



WELCOME TO MAY

Mark Your Calendars

Monday May 1st

Mental Health Awareness

Month Kickoff

May Day Lei Day

Saturday May 2nd

Kentucky Derby Day

Tuesday, May 5th

Cinco de Mayo

Thursday May 7th – Sunday
May 10th

Mother's Day Weekend

Tuesday May 12th

International Nursing Day

Monday May 18th

Victoria Day

Wednesday May 27th

Spring Garden Party

**Alzheimer's Awareness
Walk**

Tuesday May 26th

**Funny Money Auction +
Spin the Wheel**

**May is Mental Health
Awareness Month**

Each residence has a unique calendar full of fantastic programs and activities, so be sure to check with your Health and Wellness team for details.



Every Day Is the Beginning of Something Beautiful!

As the flowers bloom and the temperatures rise, we extend a warm welcome to this delightful month infused with anticipation. May is a time to embrace the beauty of nature, the joys of community, and the endless possibilities that lie ahead.

Join us as we dive into some of the latest updates and happenings at All Seniors Care residences across the country. From Mother's Day to Victoria Day and outings in the sunshine, the month is filled with exciting activities and enriching experiences.

There is something for everyone to enjoy in May!

Mother's Day With Love: Celebrations in Our Residences



Mother's Day is a time to reflect on the support, guidance, and love that shape our lives. We are surrounded by mothers and mother figures — those who nurture, encourage, and quietly share their wisdom. Today, we recognize the women who have made a difference, whether as a parent, teacher, aunt, or friend.

Over Mother's Day weekend, All Seniors Care residences across the country will be treating the incredible women in our homes to delicious meals, bringing them flowers, and doing whatever we can to make the day as special as possible.

Join us in showing how much you care on Mother's Day (and every day). This year, each province has an individual theme. Contact your residence for details.

Alberta & Saskatchewan: Our Beautiful Blooms Mother's Day

Manitoba: Mother of Pearl Celebration

Ontario: Mama Mia! A Greece-Inspired Mother's Day

Quebec: Ti Amo Mamma! Celebrate Mother's Day Italian-style

Most importantly, we wish each one of our beautiful ladies a wonderful and Happy Mother's Day—we are so honoured and blessed to have you with us!!!

Walking Together for Alzheimer's Awareness



All Seniors Care is proud to be a Provincial Companion Sponsor of the IG Wealth Management Walk for Alzheimer's, supporting awareness, research, and care for those affected by this disease. Alzheimer's is a progressive disease that impacts memory, thinking, and behaviour. In Canada, more than 750,000 people are currently living with dementia—a number that continues to grow.

Throughout the month, residences like **Preston Park II** Saskatoon, SK are fundraising in support of this important cause. Each donation to the cause is more than a gesture; it represents hope, strength, and community, while helping to fund programs, education, and resources for individuals and families navigating dementia.

At the end of May, we invite residents, families, and friends to join one of our Walks in support of Alzheimer's disease. Together, we walk to honour those living with dementia and reaffirm our commitment to supporting individuals and families at every stage of the journey. Check with an All Seniors Care residence near you for participation details and how to get involved in your community. Walk with us; change lives.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Celebrating ASC Volunteers



During Volunteer Appreciation Week in April, ASC residences across the country recognized the volunteers who bring energy, compassion, and fun into our homes each day. One of those remarkable individuals is Iris at Preston Park in Saskatoon.

A dedicated presence since 2021, Iris volunteers three times a week and is always ready to lend a helping hand. Residents know her as the friendly voice behind Monday evening and Wednesday afternoon bingo, and as part of the team behind the much-loved Friday Ice Cream Social, alongside her husband Byron and daughter Kayla.

When we asked Iris what her favorite parts of volunteering are, she said, “I really enjoy spending time with the residents and talking with them. They all have very interesting stories that they share.”

Her kindness, reliability, and genuine joy in connecting with others have made a lasting impact at the Preston Park community. Volunteers like Iris remind us that it’s often the simple moments that mean the most.

Split word solutions
DIMPLE
GUARD
AFFLUENT
PALETTE
WAGON
HAZARD
TACKLE
LYRIC
SAPPHIRE
BACKPACK
CAFFEINE

A Pink Cadillac and a Remarkable Story



“People sometimes feel insignificant and doubt they can make a difference in the world. Well, believe me, one person can.”
– Mary Kay Ash

For Marilyn, that difference once came in the form of a pink Cadillac parked proudly in her driveway, a symbol of a career built on passion and leadership.

