

NEWSLETTER

BOBIER VILLA

National Nurses Week

Mark your calendars! National Nursing Week takes place from **May 12-18, 2025**, and we're thrilled to announce this year's theme: **The Power of Nurses to Transform Health.**

This theme highlights the incredible impact nurses have in shaping health care, driving innovation, and advocating for patient-centred care. National Nursing Week serves as an opportunity to recognize and celebrate the hard work and dedication of nurses across Canada and around the world.

Thank you, nurses, nurse educators, and nursing students, for the positive changes you bring to Canadian health care.

We look forward to celebrating with you!



How to keep your space ant free



Did you know...?

Ants are attracted to most types of human food but they are especially fond of sweet foods. Most types of ants are drawn to jelly, syrup, honey, candy, and other rich sources of sugar.

This time of year, we make all attempts to keep ants at bay but we need a little help...

If you bring in foods to share please do not leave any foods in resident rooms. The dietary department will be sure to store the snacks appropriately to make certain ants don't get a taste of the treats as well!

If you have any questions please reach out to any team member.

Ellen Stokes, Manager of Support Services at Elgin Manor, 519-631-0620 ext. 228
Chris Oleksiuk, Manager of Support Services at Bobier Villa, 519-762-2417 ext. 228

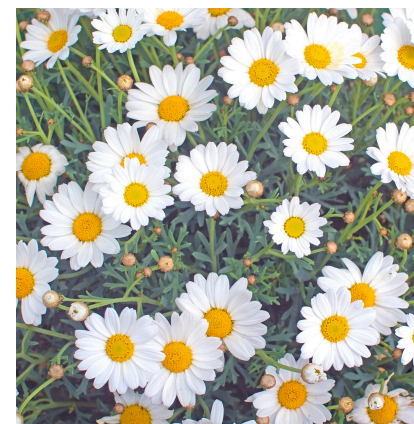
MAY GARDENING TIPS

What to do in May in your greenhouse or garden

As the saying goes: "April Showers bring May flowers". Here are some tips to help your garden flourish.

- Don't prematurely remove spring bulb foliage or next year's flower production will decline. Allow the foliage to die down naturally or wait until most of the foliage has yellowed. Once foliage has died, bulbs can be moved or divided as needed.
- Begin planting non-hardy bulbs such as gladiolus, caladiums, dahlias, cannas, and elephant ears as the ground warms and night temperatures consistently reach 10°C or higher.
- Begin planting warm-season annuals around mid-May. Mother's Day is usually a safe time to plant all warm-season plants and move overwintering tropical plants outside. Once planted, begin fertilizing as needed.
- Remove faded spring bedding, such as wallflowers and forget-me-nots, and add to your compost bin.

Remember to choose plants suited to your region, ensuring proper watering techniques, and protecting plants from pests and diseases. Gardening is an activity that is a challenge but also fun and therapeutic! So get outside, get your hands dirty and enjoy yourself!



Mental Health Awareness Month

Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.

This **May 5-11**, we're encouraging people across Canada to look beyond the surface and see the whole person.

By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

UPDATES FROM OUR IPAC TEAM

May is a beautiful time of the year. It brings a sense of rejuvenation, when everything awakens and springs into action. It is the gateway to summer.

I would like to take this opportunity to thank everyone for their efforts in helping us keep our home safe and healthy for our residents, visitors and staff over the past respiratory season.

We are proud to announce that Effective Monday, April 14th, 2025, we will temporarily remove the (recommended) masking mandate in our Homes.

We would like to continue to ask all visitors to complete "Passive Screening" prior to entering our homes to ensure it is safe for you to visit. This is posted in the entrance to the home. Also, we ask all residents to continue to report any symptoms of illness to staff to help prevent the spread of illness in the home.

If you have any questions regarding the updated measures, please do not hesitate to contact a member of the management team.

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