



MARTHA'S COMMUNITY CORNER

JULY 2026

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.

Karen

July Birthday's

Happy Birthday to the following residents and staff:

RESIDENT BIRTHDAYS

Donna Palmer – July 2
Lin Lindsell – July 5
Ruth Rittenhouse – July 6
Mia Austie – July 8
John Wensveen – July 14
Rosalie Folkins – July 17
Terry Moert – July 18
Adrian Geers – July 26

STAFF BIRTHDAYS

Crystal Stevenson – July 4
Amanda VanBuskirk – July 7
Linda Briegert – July 7
Rick Krajewski – July 12
Karen Larson – July 12
Deb Duda – July 25



Happy
Canada Day



Toonie Tuesday

Congratulations to our winners of our 50/50 draws in June. Edie G. won \$101.00 on June 2nd, and Mary J. won \$115.00 June 16th.

Thank you to everyone who participated!





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 mttar 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.

HEAT ILLNESS AWARENESS

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

Farewell

We would like to wish Joe Rabl, Kiyo Koyanagi, Mary Kusalik, and Al Baerg well in their new homes.

Covenant Community Board Update

The Lethbridge Community Board has had a busy June!

The Board attended the LSCO Live Well Showcase talking to visitors about the 4 Covenant sites in Lethbridge, handing out some swag and building connections.

Later in June, the Board attended an antique car show at St Therese Villa for Father's Day and on June 25 members of the Board worked hard flipping pancakes for the drivers of the antique cars hosted by St Michael's Health Centre and Martha's House.

The Board is actively recruiting new members; if you would like to learn more about this opportunity, please contact Angela.Young@covenanthealth.ca and she will connect you with a member.

Security Reminder

We would like to remind everyone that when you leave your suite, 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 identification. If you see anything suspicious, please report it immediately to a staff member or call the Resident Attendant at 403-327-7531.

Parking Lot Reminder

Please remember to lock your vehicle doors, do not leave packages and other items visible in your vehicle. If you see anything suspicious in the parking lot area, please report it to a staff member.

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 and new residents that are trying to learn names. Replacement name tags cost \$10.00 and can be ordered from the reception desk.

Morning Check-In

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 10:00am, if you have not pushed the button, a staff member will knock and enter your suite to ensure that you are okay.

Reuseable 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 available for sale at the Tuck Shop if you need to purchase dishes. Thank you for your cooperation with this matter.

Ice Cream Social Update

Our June ice cream social raised \$269.80. Thank you to everyone for joining us for this exciting monthly event. Please remember our prices are \$1.00 for an ice cream cone (1 scoop) and \$3.00 for a sundae or banana split (unlimited scoops).

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

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



- SUNGLASSES
- SUNSCREEN
- SWIMMING
- TANK TOP



The Parlor

We are very excited to welcome Sarah Callaghan to our Martha's House family. Sarah will be operating her salon, The Parlor, from our space.

Sarah will be open Wednesdays and Thursdays from 9:00am to 3:00pm. She will look at extending her availability in September.

To book an appointment with Sarah, you can stop by the salon or you can phone her at 403-593-8307.

Sarah's prices are listed below....

❖ Wash	\$5.00
❖ Blow-Dry	\$10.00
❖ Women's Wash & Hair Cut	\$35.00
❖ Men's Wash & Hair Cut	\$25.00
❖ Shave/Buzz Cut	\$15.00
❖ Set (Iron/Rollers)	\$25.00
❖ Wash & Set	\$35.00
❖ Haircut & Set	\$50.00
❖ Perm – Full Head	\$80.00 (+)
❖ Perm – Half Head	\$45.00 (+)