

# Fleetwood Place News

Yeehaw! Welcome, Family and Friends!

We would also like to thank all of our staff for participating in Wellness Week. A special thank you to Restore Rehabilitation & Wellness and Ora Fitness & Yoga for providing wellness services for our team. We would also like to recognize our amazing nurses for Nurses Appreciation Day and thank all staff for their hard work, kindness, and dedication to our residents every day.

As we look forward to the summer months and all the activities at Fleetwood Place, Family Council meetings will generally take a break during June, July, and August. However, because we had to cancel the May Family Council meeting to accommodate Fraser Health's Quality Assurance Review audit, the May meeting will instead be held in June.

Please join us on June 17 for our Wild Wild West Party & Lunch as we celebrate our 22nd Anniversary in true western style. Put on your cowboy boots and hats and enjoy an afternoon of food, desserts, laughter, and country music by The Suede Dogs.

In honor of Father's Day, residents will also enjoy burgers and root beer from A&W. We are excited to have Greg H. performing at our monthly birthday celebration, and we will end the month with our Canada Day celebration on June 30 featuring lunch and music by Pete Campbell.

Please remember to bring fans, lightweight clothing, and lighter pajamas for your loved ones, as it is expected to be a hot summer. During extreme heat, some activities may change as we focus on hydration and resident comfort.

Unfortunately, the courtyard project was not completed as anticipated due to weather delays from the rain. The contractors will require an additional two days next week to complete line painting in the parking lot to create more visitor parking spaces.

We truly appreciate your patience, understanding, and continued support during all of the building repairs and improvements.

Wishing everyone a wonderful month filled with sunshine, smiles, and good company! Summer is almost here, and we are excited for another fun-filled month at Fleetwood Place!

“It's a Howdy Good Time This Month!- Pia Dayleg (Recreation Manager)



**Hello June**

**Cheers To 22 Years**

**May Highlights/**

**Wellness Week/ Nurse Day**

**June Events**

**Birthdays/ More June Events**

**Beat The Heat**

**Resident Safety**

# May Highlights

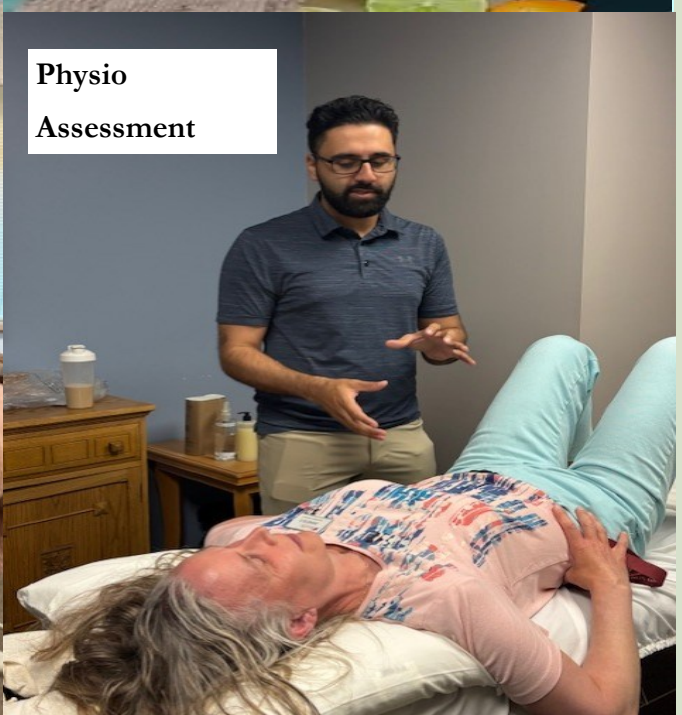


# Wellness Week

Red Light Therapy



Physio Assessment



Yoga Class



IV Therapy



**HAPPY NURSES DAY**

YOU ARE AWESOME! THANKS For being an amazing NURSE



★ YOU'RE INVITED! ★  
JOIN US FOR OUR  
**22<sup>ND</sup> ANNIVERSARY**  
★ MUSIC & LUNCH ★  
AT  
**FLEETWOOD PLACE**

★ JUNE 17<sup>TH</sup>, 2026 ★

12:30 PM

IN THE RECREATION ROOM

JOINING US TO ENTERTAIN:

**THE SUEDE DOGS**



★ TICKETS ARE \$25 ★

PLEASE RSVP  
WITH THE RECREATION DEPARTMENT  
AT 1118  
BY JUNE 8<sup>TH</sup>

★ MENU ★

FROM THE CHUCKWAGON (SALADS & SIDES)

Classic Southern Chop Salad ★ Cajun Dressing  
Tangy Cow Boy Slaw ★ Potato Salad

MAIN TRAIL FARE (MAINS)

Ranch BBQ Beef Brisket ★ Jack Daniel BBQ Chicken  
Loaded Squash Boat

HOMESTEAD FIXIN'S (SIDES)

Buttered Corn Bread

SWEET TREATS FROM THE FRONTIER (DESSERTS)

