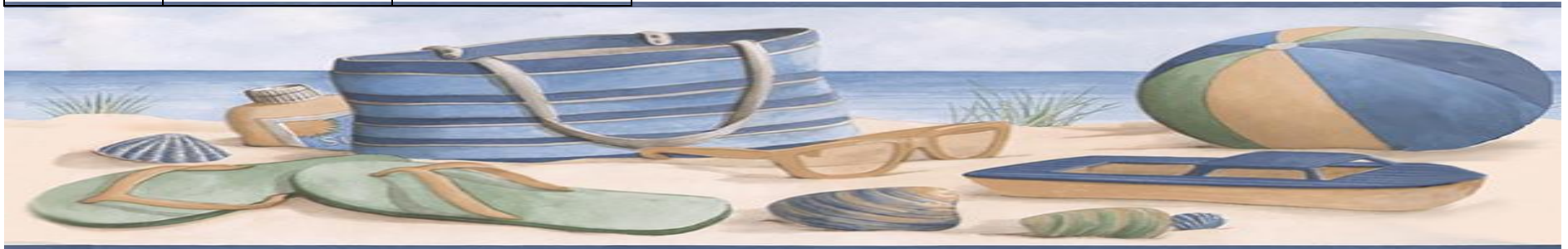







Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Garden Visits 2:00 Workshop 3:30 LVR Student Visit	2 9:30 Beachview Bingo 2:00 United Church 3:00 Threshold Singers	3 10:30 Bocce Ball 1:30 Patio Performance: <i>Thabi!</i> 3:00 Crossword Puzzle	4 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	5 10:30 Karen's Karaoke! 1:30 Nelson Christian School Visit 3:00 Sensory Visits	6
7	8 9:30 Alpine Visits 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop	9 9:30 Beachview Bingo 1:00 Library Visit 2:00 Anglican Church	10 10:00 Peter's Casino Games! Alpine BBQ Lunch 2:00 Patio Performance: <i>Kevin & Friends!</i>	11 11:00 Music Therapy 1:30 Resident & Family Council Meeting 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	12  10:30 Kootenay Kids Preschool Visit 2:00 Birthday Social with The Jubilakers!	13 11:30-12:30 LVR Grad Drop-In Fashion Show & Send-Off! 
14 2:00 Patio Performance: <i>Marten Borch!</i>	15 9:30 Garden Visits 11:00 Outing: <i>Cottonwood Falls</i> 2:00 Workshop	16 9:30 Beachview Bingo 1:30 Armchair Travel to New Foundland! 3:00 Garden Visits	17 10:30 Bocce Ball Beachview BBQ Lunch 2:00 Patio Performance: <i>Philip Seagram!</i>	18 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	19 10:00 Art Therapy 1:30 Patio Performance: <i>Diamond Willow!</i>	20 11am-2pm Fishing Forever at Cottonwood Lake!
 HAPPY Father's Day <small>FIRST DAY OF SUMMER</small>	22 9:30 Alpine Visits 12:00 Lunch Club 2:00 Workshop	23 9:30 Beachview Bingo 2:00 First Baptist Church	24  10:00 Singersize 11:45 Outing: <i>Baker Street Farmers Market</i>	25 11:00 Music Therapy  1:30 Cupcake Decorating 2:15 Alpine Music Therapy 3:00 Bingo	26 10:30 Kootenay Kids Preschool Visit 1:30 Catholic Mass 3:00 Mindful Meditation	27
28	29 9:30 Garden Visits 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop	30 9:30 Beachview Bingo Lombardy BBQ Lunch 1:30 Gospel Sing-along	<h1>June 2026</h1>			



Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:00 Outing: <i>Jackson's Hole</i> 2:00 Workshop 2:45 Bingo	2 11:00 Exercises 2:00 United Church 3:00 Threshold Singers	3 10:30 Bocce Ball 1:30 Patio Performance: <i>Thabi!</i>	4 11:00 Exercises 1:00 Music Therapy	5 10:30 Karen's Karaoke! 12:30 General Store 1:30 Nelson Christian School Visit	6
7 10am-2pm Personal Touch Clothing Sale	8 11:00 Resident & Family Council Meeting 2:00 Workshop 2:45 Bingo	9 11:00 Exercises 2:00 Library Visit 2:00 Anglican Church	10 10:00 Peter's Casino Games! ~RR 1:00 Art Therapy 2:00 Patio Performance: <i>Kevin & Friends!</i>	11 11:00 Exercises 1:00 Music Therapy	12 <i>KCC Massage Visit</i>  10:30 Kootenay Kids Preschool Visit ~RR 2:00 Birthday Social with The Jubilakers!	13 11:30-12:30 LVR Grad Drop-In  2026 Fashion Show & Send-Off!
14 2:00 Patio Performance: <i>Marten Borch!</i>	15 11:00 Outing: <i>Cottonwood Falls</i> 2:00 Workshop 2:45 Bingo	16 11:00 Exercises 1:30 Armchair Travel to New Foundland ~RR	17 10:30 Bocce Ball 1:00 Art Therapy 2:00 Patio Performance: <i>Philip Seagram!</i>	18 11:00 Exercises 1:00 Music Therapy	19 10:00 Art Therapy ~RR 10:30 Manicures 12:30 General Store 1:30 Patio Performance: <i>Diamond Willow!</i>	20 11am-2pm Fishing Forever at Cottonwood Lake
21  HAPPY <i>Father's Day</i> FIRST DAY OF SUMMER	22 2:00 Workshop 2:45 Bingo	23 11:00 Exercises 2:00 First Baptist Church	24  11:45 Outing: <i>Baker Street Farmers Market</i> 1:00 Art Therapy	25 11:00 Exercises 1:00 Music Therapy	26 10:30 Kootenay Kids Preschool Visit ~RR BBQ Lunch! 1:30 Catholic Mass	27
28	29 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop 2:45 Bingo	30 11:00 Exercises 1:30 Gospel Sing-along	<h1>June 2026</h1>			





908 Eleventh Street, Nelson BC V1L 7A6

250-352-2600



2026 NEWSLETTER

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

OUR VISION~ At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a “voice and a choice” with dignity, respect, and empathy.

OUR VALUES ~ Safety & Quality ~Teamwork & Partnerships ~ Responsibility & Stewardship ~ Innovation & Creativity ~ Voices that are Respected ~ Empathy & Trust **S.T.R.I.V.E.**

**Dear Residents, Family and
Employees,**

Welcome to Mountain Lake Seniors Community's Newsletter. As partners in care, our goal is to keep you informed and engaged in our journey toward continuous quality improvement. We value the relationships we share with Residents, families, and employees and we demonstrate that commitment through active listening, timely follow-up, and delivering exceptional service. Your input matters, and together we can make a meaningful difference.



**Please do not hesitate to reach out
to our Site Leader, Jessica
Larocque should you have any
comments, questions or concerns.
She can be reached via email at
jessica.larocque@ppsl.com or by
telephone 250-352-2600
ext.3,1**

A message from our Site Leader

An update on our Accreditation process: the audit that was originally scheduled for June has been moved to November. Closer to this, we will be provided a clear date of when the adjudicators will come to MLSC.

Update for the team at MLSC - thanks to Mike S for all of his work, he is moving on to another venture and we wish him all the best! Joel will be starting to work with Mike K for our maintenance team. They do so much for us everyday - thanks gentlemen!

I am working with the Interior Health working group to streamline the LTC admission process. Thank you all for providing your feedback, I am taking this to the group meeting monthly to have a more efficient process.

STAY HYDRATED

Brochure #16

Drinking Fluids Is Important



It is important for your body to have plenty of fluids each day.

Drinking enough fluids every day is essential to good health and your feeling of well being. More than 60% of our body is made up of water, so staying hydrated is important to keep your body functioning properly. As adults, we lose more than 80 ounces of water daily just through normal activity.

As a natural part of the aging process, our bodies undergo changes that increase our risk of becoming dehydrated. Seniors can lose their sense of thirst and tend not to drink enough. Age slows down our metabolism and we need fewer calories. We are not generally as physically active as we once were, either. Our appetites decrease, we eat less food and as a result get less fluids from foods like fruit and vegetables.

Because of the potentially serious consequences of dehydration, it is important to recognize the causes and symptoms so you can stay properly hydrated. The most important way to prevent dehydration is to make sure you are drinking enough fluids.



THE MOST COMMON SIGNS AND SYMPTOMS OF DEHYDRATION INCLUDE:

- fatigue or tiredness
- muscle weakness or cramps
- headaches
- dizziness
- nausea
- forgetfulness
- confusion
- rapid breathing
- increased heart rate



Seniors are among the most at risk group for dehydration, which is one of the most frequent causes of hospitalization after age 65.



A friendly reminder to family members...

Please bring and label sunscreen for your loved ones.

WISHLIST...

Request for used sun hats/baseball caps/sunglasses



Brochure #4

Fire Protection & Safety Measures

What you need to know



Safety Is Our Top Priority

It is important that you and your family understand that the safety of our Residents is our number one priority. Every Park Place Home has proper planning, training, and practice involving all employees to ensure your safety in the event of a fire.

We know that implementing fire protection and safety measures, training our employees to properly respond to fire emergencies, and practicing evacuation procedures frequently, will go a long way toward keeping our Residents and everyone in the Home safe.

What you need to know about our planning

1. Every Park Place Home has written fire procedures that are practiced by all employees.
2. Everyone is responsible for knowing and carrying out their part of the plan. That includes, nursing employees, kitchen employees, housekeeping and laundry employees, maintenance, volunteers, family members and other visitors.
3. CODE RED is the agreed upon phrase used to alert you, your family and all other employees, in the event of fire or when practicing the fire plan with a fire drill in the Home.

Park Place Fire Safety Training

- 1 All Park Place Homes conduct regular fire drills to test and evaluate the efficiency, knowledge, and response of our employees in the event of a fire.
- 2 We schedule fire drills on a random basis at least once every month.
- 3 This sometimes includes activating the fire bells.

Quick Response

In the event of a fire drill or an actual fire, quick response is expected from everyone. If you see smoke or flames remember to:

Call out "CODE RED" to alert employees
Follow R.E.A.C.T which includes these steps:

- R** Remove those in immediate danger to a safe area
- E** Ensure the room door containing the fire is closed
- A** Activate the fire alarm pull station
- C** Call 911 the employee acting as the fire marshal will do this
- T** Try to extinguish or control the fire, but only if it is safe

Code of the month



EMERGENCY RESPONSE CODE GREY:
INFRASTRUCTURE DISRUPTION

EMERGENCY RESPONSE CODE CODE GREY: INFRASTRUCTURE DISRUPTION

What does it mean?

A Code Grey Emergency Response Plan provides important information on how to prepare and train for an infrastructure disruption that may include:

- Air exclusion incident
- Loss of power
- Water supply incident
- Loss of telephone
- Gas leak
- Loss of call bell system
- Loss of internet



What do I do?

- Code Grey should be activated by the Incident Manager in conjunction with the Facilities Maintenance employees
- Restrict entry and exit to building as directed
- Be prepared to evacuate

Review it before you need it:

- Locate the Park Place Emergency Preparedness & Response Manual; review the Code Grey plans that describes the role in your area if a Code Grey is declared
- In the event of a Code Grey – Air Exclusion, 'Shelter in Place' has been demonstrated to be the most effective response during the first few hours of an air quality concern, until the hazard has passed

Learn more about Code Grey – Infrastructure Disruption

- Refer to the Park Place Seniors Living Emergency Preparedness & Response Manual Review the Park Place Code Grey Response Procedures Tab 13

Wear a hat, drink water, find shade/stay indoors and dress appropriately

HEAT PREPAREDNESS

REMEMBER TO:

- **Increase monitoring and hydration:** Check on Residents more frequently during hot days and increase regular hydration rounds.
- **Support cooling and hydration strategies:** Offer popsicles, high-water-content foods (e.g., fresh fruit), and ensure shade or cooling stations are available.
- **Maintain safe indoor temperatures:** Monitor and record temperatures daily; keep blinds/windows closed during peak heat, open at night, and avoid fans above 35°C.
- **Ensure cooling equipment safety:** Confirm fans and air conditioners are clean, maintained, and in good working order.
- **Adjust care and activities for heat:** Dress Residents in light, breathable clothing, use hats and sunscreen outdoors, and reduce or reschedule activities to cooler times of day.

WATCH FOR:

- Dizziness or fainting
- Nausea or vomiting
- Fatigue or weakness
- Extreme thirst
- Heavy sweating or cool, pale skin
- Muscle cramps or headache
- Rapid breathing or heartbeat
- Reduced or dark-coloured urine



PARK PLACE



🐰 EASTER FUN & GAMES 🐰



EMPLOYEES OF THE MONTH



Jan Michael was chosen for Employee of the month because of his outstanding Teamwork and Communication Skills.

Congratulations!

Paola was chosen for Employee of the month because of her energetic & enthusiastic personality. We love hearing Paola play her guitar as she walks up and down the halls.

Way to GO!



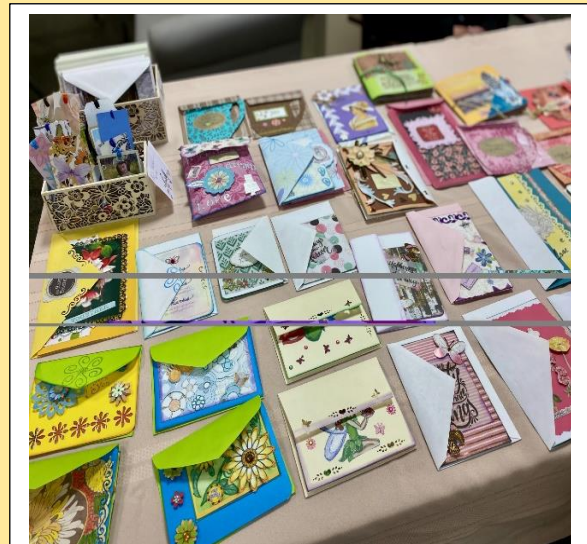
Spring Market



Our Spring Market was a great success! Between our Garden Club, Baking program and Workshop program, we had a large variety of items for sale, along with beautiful greeting cards and jewelry made by a resident in Assisted Living.

Fantastic job! 😊

Amazing!



Beautiful

BAKING PROGRAM



**LIVE
LOVE
BAKE**

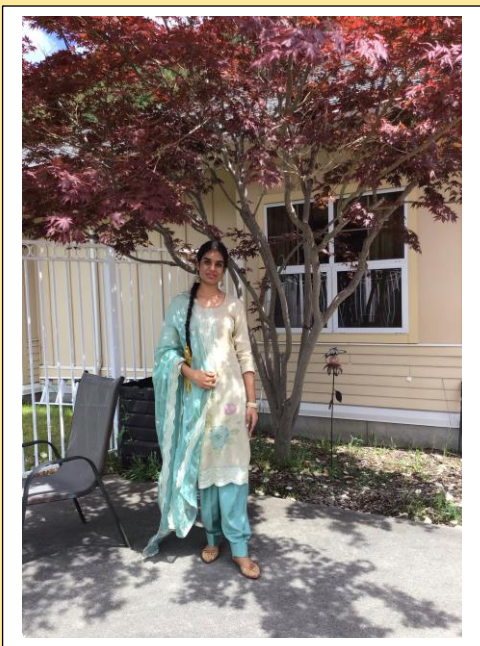


Our talented friends from B.C. Christian Academy out of Port Coquitlam stopped by on their tour through the Kootenays! We enjoyed performances by their Concert Band, Jazz Band, Jazz Vocal Ensemble.

😊😊😊😊 APRIL FOOLS LAUGHS 😊😊😊😊



What do you
call numbers
that can't
sit still?
.....
"Roaming"
Numerals!!!!!!



Music Therapy with Ruth Langevin continues to be a success. We are grateful to the *Osprey Foundation* for supporting this valuable program for our residents





ARM
CHAIR
TRAVEL



We travelled to South Korea at our last Armchair Travel program and are looking forward to learning more about New Foundland in June. Thank you so much to volunteer Nicole, for planning and presenting these amazing travels for us!



Cycling Without Age volunteers come to our front yard and meet us at Lakeside Park throughout the Summer and provide "bicycle" rides for our residents. All participants are required to complete a waiver for CWA before riding. If you or your loved one have not yet completed the waiver, please see a member of the Life Enrichment Team and we will provide you with one.

WANT TO GET INVOLVED?

You'll need...

- *Criminal Record Check
- *Signed Pledge of Confidentiality
- *Follow Park Place Policies

Please connect with Sandra for more information on Volunteering 250-352-2600 ext 2, 1



Together we can make a difference!

Monthly Church Services

- 1st Tuesday United Church
- 2nd Tuesday Anglican Church
- 4th Tuesday First Baptist Church
- 4th Friday Catholic Church

Resident & Family Council Meetings

Long-Term Care- 2nd Thursday of the month @ 1:30 pm in the Rec Room

Assisted Living- 2nd Monday of the month @ 11:00am in the Assisted Living- Common Living Room

GET INVOLVED!

UPCOMING EVENTS

Remember to check the white board for additions or changes to the calendar. Located by the main entrance.

June 3rd - 1:30 Patio Performance: Thabi!

June 5th - 10:30 Karen's Karaoke!

1:30 Nelson Christian School Visit

June 7th - Personal Touch Clothing, 10am-2pm in A.L. Living room

June 10th - 10:00 Peter's Casino Games!

2:00 Patio Performance: Kevin & Friends!

June 12th - 2:00 Birthday Social with The Jubilakers!

June 13th - 11:30-12:30 LVR Grad Drop-In Fashion Show & Send-Off!

June 14th - 2:00 Patio Performance: Marten Borch!

June 16th - 1:30 Armchair Travel to New Foundland!

June 17th - 2:00 Patio Performance: Philip Seagram!

June 19th - 1:30 Patio Performance: Diamond Willow!

June 20th - 11am-2pm Fishing Forever at Cottonwood Lake!

June 21st - Happy Father's Day!



We would like to thank all the Nursing and Practicum Students who have been spending time at MLSC. It has been a pleasure seeing you all interact and care for Residents. We wish you all the best in your future endeavours.

