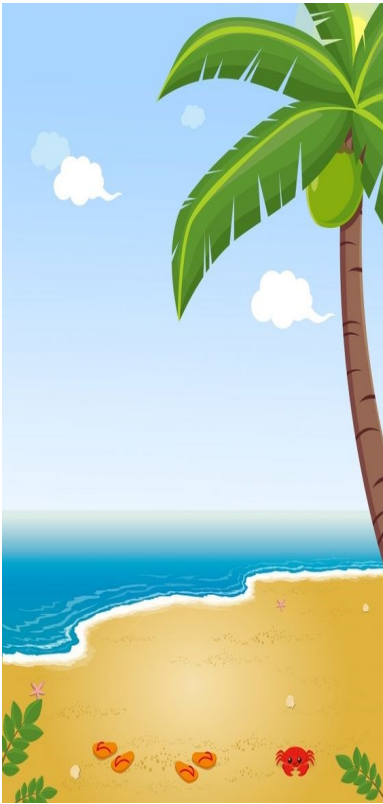


# The Middlechurch Minute

Summer 2023



## Front Page News

With summer comes a time for things to grow, yardwork, and construction. Here at Middlechurch Home of Winnipeg we have started some exciting projects. You will notice the moment you walk in that the front entrance has a fresh new coat of paint. The hallways and rooms are also being updated with new colours.

Planting has finished in the garden. You

will find an abundance of beautiful flowers all over the courtyard. There is also now a new garden box with fresh vegetables growing. A pad has been built to allow for more seating and a view of the vegetables growing. With more space and a garden in full bloom, it is the perfect setting for our upcoming concerts in the courtyard.

In July construction is also scheduled to begin for a new sun room. We thank you for your patience during our renovations.

It is also the perfect time of year to go outside and get active! Every Wednesday at 10:30am all are welcome to join in on some light exercise in the courtyard.

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## Message from the Corner Office

We hope you are enjoying the beautiful Manitoba summer. When visiting take time to see the courtyard and enjoy the music and sunshine.

The garden patio has been completed and this summer the construction of a new gazebo will take place. Thank you to The Gelhorn Family for their

generous donation towards the court yard. We would like to thank all that have made donations to the Home. Your contributions are much appreciated.

Recently we have added to our staffing compliment. A second Social Worker and a second Rehab Aide have joined our Team. Currently we are reviewing

and increasing our direct care staff on the units. We are recruiting a Spiritual Care Provider and increasing our Recreation Staff.

Please continue to provide your suggestions and ideas for the Home.

Thank you,  
Enjoy your summer!  
Sandy Peers,  
RPN, Director of Care

## Music all Summer Long

Over the summer we will have Colton McKillop performing on acoustic guitar for everyone at Middlechurch. Colton has been playing music and singing for 16 years. He will be performing country, folk, and rock and roll music from the 1950s and 70s. Colton's musical style has been influenced by The Beatles, and other famous folk and rock

musicians of that era. He encourages people to make requests. When asked what their favourite part of playing music is, Colton replied "I love how it brings people in the community together! How music can brighten someone's day".

Throughout the summer you will find Colton performing all over Middlechurch and playing a courtyard concert on July 12th at 2:00pm

## Enjoy the Outdoors!

With the sunshine and good weather our Garden Courtyard is now open. Take someone for a walk through the courtyard so they can enjoy its beauty!

Relax in the shade, enjoy the sounds of nature, and the smell of fresh flowers. Spending time outdoors has many benefits for the body and mind including boosting feelings of happiness and energizing the body with fresh air.

***Our team strives every year to beautify the courtyard for all our residents. Thank you to all for the generous financial support from our Resident and Family Council, Various Donors, and Volunteers who make the courtyard a wonderful space for all to enjoy.***

*"Keep your face to  
the sunshine and  
you will never see  
the shadows"  
Helen Keller*

Come and join the  
**REHAB TEAM**  
for  
**FUN and FITNESS**  
in the courtyard  
every Wednesday at 10:30 a.m.  
Staff, bring the residents and exercise with them!  
Family members welcome!





## Gnome Where to Hide: Spot the Gnomes and add friends for them!



Some little gnome facts: A group of gnomes is called a donsy. Gnomes have been historically used as a symbol of protection in gardens. At night time gnomes work as a community to keep gardens safe and growing. Gnomes are also known for their sense of humour. There are myths, folklore, and stories about gnomes from all over the world.



Oh gnome! Be on the lookout. These adorable statues are hiding all around our garden courtyard. How many can you spot? Do the gnomes look a little lonely? They could always use more friends! Bring your garden gnomes to add in.

*A big thank you to everyone who has brought in these cute tiny figures.*

## Can I bring my pet to visit?

Yes, pets have been welcomed back to Middlechurch Home of Winnipeg! To ensure the safety and comfort of our residents and resident animals, we have developed guidelines, and ask that all visiting pets be registered with the facility. There is a pamphlet at the front desk and on our website with everything you need to get started on registering your pet as a visitor. Pets must be leashed at all times, including out in the courtyards, and are not allowed in dining and food preparation areas.



## MCH Summer Concert Series

July 4th: Cowboy Dawn in Garden Courtyard at 2:00pm

July 12th: Summer Musician Colton McKillop in Garden Courtyard at 2:00pm



July 20th: Geoff Erickson in the Garden Courtyard at 2:00pm





## Middlechurch Home of Winnipeg

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Middlechurch Home of Winnipeg is an operating division of the WRHA



## Upcoming Dates to Remember

July 1st: Canada Day

July 4th: Cowboy Dawn  
in Garden Courtyard at  
2:00pm

July 20th: Geoff Erickson  
in the Garden Courtyard at 2:00pm

July 12th: Summer Musician Colton in Garden Courtyard at 2:00pm

The Middlechurch Home of Winnipeg is a 197 bed Long Term Care Facility. It is located in the Northwest area of Winnipeg on the south side of Balderstone and on the west side of the Red River at 280 Balderstone Road In West St. Paul.

All the rooms and our entire facility is a smoke-free environment.

We believe that all residents of the Middlechurch Home of Winnipeg deserve respect, high quality care and service, open communication, privacy and much more. We believe that Middlechurch Home of Winnipeg is each Resident's Home and will be a community of belonging and hope, built on caring and nurturing relationships.

The Middlechurch Home of Winnipeg is committed to coordinate and deliver safe and caring services that promote health and well-being.



Here are some tips to stay safe while having fun in the sun! Too much heat and humidity can lead to dehydration, heat exhaustion, other serious illnesses and even death. Early symptoms of heat-related illness can include: headache, dizziness or fainting, rapid breathing or heartrate or otherwise feeling unwell. Get out of the heat and try to cool down.

Seek medical care if needed. Older adults, people with chronic health conditions, on certain medications, or living alone are at greatest risk for a heat-related illness.