



THE  
Marshall Gowland  
**MANOR**  
in Sarnia, Ontario

## THE MANOR NEWSLETTER – Summer Edition

### Summer Heat

With the warm weather upon us it's important to stay healthy while enjoying the summer heat!

Increased fluid intake, light weight, light coloured cotton clothing, limiting outdoor activities and delaying outdoor activities to a cooler time of day are interventions for prevention of heat related illness.

Sunscreen should be applied before going outside. It is available on each neighbourhood as well as the entrances of the home. Sunscreen/hats should be applied prior to outdoor activities.

Nurses are trained to identify signs of heat related illness and will provide additional treatment as needed.



We honour and nurture the dignity of each person



# Manor Updates

Please welcome Lipine Prak RPN to her new PSW Supervisor role, she is replacing Sandra Lester as she goes off to enjoy retirement!

You may have noticed a new face in the office, please welcome our Summer Admin Student Gabby!

Laura Campbell has transitioned into Acting Administrator in Carla's absence. Rachael Sygrove from The Villa will be filling in as Acting Director of Nursing and Personal Care.



**Lipine**  
PSW Supervisor



**Gabby**  
Admin Student



**Rachael**  
Acting Director of  
Nursing & Personal Care

## Upcoming Manor Events

### Manor Summer BBQ

Join us for the Manor Summer BBQ on Thursday, July 17<sup>th</sup>, 2025, at 5:00pm! Each Elder may invite up to two guests to join them. More tickets may become available depending on ticket sales. Tickets are \$12.00 each and available for purchase at Reception. Tickets must be picked up and paid for no later than July 10<sup>th</sup>. Back by popular request, we will be having a root beer float stand again!

### 3 Homes BBQ

The Annual 3 Homes BBQ will be hosted at The Manor this year! On Friday July 18<sup>th</sup>. Elders from The Lodge and The Villa will join our Elders for an afternoon of fun.

### Manor Rib Fest

We are excited to share that we will be hosting a Rib Fest on Friday, August 23rd at 5:00 pm, as a special way to wind down our summer events with Elders and their families. Tickets available for purchase at \$15 per person. More details come!



Visit our Facebook page to keep up to date on all the exciting things that are happening at The Manor. Like **lambtoncares!**

Questions? Comments? Suggestions? Contact Kim Limb, Confidential Support Services Clerk:

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