

June 2019

Fiddick's Forum

Fiddick's Nursing and Retirement Home 436 First Ave Petrolia Ontario N0N 1R0
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Celebrating June

Beautiful in Your Skin Month

Soul Food Month

Lemonade Days

June 1-9

World Bicycle Day

June 3

Banana Split Days

June 7-8

Roller Coaster Day

June 13

Father's Day

June 16

World Music Day

June 21

Social Media Day

June 30

The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

Message from Mike

It seems like April and May have come and gone so quickly and we have not seen very much spring like weather, although the rain is good for flowers and shrubs and the grass is certainly green. Hopefully we will see warmer temperatures soon. I know that our Residents have been enjoying their time out in the courtyards, and will be looking forward to more sunny days.

It will soon be BBQ season again and we will be having them every Wednesday throughout the spring and summer. Our "Fiddick's Family BBQ" will be held on June 7th from 5 – 7 p.m. I know that the Residents really enjoy the BBQ's and look forward to sharing this event with their families. I also would like to wish all the Fathers out there a "Happy Father's Day" this month!

I would like to thank all of our Residents and their families for allowing us to care for their loved ones, as it is our privilege. If we can do anything more for anyone, please do not hesitate to come by my office and see me, my door is always open.

Kindly yours,

Michael Fiddick,
Administrator

Family Council

Our next family council meeting will be on **Wednesday, June 26th** at 4:00pm in Victoria Way.

This will be our last meeting until September as we take a break during the busy summer months.

The family council will be busy during the summer helping at our BBQ events and other special days. Please contact Carly if you wish to get involved with these events. Check our Family Council Board and upcoming newsletters for event info!

"A Family Council is an organized, self-led, self-determining, democratic group composed of family and friends of the resident of a Long-Term Care Home. The main purposes of a Family Council are to improve the quality of life of Long-Term Care residents and to give families and friends a forum for sharing their experiences, learning and exchanging information."

- Family Councils Ontario

It's Patio Season!

Please enjoy the sunshine and warm weather in one of our courtyards or patios! If you do move the furniture in these areas, please put it back to how you found it in order to keep it looking nice. If you need any assistance, please ask the staff. Thank you!



Friendly Reminders



Follow us on Facebook!

Search for @Fiddicks to easily find Fiddick's Nursing Home Page on Facebook.

Our facebook page is a great spot to keep up to date with what's happening in the home such as, special events, outbreaks and any other exciting updates.

Please do not use the facebook page as a way to contact us regarding the care of your loved ones. If you have any questions please call and speak with a nurse.

June Special Events

- June 5th **Music with Randy Grey**
- June 7th **Fiddick's Family BBQ**
- June 14th **Fathers Day Social**
- June 19th **Birthday Party with Cam Marshman**
- June 23rd **Covenant Christian Youth Choir**
- June 26th **Family Council**



Fiddick's Nursing Home Welcomes...

*Doug Mackey
Jack 'Paul' Mellon
Lewis McRae
Josephine 'Marie' Benedict
Raymond Levack
Eileen ODonovan
Merlin Zimmer
Clifford Bradley
Ella Metcalfe*

And mourns the loss of...

*Madeline Millward
Helen Tetreault
Ida Anderson
Doreen Macdonald*



Father's Day Social

This year to honour all the Father's at Fiddick's we are going to be hosting a Father's Day Social. It will be held in Victoria Way dining room from 2:30-3:30pm. There will be drinks and cake provided. Happy Father's Day!



Resident Birthdays

Barclay Lane

Melba McRae - June 7th
Shirley Vrskovy - June 8th
Thomas Leneve - June 10th
Rhea Dodkin - June 23rd
Geneva Kirk - June 25th
Diana Hamilton - June 27th

Fairbanks Court

Celia Prior - June 2nd
June Joyce - June 5th

Victoria Way

Sara Vanderhoef - June 7th
Lola Casey - June 17th

Ruby Hall

Glen Minielly - June 11th
Elsie Helmer - June 17th
Doug Wagner - June 20th
Carolyn McNeil-Judas - June 23rd
Beth Gingrich June - 26th

Retirement Home

No June Birthdays

June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 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.

Marilyn Monroe (actress) – June 1, 1926
Josephine Baker (entertainer) – June 3, 1906
Tom Jones (singer) – June 7, 1940
Frank Lloyd Wright (architect) – June 8, 1867
Harriet Beecher Stowe (author) – June 14, 1811
Igor Stravinsky (composer) – June 17, 1882
Lionel Ritchie (singer) – June 20, 1950
Octavia Butler (writer) – June 22, 1947
Pearl S. Buck (writer) – June 26, 1892
John Elway (quarterback) – June 28, 1960

Join us for our June Birthday Party with Entertainment by Cam Marshman Wednesday, June 19th in Victoria Way. Cake and refreshments will be served.