Introduced to Mary Kay while living in New York during her husband Bob’s professional hockey career, Marilyn became one of the first 20 consultants in Canada when the company launched here in 1979. Founded on empowering women to achieve their goals, Mary Kay was a natural fit. Marilyn quickly rose to become a Senior Sales Director, leading more than 200 consultants and achieving top 10 sales in Canada in the mid-1980s. The rewards for her extraordinary work were memorable: a trip to Hawaii, a mink coat, and those coveted car keys. More than anything, though, Marilyn took pride in mentoring and changing the lives of women.

After a stroke in 1991 left Marilyn unable to speak, she stepped away from her career, but not from the values that defined it.

Recently, **River Ridge I** welcomed Mary Kay Cosmetics as an in-house vendor, bringing a little beauty and convenience right to the lobby of the Winnipeg senior living centre. When Marilyn was invited down, something special happened.

The visiting consultants immediately recognized her. To them, Marilyn was a legend.

They had heard stories about the way she led her team—stories that continue to inspire 35 years later. It speaks to the kind of presence she had, and the way she made people feel. Marilyn was the embodiment of Mary Kay’s Golden Rule, always leading by example and lifting others up along the way. Today, that spirit remains. For those who haven’t yet met her, Marilyn’s story is one worth discovering. If you see her in the hall or dining room, take a moment to sit with her, you will find yourself in the presence of someone truly extraordinary.

ASC Memories in the Making

April was a fun-filled month at All Seniors Care Living Centres! We played April Fool’s pranks, celebrated Passover and Easter, Earth Day, and marked Volunteer Week! Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page.



Community Connections



In April, Summit Heights in Hamilton invited residents from Oakville Estates (OE) for a lively game of bid euchre. With plenty of enthusiasm, the group hopped on the OE bus and made their way over, arriving ready to play. It didn’t take long for the tables to fill and the competition to heat up. With partners chosen, hands dealt, and a few bold calls along the way, the afternoon was full of laughter, strategy, and just the right amount of friendly rivalry. Not to mention a glass of wine or two for the players.

As the two newest All Seniors Care residences in Ontario, Summit Heights and Oakville Estates have a strong connection that just keeps growing. The event was such a success that it will now become a monthly tradition!

And those spirited euchre games? New research shows that euchre games may offer more than bragging rights: they can help delay the onset of Alzheimer’s by up to five years. That’s a win-win in our books.

Whether it’s calling trump, going alone, or simply enjoying the company at the table, this is one partnership that’s off to a fabulous start.



Creating Space for Well-Being



Sometimes, it's the small things that have the greatest impact on our well-being. Across All Seniors Care, daily intentional practices are helping residents stay present and supported in their mental health, every day.

Mental health is shaped by how we experience our emotions, find meaning in daily life, and draw on the inner tools that help us navigate challenges.

In recognition of Mental Health Awareness Month, everyday moments take on even greater meaning. Residents are invited to contribute to a "What Makes Me Happy" bulletin board, sharing photos, drawings, and reflections that grow into a wall of positivity. Morning coffee becomes a time where gratitude and stories are shared, helping to open conversations and reduce stigma.

To encourage mindfulness, a "Wellness Menu" highlights calming options available throughout the residence, from a cup of tea to time in the garden or enjoying music together in a lounge. This month also brings new programmes that support well-being, including caregiver support groups and sound bath programs.

These thoughtful touches are a reminder that caring for our mental health can begin with something simple: a pause, a conversation, or a moment to breathe.



