

Greetings Residents, Families and Visitors:

Please accept a few updates as we head into our last week of August:

- ◇ Visiting Hours will be expanded commencing Sunday, September 5<sup>th</sup> from 9 am to 8 pm daily. We thank you for your support of our program, for ensuring resident and staff safety, and for the courtesy extended to our Greeters.
- ◇ Per the Provincial Health Officer's (PHO) 'Order' of August 20<sup>th</sup>: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-vaccination-status-information.pdf>
  1. Island Health will be providing the PHO with residents' name, date of birth and Provincial Health Number (PHN) by September 1<sup>st</sup>.
  2. Island Health will then provide residents' COVID – 19 vaccination status to the PHO.
- ◇ As you are aware, continuous attention is applied to our mice control program. We are not alone in our vigilance in controlling the mice population, the problem exists in all of downtown Victoria including hotels and businesses. A priority action is the removal of attractants. We are, therefore, vigorously applying our policy as follows:
  1. No food, foodstuffs (including candies, chocolates, chips and biscuits) or beverages (other than water) is permitted in residents' rooms.
  2. All resident's foodstuffs MUST be kept in the House Kitchen in a sealed Tupperware-like container labelled with the resident's name.

With thanks to all, and wishes to enjoy the last days of summer,

Sara







## Bottle Drive Fundraiser

We can accept:

- pop cans
- pop bottles
- beer cans
- beer bottles
- juice boxes
- juice pouches
- wine bottles
- wine boxes (with the bladder)
- gabled juice
- water bottles
- liquor bottles

### Mount St. Mary Hospital Bottle Drive

You are invited to help raise funds to purchase mattresses and ceiling lifts for residents. Bring your refundable beverage containers for a *no contact*, drive and drop, outdoor bottle drive on Saturday, September 18th, 9am – 3pm at the front drive of MSMH. If you have returnables and can't attend the event, you can drop them off **AFTER August 30th** outside the front door during visiting hours. Questions? Contact Jane at [jbowers@mountstmary.ca](mailto:jbowers@mountstmary.ca) or 250-480-3138.

\*\*\*Please note, the front entrance will be very busy until 5pm on September 18<sup>th</sup>. There will be no parking available in the front, but space will be available for resident pickup (there may be traffic delays). Thank you for your understanding.\*\*\*

## Support Mount St. Mary & answer that daily question "What's for dinner?"

# EPICURE

Purchase an Epicure Weeknight Dinners package for \$25. Get an assortment of easy meal solutions to help get dinner on the table fast *AND* we raise \$10 for new mattresses for MSMH residents. The packets are gluten- and nut-free (excludes coconut). Each packet can transform into vegetarian with a few easy substitutions.

Order by September 13th by visiting the Village Office or send an e-transfer to [jbowers@mountstmary.ca](mailto:jbowers@mountstmary.ca). Orders can be picked up after Sept. 30<sup>th</sup>.

### MEALS THAT MATTER

With every Weeknight Dinners Collection you purchase, \$10 will be contributed to the fundraiser!

### GOOD FOOD. REAL FAST.™

Be a mealtime hero with solutions for fast, wholesome, homemade meals. Epicure makes cooking good food simple—with versatile seasoning blends, timesaving cookware, and easy-to-follow recipes, you can create healthy family faves in 20 minutes or less.

### THESE PRODUCTS ARE:

- Gluten free
- Nut free (excludes coconut)
- Free of corn syrup and hydrogenated fat
- Sugar and sodium conscious
- Free of artificial colours, sweeteners, and preservatives
- Made from ethically sourced ingredients
- 90% Non-GMO Project verified

### WEEKNIGHT DINNERS

PRICE: \$25

The Weeknight Dinners collection is packed with an assortment of easy meal solutions that help you know what's for dinner, and make it fast.

- A. Taco Seasoning
- B. Sweet & Sour Stir-Fry Seasoning
- C. Pulled Chicken Seasoning
- D. Southern Baked Gluten Free Crumb Mix
- E. Mac & Cheese Seasoning
- F. Chocolate Instant Pudding Mix



EPICURE™