



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			May Day 1 10 Balloon Toss GR 11 Gentle Connection GR 1:30 Manicure & Hand Massage GR 3:00 May Activity Calendar – Handout <small>May Day</small>	2 10 Bean Bag Toss GR 11 Animal Visits GR 1:30 Courtyard Visits 3:30 Bingo C	3 11 Communion Service - St. Nicholas Church A 1:30 Ladder Toss GR 3:30 Crazy 9's GR	4 10 Cinco de Mayo - Crafty Corner GR 11 Sensory GR 1:30 Target Practice GR 3:30 Sugar Rush Shop
Cinco de Mayo 5 10:30 Cinco de Mayo Celebration! 1:45 Hymn Sing A 3:30 Knitting Club GR <small>Cinco de Mayo</small>	6 10 Entertainment with Brian Z A 1:30 Basketball GR 3:30 Bingo M	7 10 Morning Fitness GR 11 Sensory GR 1:30 Resident and Family Council Meeting GR 3:30 Mother's Day Feud - Cherry Courtyard	8 10 Horse Race GR 11 Outdoor Walks 1:30 Prayer Group V 3:30 Movie Matinee A	9 10 Ladder Toss GR 11 Gentle Connection GR 1:30 Creative Corner: Coloring GR 3:30 Bingo C	10 10 Outdoor Walks 1:30 Sing Along with Susie Q GR 3:30 Leisure Trolley	11 10 Weekend Stretch GR 11 Gentle Connection 1:30 Mother's Day - Crafty Corner GR 3:30 Sugar Rush Shop
Mother's Day 12 10 Mother's Day Humor 12:30 Mother's Day Brunch 2:30 Church Services Living Waters A <small>Mother's Day National Skilled Nursing Care Week</small>	13 10:30 Mother's Day Tea 1:30 Target Toss GR 3:30 Bingo M	14 10 Bocce GR 11 Snoezelen Room 1:30 Sing Along with Nita K 3:30 Lemonade Social - Cherry Courtyard	15 10 Shooting Gallery GR 11 Outdoor Walks 1:30 Celebration of Life – Second Floor Residents GR 3:30 Junk Drawer Detective GR	16 11 Pacific Academy Gr. 2 Students A 1:30 Arts & Crafts GR 3:30 Bingo C	17 11 Legion of Mary Rosary - St. Nicholas Church A 1:30 Crazy 8's GR 3:30 Fun & Meaningful Music School – Ukulele A	18 10 Drum Fit GR 11 Gentle Connection GR 1:30 Sing Along with Susie Q GR 3:30 Sugar Rush <small>Armed Forces Day</small>
19 10 Baking Devils Food Cake! C 2:00 Church Service Evangelical A 3:30 Knitting Club GR	Victoria Day 20 11 Victoria Day Parade 1:30 Fun with Balloons GR 3:30 Bingo M <small>Victoria Day (Canada)</small>	21 10 Golf! GR 11 Sensory GR 1:30 Music with Gary & Friends M 3:30 Pig Out Dice Game	22 10 Curling GR 11 Outdoor Walks 1:30 Prayer Group V 3:30 Movie Matinee A	23 11 Pacific Academy Gr. 2 Students A 1:30 Bean Bag Toss GR 3:30 Bingo C	24 10 Ball Fit GR 3:30 Arts & Crafts C	25 10 Arts & Crafts 1:30 Manicures & Hand Massage GR 3:30 Sugar Rush
26 10 Sunday Fun Day Baking! GR 1:45 Hymn Sing A 3:30 Knitting Club GR	27 10:30 Armchair Tavel to Mexico! GR 1:30 Mexican Hat Ring Toss GR 3:30 Bingo M <small>Memorial Day</small>	28 10 Pondering Prompts M 1:30 Sing Along with Nita K 3:30 Crazy 8's GR	29 10 Bowling GR 11 Outdoor Walks 1:30 Celebration of Life – First Floor Residents GR 3:30 Riddle Me This GR	30 10 Pressed Flower Sun Catchers Craft GR 1:30 Ball Toss GR 3:30 Bingo C	31 10 Bean Bag Toss GR 11 Gentle Connection GR 1:30 Finish the Line GR 3:30 UNO GR	<small>Program Venue</small> M = Maple Court W = Willow Place V = Virtual GR = Great Room C = Cherry Lane A = Alder Way ALL PROGRAMS ARE SUBJECT TO CHANGE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			May Day 1 10 Flower Making C 1:30 Sensory A 3:00 May Activity Calendar – Handout	2 10 Active Games A 11 Gentle Connection C 1:30 Creative Arts A 3:30 Bingo C	3 11 Communion Service - St. Nicholas Church A 1:30 Creative Coloring C 3:30 Leisure Trolley	4 10 Dandelion Day Painting/Coloring 1:30 Gentle Connection A 3:30 Sugar Rush
