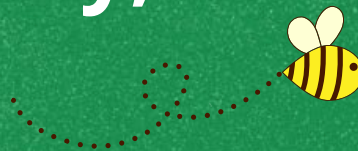


HIGHGATE HAPPENINGS

May, 2025



ANNOUNCEMENT HIGHLIGHTS

Human Resources (Christina B.)

Please welcome our new staff members! Let's give them a warm Highgate welcome.

Nursing

Gleasy M., Jewnifer S.

Evening Dietary

Teagan M.

Housekeeping

Amanda G.



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May Birthdays

Residents

5 - Allen M.

13 - Evelyn S.

18 - Mabel W.

28 - Doreen M.

8 - Helmet Z.

16 - Eleanor T.

22 - Dana S.

Staff

2 - Maria R.

3 - Lindy D.

4 - Peyton H.

7 - Brandi G.

10 - Steven B.

14 - Julia C.

23 - Claire H.

24 - Rowena C.

25 - Arlene W.

29 - Cassidy K. & Racheal K.

31 - Will M.



Congratulations!

Two of our staff members have received new promotions at Highgate. Congratulations ladies, we look forward to seeing you in your new roles!



- Sally M.

Promoted to Housekeeping Manager

- Maryann R.

Promoted to Assistant Director of Care

IMPORTANT ANNOUNCEMENTS

From the Kitchen

Ensure Pricing

Please note: starting May 1st, 2025, the price of the Ensure drink will be going up:

- A bottle of ensure is increased to \$3.00/bottle
- A case of ensure is increased to \$63.95/case

Spring Menu

New Spring Menu will be launching in the next few weeks with some new options.



- Chimichurri Shrimp Skewer –
Fresh shrimp skewered and roasted, served with a vibrant chimichurri sauce made with fresh herbs, garlic, olive oil and red wine vinegar
- Spaghetti with Creamy Lemon Zucchini Sauce –
Zucchini is shredded and cooked until caramelized, then combined with lemon, butter and cheese to make a deliciously smooth sauce
- Crispy Chicken Cutlet with Red Pepper Sauce –
Hand breaded chicken breast cutlets are cooked crispy and paired with a tangy and rich red pepper sauce – also known as romesco sauce
- Pan Seared Basa with Olive and Tomato Sauce –
Delicate basa fish paired with sautéed onions, capers and olives in a tomato sauce – also known as pizzaiola sauce

From Life Enrichment

Please note that if you have signed up for an outing or lunch bunch and cancel last minute for any reason other than illness or emergency, you may be charged the cost if items are non-refundable. Thank you for your understanding!

CLINICS & SERVICES

In House Physician (Dr. Omar Elahi)

Dates: 5th & 19th

Time: Adjusted according to how many residents he may see

Location: Varies Depending on Resident

Chiropodist (Jason)

Dates: 2nd, 9th, 16th, 23rd & 30th

Time: 8:15am - 11:30am

Location: Basement Salon (First door on your right)

Massage Therapy (John)

Dates: Every Friday

Time: 12:00pm - 5:00pm

Location: Basement Salon (Third door on your right)

Physiotherapy (Christina)

Dates: Every Tuesday and Thursday

Time: 12:00pm - 4:00pm

Location: Basement Lounge 1

Hair Dresser (Anne)

Dates: Every Tuesday, Thursday & Friday

Location: Basement Salon

Nail Salon (Jenna)

Dates: 8th, 15th, 22nd

Location: Basement Salon (Third door on your right)

*****PLEASE SPEAK WITH RECEPTION TO BOOK AN APPOINTMENT*****

HIGHGATE TUCK SHOP

What is it?

This is a shop located in the basement where you can go and buy snacks, pop, birthday cards, toiletries, etc.

When is it open?

