

October 2019

Golden Years Insider

704 Eagle St. N. Cambridge, Ontario N3H 1C3 *peoplecare.ca* 519-653-5493



Celebrating October

1st – Resident Fall & Winter Menu review

5th – Schwaben Club excursion

10th – Oktoberfest Party

10th - Country Boys

16th – Memorial Service

17th – Mall excursion

21st – Federal Election

27th – Trick or Treat Extravaganza

31st – Halloween Bash!

Please refer to resident activity calendar for time & location

peopleCare
communities



A wonderful afternoon enjoying a dinner cruise along the Grand River!

Welcome Home

Margaret K.
Lynda F.
Edward K.

Happy Birthday to
All those born in October!

Resident Name	Date
Lily D.	1 st
Elsie J.	6 th
Jeanette A.	10 th
Susan L.	13 th
Lynda F.	14 th
Dianne T.	18 th
George M.	23 rd
Bernard G.	24 th
Betty F.	29 th

Stone: Opal

Flower: Calendula

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Those born between October 23 – 31 are Scorpions of Scorpio. Scorpions are passionate and assertive, yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.



We say goodbye to **Katherine & Molly** after 8 years of volunteering their time to visiting residents of Golden Years each week.

We wish you all the best, you will be missed from all of us at Golden Years!



In Memory Of

Betty Burnett

Barbara McRae

Vincent Fava

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

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

Message from the Executive Director

October is one of my favorite months of the year. Changing colours of the tree leaves, apple cider, and anything squash. Not to mention Thanksgiving and Halloween.

Speaking of Halloween, on Sunday October 27 from 2pm-4pm we will be having Trick or Treating for any children between the ages of 1-12yrs old. Come dressed in costume and go door to door. Halloween and crafts will also be available. BYOB (bring your own bag). This is open to all residents and staff members' family.

I would like to remind everyone that it is the policy of peopleCare that us as staff cannot accept gratuities. As an organization, we have a wonderful program that is on our website called "a heartfelt thanks". This provides the opportunity for people to say "thank you" and recognize a team member for all of the hard work that they do. The heartfelt thanks happens when you make a donation to our charity of choice, "MEDA" through the website. Once a donation is made we then provide the team member identified with a heart shaped pin that they can wear proudly with their name tag. For more information, please see me.

As many of you know, we have updated our phone system and we have been experiencing challenges with certain connection. In this newsletter, we have provided a copy of the extension lists. When you hear the automated message, you can press "7" which will bring you to the extension list. Please follow the extension list to get the home area or person that you want. If there is no answer, please do leave a message for the appropriate person so that they can call you back. Any concerns that you are experiencing please let me know.

Until next month,

Jeremy Zinger

Sr. Executive Director



Why Getting the Flu Shot Matters

This year more than ever before

Every autumn we hear the same message: Get the Flu Shot! And every year too many of us do not. Some think “oh I never get sick.” Others question the effectiveness of the vaccine. But did you know that statistics show one flu shot can save up to 8 lives?!

That’s because when we get our flu shot, not only do we protect ourselves from getting sick (or at least reduce the severity of symptoms if we do get the flu), we also help stop the spread of the virus to others. This includes seniors, children, and anyone with chronic health conditions that puts them at increased risk for serious complications – or even death – from the flu.

Based on the experience of countries in the southern hemisphere, where flu season occurs earlier than here in Canada, experts are warning our upcoming flu season could be a rough one. In fact, Australia’s flu season started early this year and was the worst on record: 254,000 confirmed cases as of mid-September, with 587 deaths, the majority of which were elderly people. By comparison, in 2018 there were only 52,000 confirmed cases and 73 deaths. Seems getting our flu shot this year is more important than ever.

Throughout October, residents and staff will receive their flu shot at the Home, supporting our goal to improve the immunization rates at every peopleCare Home. Families, volunteers and other visitors have lots of convenient options for getting their shot including local pharmacies and Public Health flu shot clinics (watch our bulletin boards for dates, times and locations).

Flu viruses spread quickly through coughing, sneezing and touching contaminated surfaces like doorknobs or unwashed hands. So, in addition to getting your flu shot, you can also easily help reduce the spread of influenza and other viruses like colds if you:

- Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer
- Cough and sneeze into your sleeve or a tissue that you use only once before discarding
- Postpone visiting the Home if you are sick, or wear a mask if you feel unwell

This year, join us in staying healthy and stopping the spread of influenza – get your flu shot. Do it for us all!



