



MARTHA'S COMMUNITY CORNER

JULY 2025

A Message from your Site Manager

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." Roald Dahl

Wouldn't it be lovely if we could actually do this? As summers are so short in this part of the world, I encourage each of you to enjoy the warmth of the sun, the blueness of the sky, the twinkling of the stars, and the scents from the gardens.

I will be away from Martha's House for my annual summer vacation from July 26, 2025 to August 17, 2025. Emile Enongene & Marjory Nazar will be covering during my absence.

Karen

July Birthday's

Happy Birthday to the following residents and staff:

RESIDENT BIRTHDAYS

Mary Kusalik – July 2

Joe Rabl – July 4

Linda Lindsell – July 5

Ruth Rittenhouse – July 6

John Wensveen – July 14

Adrian Geers – July 26

STAFF BIRTHDAYS

Amanda VanBuskirk – July 7

Rick Krajewski – July 12

Karen Larson – July 12

Mariana Ribeiro-Carlos – July 12

Deb Duda – July 25



Welcome To Martha's House

Please give a warm welcome to **Delvoir Longair, Frank & Mitilida Weersink** who have recently joined our Martha's House family.

Toonie Tuesday

Congratulations to our two winners of our 50/50 draws in June. Donna T. won \$106.00 on June 10th, and Ron W. won \$104.00 June 24th. While the other \$210.00 went to the resident social fund!

Thank you to everyone who participated!



Security Reminder

We would like to remind everyone that when you leave your suite, to please make sure that you lock your door. Be aware of who you are letting into your suite. Anyone entering your suite should be wearing proper identification. You have the right to protect your home and question anyone entering your suite without the proper ID. If you see anything suspicious, please report it immediately to a staff member or call the Resident Attendant at 403-715-2113.

Canada Day Celebration

Your Dinner menu will be special menus and you can find them located on the pony wall.

Name Tags

All residents moving into Martha's House are offered a nametag at no cost. You are encouraged to wear it to the dining room and to group functions. This goes a long way in promoting socialization. This will also help new staff members & new residents that are trying to learn everyone's name. You will be responsible for the cost of replacement. If you need to replace your name tag, please see Reception.

Morning Sunshine

As a reminder, please push your black button by your door when you get up in the morning (between 6:00am and 10:00am). A staff member will know you are up and safe. After 10:00 am if you have not pushed the button, a staff member will then knock and enter your suite to ensure that you are okay.

Re-useable Dishes

Residents are reminded that they cannot take Martha's House dishes back to their suite and must provide their own dishes for take-out. Plates and bowls are be available for sale in the tuck shop if you need to purchase. Thank you for your cooperation with this matter.

And when life
became too frenzied
**She came to her garden and
whispered to the plants until**
Her smile returned
and her mind was calm





Finally proof that spelling is not as important as people say... they still know what your talking about !!

Subject: FW: What will they find next

Aoccdrnig to a rscheearch at an Elingsh uinervtisy, it deosn't mtttaer in what order the ltteers in awrod are, the only iprmoetnt thing is that frist and lsat ltteer is at the rghit pclae. The rset can be a total mses and you can still raed it wouthit a porbelm.

This is bcuseae we do not raed ervey lteter by itself but the word as a wlohe.

Seniors are at high risk of experiencing heat-related illness. Tips to help protect you from heat-related illness include: Stay well hydrated (caffeinated coffees, teas, etc. are dehydrating), stay in air-conditioned buildings, wear loose, lightweight and light-colored clothing. Stay informed, check the local news for health and safety updates. Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness including muscle cramps, headaches, nausea or vomiting

For Your Information:

We are asking for any Martha's House dishes. To be returned. The price of the Dishes; breakdown as follows:

China:

Plates \$28.00 each Side Plates \$12.00 each Soup Cup \$8.00 each

Soup Cup \$8.00 each Coffee Cup \$8.00 each

Black Plates ... \$2.50 each Black Soup Bowls \$4.00 each

We started out with 500 Black plates THIS YEAR totaling \$1250.00 and now we have 25 plates for a loss of **\$1187.50**. Black Bowls we had 100 totaling \$400.00 and we are down to 3 a loss of **\$388.00**, this is just only the black plates and bowls. We are also missing a significant amount of china dishes.

SO PLEASE BRING BACK THE DISHES!!

Thank you 😊

Summer Word Search!

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

Flowers	Ice Cream	Holiday
Heat	Canoeing	Camp
Outdoors	Beach	Cool
Family	Fun in the sun	Happy
Hat	Hot	Lotion
Ocean	Sandals	Sandcastles
Summer	Sun	Sunglasses
Sunny	Swimming	Swimsuit
Warm	Water	Waves



Special Dates:



Wednesday 2nd – Park Place Mall 12:45 pm

Wednesday 2nd – Hailey Murphy 7:00 pm

Tuesday 8th- Toonie Tuesday 10:30-2:00

**Wednesday 9th- JF Clothing Boutique
10:00-2:00 pm**

Wednesday 9th- General Meeting 2:00 pm

Friday 11th – In the Spur of the moment Sing-A-Long

with Denise 7:00 pm

Saturday 12th – Pop up Sing-A-Long with Denise 2:00 pm

Tuesday 15th - BBQ at Henderson Lake Park 9:30

Wednesday 16th- Birthday Social 2:00 pm

Wednesday 16th – West Cooley's Strings 7:00 pm

Tuesday 22nd- Toonie Tuesday 10:30-2:00

Wednesday 23rd- London Drugs 12:45 pm

Wednesday 23rd – Darcy Kavanagh 7:00 pm

Thursday 24th – Foot Doctor 9:00 am

Thursday 24th- Ice Cream Social 7:00 pm

Wednesday 30th- South Walmart 12:45 am



Name: _____

Date: _____



July



Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- AMERICA
- BARBECUE
- BEACH
- BLUEBERRY
- CAMPING
- CORN
- FIREWORKS
- FLIP-FLOPS
- HAT
- HIKING
- ICE CREAM
- INDEPENDENCE
- JULY
- LEMONADE
- PEACH
- PICNIC
- RASPBERRY
- SANDCASTLE
- SHORTS
- STRAWBERRY
- SUMMER
- SUNDRESS



- TOMATO
- TRAVEL
- VACATION
- WATERMELON

- SUNGLASSES
- SUNSCREEN
- SWIMMING
- TANK TOP