

JULY 2017

# Delhi LTC Centre

Delhi Long Term Care \* 750 Gibraltar St. Delhi, ON \* 519-582-3400 \*



## Celebrating July

Canada Day Social  
Saturday July 1<sup>st</sup>  
@ 2:00pm

Walking to Grow  
Event Launch July 4<sup>th</sup>

Resident Council  
Monday July 10<sup>th</sup>  
@ 10:00am

Birthday Party  
Wednesday July 19<sup>th</sup>  
@ 1:45pm

Thank a Volunteer Social  
Saturday July 22<sup>nd</sup>  
@ 2:00pm



Our Resident's have Proudly been working on their own Canada Flag to help celebrate Canada 150



Our 2017 King & Queen  
Sterling & Dorothy!!

# Welcome Home

We welcome  
Alfred McPherson  
David Alward

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## Happy Birthday to All those born in July!

Betty MaWhiney	July 2 <sup>nd</sup>
Mariette Sinnesael	July 4 <sup>th</sup>
Frank Sebestik	July 18 <sup>th</sup>
Nina Perry	July 29 <sup>th</sup>

**Flower: Water Lily**  
**Birthstone: Ruby**

### July Birthdays

In astrology, those born between July 1–22 are Cancer’s Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Those born between July 23–31 are Leo’s Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

### Resident’s Council:

Next Meeting will be held on Monday July 10<sup>th</sup> @ 10:00am. All Residents are welcome to attend.

### Resident’s Right of the Month:

#23 –

You have the right to do things that interest you and things that are important to you, either inside or outside the home



## *In Memory Of*

**Ed Quibell**  
**Doris Reid**

*Our deepest thoughts and sympathies go out to the family and friends*

"He spoke well who said that graves are the footprints of angels."

~Henry Wadsworth Longfellow

## Message from the Executive Director

I would like to thank everyone who attended our annual family BBQ on June 24<sup>th</sup>. It is always great to host an event such as this to come together for some good food, good entertainment, and good people. If you have any feedback on how we can keep making this event better please let us know.

I would like to recognize the Norfolk 4H club for coming out and planting flowers along the front side of the home. Each year they come out and support our home by volunteering their time to help enhance the outside of our home.

As we have welcomed the warm weather it also comes with risks. Please remember that fluids are our friend especially during hot days. We do our best to keep our home as cool as possible with some air conditioned areas such as the dining room, lounges, and hallways. Last year we added an air conditioner to the family room so if you need a cool quiet spot to relax please feel free to use it.

We have started the planning to add a memorial garden to the north corner of our backyard. We believe that this will be a wonderful addition to our yard and to remember those residents that we have lost. We should have it completed by the end of July so please stay tuned for more information.

I would like to finally that everyone who donated items for the Garage sale. We made over \$600 this year which is going towards our \$2,500 fundraising goal. These funds will help send Tracy V to Ghana along with the peopleCare team to experience the Grow Project. So far we have raised around \$1,800.

Until next month,  
Jeremy Zinger

## News & Notes

### Happy Birthday to the following Staff

<b>Dee W-Housekeeping</b>	<b>July 16<sup>th</sup></b>
<b>Pat G-Cook</b>	<b>July 25<sup>th</sup></b>
<b>Carrie M-PSW</b>	<b>July 30<sup>th</sup></b>



### Please welcome the following new team members

**Carol W-PSW**  
**Tina P-Dietary**



Living the peopleCare Values

## PROFESSIONALISM

**Act with Knowledge  
Develop Skills  
Dress for your Customer  
Choose a Positive Attitude**

Have you attended  
Caring with HEART  
customer Service training?

### Home Improvements

- Painting is complete. We completed our lounges, dining rooms and main hall in June. Thank you for everyone's patience and cooperation during this needed improvement.
- Lighting retrofit completed.
- New outdoor painting hung on patio
- New Tobacco Kiln bird feeder mounted out front of the large dining room.

# HEARTbeats

Congratulations to our May Draw Winners!

Tracy Donohue

Tanya Burtch

They have received a \$25 gift card displaying the peopleCare Values!

Thank you for all you do!



### peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and employee recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and Recognition Program
- Disaster Relief Fund

# Famous Canadians

Canada is known around the world for talented actors, singers, musicians, photographers, filmmakers, authors, and much more. Can you match the following Canadian talents?