Every Wednesday and Saturday from 11:00am-12:00pm

UPCOMING EVENTS, SPECIAL DAYS & HOLIDAYS

UPCOMING EVENTS

Entertainment & Special Events:

5th - River of Praise Choir (Church of the Living Water)

- 7:00pm in Dining Room

6th - Massages & Mimosas Special Mother's Day Social with Jenna (Sign up to receive hand massage)

- 2:00pm - 4:00pm in Activity Room

- Vocal Point Choir Performance

- 6:30pm in Dining Room

8th - Birthday Bash with Arnie Settimi

- 5:00pm in Dining Room

12th - Mother's Day Tea with Joan Ballantyne

- 2:00pm in Dining Room

14th - Happy Hour with Elizabeth Spratt

- 3:30pm in the Dining Room

20th - Lunch Bunch: Pizza and Wings

21st - Music with Aiden

- 2:00pm in Memory Lane

26th - Kaleidoscope Singers Performance

- 2:00pm in Dining Room

28th - Entertainment with Cheryl

Dickson-Neal

- 2:00pm in Dining Room

- Victorian Gourmet Dinner

- 5:00pm in Dining Room

30th - Resident Only BBQ with Dave Burden

- 12:00pm (Sign up to eat outside)



Vendors:

13th - EZ Fit Shoes (11:00am)

Shoes – running shoes, casual, adaptive shoes for easy slip on and Velcro

20th - Bella Boutiques (12:00pm)

Jewelery, scarves etc.

Specific vendor items may change due to availability

Meetings and Services:

Tuesdays - St. Ann's Catholic Communion

- 3:00pm in the Chapel/Theatre

2nd - Food For Thought & General Meeting

- 2:00pm in the Dining Room

14th - Marshall Memorial Service & Hymn Sing

- 11:00am in Piano Lounge

28th - St. Johns Anglican Communion & Service

- 11:00am in the Chapel/Theatre

Outings (Sign-up Required):

7th, 14th, 21st - Independent Shopping

- 9:15am - 12:00pm

MAY SPECIAL DAYS

1 - May Day

5 - Cinco de Mayo



8 - World Red Cross Day

11 - Mother's Day

12 - International Nurses Day



14 - International Receptionists Day

17 - Armed Forces Day



19 - Victoria Day

26 - Memorial Day

MEET THE STAFF

MARYANN RAKAS: ASSISTANT DIRECTOR OF CARE (ADOC)



Hello! My name is Maryann Rakas, and I'm the current Assistant Director of Care (ADOC) here at Highgate and will be replacing Keighley who will be going on maternity leave soon. You can find me on the 1st floor in the DOC's office or walking the halls, always available for any questions or concerns from the staff or residents.

My primary goal is to ensure that all residents feel welcome, well cared for, and, most importantly, at home. I want everyone to feel comfortable approaching me, whether it's to address a concern, ask a question, or simply say hello.

I bring 30 years of experience in long-term and palliative care to this role. My passion for working in Long-Term Care (LTC) stemmed from my love for the elderly — I'm continually inspired by their wisdom, storytelling, quick wit, and sense of humor.

Before joining Highgate, I spent 25



years at Maplevilla in Burlington, where I honed my skills and deepened my commitment to providing compassionate care.

Originally from Hamilton, I also spent seven years living in Europe as a teenager. I've been happily married to Steve for 30 years, and together we have two wonderful children: Nicole (23) who recently earned her degree in Sociology and works at the Hamilton Police Service, and Ryan (20) who is studying HVAC at Mohawk College and will be working at Taylor Steel this summer with his dad.

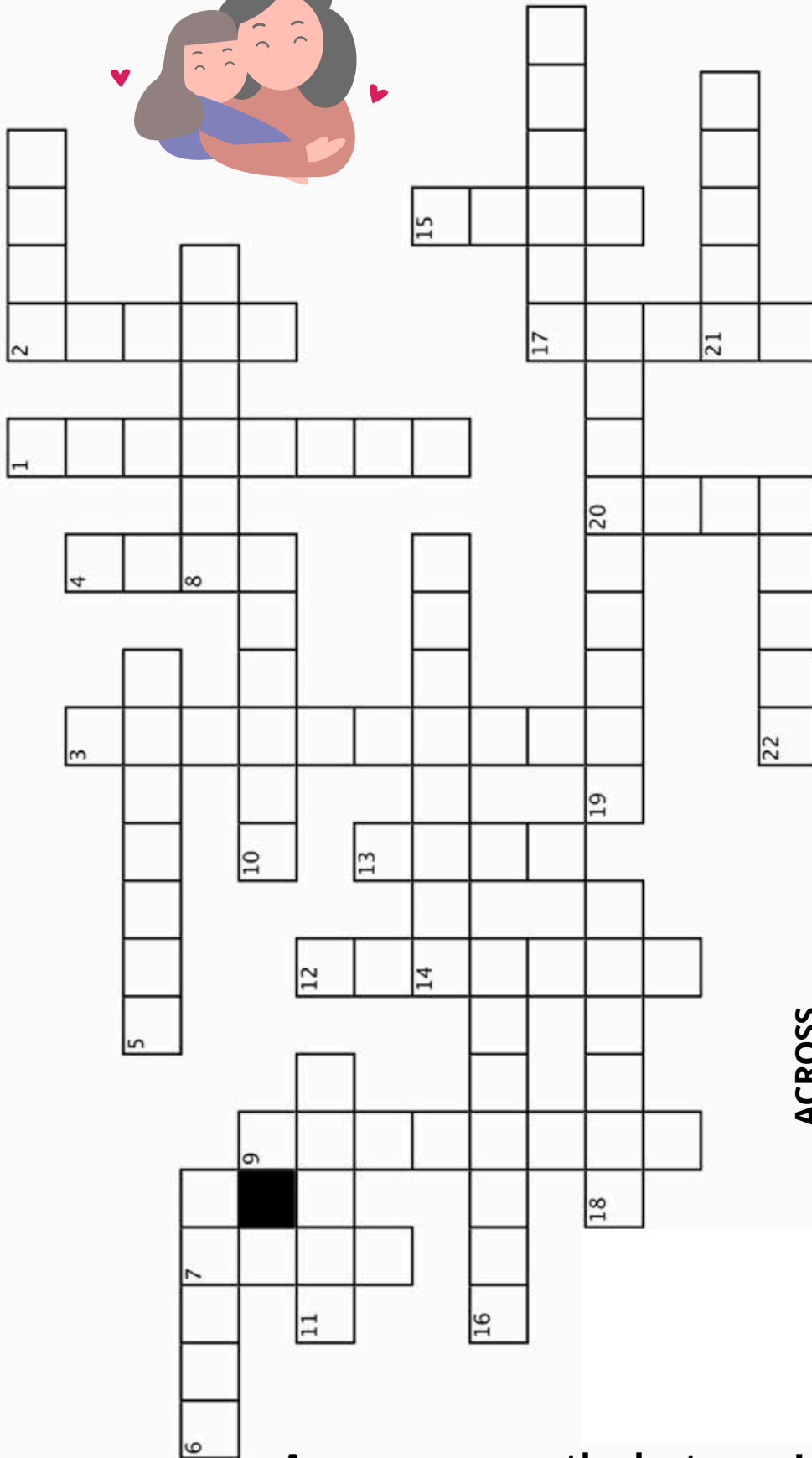
At home, we are also accompanied by our very spoiled 8-year-old Maltipom, Coco, who loves coming to work with me and delights in the attention she gets from the residents. Her favorite activity is playing fetch, and she could do it for hours, so feel free to join in when you see her around!



Outside of work, I enjoy golfing, going to the gym, playing volleyball, and spending quality time with my family and friends, and let's not forget that I am a HUGE Las Vegas Knights fan and try to go to Las Vegas any chance I get!