Cinco de Mayo 5 10:30 Cinco de Mayo Celebration! 1:30 Hymn Sing A 3:30 Knitting Club GR <small>Cinco de Mayo</small>	6 10 Entertainment with Brian Z A 1:30 Green Thumbs 3:30 Bingo M	7 10 Outdoor Walks C 11 Outdoor Walks A 1:30 Resident and Family Council Meeting GR 3:30 Mother's Day Feud - Cherry Courtyard	<small>May Day</small> 8 10 Balloon Volleyball 11 Manicure & Hand Massage C 1:30 Prayer Group V 2:15 Movie Matinee A	9 10 Mind & Body Fit A 10:30 Trivia A 1:30 Tabletop Games C 3:30 Bingo C	10 10 Coffee Corner Chats 11 Gentle Connection 1:30 Word Game 3:30 Leisure Visits	11 10 Courtyard Visits 1:30 Gentle Connection C 3:30 Sugar Rush
Mother's Day 12 10 Leisure Trolley 12:30 Mother's Day Brunch 2:30 Church Services Living Waters A <small>Mother's Day National Skilled Nursing Care Week</small>	13 10:30 Mother's Day Tea 1:30 Reader's Club C 3:30 Bingo M	14 10 Chari Zumba C 11 Leisure Trolley A 1:30 Sing Along with Nita K A 3:30 Lemonade Social - Cherry Courtyard	15 10 Ball Fit A 10 Discovery Kit Dee C 1:30 Celebration of Life – Second Floor Residents GR 3:30 Crazy 8's C	16 10 Green Thumbs 11 Pacific Academy Gr. 2 Students A 1:30 Gentle Connection 3:30 Bingo C	17 10 Green Thumbs 11 Legion of Mary Rosary - St. Nicholas Church A 1:30 Leisure Trolley 3:30 Fun & Meaningful Music School – Ukulele A	18 10 Courtyard Coffee Chatter 1:30 Gentle Connection A 3:30 Sugar Rush <small>Armed Forces Day</small>
19 10 Baking Devils Food Cake! C 2:00 Church Service Evangelical A 3:30 Knitting Club GR	Victoria Day 20 10 Victoria Day Parade 1:30 Puzzle C 3:30 Bingo M <small>Victoria Day (Canada)</small>	21 10 Chair Yoga C 11 Outdoor Walk A 1:30 Music with Gary & Friends M? 3:30 UNO C	22 10 Outdoor Walk C 11 Arts & Crafts A 1:30 Prayer Group V 2:15 Movie Matinee A	23 11 Pacific Academy Gr. 2 Students A 1:30 Manicure & Hand Massage A 3:30 Bingo C	24 10 Seated Yoga 3:30 Green Thumbs	25 10 Courtyard Coffee Chatter 1:30 Gentle Connection C 3:30 Sugar Rush
26 10 Seated Yoga C 11 Gentle Connection A 1:30 Hymn Sing A 3:30 Knitting Club GR	27 10:30 Armchair Travel to Mexico! GR 1:30 Reader's Club A 3:30 Bingo M <small>Memorial Day</small>	28 10 Seated Yoga 11 Arts & Crafts C 1:30 Sing Along with Nita K 3:30 Crazy 8's GR	29 10 Gentle Exercise C 11 Garden Care 1:30 Celebration of Life – First Floor Residents GR 3:30 LCR Dice Game C	30 10 Bowling C 11 Gentle Connection A 1:30 Creative Corner - Coloring A 3:30 Bingo C	31 10 Green Thumbs - Courtyards 1:30 Arts & Craft C 3:30 Puzzles A	<small>Program Venue</small> A = Alder Way C = Cherry Lane V = Virtual GR = Great Room M= Maple Court W= Willow Place ALL PROGRAMS ARE SUBJECT TO CHANGE.

