



SANDPIPER NEWS SUMMER 2024

HIGHLIGHTS JULY & AUGUST

- July 3-Poker Run
- July 8 Shopping (RET.)
- July 9 Entertainment with Norm & Diane
- July 12-Entertainment with Lucien
- July 16 Entertainment with Len Goldfarb
- July 17- Outing Avonmore Berry Farm (RET.)
- July 23-Hawiiian Beach Party
- July 25-Outing Avonmore Berry Farm (LTC)
- Shopping (RET)
- July 26- Birthday Party with Lucien
- July 29- Olympic Games
- July 30 Picnic Morrisburg Park -(LTC)
- July 31- Picnic Morrisburg Park(RET.)

August

- Aug. 1 Camping Trip
- Aug.13- Entertainment Norm & Diane
- Aug. 19 Visit from Bee Meadow Farms
- Aug 23 -Birthday Party with Lucien
- Aug. 28 Western Day

Please Note*Due to only having one newsletter for the summer more activities may be added!!

JULY BIRTHDAYS

Retirement

- Keith Craibe - July 1
- Elizabeth Cleary- July 18

LTC

- Nina Guay -July 16
- Amby McMann -July 17
- Bernie Gibeault- July 27

AUGUST BIRTHDAYS

LTC

- Marielle Bowen Aug. 7
- Georgette Labelle- Aug. 15
- Elwood Robinson Aug. 17
- Harvey Martell - Aug. 19
- Erna Andersen Aug. 28
- Vince Stang Aug 31



AROUND SANDFIELD



HAPPY ANNIVERSARY

67th Jack & Grace



HAPPY BIRTHDAY

June!



Pizza party from Shirley Brunet's Family!



Above- display for National Indigenous Peoples Day,
Left- out for lunch!



A Note from the Administrator.....

Summer is now upon us and given the numerous leisurely distractions and holiday time, the Newsletter will be suspended until September following the current edition.



Stephanie Kinnear
Administrator/ Owner

Summer does provide an opportunity for visitors from further away to come to the Home and we look forward to these visits. Please sign our Guest Book at the front entrance when you do visit.

As well, with the advent of nice weather, comes warmer temperatures. Our hallways and common areas are air conditioned, however we are requesting that if you haven't already brought in a fan for your loved one, if you could do so please. And change up any warmer clothing for cooler, lighter clothing as well.

I want to take this opportunity to mention that Sandfield Place has an on-site hairdresser that is more than willing and happy to discuss hair cuts and hair techniques with you regarding yourself or your loved one. Her prices are fair and she has many years of hair cutting experience. We have had several new residents join us. See Kelly if you want a trim, cut or color. 613-933-6972 ex. 22.

Ted Laurier Place is moving along on schedule. Bourgon Construction is hard at work and we are very pleased with the progress thus far. If you have Facebook, hop onto our page and see the latest drone video. It really is a spectacular project.

Happy Canada Day!

Please have a safe and happy summer.....



Fundraisers



*We are selling
Pepperettes in the main
office and on the
retirement side
only \$2.00 each!*



Bee Meadow Farm visit

In preparation for our up coming visit from Bee Meadow farm we will be selling 50/50 tickets to support their animal rescue efforts!

HAPPY
FATHER'S DAY



From the Desk of the D.O.C.....

Happy Summer Everyone!

With the hot weather coming, we are encouraging everyone to drink a lot of fluids. If you plan on taking your loved one out please make sure they are in the shade, wearing a hat and sunscreen. If you need a hat let us know, we have lots!!



Samantha Below
D.O.C.

Senior Mobile Dental Services will be starting in August for the residents dental needs.

We also have a lead on an in house Massage Therapist! She is waiting to see how many people are interested. Currently I do not have a price list for the services it would depend on the needs of the individual. Please contact me by email or 613-933-6972 ex 26 if you are interested in either service.

Wishing everyone a wonderful summer!

Flashback.....

Seniors month was a hit! There was no shortage of fun! First off we had Father's Day where we welcomed families back in to celebrate.

For our lunch outings LTC residents went to Water View Restaurant in Long Sault. The Retirement residents, encountering a very hot day, ordered pizza in. The pizza was provided by the family of one of our former residents Shirley Brunet. Thank you to her family for such a nice treat! It was delicious!

A special "Thank you" to our entertainers they included:

Lucien Lalonde, Len Goldfarb, Norm and Diane, our Choir and The Broadway Pleaser. They had everyone singing along.

Frank Burelle from the Cornwall Public Library came in to discuss the Lost villages. What an interesting topic for so many of our residents.

Finally we combined a strawberry social with our over 95 recognition event. What a nice way to celebrate this important mile stone!

We hope the summer proves to be just as fun!

Have a safe and happy summer, see you in September!



Ann Evans
Activity and Volunteer Coordinator



Did you know the Sandfield Place Long Term Care Home has a Family council? We meet the fourth Wednesday of every second month. Our next meeting is July 24 at 2:pm Please let us know if you have any questions! 613933-6972 ext. 32

Our over 95 Certificate Recipients:

- Genevieve Assi-March 9, 1929
- Marion Feren – March 9, 1929
- Therese Morin Feb 16, 1929
- Lucille Dagenais Sept. 13, 1928
- Esther MacDonal April 8, 1926
- Myrtle Flegg May 13, 1926
- Edna Dickson -March 25, 1925
- Doreena Brisson-March 16, 1924
- Ethel Bingley – Sept 3 1,9234
- Amby McMann July 17, 1923



95
AND OVER!

From the Desk of the Dietary Supervisor...

WHAT SHOULD YOU EAT DURING A HEAT WAVE?

A heat wave can make most of us want to avoid eating anything but ice cream, let alone cook.

One of the biggest risks of this hot weather (besides just being sticky and uncomfortable) is getting dehydrated. But there are certain foods and drink that are especially hydrating – and fun to eat, even in the intense heat!

Avoid drinking alcohol, but if you do, make sure to have one glass of water for every serving of alcohol. For water, aim for three liters daily on these super hot and humid days, especially if you're exercising.

The most hydrating foods are (in order): cucumber (96% water), iceberg lettuce (94% water), radish (95% water), tomatoes (94% water), watermelon (92% water), strawberries (92% water), spinach (91% water), cabbage, zucchini, celery, and cantaloupe. Frozen grapes are another way to nourish yourself and cool off at the same time. Just rinse, dry and freeze for a few hours. Fruit-based ice pops are another tasty way to hydrate.

Surprisingly, spicy foods can help cool you down. When you eat spicy dishes, your body responds by sweating, which cools the skin. Spicy foods trigger a hard-wired system that opens your pores and releases heat from the body, ultimately aiding in cooling down.

Lastly, try for no-cook meals to avoid adding extra heat to your surroundings (sandwiches, salads, etc...)

Remember to stay hydrated and avoid heavy, heat-inducing meals. Enjoy the summer while keeping cool! 🍷☀️



Kelly Bailey
Food Service Supervisor



In Memoriam



Memorial Donations to the Residents' Council of Sandfield Place are accepted and appreciated. Memorial cards are available at the business office and the activity office. Receipts are issued.



Summer Holidays



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

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon