



Notable Quotable

“Lighthouses don’t go running all over an island looking for boats to save; they just stand there shining.”

~ Anne Lamott, novelist



August Horoscopes and Birthdays

In astrology, those born August 1–22 are Leo’s Lions. These “kings of the jungle” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their gifts to unite different groups into a common cause. Those born August 23–31 are Virgo’s Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity makes them devoted defenders of justice.

Jason Momoa – Aug. 1, 1979
Barack Obama – Aug. 4, 1961
Neil Armstrong – Aug. 5, 1930
Lucille Ball – Aug. 6, 1911
Whitney Houston – Aug. 9, 1963
Viola Davis – Aug. 11, 1965
Magic Johnson – Aug. 14, 1959
Julia Child – Aug. 15, 1912
Angela Bassett – Aug. 16, 1958
Kenny Rogers – Aug. 21, 1938
Kobe Bryant – Aug. 23, 1978
Katherine Johnson – Aug. 26, 1918
Buddy Hackett – Aug. 31, 1924

Lights in the Darkness – *Twinkle lights on Patio*

We have made an addition to our patios. Along with our beautiful plants and vegetables we are growing we have included solar powered twinkle lights on each of the patios. We are hoping that during the evening or fall months they will be a warm comfort glowing from the outside dancing in the moonlight.

Even though patios are closed in the evening it is still nice to be able to see them shining from the

open glass views for residents taking a stroll in the evening or strolling with family.

Let us know how you like them and if we should add more to the patios and courtyards or other areas as well.

Communal Dining and Programs

Communal Dining is final back. We love all of the conversations and interactions happening in our dining rooms again. The tables are filled with socializing and enjoyment now that we can eat closer together.

We started the process opening on Kingsway Halli and moved upward throughout the home.

Thank you all for being so patient with us while we reorganized seating charts, brought tables

back out sanitized our dining areas and got everyone comfortable in the dining areas again.

With communal dining also came the opening of larger group programs. We are able to open programming back up past 4-5 residents and now can enjoy programs slightly larger. Previous to covid we had large community hall events and social programs so we are looking to host these again soon.

West Park LTC

August 2021

Celebrating August

American Adventures Month

Read a Romance Novel Month

International Clown Week
August 1–7

Resident Council On Summer Break

Family Council On Summer Break

Sandcastle Day
August 7

Elvis Week
August 11–17

Bowling Day
August 14

Chef’s Appreciation Day
August 21

Pony Express Day
August 29

NEWSLETTER
Residents, Staff, Family & Visitors

Happy Anniversary



We are always pleased to receive a submission to our newsletter here at West Park LTC and even more excited to host special events such as this. Happy 70th Wedding anniversary to the happy couple.

Congratulations to Mr. & Mrs. K Gulri on their loving adventure raising a family, supporting each

Space Bookings

Looking to book a space to host a private event, celebrate a birthday or special milestone. Call the program manager Elise Robertson at extension 2237 to see if a space is available to book.

other through the years and making time to celebrate the milestones even during a pandemic.

We also celebrated a 50th wedding anniversary last month for Mr. and Mrs Gaal on July 2nd. They shared time together on our courtyard patio and were surrounded by family and friends internationally through an Ipad and Zoom connection.

Looking forward to having many celebrations on our patios and in our room booking areas while things open back up again.

We have had many special events in previous years hosted in our courtyards and patios as well as our activity rooms.

Looking forward to hosting you soon.

Happy Hotline

I wanted to let you know about our new program - the "Happy Hotline"!

Seniors are free to call this line in on:
Tuesdays from 10AM - 12PM EST
and
Fridays from 1pm - 3pm EST
at
the toll free number
1-888-895-3153.

They will be greeted by a Serenader and we will have a lively chat and sing a song or two!

We hope some of your seniors will come join us.

The Smile Serenaders want to

chat and sing with you!

Enjoy your happy call, chat and some music to boost your mood.



5th Marine Division signal officer Major Howard Connor declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima."

Mural Addition On Second Floor

Second floor Mural is now complete and full of bright and floral colors.

It really gives a lift to the floor when you come off of the elevators.

Our residents, staff and visitors are loving the cheery and bright colors when they come to the floor.

Thank you again to our donor A. White Family who contributed to the mural.

Where else do you think we should add some bright colors! Send us a line at ext 2237



Pink packing peanuts are treated so that they resist static electricity, important when shipping electronics.

Education Month

July was a education filled month for the staff. We were hosting education events for GPA (gentle persuasive approach), Customer Service, Resident Rights, Catching up on some online modules and revamping some of our tools and skills to make our team even greater.

We appreciate the resident feedback that was given when we asked them what they wanted to see and hear more on the floors. It is important to us that we make sure what you want in your home is provided.

Our family council and our surveys were also a great tool to see areas we need to work

on and areas we are doing well in. Recreation also participated in a fun updated program education session and learned some new therapeutic tools, programs, recipes, games etc...



Six of the last 12 American presidents have been left-handed, including Barack Obama and Ronald Reagan.

Rock Painting & Floor Reps RC

Hopefully you have noticed some of our rock painting art that we are starting to dribble through the front entrance way.

The residents and staff have started painting rocks for special events or just to decorate the gardens.

Some were recently created for Pride Month, in honour of Indigenous communities and Every Child Matters, as well as just some fun paintings to cheer up the gardens.

Resident Council Floor Representatives has been added to our board for the home. Last newsletter we spoke about having individuals on the unit where residents could bring

forward ideas, projects or concerns to the resident council meeting monthly if they could not attend.

We currently have on the floors as representatives or board members:

GR: Jack Froese – Vice President
Gregory Rowden: Floor Representative

HP: TBD

WM: Kanal Gulri- Treasury

KI: Rosa Helmy & Sheri Anderson- Floor Representative

HY: Dennis Hill- President



The lure of the Klondike was so great that the mayor of Seattle retired to search for gold.