The Scoop

Fort Langley Seniors Community



May

2024



8838 Glover Road, Box 40 Fort Langley, B.C V1M 2R4



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May

UPCOMING EVENTS

- ❖ Friday May 3 & 17 at 11:00 – **Communion and Rosary Service**
- ❖ Tuesday May 7 at 10 – **Entertainment with Brian Z**
- ❖ May 16 & 23 - **Pacific Academy Student Visits**
- ❖ Tuesday May 7 at 1:30 – **Resident and Family Council Meeting**
- ❖ Sunday May 12 – **Mother’s Day Brunch**
- ❖ Monday May 13 at 10:30 – **Mother’s Day Tea**
- ❖ Sunday May 12 and 19 – **Church Service**
- ❖ Tuesday May 14 & 28 at 1:30 – **Sing Along with Nita**
- ❖ Wednesday May 15 (Maple & Willow Residents) and 29 (Alder & Cherry Residents) – **Celebration of Life**
- ❖ Friday May 17 at 3:30 – **Ukulele School Performance**
- ❖ Wednesday May 8 & 22 at 1:30 – **Prayer Group**
- ❖ Monday May 27 – **Armchair Travel to Mexico at 10:30am**

*Please check the daily activity board in each neighbourhood. **Programs are subject to change.***

Our Mission

What We Do

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.



Our Vision

Why We Exist

At Park Place Seniors Living we are committed to ensuring a “voice and a choice” for everyone we serve.

Pictures of FLSC



Resident and Family Council

RESIDENT & FAMILY COUNCIL

Please join us for our Monthly Resident and Family Council Meeting!



DATE: Tuesday May 7, 2024
 TIME: 1:30PM
 PLACE: Great Room (2nd Floor) & Teams Meeting

Contact: Mikayla - Recreation & Volunteer Manager if you have any questions:

 fortlangley.rectherapy@ppsl.com

Suggested Visiting Hours

Day	Hours
Daily	9am-5pm

FLSC Monthly Education for Families

Park Place Seniors Living Brochure:

1. What is the Resident Assessment Instrument Minimum Data Set?
2. The Residents Day Ensuring You Have a Voice and a Choice
3. Your Role in Medication Safety (Brochures located in Lobby)

Code of the Month: Code Purple – Hostage/Weapons

Resident & Family Champion

Fort Langley Seniors Community

RESIDENT & FAMILY CHAMPION



DO YOU WANT TO BE A CHAMPION?



We are still looking for a resident and family member to join our Resident & Family Champion Program here at Fort Langley Seniors Community

WHAT IS A RESIDENT & FAMILY CHAMPION?

- Is a current Resident or Family Member who helps to welcome new Residents and families.
- Answer their questions or concerns.
- Show them around the Home.
- Help them in any way to make them feel more comfortable.

CONTACT: MIKAYLA - RECREATION AND VOLUNTEER MANAGER
FORTLANGLEY.RECTHERAPY@PPSL.COM

As the vibrant month of May unfolds, we are thrilled to announce a lineup of engaging events and activities happening right here at Fort Langley Seniors Community. We invite you to join us in creating cherished memories and fostering connections with your loved ones. Here's what's in store for the month ahead:

Garden Recreation Program:

- Get ready to embrace the beauty of nature as our Garden Recreation Program kicks off this month. Whether you have a green thumb or simply enjoy the tranquility of outdoor spaces, this program offers the perfect opportunity to immerse yourself in gardening activities and cultivate new friendships.

Fort Langley May Day Parade:

- Join us as we celebrate the spirit of community and tradition at the Fort Langley May Day Parade. Witness the colorful floats, lively music, and joyful atmosphere as we come together to commemorate this beloved annual event. Don't forget to bring your lawn chairs and cheer on the parade participants!

Special Visit from Pacific Academy Grade 2 Students:

- We are delighted to welcome Grade 2 students from Pacific Academy for a heartwarming visit filled with singing, reading, and coloring activities. Interacting with young minds is always a delight, and we look forward to sharing laughter and joy with our young friends from the community.

Ukulele School Performance:

- Mark your calendars for May 17th as we are treated to a special performance by the Ukulele School. Sit back, relax, and enjoy the soothing melodies as talented musicians serenade us with their ukulele skills. It promises to be an afternoon filled with music, laughter, and toe-tapping rhythms.

We understand that you may have questions or need further information about these events. Please feel free to reach out to Mikayla, our dedicated Recreation & Volunteer Manager, who will be happy to assist you with any inquiries.

We are pleased to share some important updates regarding the respiratory season in our community. Dr. Bonnie Henry, the provincial health officer, declared the end of the respiratory illness season on April 8, marking a significant milestone in our ongoing efforts to maintain the health and well-being of our residents. With decreased rates of viral respiratory infections, additional infection prevention and control measures in healthcare settings are no longer required at all times. However, it's essential to remain vigilant as the SARS CoV-2 virus continues to circulate. Here are some key points to keep in mind:

Masking Protocol: Masks will continue to be available at entrances for visitors and essential care partners, and mask-wearing is encouraged in healthcare settings as advised by staff. Health-care workers must also continue wearing appropriate personal protective equipment as needed based on risk assessment.