10
OCTOBER

Oktoberfest

MUSIC FOOD & DANCING

**ENTERTAINMENT WITH SANDY MACDONALD
STARTS AT 2:30PM**



JOIN US FOR OUR
RESIDENT
**HALLOWEEN
BASH**

WITH "SHAKY D"!

THURSDAY OCTOBER 31ST @
2:30PM

Dress up in your favourite
costume and join in the fun!

Top 3 voted costumes win a
prize!!!

RESIDENT WRITER.....Story from camp at Hidden Acres

DAY 1 September 11/2019

This was not camping. It consisted of a large building on two floors with bedrooms, sheets, just like home. Upon arrival, I played Euchre with Mick and two gentlemen from A.R. Goudie. After lunch we went outside and sat by the small lake for a while. Break was later, but the best part was watching Jason, our Director of Programs dry dishes in the kitchen.

DAY 2 September 12/2019

A rainy day so Euchre again, but this time, I enjoyed the game much more. Mark is an excellent player and we could discuss different moves and why. The power went off, only for about ten minutes. The excitement of the day, Jeremy our Executive Director came around 4:30 and got the grand tour. Get to know him, he's a great guy. After dinner we went outside and sat around the fire. By 8:00, it was just too cold, and we all came in. Well, then you could watch a movie or talk with the staff in the kitchen. I chose the later and had a few good laughs.

DAY 3 September 12/19

Up, washed, dressed by 7:00. Breakfast, pack-up and we were ready to go home. Away we went by 10:30. There are too many people to thank I couldn't possibly remember all your names, and knowing my luck I would forget someone. You all know who you are and you made an incredible contribution.

In closing, after three days away, what have I learned?

1. Do new things and try to be free
2. You can't seem to get away from prejudice no matter where you go
3. It's ok to love your friends
4. Not everyone tells the truth or thinks how what they say, hurts the other person
5. It's easy to get my goat, and hard to get my forgiveness
6. We all just want to be happy and go about it in different ways

Bye for now! ***Susan Lindhorst***



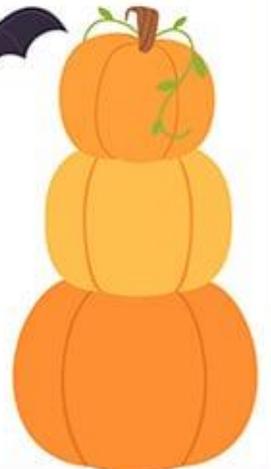
HALLOWEEN WORD SEARCH

R F E F P R Y M G H Y O Z A Q B F H O H
 A D C S E A E E O N Y V L K U X X T W I
 A V S O M F C Z J U L W O F R Z E Q I J
 M H C Q U G V E L S Q S P A M Q N Z T U
 I C V R T L E S U O H D E T N U A H C L
 T D H D S A T H X G L A P U F X F M H A
 R T U Z O O C S T D E J S P S A B Y Y I
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 U B B C Y C C Y N D Q P L G U A Y J O R
 H T N A M C A N D Y S R E Y M M U M O I
 R C J X J R R J T A T X T A P U N E T C
 H A L L O W E E N D Z H O Z K S G X M K
 G K Z O N Y T C T L Y H N B I K Q X K O
 U I N Y J N O S K S S E I P N R B Y N R
 M W R G G S R T O H N R X Q M Y Z G M T
 J X X Q N F J W Q H H O R I M P D Q L R
 F D Z U A I W R X Z G J M U H W Y A O E
 T A B K O Y K O O P S O W A B B T U E A
 Z F S H L F U Q Q P I T G J X N M N D T



Bat
 Pumpkin
 Halloween
 Mummy
 Vampire
 Witch
 Spooky
 Trick or Treat

Fun
 Ghost
 Costume
 Skeleton
 Candy
 Scary
 Monster
 Haunted House



Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?



Check us out, and like us on Facebook!

<https://www.facebook.com/PeopleCareCommunities/>

Newsletters and calendars can be accessed online at www.peoplecare.ca under the specific peopleCare Community location

HEARTbeats

Congratulations to our August Draw Winners!

Name of Giver - **Laurel B. Dietary**
Name of Receiver - **Lisa G. Dietary**

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



ATTENTION ALL RESIDENTS

A Polling station will be set up on **Monday October 21st from 2:45pm – 6pm** in the Activity room for those that would like to vote in the upcoming Federal Election.

If you have any questions, please see the Director of Programs for more information!



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