

ST. JOSEPH'S AT FLEMING

June Newsletter

A Message from the CEO:

What a pleasure it is to welcome the warm weather and see our outdoor spaces come to life. It has been wonderful to watch residents, families, and children enjoying time together outside. Our courtyard continues to be a vibrant gathering place, and many of you have already enjoyed visits with our new budgies as they have quickly integrated into the home. We are also excited to share that our chickens will be arriving shortly for the summer and will be housed in the courtyard, another meaningful addition that we know many residents will enjoy.

We are pleased to inform you that equipment for our new physiotherapy room has been ordered. As soon as we have a confirmed delivery timeline and opening date, we will share it with you. This new space will significantly enhance our physiotherapy programming and services, supporting improved mobility, independence, and overall well-being for our residents. We look forward to opening this space in the near future.

We also continue to work closely with our contractor on the development of the new smoking area. Our goal is to ensure that all residents and families can safely and comfortably enjoy the outdoor environment while balancing the needs of everyone in our community.

Recently, we shared the results of our latest Ministry of Long-Term Care inspection. We are encouraged to report that the home received a Written Notification, marking our second consecutive inspection demonstrating continued improvement. This reflects the hard work and commitment of our team. Once the official public report becomes available, we will ensure it is shared with all residents and families.

Our ultimate goal remains clear: to consistently provide high-quality care and services throughout the home. We believe we are moving in the right direction, and while we recognize there will be challenges along the way, we remain fully committed to ensuring that Saint Joseph's at Fleming is a long-term care home that the Peterborough community can be proud of.

Thank you for your continued trust and support.

Warm regards,

Nelson Ribeiro



May Highlights



May brought a wonderful opportunity for connection and community as we hosted a delightful wine tasting paired with a charcuterie social. We enjoyed sampling a variety of flavours while mingling in a relaxed, welcoming atmosphere. It was a perfect way to celebrate the season and spend quality time together.



In May, we celebrated Cinco de Mayo with a vibrant armchair travel experience to Mexico! We enjoyed learning about the culture while "visiting" through sights and stories, all while snacking on delicious chips with fresh guacamole and salsa. It was a fun and flavourful way to travel together without leaving our seats.



Our Mother's Day celebration was filled with warmth and gratitude as we honoured the wonderful mothers in our home. The Roy Boyz provided fantastic live music, creating a lively and uplifting atmosphere that everyone enjoyed. It was a day full of smiles, music, and special memories.



Our Residents' Council brightened everyone's day by treating the home to Smile Cookies - spreading joy while supporting a wonderful cause. A big thank-you to our Residents' Council for their kindness and generosity. The smiles (and sweet treats!) were truly contagious!



June Events



June 2nd at 2:00pm - Seniors Cruises Car Show

June 7th from 10am-12pm & 1pm-3pm - Lost & Found Event

June 8th at 10:30am - Hymn Sing



June 8th at 1:30pm - Pride Glow Party

June 9th at 2:15pm - Music with Rob Murray



June 16th at 2:15pm - Armchair Travel to Hawaii

June 18th at 1:30pm - Guest Speaker - Frauds & Scams Education

June 18th at 3:00pm - Resident & Family Townhall

June 19th at 1:30pm - Father's Day Celebration with Randy Read

June 20th at 1:30pm - National Indigenous Peoples Feature

June 21st at 1:30pm - Music with Angie

June 24th at 6:00pm - Reimagining Waste Exhibit

June 25th at 1:30pm - Birthday Party with Keith Kirkpatrick

June 29th at 1:30pm - Strawberry Social and Music with The Roy Boyz



June Zodiac Signs



Gemini (May 21 – June 20)

Element: Air

Symbol: The Twins

Traits: Curious, quick-witted, highly adaptable, and expressive.

Traits: Geminis are known for their insatiable desire for variety, excellent communication skills, and love for intellectual stimulation.

Cancer (June 21 – July 22)

Element: Water

Symbol: The Crab

Traits: Highly intuitive, nurturing, deeply loyal, and protective.

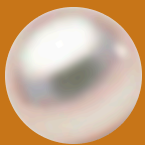
Vibe: Cancers are deeply connected to their emotions and the people they love, often creating a safe, comfortable home base for themselves and those around them



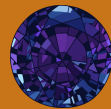
June Birth Flower



The birth flowers for June are the rose and the honeysuckle. Together, these vibrant, early-summer blooms embody deep romance, passion, and enduring devotion.



