are located at the front door, and the door leading out to the back patio. Also, ensure that you wear a hat and pack some water for hydration. This is also a good time to do some spring cleaning. Go through drawers and closets and discard of any items you no longer need or use.

Have a great month!

Danny Pereira

News and Notes

July Outings!

On Sunday July 14th we will be taking a group to the Bethesda Baptist Church for their annual church picnic. The church service is at 11am with lunch to follow. (We will be leaving at 10 and walking over) Please let Recreation know at least a week in advance if you would like to attend as spots are limited! Thanks!

On July 31st, we are heading to Port Dover for lunch at the Beachhouse and then walking out on the pier.



The bus will be picking us up at 10:30am and we will be returning around 3:30pm. Please let the Recreation Department know if you would like your loved one to attend as space is limited.

As well, we require 1:1 resident to staff/volunteer/family member ratio, so if you are able to help us out and come with us please let Stacey know!

sleis@peoplecare.on.ca.

Please note that this trip will be of extra cost to the residents. Thanks!



Living the peopleCare Values

PROFESSIONALISM

**Act with Knowledge
Develop Skills
Dress for your Customer
Choose a Positive Attitude**

Have you attended
Caring with HEART
customer Service training?



Check us out, and like us on
Facebook!

<https://www.facebook.com/PeopleCareCommunities/>

*Newsletters and calendars can be accessed
online at www.peoplecare.ca under the
specific peopleCare Community location*

HEARTbeats

Congratulations to our June Draw
Winners!

To: Lori P.
From: Selina G.

They have received a \$25 gift card for
displaying the peopleCare Values!

Thank you for all you do!



Home Improvements

Thank you to those who were able to help us
out with our backyard cleanup this year. So
much hard work took place and we can not
thank you enough! Special thanks to the
Clapdorp, Dyjack and Abbott families.
We would like to thank Scotts for donating 25
bags of mulch to make the gardens look
better than ever and Northview Gardens for
donating plants for our front and back beds!



peopleCare is here for you!

peopleCare recognizes that we cannot
thrive without the hard work and dedication
our employees make every day in all our
Homes. Please remember all of the
programs that peopleCare has to assist
you in your personal lives, educational
pursuits and employee recognition! If you
are unfamiliar with any of the following,
please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and
Recognition Program
- Disaster Relief Fund

Memories from our Strawberry Social June 15th/2019



Delhi LTC's

\$10

CAR WASH

Fundraiser



Friday, July 26th

Please Sign up for a time slot with Stacey or Tracey so
we can secure your Car is well taken care of!
All proceeds will support MEDA and The Women
Walking to Grow Project. Any Donations are
appreciated! Thank you in advance for you support!

MEDA



Lyme Disease

Tick Identification Guide

HealthUnit
Halldimand-Norfolk

Deer ticks and dog ticks are the most common types of ticks found locally.

Note: Photos are not to actual size

Tip One

One of the easiest ways to tell the difference between a deer tick and a dog tick is to look at the markings in its back (also known as its shield or scutum). Adult deer ticks do not have any white markings on their back where adult dog ticks do.



(Deer Tick (*Ixodes scapularis*))



American Dog Tick/Wood Tick (*Dermacentor variabilis*)

Tip Two

Adult dog ticks are relatively larger in size than adult deer ticks. The following table provides approximate sizes of unfed deer and dog ticks.

Deer Tick Size	Stage	Dog Tick Size
3-4mm	Adult Female	5-6mm
2-3mm	Adult Male	5-6mm
1-2mm	Nymph	1-2mm
<1mm	Larva	<1mm

Habitat

Deer ticks are more commonly found in wooded and forested areas containing leaf litter that provides them with a moist habitat and animals to feed on.

American dog ticks are more commonly found in the tall grass and weeds that border roads and trails. They are also present where their hosts live including pastures, meadows, marshes, and the edges of lakes and streams.

The deer tick (*Ixodes scapularis*)

(Photos not actual size)



Larva



Nymph



Adult male



Adult female

Other Tips

- The mouth parts of a deer tick are longer than the mouth parts of a dog tick.
- Deer ticks have smoother backs than dog ticks.

If the Tick has Fed on a Person or Animal:

- The markings on the tick's back will still be visible (See Tip One).
- An adult female deer tick that has fed can grow up to approximately 10mm long.
- An adult female dog tick that has fed can grow up to approximately 15mm long.



Picture above shows female adult deer ticks at various levels of engorgement. Moving clockwise starting from the smallest – 0hrs, 24hrs, 48hrs, 72hrs, >96hrs is the largest.

Deer ticks can transmit Lyme disease.

Consult a Healthcare Provider if the tick that has bitten you is engorged, if you have symptoms, or are concerned about your health following a tick bite.

Name: _____

Date: _____

Canada Day Word Search



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

PARLIAMENT
CANADA DAY
NEW BRUNSWICK
FIREWORKS
CARNIVALS

HOLIDAY
UNITED
JULY
COLONIES
CELEBRATE

BRITAIN
QUEBEC
ACT
ONTARIO
FIRST

FAIRS
NOVA SCOTIA
PARADES
PICNICS
BRITISH