

THE HIGHLANDS NEWS

May 2024

May

Apple blossom scented air drifts across the valley; lilac bushes heavy with clusters of beautiful, purple hued flowers and the warmth of the sun gently kissing our skin: it must be May in the Okanagan! May brings all of us outside to enjoy all that Mother Nature has to offer. This May at the Highlands we can look forward to outdoor games, Tea Time and Gentle Chair Yoga on the Patio. We are celebrating Mother's Day with our annual Mother's Day Tea, as well as a highly anticipated performance from our friend, the returning Jeremy Messenger! We have also scheduled our first B.B.Q. Lunch of the season and have made plans for the talented Harold Sher to sing for us. There is a planned a trip to the Greenery Garden Center as well. Please find the times and dates for these events, along with all our regularly scheduled activities on your Highlands Activity Calendar. Many of our staff will be enjoying some well-deserved time off in May. Wish them all the best as they enjoy some of their annual vacation time! Lisa will also be taking some vacation time in May. Due to staffing shortages there will be no one available to drive the Shuttle when Lisa is away on May 15. Please take note and do not book any appointments on that date. The rest of the month the Shuttle will run as usual. We also have cancelled Bingo and Horse Racing that week for the same reason. Nancy will be here to play "Tiger", the National Geographic movie, on Tuesday May 14. Emily will be here on Thursday May 16 to play "Secrets of the Elephants", another beautiful National Geographic movie. We hope you enjoy these wonderful shows.

From all the Management and staff of the Highlands we hope you have a wonderful Mother's Day!

Wise Words

*The beautiful spring came;
and when Nature resumes
her loveliness,
the human soul is apt to revive
also.*

Harriet Ann Jacobs



Reminders

Tenant's Insurance - This is a reminder to all residents; as you renew your tenant's insurance policies for the year, the office needs an updated copy for your files. The copy must contain the name of your insurer, your policy number, and the term of your insurance. Your insurance provider can even email a copy of your policy directly to the office, and we can print a copy for your file. Please use email manager@highlandsretirement.com.

Beware of Scams - Please be extra careful, The Grandparent Scam is very prolific in our area. Also this time of year please watch for CRA Scams. The Canada Revenue Agency or your Bank does **NOT** call you and ask for money or your credit card information, nor do they threaten to arrest you.

Water - Please notify the office as soon as you notice any water leaks, even if management has already gone. Staff is able to minimize water damage quickly by shutting off the water. Water leaks can go from a small problem to a very serious problem very quickly.

Sun Safety - Hot weather is coming please remember to be sun smart when going outdoors. Wear light clothing, sunglasses, sun screen and a hat. Please also remember to stay hydrated by drinking plenty of water. Please close your windows when you have the air conditioner on, your suite will cool off much quicker.

Highlands Dishes - Please check your cupboards for Highlands' dishes, should you find any, please return them to the dining room, or give them to your housekeeper. Highlands' dishes are white china with the word "brown" on the bottom. Thank you

Pet Owners - This is a reminder to all pet owners to please clean up after your pet. Your pet may not use the inner court yard as a bathroom. Please ensure that you are taking them off the property to do their business, and no matter where they leave a mess it is the pet owner's responsibility to pick it up and dispose of it properly.

Emergency Preparedness

Summer weather always reminds us that wild fires can happen at any time. We have had many examples, with many recent wild fires burning throughout the province, of how quick things can escalate into emergency situations. That being said it is a good time to remind you to be prepared for an emergency. Emergency preparedness is a good idea all times of year. Here are a few tips for you to help be ready for any emergency any time.

1. First we should all have an emergency kit at all times. An emergency kit should contain a few basic items.

- working flash light (battery operated and checked a few times a year)
- small first aid kit
- food that won't spoil (granola bars, crackers things like that)
- important documents (passport, birth certificate, insurance, banking info. and anything else that is hard to replace)
- a little bit of cash in small bills

- medication and list of medication that you regularly take

2. Second we should all have a grab and go bag. Your grab and go bag should contain:

- some personal hygiene products (incontinent products, tooth paste and tooth brush, hand sanitizer and whatever else you find necessary)
- a change of clothes that is suitable for the weather and time of year
- an extra pair of glasses
- an extra phone charger
- there are many other items that you may want in your grab and go bag, just make sure that you don't make too large that you would need help to carry it

3. This last tip is for pet owners:

- pack some pet food
- you must have a carry crate and a leash
- **Pets will not be evacuated with us. Critter Aid will evacuate all pets from the site when it is safe to do so.** They will all be cared for by the wonderful staff at Critter Aid until arrangements can be made for the safe return of your pets.

All items should be neat and organized placed in an area of your suite that you will have easy access to. Check on them a few times a year to make sure batteries are working and your change of clothes is season appropriate. We may never need to use these items but is good to have them ready just in case.

Hellos and Goodbyes

Please give a warm Highlands welcome to new residents Edward S. and Arlene M. Please help them settle in as they make their new home here at the Highlands.



Upcoming Events

May 1 - Shuttle Day
May 3 - Sharing Circle -1:00
May 7 - Tweek Tuesday Shuttle to Kane Rd. - 9:30
May 6 - Shuttle Day
May 11 - Mother's Day Tea - 1:30
May 12 - Mother's Day
May 20 - Victoria Day Holiday
May 21 - Tweek Tuesday shuttle to Walmart - 9:30
May 22 - Shuttle Day
May 24 - Shuttle to the Greenery Garden Center - 1:00
May 25 - Saturday Matinee - 1:00
May 28 - Walking Club -10:30
May 29 - Shuttle Day
May 31 - B.B.Q. Lunch - 12:00