1. He has been the host of *Jeopardy!* since 1984. \_\_\_\_\_
2. This famous Canadian starred in *Back to the Future*. \_\_\_\_\_
3. This well-known Canadian author penned the novel *Anne of Green Gables*. \_\_\_\_\_
4. This singer-songwriter recorded "Suzanne" and "Hallelujah." \_\_\_\_\_
5. This Canadian pop star has won five Grammy Awards, including one for her signature song, "My Heart Will Go On." \_\_\_\_\_
6. What is the name of the famous Canadian who starred in *The Sound of Music*? \_\_\_\_\_
7. This actor is primarily known for his title role in *Perry Mason*. \_\_\_\_\_
8. Who is the famous Canadian that starred in *Bonanza* and *Battlestar Galactica*? \_\_\_\_\_
9. This bandleader and violinist was a member of the Royal Canadians. \_\_\_\_\_
10. She is well-known for her female lead in the 1933 film *King Kong*. \_\_\_\_\_
11. This Golden Age of Hollywood star co-founded United Artists with Charlie Chaplin, D.W. Griffith, and soon-to-be-husband Douglas Fairbanks Sr. \_\_\_\_\_
12. He is a well-known cultural icon who played the role of James T. Kirk. \_\_\_\_\_
13. She recorded "Could I Have This Dance?" and "Snowbird." \_\_\_\_\_

## Famous Canadians

- A. Raymond Burr
- B. Leonard Cohen
- C. Céline Dion
- D. Michael J. Fox
- E. Lorne Greene
- F. Guy Lombardo
- G. L.M. Montgomery
- H. Anne Murray
- I. Mary Pickford
- J. Christopher Plummer
- K. William Shatner
- L. Alex Trebek
- M. Fay Wray



## OBSERVATIONS OF A WRITER:

by Bob Blakeley

There are times when it seems we are operating a day care center in the backyard.

First it was the very young rabbit which I have already written about. Then came a groundhog trailed by a baby. As usual the baby stopped to goof around while the mother continued on. Realizing it was all alone, it raced off and I assume connected with mom again. Usually young squirrels are escorted into the backyard by a parent before being abandoned but in this case the little one ventured in all in its own. I could tell it was a newcomer because it climbed up on the fence at the front of the yard at took a very cautious journey along the top of the fence. Now it comes back like it owns the backyard.

I had been a bit puzzled because the red wing blackbirds have stayed around since arriving earlier in the spring. Thanks to an excellent bird book given to me by staff member Krista, I was able to confirm that these birds nest in marshy areas which is not the environment provided in the backyard. One day a red wing showed up at the feeder outside my window with a brown patch on its head and very dull colour patches on its wings. At first I thought it had been in a fight but then another one joined it and I knew they were young ones. I gave it some more thought and realized there is a marshy area nearby across the road and to the south. I figure they nest there and bring the youngsters here when they are ready to be in their own.

I have seen a bird that I have never seen before, again at the feeder out front. For some reason the name Thrasher came to mind and using the bird book was able to confirm it was a Brown Thrasher. It was about the size of a blue jay, reddish brown on the back and brown and white on the belly. One was soon joined by another but I haven't seen them recently. Other recent sightings have included very short visits by a Kingfisher and hummingbird.

I had noticed that several black squirrels were losing fur from their waist up and wondering if it might have happened during breeding or raising young. Checked on the internet and it turns out it is mange. The squirrels may survive and start to regrow their fur but if they are missing fur when winter comes they will freeze to death. You may remember there were several groundhogs that had mange last year and things didn't turn out too well for them.

The chipmunks continue to entertain visitors out back and one day a resident had thrown some bread crusts out for the birds. I watched as crows gathered to enjoy the feast and one had just grabbed a long piece when a chipmunk came out of nowhere, bit the end off and scampered away. I don't know if the chipmunk was even aware that the crow had the bread but knowing these little critters are fearless it wouldn't surprise me that it just timed it right. They often rocket around the yard playing tag and I wouldn't be surprised if some little ones show up eventually.

You may have noticed the rather unusual weather we have been getting this year. Looking at long range forecasts on the internet it may be a summer of cool days followed by hot, humid days. The last are perfect for setting off thunderstorms of which we have had a few.

## **PEOPLECARE COMMUNITIES ACCLAIMED AMONG ACHIEVERS 50 MOST ENGAGED WORKPLACES™ IN NORTH AMERICA**

June 22, 2017- peopleCare Communities today announced its recognition as one of the Achievers 50 Most Engaged Workplaces™ in North America. The annual award, issued by Achievers, an industry leading provider of employee recognition and engagement solutions, commends top employers that display leadership and innovation in engaging their workforces.

peopleCare Communities will be honored alongside the other recipients of the Achievers 50 Most Engaged Workplaces™ Award at an awards gala. The gala will be held on September 11th, 2017 at the historic Saenger Theatre in New Orleans as part of the Achievers Annual Customer Experience Conference (ACE).