June Birthstone



June is one of only a few months with three official birthstones: Pearl, Alexandrite, and Moonstone.

- **Pearl:** The most traditional June birthstone. As the only gem created by a living creature, it symbolizes purity, wisdom, and integrity.
- **Alexandrite:** A modern, rare alternative known for its unique ability to change color - shifting from a vibrant green in daylight to a purplish-red under incandescent light.
- **Moonstone:** A mystical stone characterized by its glowing, ethereal sheen.



The Be a Saint Golf Tournament

Our 6th Annual Be a Saint Golf Tournament is just around the corner on June 11th, and we're excited to make this year's event our best yet! Funds raised will go directly toward enhancing the comfort, safety, and overall experience of our home.

We would love the support of our SJF families and friends to help make this event a success. If you're able, consider donating a six-pack of beer for our popular Bucket of Beer Raffle - simply drop it off at the Reception Desk during your next visit.

We are also gratefully accepting donations for our Silent Auction. Popular items include sports tickets, restaurant or spa gift certificates, golf passes, and electronics. Tax receipts (based on pre-tax retail value) are available for these contributions.

If you have an item to donate, please drop it off at the Reception Desk and include your name and contact information.

Thank you for your continued support - we couldn't do this without you!



GIFT CARD RAFFLE



TICKETS
\$2 EACH

3 FOR \$5

Up until June 11th, we will be selling raffle tickets for a chance to win \$250 in gift cards! Tickets can be purchased at the tuck shop. The final draw will take place on June 11th at the Be a Saint Golf Tournament.

Thank you for supporting the St. Joseph's at Fleming Foundation!

Celebrating Community Impact

We were proud to host a special reception at St. Joseph's at Fleming, bringing together 28 local organizations to celebrate the Peterborough Foundation's incredible support. As a grateful recipient, we thank the Foundation for investing in community initiatives - and we're honoured to be part of that impact.



St. Joseph's at Fleming Foundation

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Email: foundation@sjfltc.com

Charity Number: BN 831138516RR0001



Plant Sale Success!

We're excited to share the success of our May 15th Plant Sale. Together we raised over \$400 for our Residents' Council. Thank you to everyone who came out to support!



Father's Day – June 16

HAPPY
Father's
DAY!

As Father's Day approaches, we take a moment to recognize and celebrate the fathers, grandfathers, and father figures who make a meaningful difference every day.

Whether through guidance, support, humour, or simply being present, the role of a father comes in many forms - and each one matters. We also acknowledge those who step into caregiving roles, offering strength and stability to those around them.

To all the dads and father figures in our community; thank you for all that you do. We hope you have the opportunity to feel appreciated and celebrated this Father's Day,



National Indigenous History Month

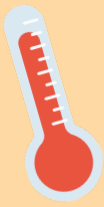
June is National Indigenous History Month in Canada, a dedicated time to recognize the rich histories, diverse cultures, and outstanding achievements of First Nations, Inuit, and Métis peoples. It is also an opportunity to reflect on historical realities and advance meaningful reconciliation. National Indigenous Peoples Day (June 21) coincides with the summer solstice, this day is set aside to celebrate the distinct heritage and cultures of Indigenous communities.



Pride Month

June is Pride Month, a time to celebrate diversity, inclusion, and the importance of being able to live authentically. At our home, we are proud to create a welcoming and respectful environment for everyone - residents, families, and team members alike. We recognize and honour the unique identities and experiences within our community, and we remain committed to fostering kindness, dignity, and belonging for all. This month and every month, we stand together in support of inclusivity and respect.





Beating the Summer Heat



As temperatures rise, it's important to stay cool, safe, and energized! Here are a few simple tips to help you make the most of the warm weather:



Stay Hydrated

Drink plenty of water throughout the day - even if you don't feel thirsty. Keeping a reusable water bottle nearby can help you stay on track.



Find Shade & Take Breaks

Whether you're going for walks or enjoying time sitting in the sun, take regular breaks in shaded or cool areas to avoid overheating.



Dress for the Weather

Lightweight, loose-fitting clothing in breathable fabrics (like cotton or linen) can help you stay comfortable in the heat.



