

December 2019

Golden Years Insider

704 Eagle St. N. Cambridge, Ontario N3H 1C3 *peoplecare.ca* 519-653-5493 Fax: 519-219-5494



Celebrating December

4th – PHS Christmas Dinner

6th – Merry Christmas
Musical with Mutt & Jeff
2:30pm

12th – Birthday Party with
Paul Horton 2:30pm,
Country Boys 6:15pm

13th – Resident Christmas
Choir Recital 2:30pm

16th – Hubert Hynes
entertains 6:30pm

23rd – Christmas Service
with Daria 10am,
Keith Tobey 2:30pm

25th – Christmas Day

31st – New Year's Eve Bash
with the "Stars" 2:30pm



**Happy
Holidays**

From all of us...

**** refer to your activity
calendar for locations and
times***

Welcome Home

Robert K.
Mario C.

Happy Birthday to
All those born in December!

Resident Name	Date
Joan L.	10 th
Mick R.	16 th
Albert L.	28 th
Earl W.	30 th
Frank C.	30 th
Barbara H.	31 st

Flower: Narcissus

Birthstone: Turquoise



December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

Family & Friends

If you would like to join your loved one for a turkey lunch on Christmas Day, please feel free to sign up at reception. Cost is \$10/guest, up to a maximum of 4 guests, one guest is no charge.

Please sign up **no later than**
December 16th with our
receptionist.



In Memory Of

*William Reid
Ward Franklin*

*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

24 days to go and counting! I would like to wish everyone a safe and happy holiday season as we quickly approach Christmas. Did everyone tap into the black Friday and Cyber Monday sales as you are checking off your Christmas gift list?

I would like take a moment to welcome Marleny Saavedra. She has joined our team to provide Hairdressing services to all of our residents. She comes with great experience and I feel confident that everyone will enjoy her services moving forward. Please see the price list that is provided in the newsletter and that is posted on the resident council and family information boards.

I would like to remind everyone that any new clothing that residents buy or receive as gifts should be brought to the nursing station and put into a bag to be labeled. Please remember that any sensitive clothing such as wool, silk, etc. should not be washed by our home as our machines are not set for those specific items and we cannot take responsibility for items that shrink or tear easily due to the fabric.

Finally I look forward to hosting a family and resident Town Hall in January to discuss the 2020 outlook and look back at the 2019 season. This will be a chance to speak openly about ways to continue to improve our services as we move into another year. Look out for the date and time.

Merry Christmas,

Jeremy Zinger Sr. Executive Director



A Note from Social Work –

Last month I wrote to you about the time of year and change of season. Although it would be easy to write to you again about the time of year, this month let's get a little bit more introspective and then focus outward.

Take the time to think to yourself and be honest with yourself. What is it that you want? Is there something within your power that you can make happen? Do you need the help of others? Help can come from: yourself, one other or more than one person. None of these are better than another, you need to do what is right for you. Seeking help and improving your situation is a powerful thing and that strength comes from within you.

Although it can be, improving yourself does not always have to be medically based, it can be related to something you want to finish. Whether it be paperwork, reading, a craft or talking to a friend, family member or staff. It is within your power to get out of your comfort zone or get back to something you have given up or haven't yet finished. Set a goal for yourself. You don't always have to share it with others.

Again, think to yourself first and then act. Some small steps are better than trying to achieve perfection right out of the gate. Chip away at your goal a little bit at a time and a little bit each day if you can. Don't be afraid to ask others for help though, if you need it. Setbacks are natural, but don't give up. Keep in touch with how you are feeling and take care of yourself!

Peter JE Mielke – BSW, RSW

Beyond Ourselves

peopleCare
communities

2019 Fundraising at a Glance

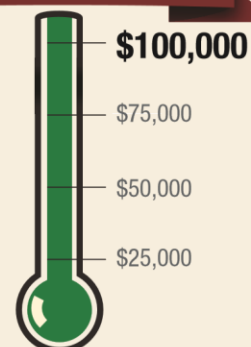
WE DID IT!

In 2019, we surpassed our Beyond Ourselves fundraising targets, thanks to our donors, partners, volunteers and staff – who gave so generously of their time, energy and resources to our organization and home-level events. That means more money is available to fund MEDA's important work to help women and youth in Nigeria through the WAY project. Thank you for



collectively supporting our commitment to invest for social impact in our local communities and around the globe.

OUR CAMPAIGN GOAL!



