

May Newsletter



A Note From The Editor

First of all I hope everyone had a wonderful Easter and you were able to find some time to relax. As we enter May I have been continuing on with the All About Me. This has been a fun activity to do with the residents. Thank you to those who have participated. We had a great shopping day to Walmart recently and looking forward to getting our walking group outside soon. Somedays just still seem a little bit chilly.

May is packed full of celebrations. We get to celebrate mothers, mothers to be, fur mothers & mothers in waiting. Also in May we are celebrating nurses week with theme days & spirit day for our amazing personal support worker's.

Lisa Conley
Activities & Wellness Coordinator



In this newsletter
you can expect:

April
Highlights

Resident
Kindness &
Cheers for Peers

What's
Happening at
MLP

Upcoming
Events

Laughing
Matters

Noticeboard

April Highlights & What's To Come

What did we do in April you ask? Aside from exercise class three times a week we enjoyed Rick Tasson playing at our Birthday Party, I had the Glee Cub in, we took a shopping trip to Walmart, we had a Easter Tea, my son and I came in over the Easter weekend to hand out goodies to the residents and my son dressed up as Peter Rabbit. We played bingo weekly, Shirley Kerr enjoyed the Christian worship music, I brought in Ruby the Ridgeback and Rose the Basenji when Tusker was away, we had a lot of fun playing hallway mini golf, we also played hallway bowling, we enjoyed swimming in our amazing relaxing pool twice a week at MLP, we had Emmanuel Baptist, Free Methodist, St Gregory's, the Anglican Church and the Salvation Army in to do church services for the residents, and we also enjoy having happy hour weekly. Lastly a fun men's social.

What's to come in May you ask? We are having a spirit week for national nurses week, a spirit day for our PPSW's, ladies social, Mother's Day social, Cinco de mayo party, a trip to the O'Connor house in Deseronto, Peter Rea will be here again celebrating our resident birthdays in May, there will be a puppy visit with Lisa's 6 Rhodesian Ridgeback puppies, Casey will be in doing chair yoga and this is all happening in addition to our regular church services, regular exercise classes, open swims, knitting groups, walking groups and we are looking forward to more piano playing with Gena at our cinco de mayo party. If anyone is interested in volunteering please feel free to contact me l.conley@mlpresidence.ca

Cheers for Peers

Cheryl Hilts is a valued member of the care team at MLP Residence in Picton, and her recent Cheers for Peers recognition is so well deserved. Her compassion, kindness, and dedication to residents shine through in everything she does. Cheryl consistently goes above and beyond to ensure those in her care feel comfortable, respected, and supported, making a meaningful difference in their daily lives.



Kindness

Pearl Bowen is our Kindness Award winner this month at MLP. A longtime resident who has called Picton home, Pearl brightens our community with her warm spirit, friendly smile, and thoughtful kindness toward everyone she meets. We are so proud to celebrate her and all the joy she brings to our residence.



April Highlights



Birthday Party



Easter Tea



Glee Club



Men's Social

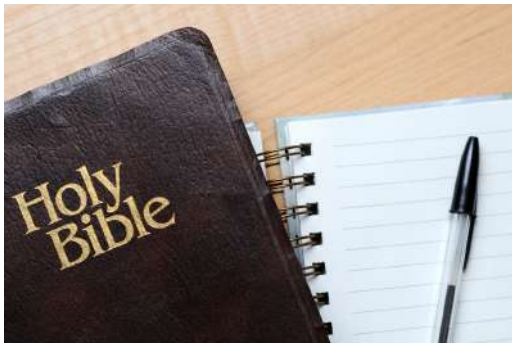


Walmart Trip



Hallway Mini Golf

Noticeboard - Post It



Bible Study -
May 12, 26



Cinco de Mayo
May 5



Birthday Party with Peter Rea
May 20



Mother's Day Social Live Entertainment
May 7



Trip To O'Connor's Tea Room
Deseronto May 21



Puppy Visit May 13

May Events

Cinco De Mayo Social - May 5th

Sing A Long with Gena - May 5th

Residents Meeting - May 6th

Free Methodist Church - May 6th

Mother's Day Social Live Entertainment - May 7th

Salvation Army Church Service - May 10th

National Nurses Week Celebrations - May 11 - 15th

Bible Study with Emmanuel - May 12th

Puppy Visit with Rhodesian Ridgebacks - May 13th

Anglican Church Service - May 15th

St Gregory Church Service - May 19th

PSW Spirit Day - May 19th

Birthday Party with Peter Rea - May 20th

Luncheon to The O'Connor House in Deseronto - May 21st

Chair Yoga with Casey - May 27th

Program Dates:

Hair Salon: by appointment – Mondays
Open Swim: Monday & Thursdays 1:30pm – 2:30pm
Tuck Shop: Thursdays – 10:00am-11:00am
Exercises: Monday, Wednesday & Friday
Library Drop Off: May 15
Happy Hour: Fridays 2:45pm Cash Only Please

May Birthdays

Margaret B - May 5
Dorothy L - May 9
Bev S - May 9
Alle W - May 11
Cathy B - May 13
June F - May 14
Vicki M - May 24
Vicki H - May 24
Vicky P - May 24



Marlene Porter Recently
Celebrated a Milestone Birthday

Looking Great at 90



LAUGHING MATTERS

Why is spring the best time to start a gardening business?
Because you can really grow your profits!

What do you call a rabbit who tells jokes in spring?
A funny bunny!

Why don't eggs tell jokes in the spring?
They might crack up!

What kind of bow can't be tied in spring?
A rainbow 🌈

Why did the flower go to school?
To become a little brighter!

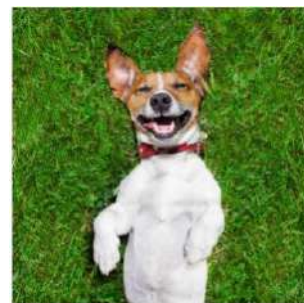
What do you call a well-dressed lion in spring?
A dande-lion!

Why is everyone so happy in spring?
Because they finally spring into action!

What did one flower say to the other?
“Hey bud, how's it growing?”

Why was the tree so excited for spring?
It was ready to branch out!

What do you call a spring chick who loves to play music?
A peep star!





👣 Stepping Forward: The Importance of Foot Care

Our feet carry us through life—quite literally. Yet, they are often one of the most overlooked parts of our overall health. For residents, especially, proper foot care is not just about comfort, but about maintaining mobility, independence, and overall well-being.

As we age, our feet can become more sensitive and prone to issues such as dryness, calluses, or discomfort. Conditions like Diabetes and Arthritis can also make foot care even more essential, as small concerns can quickly become bigger problems if left unattended.

Taking time each day to care for our feet can make a big difference. Simple habits such as keeping feet clean and dry, moisturizing to prevent cracking, and wearing properly fitted, supportive footwear all help promote healthy feet. Regularly checking for any changes—like redness, swelling, or soreness—is also important, as early attention can prevent complications.

Foot care is also closely connected to staying active. When our feet feel good, we are more likely to participate in walks, social activities, and daily routines. This helps maintain balance, strength, and confidence—key elements in preventing falls and staying independent.

At MLP Residence, we are pleased to offer professional foot care services right on-site. A qualified foot care specialist visits every six weeks, providing residents with regular, reliable care in a comfortable and familiar setting. This service helps ensure that any concerns are addressed early while keeping our residents feeling their best.

Healthy feet help keep us moving, connected, and engaged in the activities we love. After all, when we take care of our feet, they take care of us. 👣

Thank you for reading!

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