MONTHLY ACTIVITY

Mother's Day "Mom-isms" Crossword



ACROSS

2. I am not your ____.
5. You'd lose your head if it wasn't ____ on.
6. Don't look a gift horse in the ____.
8. Just wait till your ____ gets home.
10. Don't make that face or it will ____ that way.
11. There's a ____ for everything and everything has its ____.
14. If I've told you once, I've told you a ____ times.
16. No ____ till you clean your plate.
17. A little ____ told me. 18. It's no use ____ over spilt milk.
19. Always wear clean ____ in case you're in an accident.
21. If your friends jumped off a ____, would you jump too?
22. You can't ____ a book by its cover.

DOWN

1. If you can't say something nice, don't say ____ at all.
2. Do you think that I'm made of ____?
3. Don't sit too close to the ____, it will ruin your eyes.
4. ____ isn't fair.
7. Don't ____ with your mouth full.
9. Don't run with ____.
12. Don't break your arm ____ yourself on the back.
13. As long as you're under my ____, you'll do as I say.
15. Close the door. Were you born in a ____?
17. Am I talking to a ____ wall?
20. ____ your feet.

Answers are on the last page! Good Luck!

DID YOU KNOW?



FLOWER - HAWTHORN

Hawthorn is a lovely family of small trees and thorny shrubs often cultivated for their decorative qualities. The sturdy plant has beautiful flowers that bloom in white, red, or pink. Its edible, apple-like fruit comes in a variety of colors, and it ranges in flavor and texture. They are sometimes used as an herbal medicine supplement, which some people believe helps with heart disease, high blood pressure, and high cholesterol.



COMEDY CORNER



HOROSCOPE(S)

Taurus (The Bull) May 1-20

There's potentially a dream-like quality to the weeks ahead, as you transition or wait in limbo. Both public and private plans call for attention, so balance what you show the world and what stays hidden.

The Full Moon on May 12 illuminates relationships, yet expressing yourself might not be easy as you might let others do the talking. May 20, however, delivers a productive fresh start!

Gemini (The Twin) May 21-31

This month moves at a quick pace, with Mercury racing through three zodiac signs. Community and teamwork could be prioritised in the first week, while May 10-25 are better for time out and personal breakthroughs.

The evening of May 26 sees you back in the saddle, working the room. Focus on you, with the New Moon your fresh start to tune-in to the bigger picture.

BIRTHSTONE - EMERALD

Emeralds have long been a favorite of royalty; Cleopatra had them mined extensively in Egypt during her reign.



Shah Jahan, builder of the Taj Mahal, wore an emerald talisman for luck and protection. Emeralds can grow very large, and giant ones have been found at Kagem, one of the world's largest emerald mines, in Zambia. A 5,655-carat emerald was unearthed there in October 2018. The Kagem emeralds are believed to have formed more than 450 million years ago, which contributes to their size.

DID YOU KNOW: IN THE MONTH OF MAY

FAMOUS MAY BIRTHDAYS

Wes Anderson (director)	– May 1, 1969
Benjamin Spock (doctor)	– May 2, 1903
Sugar Ray Robinson (boxer)	– May 3, 1921
Adele (singer)	– May 5, 1988
George Clooney (actor)	– May 6, 1961
Enrique Iglesias (singer)	– May 8, 1975
Martha Graham (dancer)	– May 11, 1894
Katharine Hepburn (actress)	– May 12, 1907
Maxine Sullivan (jazz singer)	– May 13, 1911
George Lucas (filmmaker)	– May 14, 1944
Adrienne Rich (writer)	– May 16, 1929
Priscilla Presley (actress)	– May 24, 1945
Rachel Carson (marine biologist)	– May 27, 1907
Walt Whitman (poet)	– May 31, 1819

DID YOU KNOW?

The term mayday is often used as a distress signal for ships and planes. But what does May Day, the celebration on the first day of the month, have to do with the well-known phrase for asking for help? Actually, the answer is not much! The distress term is a mispronunciation of the French phrase “m’aider”, which simply means “Come help me!”

SHOW YOUR COLOURS: MONTH OF MAY

May 1–6: Pink

You are well-known for your kindness and sweet demeanor. You are the first to offer a hug or shoulder to cry on and know how to make anyone smile. You’ve also got a wicked sense of humor.