“Employee experience remains a top priority for employees in 2017,” observed David Brennan, Achievers general manager. “The impressive Achievers 50 Most Engaged Workplaces™ Award winners are using rewards and recognition to foster positive, productive workplaces. We’re excited to learn from them and honor their accomplishments.”

The Achievers 50 Most Engaged Workplaces™ Awards are judged by an esteemed panel of academics and thought leaders in the field of employee engagement. The 2017 judging panel also included representation from the Society for Human Resource Management (SHRM), HR Technology Conference and HRO Today. The judges evaluated each applicant company based on the Eight Elements of Employee Engagement™: Communication, Leadership, Culture, Rewards & Recognition, Professional & Personal Growth, Accountability & Performance, Vision & Values and Corporate Social Responsibility.

peopleCare Communities CEO Brent Gingerich affirms “We’ve built an amazing culture of care. It is our intent to exceed expectations at every touch point, with Residents, employees and other stakeholders. By encouraging every employee to become involved with resident decision-making, peopleCare has created a caring culture of compassionate, involved staff, providing the very essence of resident care and heartfelt support.”

### **About Achievers**

The Achievers Employee Recognition and Rewards solution provides companies with a robust foundation for their employee engagement initiatives by enabling both social and rewards-based recognition. Designed for today’s workplace, Achievers’ innovative cloud-based platform can increase employee engagement and drive business success. It empowers employees to recognize and reward each other in real time and aligns employees with company values and goals. Delivering millions of recognitions annually, the Achievers platform inspires employee loyalty, engagement and performance. Visit us at [www.achievers.com](http://www.achievers.com). Achievers is a Blackhawk Network company and is headquartered in Toronto and San Francisco.

Women Walking to Grow is a joint initiative with Miriam Turnbull (ProResp) and Elaine Shantz (peopleCare), two female leaders in their organizations who are embracing ways to show leadership beyond themselves and their daily business involvements. These ladies will trek the 900 km Bruce Trail, accomplishing 380 km as part of the training by June 2017 and completing the remaining 520 km in the month of July 2017.

Elaine & Miriam will walk many steps each day Justas the women in Ghana do. These Women Walking to GROW demonstrate women in leadership stretching beyond themselves in their day to day roles with the broader objective of raising awareness and funds for women entrepreneurs in Ghana. Funds raised will directly assist these women in Ghana in supporting their families, developing a career and supporting one another as they seek to realize their own dreams beyond poverty. To learn more about Women Walking to Grow, check out the website at [www.womenwalkingtogrow.com](http://www.womenwalkingtogrow.com)

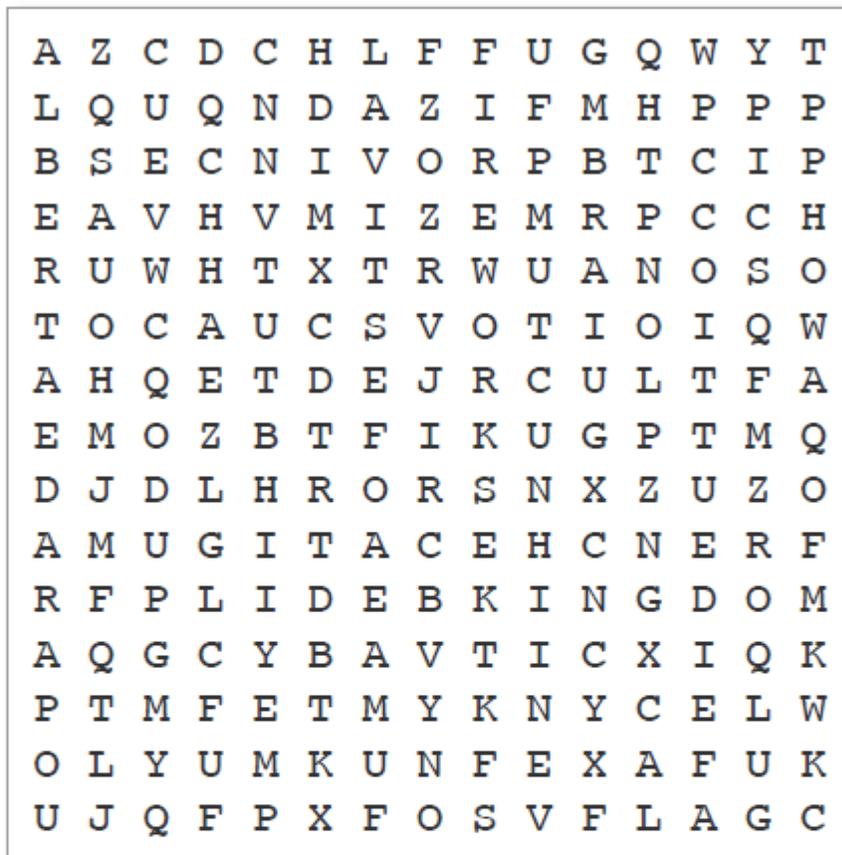
#### Long Term Care Involvement – Restorative Care

