

Fiddick's Forum

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Celebrating June

Skyscraper Month

International Men's Month

Camping Month

Milk Week

June 1–4

The Wicket World of

Croquet Day

June 3

Corn on the Cob Day

June 11

Worldwide Day of Giving

June 15

Father's Day

June 18

Pink Flamingo Day

June 23

Day of the Seafarer

June 25

The Deep Blue Sea

When you consider the massive size and global influences of the oceans on our planet, you realize that there is much to celebrate in June during Oceans Month. It is a commonly cited statistic that 71% of Earth's surface is ocean. It is less known that anywhere from 50–80% of all life on Earth is found under the ocean's surface. After all, the ocean constitutes 99% of Earth's living space and, amazingly, humans have explored only 10% of these vast depths. Some say that we know more about the moon than these uncharted reaches.

The majority of the ocean is the “deep sea,” a cold, dark, and pressurized area 1,000 meters below the surface. Light cannot penetrate to these depths, yet this part of the ocean is home to an abundance of life. The fish and organisms that live here depend on the organic matter that sinks down from above, falling like a life-giving snow. Many deep-sea fish are bioluminescent, which means that they can create light with their bodies. Deep-sea fish also conserve as much energy as possible and do not move much, lying in wait for their food rather than hunting for it. The deep sea is a harsh environment where only the most perfectly adapted organisms can survive. Humans have only ventured to these reaches in advanced submarines.

Yet it is not impossible to witness these amazing creatures up close. June is also Aquarium Month, and aquariums have finally developed technologies that mimic deep-sea habitats. Scientists have created the “abyss box,” a tank that mimics the punishing conditions of the deep sea: absence of light, harsh cold, and crushing pressure the likes of carrying the weight of a jumbo jet. The tiny, highly pressurized tank has six-inch-thick walls, holds only five gallons of water, and weighs 1,300 pounds. In it we can now see deep-sea crabs and shrimp, angler fish, and other mysterious creatures of the deep.

Donations

We have had a lot of families in the past years and recently who wish to donate to Fiddick's Nursing and Retirement Home to benefit the residents but are unsure of where the donation should go and what we may need.

We are always looking for ways to improve the lives of our residents through many different aspects of the building. If you wish to make a donation to any department or aspect of the home please contact Brooke and she can set you up in the right direction. We do have a social committee who are involved in fundraising and choosing the best option for what the money will go to. For example, our BBQ raffle will go to improving our gardens and courtyards.

Summer Recipe: Poolside Dip

Prep time 10 mins **Total time** 10 mins

Loaded Creamy Ranch Dip is packed with so many delicious flavors you won't be able to get enough of it! Perfect for the pool or potlucks!

Ingredients

- (8 ounces) cream cheese, softened
- 1 red bell pepper, finely diced
- 1 jalapeno, finely diced (leave the seeds in for more kick)
- 1 small can black olives, chopped
- (15 ounce) can corn, drained
- 1 package ranch seasoning mix

Instructions

1. In a medium sized bowl and cream cheese, bell pepper, jalapeño, olives, corn, and ranch package. Mix together until incorporated.
2. Serve immediately with your favorite chips or store for up to 24 hours.

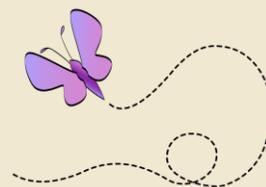


Fiddick's Nursing and Retirement Home Welcomes...

Jackolyn Delaurier
Raymond Delaurier
Graham Dann
Paula DeWulf
Jeannine Coutu
Joyce Welch
Keith Ritchie
Maryke Haley

And mourns the loss of...

Jean Campbell
Marie Winch



Fiddick's Family BBQ- June 7th

A friendly reminder that our Family BBQ is coming up! It is on Wednesday, June 7th at 5:00pm. We will be having musical entertainment from Gary McGill. Burgers, sausages, salads, beverages, and desserts will be served. Please remember to sign up by the end of May and bring your meal ticket the night of. This helps us to ensure we prepare enough food for everybody!