Chilled Roasted Peach and Berries  
Mud Cake Style Brownies  
Vanilla Ice Cream Cups

SALOON SIPS (BEVERAGES)

Saloon Sweet Tea ★ Coffee/Tea



Join us for  
**FATHER'S DAY**

**LUNCH**

ON **JUNE 20** AT **12:30**

in the **SUNROOM**

for some

**BURGERS**



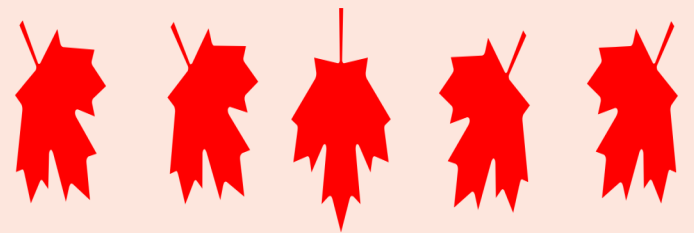
**ROOTBEER FLOATS**

Please **RSVP BY JUNE 17**  
WITH RECREATION DEPT.

*Because spots are limited!*

WE LOOK FORWARD TO CELEBRATING WITH YOU!

*Thank you, Seniors!*



JOIN US FOR SOME MUSIC AND REFRESHMENTS



On June 30 at 2pm

Pete Campbell to entertain

In the Courtyard

(Weather Permitting)





## June Highlights

### June Birthdays

- June 5 Linda M.  
June 13 Lorrie L.  
June 14 Rajvir K  
June 14 Gary C.  
June 16 Sharron D.  
Jun 19 James D  
Jun 30 Iris B

**Monday June 8 at 10:30 am**  
**Joyful Choir in Recreation**  
**Room**

**Tuesday June 17<sup>th</sup> 12:30pm**  
**22<sup>st</sup> Anniversary Party**  
**with Suede Dogs**

**Wednesday June 24<sup>th</sup>**  
**At 2:00pm**  
**Birthday Party with Greg H.**

**Tuesday June 30<sup>th</sup> 2:00pm**  
**Canada day Celebration in**  
**The Courtyard**  
**with Kevin Campbell**  
**(Weather Permitting)**



# BEAT THE HEAT

## DRESS LIGHT

Wear loose-fitting clothing



## LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses

## STAY COOL

Stay somewhere with air-conditioning



## EAT LIGHT

Avoid hot foods and heavy meals

## STAY SAFE

Never leave infants, pets or children in parked cars



## STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar

## USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



## COOL DOWN

Take a cool shower or bath

Oregon Health Authority

## Hot Weather & Hydration Is Important

### Hot Weather & Hydration Reminder

During extreme heat (26°C+ indoors), residents and staff need to stay well-hydrated. All departments are working together to offer extra fluids starting in the morning and throughout the day.

#### Why it matters:

- Seniors are at higher risk of dehydration due to lower thirst, medications, cognitive or swallowing issues, and other health factors.

Many prefer flavored drinks, so we offer diluted juice, iced tea, lemonade, tea, and coffee — all of which help hydrate.

#### Our approach:

- Fluids are served in small, frequent amounts.
- Recreation and physio staff support hydration during weekday mornings and afternoons.
  - Care staff encourage and monitor fluid intake at meals.

Programs will be adjusted in extreme heat to reduce exertion and focus on hydration.

#### How visitors can help:

- Bring a cool drink or ask staff for a beverage for your loved one.

Evening and weekend visits are great times to assist with hydration.

## Important: Resident Safety



**Fleetwood Place Is  
A Non Smoking  
Community  
Smoking Is To Be  
30 Feet Away From  
The Building**

**Dear Family & Visitors,**

**We have many residents that have vulnerabilities compromising their daily activities. Please assist us keeping residents safe in their home during your visits to Fleetwood Place.**

- **Do not give food or drinks to residents;** please enjoy your treats with your loved one but do not offer to others, residents may have allergies or swallowing issues that need to be monitored by staff, it can be unsafe for a resident to manage a hot beverage causing injury to themselves or others. Always ask for staff assistance.
- **Front Entrance; Always Wait For Gate or Front Door To Close**

The gate or front door must be securely closed before you proceed in or out of the building. We have resident's with cognitive decline, memory loss and/or may be seeking to exit outside that could lead to potential harm. We must keep all our loved ones safe in their home. Additionally be aware of residents on the elevator and securely close stairwell doors behind you. Always ask staff for assistance if you are unsure of a potential resident following you from the home unit.

- **Pet Visitors;** we are very happy to have you visit with your pets though we ask that you be mindful of the following:
  - \* Not all residents like pets and may become nervous or agitated
  - \* Pets must be on a shorter 6 foot leash, **flexi-leashes** are unsafe in this setting as longer leashes can cause a resident, staff or another visitor to fall
  - \* Pets are not permitted in the dining rooms during meal times
  - \* Pets are not permitted on top of the tables at all times, bring your own dishes