COVID-19 Vaccination Program: British Columbia's COVID-19 spring vaccination program is ongoing and targets high-risk individuals and those needing updated vaccine doses. We strongly encourage all eligible residents to participate in the vaccination program to protect themselves and our community.

Changes in Infection Prevention Measures: With the end of the viral respiratory season, the Ministry of Health has confirmed the elimination of enhanced infection prevention measures. Active screening is no longer mandatory, and masking protocols will be based on risk assessment. There are no changes to vaccination requirements for staff in long-term care/assisted living facilities.

As we come together to embrace the joys of spring, let's seize every opportunity to connect, celebrate, and create cherished memories with one another. We look forward to seeing you at our upcoming events and sharing in the spirit of community that defines Fort Langley Seniors Community.

Erick Bautista, *Site Leader*



SMARTSET MOBILE HAIRDRESSERS LTD.
Professional Attentive Haircare Service

To the residents and families of Ft Langley Seniors Community:

Smartset will be implementing a slight increase in pricing for hair care services at Ft Langley Seniors Community. These prices will take effect on May 1st 2024. The current pricing has been in effect for over two years and during that time the cost of hairdressing (along with everything else) has increased dramatically. The new pricing is as follows:

Set and Style - \$30.00	Cut & set and style - \$50.00
Hair colour - \$80.00	Perm - \$80.00
Hair cut - \$30.00	Cut & Blow dry (no curl) \$36.00
Cut & Beard - \$40.00	Shampoo & Blow Dry only \$25.00

I have tried to keep the increase to a minimum and still take into effect the cost of living during the past few years.

Sincerely,

Heather Van Horn

Smartset management

National Volunteer Week

April 15 - 21

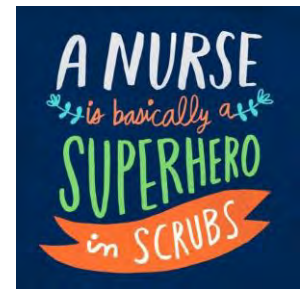
Thank you to all our volunteers!
Dimi, Kaitlin, Tysae, Avri and Sarah

National Volunteer Week - April 15 - 21



National Nurses Week

May 6 - 12



Salius Mobile Update:

Rehab is expanding their private physiotherapy, message therapy and rehab assistant/kinesiology services.

- Salius Rehab is now offering mobile therapy: Private rehab services outside of what's been provided here in the community. This includes; Physiotherapy, Registered Massage Therapy and Kinesiology Services/Rehab Assistant.
- Must be referred/to call or email to complete documents prior.

It can be booked online, and payment can be completed using a secure online portal. Families can use their loved ones' extended health benefits.

Please see brochures for more information →




Salius Mobile
Empowering Independence

IN-HOME
Physiotherapy
Massage Therapy
Kinesiology
Occupational Therapy

604.376.6949

mobiletherapy@saliusrehab.ca

SERVICES

PHYSIOTHERAPY

Move better, reduce pain, and improve your physical function and fitness level through our one on one individualized physiotherapy treatments.

MASSAGE THERAPY

Experience an increase in energy levels, ease in joint and muscle pain, and a reduction in stress levels via massage therapy sessions.

KINESIOLOGY

Increase your strength, flexibility, and balance through exercise programs catered to meet your goals.

OCCUPATIONAL THERAPY

Maximize your opportunity to age in place through functional assessments allowing you to continue engaging in everyday activities in your home and community.

604.376.6949

Contact Information

Fort Langley Seniors Community 604.888.0711

<i>Site Leader</i>	Erick Bautista	Ext. 121	ebautista@ppsl.com
<i>Maintenance</i>	Mike Harnden	Ext. 124	fortlangley.maintenance@ppsl.com
<i>Support Services</i>	Jag Pahal	Ext. 125	jpahal@ppsl.com
<i>Admin Assistant</i>	Lynn Harrie	Ext. 100	lharrie@ppsl.com
<i>Care - Coordinator</i>	Amber Develder	Ext. 132	fortlangley.care-coordinator@ppsl.com
<i>HR Coordinator</i>	Komal Garala	Ext. 123	fortlangley.hr@ppsl.com
<i>Recreation & Volunteer Manager</i>	Mikayla Vander Helm	Ext. 126	fortlangley.rectherapy@ppsl.com
<i>Care Aide Liaison</i>	Lois Black	Ext. 127	lblack@ppsl.com
<i>Social Worker</i>	Jean Tuyisenge	Ext. 131	fortlangley.socialworker@ppsl.com <i>Onsite Monday, Thursday, and Fridays</i>
<i>Dietitian</i>	Caitlyn McNeil	Ext. 131	Fortlangley.dietitian@ppsl.com <i>Onsite Tuesday, Wednesday, and Thursdays</i>
<i>Occupational Therapist</i>	Jane Chang	Ext. 129	Jane.chang@saliusrehab.ca <i>Onsite Tuesdays and Thursdays</i>
<i>Physiotherapist Temp</i>	Jigar	Ext. 129	
<i>Nurse 1 Nurse 2</i>	Alder Cherry Willow Maple	Ext. 128 Ext. 160 Ext. 170 Ext. 221	Please call the extension for the correct neighborhood.

