



THE SENIOR SCOOP



June Happenings

Father's Day is a time to celebrate Fathers and Father figures, teachers, coaches, or anyone who acts as a mentor or role model. If you have experienced or provided a relationship like this in your life, this is a wonderful time to reminisce about the advice, encouragement, sense of security, and happy moments you have had. What do you plan to do to enjoy the warmer season? Take a drive with your Associate to enjoy the blossoming trees and flowers, stop for a scoop of ice cream, visit a local market, or pick up flowers for a planter. Make the most of this beautiful season! Outings are not limited to London. Ask about transportation and accompaniment to warm weather destinations like Port Stanley, Stratford, and Sparta!



Meet Dhan Gurung

Associate

Dhan feels honoured to be a part of the AYSFS family. A certified PSW, Dhan's calling is taking care of people. She is always amazed and inspired by the wonderful stories her clients share with her. As one of our Associates who speaks languages other than

English, Dhan also speaks Hindi and Nepali. In her spare time Dhan loves going for walks, cooking, listening to music and spending time with her family.

Golden Moments

An Inspiring Career

Client Ron is a proud retired Fire Captain. Associates Bonnie, Janny and Celia enjoy listening to Ron reminisce about his working days and contributions to the community. Our Associates love getting to know their clients!

Connect with us on social media!

Father's Day Funnies

1. What did the grape say to his dad on Father's Day?
2. Why don't they have Father's Day sales?
3. Why did the dad get an extra pair of golf pants for Father's Day?

Answers: 1. Thanks for raisin' me right! 2. Because Fathers are priceless. 3. He got a hole-in-one.

Father's Day illustration, smile illustration, and cover photo courtesy of vecteezy.com

The best care, in the best place.

Creating a Sense of "Home"

When members of the AYSFS team attended the primary care and home care symposium, "Discover the future of Home care" in Stratford in May we were fortunate to listen to an address by two architects, Golar Jalalpour and Khat Baharikhoo of DIALOG architecture. These two professionals have brought years of expertise into creating spaces that promote community, sustainability, well-being and improve quality of life for residents. Their presentation explained that by incorporating design principles, living environments can become more home-like, accessible, safe, and stimulating for seniors' well-being and overall health. Whether a senior has had to make modifications to his or her own home such as moving their bedroom to the main floor, or a larger change such as moving to assisted living or an apartment, there are many ways to make the changed space feel like home. If you or your loved one have had to redesign or change living environments, here are some of the ideas to create a sense of "home" that our team gathered from the presentation:



- ✓ Colour can be soothing and energizing. Add favourite shades of colour with pillows, blankets and other decor to create a new space that feels like home.
- ✓ Fragrance matters! Spray a familiar scent around, something that ties you to the feeling of home.
- ✓ Add a touch of permanence to a room by displaying treasured photos and artwork that add identity to the space.
- ✓ For nature lovers it is important to bring a touch of nature inside the space with easy to care for plants.
- ✓ Improve lighting by adding lamps to give a sense of coziness and ambiance.
- ✓ Clean the new space as soon as the change is made and schedule regular cleaning thereafter.
- ✓ Last but not least, be patient while settling into a new space. It can take some people more time than others to feel at home. Continue your daily routine and before you know it your space will feel like home.

Source: decormatters.com

Multilingual Associates

Did you know?

Some of our Associates speak other languages in addition to English. If your loved one prefers to converse in his or her first language we might have an Associate who can help!



- ✓ German
- ✓ French
- ✓ Punjabi
- ✓ Igbo
- ✓ Dutch
- ✓ Hindi
- ✓ Spanish
- ✓ Portuguese

Upcoming Event



Cherryhill Village Mall Seniors Expo

AYSFS will be attending the spring Seniors Expo at Cherryhill Village Mall on June 5th. This event features displays and info for those over 50. Stop by and visit our table between 10am and 2pm. One of our Associates would love to accompany you. Hope to see you there!



Home decor photo, butterfly illustration, and talking people illustration courtesy of vecteezy.com