There will be tents set up to provide shade in case the sun is out and shining. There is no reserved seating so when you arrive please find a table and chairs with your guests. If you have any other questions please ask Brooke McGill by calling her at 519-882-0370 or emailing at bmcgill@fiddicksnursinghome.com. See you there!!

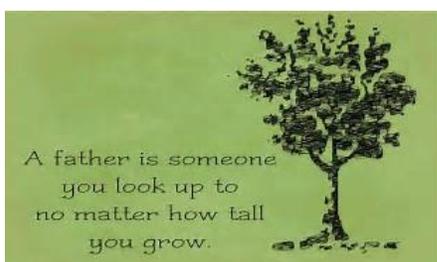


Message from Mike

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 when it has been warmer.

It will soon be BBQ season again and we will be having them 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!

As of July 1st, 2017 the Ministry of Health and Long Term Care will be increasing the daily rates marginally province wide. If you have any questions, please do not hesitate to call. 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 ask.



Kindly yours,

Michael Fiddick,
Administrator

Fiddick's Family Council

Our family council meeting in June will be on *Wednesday, June 28th at 4:00pm* in the Victoria Way Conferene Room.

This is the last meeting until September as we take July and August off. Mandy Judah (Director of Care) and Bev Faubert from the RNAO will be in attendance to provide further informaiton and education on our Best Practice Guidelines.

We will also discuss upcoming summer events and talk about how the Family BBQ in June went.

We hope to see you there!!

BBQ Raffle

If you have been in to visit recently you probably saw at the front entrance we are doing a BBQ basket raffle. This basket includes a whole frozen chicken, bbq utensils, a beer can chikcen stand/wok, bbq sauces, snacks, and other essentials for a summer bbq. Tickets will be 3 for \$5.00 or 8 for \$10.00. We will draw the winning ticket the night of the family bbq on Wednesday, June 7th.

This raffle is to raise money for activities to improve our gardens and courtyards for you to enjoy with your loved one. We appreciate your participation in our fundraiser and can't wait to get working in the gardens!



Resident Birthdays in June

Retirement Home

Marilyn Braaksma- June 3rd
Celia Prior- June 2nd
Sara Vanderhoef- June 7th
Alex Deans- June 9th

Ruby Hall

Elsie Helmer- June 17th
Carolyn McNeil Judas- June 23rd
Beth Gingrich- June 26th

Victoria Way

Bill Pearson- June 3rd
Lillian Sambell- June 11th
Lucy Bryson- June 11th
Ross Palmer- June 30th

Barclay Lane

Alice Newman- June 2nd
Maria Tavaszi- June 5th
Fred Burke- June 21st
Geneva Kirk- June 25th

Fairbanks Court

Evelyn Newman- June 6th
Doug Wagner- June 20th
Diana Hamilton- June 27th



June Birthdays

In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Marilyn Monroe (actress) – June 1, 1926
Allen Ginsberg (poet) – June 3, 1926
Tom Jones (singer) – June 7, 1940
Jacques Cousteau (explorer) – June 11, 1910
Venus Williams (tennis pro) – June 17, 1980
Roger Ebert (film critic) – June 18, 1942
Chet Atkins (guitarist) – June 20, 1924
Meryl Streep (actress) – June 22, 1949
Pearl S. Buck (writer) – June 26, 1892
Mel Brooks (actor) – June 28, 1926
Mike Tyson (boxer) – June 30, 1966

Special Events in June

June 5- Entertainment with Randy Grey

June 7th- Family BBQ

June 9th –Iced Coffees on the Patio

June 18th- Father's Day

June 19th- Poutine on the Patio

June 21st- Day at the Spa

June 23rd- Strawberry Social

June 25th- Covenant Christian Youth Choir

June 30th- Canada Day Party