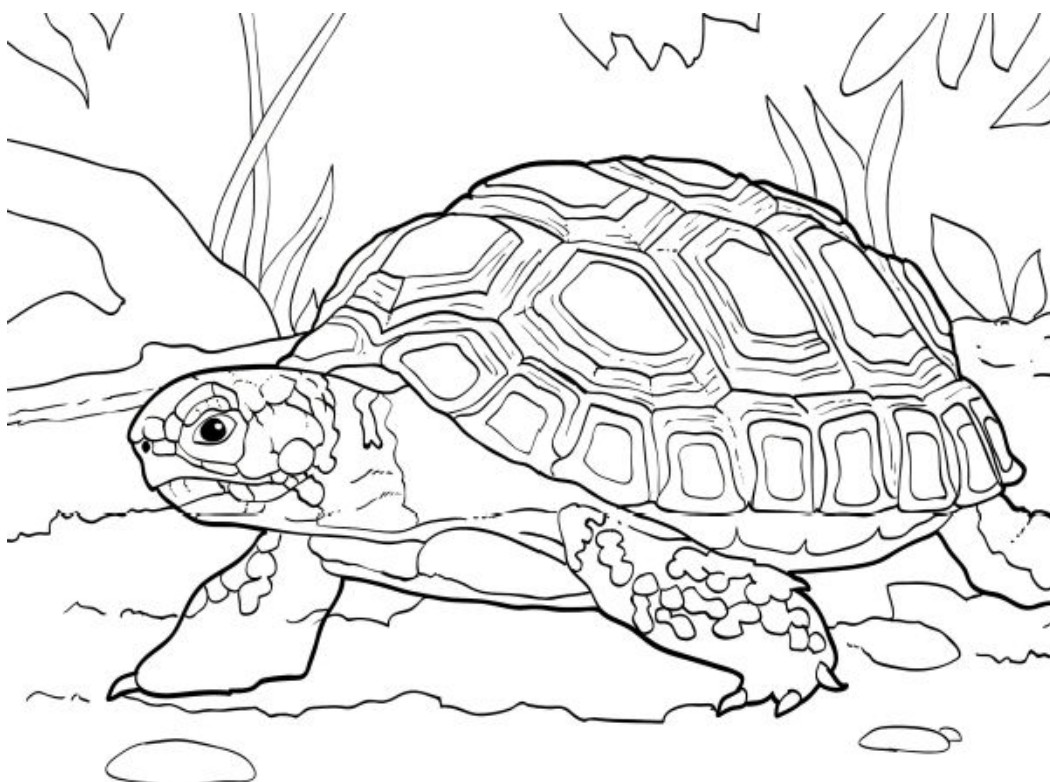
National Nursing Week: Leadership in Care



National Nursing Week, from Monday, May 11 to Sunday, May 17, is a wonderful opportunity to recognize the compassion, skill, and leadership of our Directors of Care across All Seniors Care. In every residence, they guide their teams with expertise and heart, ensuring residents receive safe, high-quality, and person-centred care. We think that they are the embodiment of this year's theme: The Power of Nurses to Transform Health.

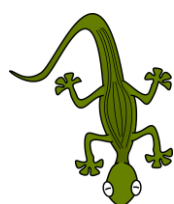
With that in mind, we are pleased to welcome Reine E. as the new Director of Care at Beacon Heights in Ottawa. With 21 years of nursing experience, Reine brings a strong commitment to resident-focused care and embraces a collaborative approach. Known for her open communication and compassion, nursing is Reine's passion; she is a wonderful addition to the Beacon Heights community.

Colour Me for World Turtle Day on May 23rd!



Split Word Cranium Crunches

Every week, our Health & Wellness Directors distribute 'Cranium Crunches' to help residents flex their cognitive muscles. Join us for some exercise! Can you put the words back together? Draw a line from the letters on the left to the letters on the right to complete each word.



- | | |
|-----------|---------|
| D I M | T T E |
| G U | I N E |
| A F F L | P L E |
| P A L E | R I C |
| W A G | A C K |
| H A | L E |
| T A C K | Z A R D |
| L Y | O N |
| S A P P | A R D |
| B A C K P | U E N T |
| C A F F E | H I R E |



May the Fourth Be With You!

May the 4th is approaching faster than an Ewok on a runaway speeder bike—are you ready? Whether you first saw Star Wars on the big screen or introduced it to your kids, it's a story that continues to spark imagination across generations. Gather your crew and celebrate with a little galactic fun:

- Host a Star Wars movie marathon
- Dress up as your favourite character
- Enjoy themed crafts
- Share the story with a new generation

As Yoda reminds us, "Pass on what you have learned."

Honouring Firefighters



This year, May 4 is also International Firefighters' Day, a day to recognize the everyday heroes who protect our communities. Across the globe, on the first Sunday in May at noon local time, fire stations sound their sirens for 30 seconds.

Across All Seniors Care, we hold a deep respect for firefighters and their vital role as first responders. They bring courage, compassion, and strength to their work, often in the most challenging circumstances.

Join us in this simple but powerful tribute: take the opportunity to pause, reflect, and honour those who have been lost in the line of duty, and those who continue to serve.

ALL SENIORS CARE *Neighbourhood News*

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April Memories