In the spirit of Walking to Grow, with the support of caregivers at the peopleCare homes our residents are encouraged to walk “alongside” Elaine & Miriam. Motivated by support of the cause and the benefits of exercise, the residents have been challenged as a collective team to walk 100 km in the month of July. The Red shoes along our hallways & backyard are measured marks to help count how many “steps” each resident takes throughout their day. We will chart our progress each Friday in July



# Canada Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



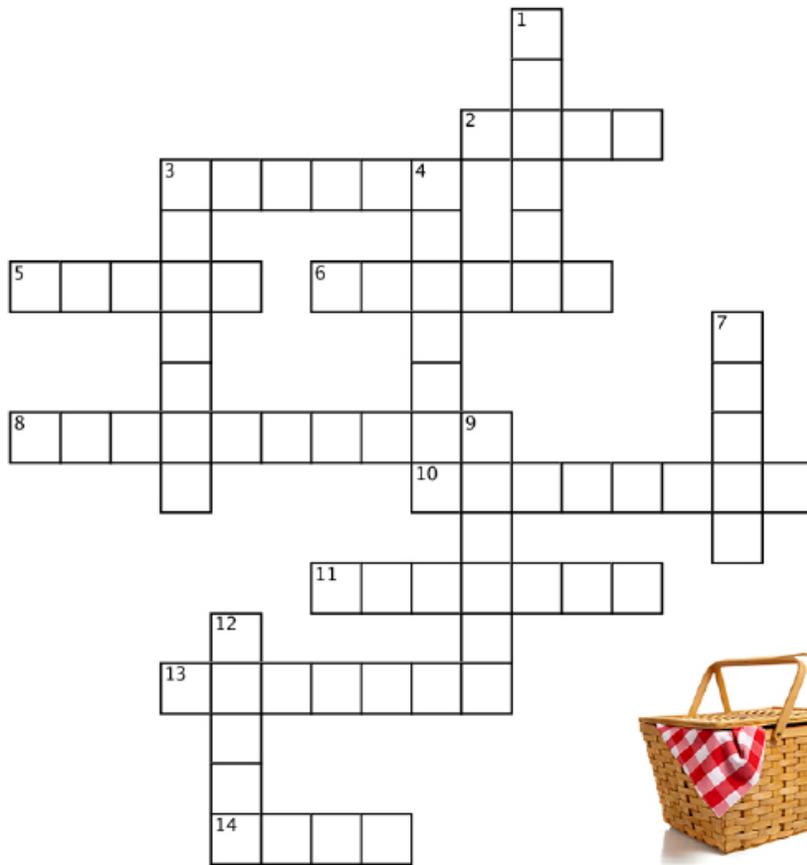
ALBERTA  
BARBECUE  
ENGLISH  
FESTIVAL  
FIREWORKS  
FLAG  
FRENCH  
HOLIDAY



JULY  
KINGDOM  
OTTAWA  
PARADE  
PATRIOTIC  
PICNIC  
PROVINCES  
QUEBEC

# Let's Have a Picnic

Use the clues to fill in the crossword.



## ACROSS

- 2. Recreational area
- 3. Food hamper
- 5. Side dish
- 6. Dairy product
- 8. Seedy fruit
- 10. Hero or BLT
- 11. Gingersnaps or macaroons
- 13. Beef or pork alternative
- 14. Fizzy drink

## DOWN

- 1. Vine fruits
- 3. Fabric to sit on
- 4. Soup container
- 7. Apple product
- 9. Crumb catcher
- 12. Salty snacks

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## Famous Canadians (solution)

- 1. L. Alex Trebek
- 2. D. Michael J. Fox
- 3. G. L.M. Montgomery
- 4. B. Leonard Cohen
- 5. C. Céline Dion
- 6. J. Christopher Plummer
- 7. A. Raymond Burr
- 8. E. Lorne Greene
- 9. F. Guy Lombardo
- 10. M. Fay Wray
- 11. I. Mary Pickford
- 12. K. William Shatner
- 13. H. Anne Murray