May 7–15: Blue

You are very artistic, and others admire your creativity. You are noble and honest, and your family and friends know they can trust and confide in you. You exercise patience when handling difficult situations.



May 16–24: Gold

You have a happy-go-lucky spirit and spread cheer wherever you go. You are always there for others, and you cheer up your friends and family after a bad day. Making new friends is a breeze for you with your outgoing personality.



May 25–31: Red

You have a competitive streak and love a good challenge, but you are always a good sport, win or lose. It can take time for you to warm up to new friends, but once you do, they are your friends for life.



RESIDENTS' CORNER

"Happy Earth Day Highgate"



QUOTE OF THE MONTH

"Spring is nature's way of saying,
'Let's party!'"

~ Comedian Robin Williams



RESIDENTS' COUNCIL NEWS

The Easter Raffle Basket made \$205.00. Thank you to all who contributed!

Upcoming fundraisers will be:

- Book Sale, starting May 5
- Mothers Day Basket
- Father's Day Basket

The Sunshine festival is coming up on July 12th



Our 2025 executive is as follows:

PRESIDENT: Sheldon Clark
VICE PRESIDENT: Vacant
TREASURER: Merv Boyko
SECRETARY: Ann Bassett (Staff Advisor)
MEMBERS AT LARGE:
Laurene Butter
Ruth Guimond
Denise McKay
Marion Parfeniuk
Donalda Williams

ADDITIONAL INFORMATION

LITTLE BEAUTY CORNER PRICE LIST

Nail Trimming and Shaping

\$17 (Nail Trimming and Shaping, Cuticle Oil, No Polish Application)

Manicure

\$44 (cut, file, cuticle work, buff, hand and arm massage, regular polish application)

Mini Manicure

\$28 (cut, file, buff, polish application)

Shellac Change

\$40 (cut, file, shellac application)

Shellac Manicure

\$50 (cut, file, cuticle work, buff, hand and arm massage, shellac application)

Men's Manicure

\$39 (cut, file, cuticle work, buff, hand and arm massage)

Pedicure

\$61 (cut, file, callus removal, exfoliant, cuticle work, foot and leg massage, polish application)

Mini Pedicure

\$28 (cut, file, buff, polish application)

Men's Pedicure

\$55 (cut, file, callus removal, exfoliant, cuticle work, foot and leg massage)

Hand and Arm Massage

\$12.00

Waxing and Tinting

Between the Brows

\$9 (wax applied in the middle)

Brow Wax

\$21 (full brow wax with brow shaping and trimming)

Brow Wax and Tint

\$32 (full brow wax with brow shaping and trimming, colour applied to brows)

Nose Wax

\$7 (hard wax applied to nostrils to remove visible hair)

Lip Wax

\$17

Chin Wax

\$17

Full Face Wax

\$50 (Brows, Lip, and Chin)

JENNA FROM THE LITTLE BEAUTY CORNER

Little Beauty Corner

BOOK YOUR SERVICE TODAY

Let me introduce myself

I'm Jenna, the owner of Little Beauty Corner. I have been doing aesthetics for the last 8 years and have loved every minute of it. I truly can say that I love every aspect of my job. I love pampering my clients, making them feel beautiful & of course building a relationship with them! Our service time together will always be full of laughs, good conversation and of course a relaxing manicure, pedicure or waxing service. I hope to see you all soon!



FROM THE KITCHEN

The Ice Cream Polling Results Are In!

And, the results are...:

- French Vanilla – 27 Votes
- Maple Walnut – 27 Votes
- Butterscotch – 19 Votes
- Strawberries & Cream – 19 Votes
- Pralines & Cream – 18 Votes
- Sweet Black Cherry – 17 Votes
- Chocolate – 15 Votes
- Mint Chocolate Chip – 12 Votes
- Orange Sherbert – 7 Votes
- Mango – 6 Votes
- Salted Caramel – 5 Votes



The other options only got one vote each

ACTIVITY ANSWERS

Momisms

(solution)