WW2G TREK



57 Trekkers



4 Days

100km

of Bruce Trail
hiked



18 Partner
Organizations



GOLF TOURNAMENT



99 Golfers

33%

Increase in
Participation



14 Event
Sponsors



17 Contest
Winners



HOME-LED ACTIVITIES



8 Homes



20+ Fundraising
Events



849 Engaged
Residents



Countless Staff
Volunteer Hours

SIGNATURE SPONSORS



srm Architects Inc.



Keith & Diane
Wettlauffer



STYLES N' SMILES HAIR SALON PRICE LIST

EFFECTIVE FEB. 1, 2020

(H.S.T INCLUDED)



SHAMPOO & SET – \$21

WOMEN'S CUT & BLOWSTYLE (NO IRONS)- \$26

WOMEN'S SHAMPOO, CUT & SET- \$36

PERMANENT, CUT & SET - \$66

COLOR, CUT & SET – \$68

HIGHLIGHTS FOILS, CUT, SET STARTS - \$75

GENTLEMAN'S CUT - \$14.50

BUZZCUT – \$12

BEARD TRIM – \$6.50

We would like to welcome our new hairstylist, Marleny.

Salon hours are Tuesdays from 8:30am – 4pm.

Feel free to stop by and say hello or to book an appointment!



CHRISTMAS HOLIDAY HOURS



MONDAY DECEMBER 23rd 9:30am -3:00pm

TUESDAY DECEMBER 24th 9:30am-3:00pm

HOLIDAY SOCIAL & BAKE SALE



Golden Years Resident
Choir presents...



A CHRISTMAS Recital

DIRECTED BY Jennifer Hickson-Palmer,
Music Therapist



DECEMBER 13th | 2:30pm
Family & Friends are invited!



THE DENTIST IS COMING,
THE DENTIST IS COMING!

Our next dental clinic will be held at

GOLDEN YEARS

on

THURSDAY DECEMBER 5TH, 2019

Continued dental care is of utmost importance throughout our lives.

TO ARRANGE AN APPOINTMENT, CONTACT OUR OFFICE

DIRECTLY AT: (416) 964-0465 Toll Free: (877) 964-0465



Direct Dentistry Services

Est. 1991

Resident writer...

My Christmas Miracle

My story begins in August here at Golden Years, when the resident Dr. had x-rays taken of my lungs because I could not shake a cold. It showed something.

The next step in September was to have a C.T. scan, which confirmed a tumour on my left lung, and the stress began.

I had a MRI at Cambridge Memorial to make certain, no cancer cells existed in my brain (yes I said the word). This happened on October 4th and believe me I started to pray, what else was left to do.

My sister and brother-in-law drove me to St. Josephs on October 15th, for a PET scan. This would determine if any fast growing cells were in any of organs. I was in there for 2-1/2 hours and all I can say is what an ordeal. Again, I prayed!

On November 1st, I went for my pre-op. The nurses did all the necessary procedures, so the surgeon could start at 8:00am sharp to remove the tumor, on November 20th.

On Wednesday November 20th at 5:15am a cab arrived to take me to St. Mary's. By 7:45 I was heading into the operating room. It seemed like only seconds later I woke up and the nurses were walking me around, and I don't even walk on my own. For 2 days I sat in a chair and took pills. By Friday morning, I was walking down the hall, talking up a storm.

I feel very blessed to be alive. The surgeon and staff of about five, took half my lung out. When I see him on January 9th, next year, I guess I will hear more. For now, the nurses at Golden Years, keep me free of pain and able to move around. I am thankful to all, and wish everyone a God filled and peaceful Christmas.

By for now,

Susan Lindhorst



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

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download our latest program
calendars and newsletters, and
to learn what's new at
peopleCare Communities



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?

HEARTbeats

Congratulations to our October Draw Winners!

Name of Giver: Junu J.

Name of Receiver: Maria O.

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

Thank you for all you do!



A BIG THANK YOU!

To everyone who joined us at
our Holiday Bazaar, Bake Sale
& Resident and Family
Holiday Social as well as all
those who donated raffle
prizes, baked goods and your
time!

Your support for this event
was greatly appreciated.
Fun times were had by
everyone!

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 Fun

Christmas Word Search

Level 4



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



1. Bells
2. Bethlehem
3. Candy
4. Carol
5. Christmas
6. Elves
7. Gifts
8. Gingerbread

9. Holly
10. Jesus
11. Manger
12. Merry
13. Ornament
14. Peace
15. Reindeer
16. Santa

17. Sleigh
18. Snowman
19. Star
20. Stocking
21. Toys
22. Tree
23. Wisemen
24. Yuletide