#### <u>A Message from your Marketing & Fundraising</u> <u>Committee</u>

2021/2022 Fundraising Goal We have a big, audacious fundraising goal this year: \$100,000.

After a year of COVID restrictions affecting residents and families, we are committed to making 2021/2022 a YEAR of HEALTH!

The funds will be used for the Bennett Centre to enhance physical, mental, social and emotional health for residents. Items being considered include a NuStep Rehab Bike, Metal-roof Gazebos and raised garden planters to encourage more outdoor time, Snoezelen cart (s), additional music therapy sessions and more communication devices to encourage virtual visiting. Since the Bennett Centre will be moving to a new, redeveloped building in a few years, any major purchases must be portable so they can be moved over to the new Home when it opens.

Fundraising Events Here's a peek at some upcoming fundraising.

- Virtual Pub Night
- Bottle Drive
- GoFundMe page
- Calendar of Bennett Village artwork

More details coming shortly, but in the meantime, please start saving your empties for our bottle drive this summer. Watch the June Family Friendly and the BV Facebook page for information.

We truly appreciate your past support for Bennett Centre fundraising and ask for your continued support this year.

Kathy Dorbeck, Co-chair, Marketing and Fundraising Committee kathydorbeck@yahoo.ca

Sheena Switzer, Co-chair, Marketing and Fundraising Committee, sheenaswitzer@gmail.com









Lil and the rest of the group enjoying the Canada Day Social



Laura and Elsie in their Canada Day Gear!

## Can You Help Water the Gardens?

The Garden Volunteer crew is looking for someone to give the front & back gardens a good soak on Saturday or Sunday. We are also looking for one or two volunteers who can step in occasionally when a regular volunteer can't come. The watering takes about an hour, and it is enjoyable to be in the garden and see how it grows. Masks must be worn again this year. If you are interested, or know someone who might be, please contact Kathy Dorbeck at kathydorbeck@yahoo.ca



Visit our new website www.bennettvillage.ca



# **July 2021**

### A Message from Soo Wong, Executive Director

Summer Safety & COVID-19

I hope everyone is enjoying their summer especially after weeks of isolation or quarantine! I want to remind everyone about summer safety. They include the following:

- Getting both COVID-19 vaccines;
- Continuing to wear facial mask, practicing good hand hygiene, and physical distancing;
- Bringing spare mask (put it in clean sandwich bag) to replace the sweaty mask;
- Being hydrated; always bring a bottle water when leaving home;
- Do not travel if you experience any COVID-19 symptoms (ie fever, trouble with breathing, sore throat, new cough, runny nose, diarrhea, loss of taste or smell);
- Before going outside during the summer months, you need to apply water resistant sunscreen with SPF rating of 30 or more and regularly reapplying throughout the day;
- Wearing the following items: a wide-brimmed hat; loose-fitting, lightweight clothing and a pair of sunglasses equipped with UVA and UVB protection;
- Being aware of the signs of heat illness; some of the symptoms include: dizziness or fainting; nausea or vomiting; headache; rapid breathing and heartbeat; extreme thirst (dry mouth or sticky saliva); decreased urination with unusually dark yellow urine; changes of behaviour in children (like sleepiness or temper tantrums); and
- Keeping hydration by drinking water regularly; do not substitute alcohol for water as it will not keep you hydrated

For more information about summer safety, please check out

https://www.getprepared.gc.ca/cnt/rsrcs/sfttps/tp201407en.aspx

### A Message from Family Council

Hello Bennett Centre family members! In these uncertain times, we all have questions and concerns regarding our loved ones that live at the Bennett, as well as the Bennett operations. The Bennett Family Council has a short meeting Bi-Monthly via zoom (7:30 pm for approx. 30 minutes). We discuss the messages shared by the Bennett leadership group, and we can create/ask the Bennett leadership with any follow-up or new questions and concerns that are pertinent to all of us. It's an excellent opportunity to learn more about the Bennett Centre operation and to share information with each other. Please join us!

Join us on Facebook!

- <u>https://www.facebook.com/groups/Bennettfamilycouncel/</u> It's a private Facebook group/page to discuss/join/be made aware of topics.

Visit <u>www.fco.ngo</u> (Family Councils of Ontario). See what they do and how they help.

Future Zoom calls scheduled for July 8, June 27

https://us02web.zoom.us/j/88170877572?pwd=Ly9XdG9yTFd QOHEwRm9DVTJFeUNkZz09&fbclid=IwAR2Z81GOxZRMniX EDxkoqz4lmrI4OFMBIGjGuDLtMxIEVMeIEdhWdc-

7GDs#success Meeting ID: 881 7087 7572 Passcode: 873348

If you don't want to use Zoom, you can phone into the meeting. Dial any of these numbers below (depending on your location) and enter the Meeting ID & Password above: +1 647 558 0588 Canada

### Regards,

Rick Stomphorst (co-chair) - <u>rick@stomphorst.com</u> Neil Hageman (co-chair) - <u>hagemann631@gmail.com</u> Priscilla Nesbitt (secretary) - <u>nesbittpriscilla@gmail.com</u> Or use the new Family Council email: <u>bcfamilycouncil@bennettvillage.ca</u>