Fun Corner

May

BIRTHDAYS

Thi "Ba" V - May 15

Bradley P - May 19

Gretel H - May 22

Nellie S - May 22

Margaret P - May 26



Mother's Day Brunch

SUNDAY MAY 12 AT 12:30PM

EGG BENEDICT
HOLLANDAISE
SAUCE
HASHBROWNS &
BACON
FRESH FRUIT

Let's
DONATE
FOR OUR SENIORS

THINGS THEY NEED



PLASTIC
BABY
DOLLS



BABY/TODDLER
CLOTHING



FIDGET
BOARDS



LARGE
PUZZLES

THE RECREATION DEPARTMENT IS
SEEKING DONATIONS FOR THE ABOVE
ITEMS. THESE ITEMS WILL BE USED FOR
OUR SENIORS ON THEIR
NEIGHBOURHOODS.

DONATIONS WILL BE COLLECTED BY THE GREETERS AND RECREATION

RCA of the Month and “It’s Not Much”

RCA of the Month



February - Vann L



March - Kay S

It’s Not Much

“It’s Not Much”

It’s in the little things you show you there

Hearing their stories tells them you care.

Even if repeated for the tenth time, a treasured memory
a poem with a rhyme.

Doing their hair a certain way; it’s just the little things
that make their day.

Looking for their favorite underwear;

Going to the laundry seeing if its there.

They once were you full of energy and fight.

Now body failing and loosing their sight.

They once had a house; and places to race now all their
belongings in a very small space.

Life was once busy and pacing them bye.

Now life is so quiet they say with a sigh.

Yet you make their coffee; just as they like.

Or re-heat their soup so the temperature is right.

Giving them a bath so their body can be clean or giving
them a shower and all they do is scream.

Your job isn’t easy, yet you do it day after day and each
of you do it in your own special way.

The road they travel will come to its end.

And all the things you do has made you their friend.

You say what have I done its not much but it has made
all the difference your special touch.

Thank you to all of you from the laundry to the kitchen,
to the maintenance, to the care staff and management.
You are the difference for them.

Gert Hanson

Other

Welcome

Lino C, Ernest G,
Gloria M, Evelyn I,
Solveig P and
Marlene S

In Loving Memory

Gerarda “Anne” P

– June 7, 1923 –
April 1, 2024

Patricia K –

November 25, 1927
– April 7, 2024

Donna P – June 14,
1941 – April 24,
2024

John T – August 28
– 1952 – April 24,
2024



Recreation Wishlist

Recreation Department Wishlist

- Individually pre-wrapped snack sized chocolate – For Bingo Prizes
- Glassware – no chips or cracks
- Potting soil
- Items for knitting
- CDs – all genres including Hymns.
- Playing Cards

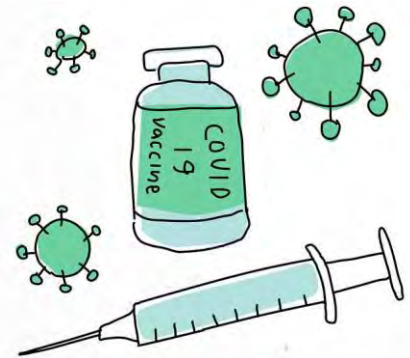


Any donations can be given to the Greeters in the lobby

- Thank you

Covid Vaccine

Next Covid vaccine clinic will be **May10/24**.



Subscribe or Unsubscribe

ATTENTION

Are you receiving our monthly newsletter via email?
If not, and you would like to please email:
fortlangley.rectherapy@ppsl.com

Our Values

Together we **STRIVE** for Excellence

S

Safety & Quality

By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.

T

Teamwork & Partnerships

By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.

R

Responsibility & Stewardship

By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.

I

Innovation & Creativity

By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.

V

Voices that are Respected

By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.

E

Empathy & Trust

By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.



Mikayla Vander Helm, BTR, Recreation & Volunteer Manager

8838 Glover Road, Box 40 Fort Langley, B.C V1M 2R4

Recreation Department 604 888 0711 ext. 126

Fortlangley.rectherapy@ppsl.com