Protect Your Skin

Don't forget sunscreen! Apply SPF 30+ and reapply every couple of hours, especially if you're outside for extended periods.



Eat Light & Fresh

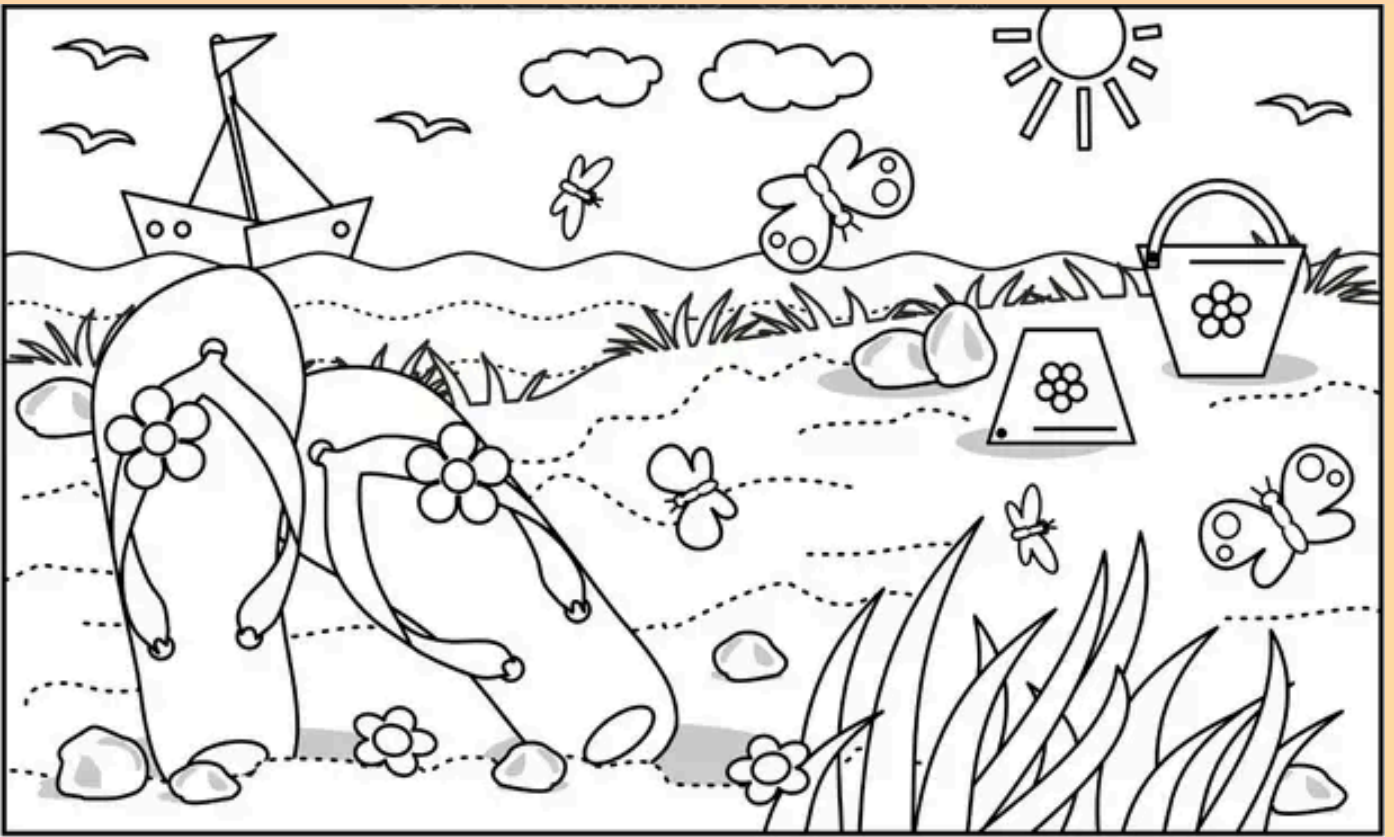
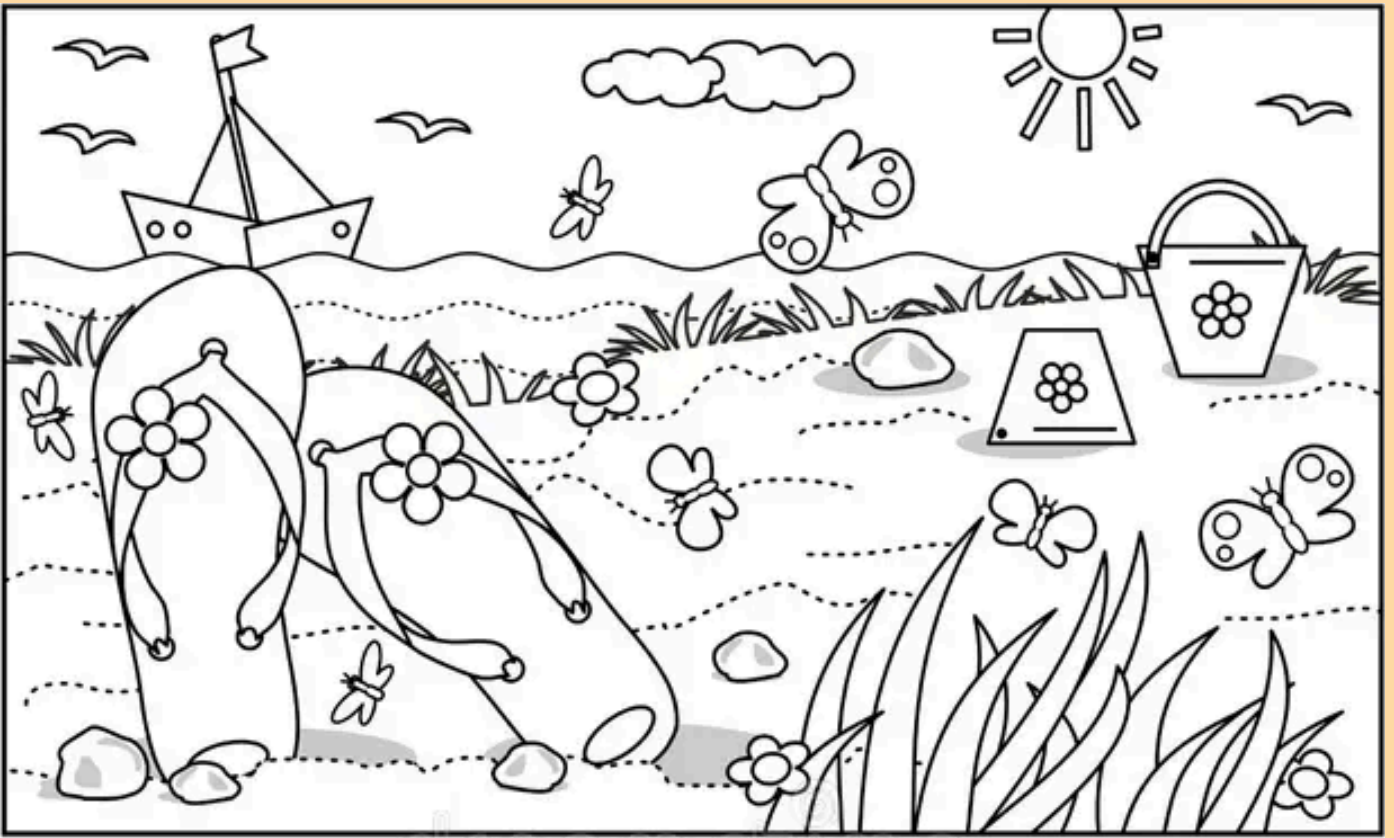
Cool down with seasonal foods like fruits, salads, and other refreshing snacks that help keep your body hydrated.



Listen to Your Body

Watch for signs of heat exhaustion (dizziness, headaches, or excessive sweating) and take action right away if something feels off.





Ready for a little summer brain teaser? Take a break and enjoy our "Find 10 Differences" puzzle - can you spot them all? Once you've finished, get creative and add your own splash of color! It's a fun and relaxing way to celebrate the season.



Nursing Week Appreciation

Thank you to everyone who helped make Nursing Week so special! We were proud to celebrate our incredible team with a variety of appreciation events throughout the week. While we took this time to recognize our nursing staff, it was also an opportunity to honour all team members across the home. Each person plays a vital role in providing compassionate, quality care and creating a supportive environment for our residents.



We are truly grateful for the dedication, teamwork, and heart that our staff bring every day. Thank you for all that you do!

