### Golden Years Insider

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



#### **Celebrating February**

**2<sup>nd</sup> –** Groundhog Day & SuperBowl Sunday – Game time 6:30pm

9th - Pizza Day Lunch

12<sup>th</sup> – Memorial Service 2:15pm

13th - Country Boys 6:15pm

**14**<sup>th</sup> – Valentine's Social with Erin Moffat 2:15pm

**17**<sup>th</sup> – Hubert Hynes entertains 6:15pm

**18**<sup>th</sup> – Shopping excursion (sign up with Recreation staff)

20<sup>th</sup> – Gospel Singers 6:30pm

24th - Residents Council 9:45am

25<sup>th</sup> – Pancake Tuesday Lunch

**26**<sup>th</sup> – Jimmy's Old Time Radio Show 6:15pm

Please refer to resident activity calendar for these & other events!

people Care communities



#### Welcome Home

Norman L.

Carol Y.

Douglas S.

Sophia M.

Sandra T.

Louisa B.

George L.

Maria S.

#### Happy Birthday

To All those born in February!

| Resident Name | Date             |
|---------------|------------------|
| Peter K.      | 4 <sup>th</sup>  |
| James C.      | 5 <sup>th</sup>  |
| Teresa M.     | 7 <sup>th</sup>  |
| Norman L.     | 7 <sup>th</sup>  |
| Reg S.        | 16 <sup>th</sup> |
| Sandra T.     | 22 <sup>nd</sup> |
| Flora Q.      | 23 <sup>rd</sup> |

Flower: Carnation Birthstone: Violet

#### **February Birthdays**

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people." Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.



#### **Resident Transportation**

Transportation is an unfunded service in Long Term Care Homes in Ontario. The accompaniment and costs of taxis, ambulances and other transportation services are not covered in the accommodation fees at peopleCare Golden Years. We encourage all families and residents to be aware of the costs for transportation, especially when returning from hospital, it can be expensive and it is something that should be discussed and planned for.



In Memory Of

Demetris D.

Jean C.

Margaret K.

Marjorie S.

Debbie S.

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

#### **Message from the Executive Director**

Happy February everyone!

I wanted to take this time to inform everyone, if not already aware, I will be departing Golden Years as of February 12, 2020 to join another peopleCare home in London. Paul Rector will be joining Golden Years as of February 24th, some of you may remember him as he spent time in 2018 supporting the home. I am excited for him to join the team as his leadership, experience, and knowledge will allow him to continue supporting the amazing services and care that the home provides.

I wanted to take this time to really thank everyone for such an incredible experience that I have been privileged to be part of since joining the home in 2018. Everyone opened their arms to welcome me, share traditions with me, and allowed me to be part of the lives of so many amazing individuals. It has been such a joy to come in to work everyday and to experience all of the successes, and work through the challenges together(residents, families, and staff).

Thank you to everyone and I will cherish my experience and you all have a special place in my heart.

#### Jeremy Zinger

Sr. Executive Director

#### **Fun Facts about February**

- It is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- · It is the third month of winter.
- In the Southern Hemisphere
   February is a summer month the
   equivalent of August.
- The month is named for the Latin word februum which means purification.
- Together with January, it was the last of the months added to the Roman calendar.
- The largest American sporting event of the year, the Super Bowl, is held in February.
- The Saxon term for the month, Sol-monath, means "cake month".
   This is because they offered cakes to the gods during this month.

#### **February Quotes**

"The day is ending,
The night is descending;
The marsh is frozen,
The river dead.
Through clouds like ashes
The red sun flashes
On village windows
That glimmer red."

- Henry Wadsworth Longfellow - Afternoon in February



#### **Coronavirus: Separating fact from hype**

With coronavirus a hot topic in the media, you may be wondering how peopleCare is working to keep your loved one safe and well. Rest assured, whether it's the annual flu season, the common cold, or something new like coronavirus – taking all the right steps to make sure everyone stays healthy is always a top priority for our teams.

Each and every day, peopleCare has strong infection prevention control measures in place including:

- Sign in, sign out for visitors
- Asking people not to visit the home when they are ill
- Treating ill residents in the comfort of their room, apart from other residents
- Encouraging regular frequent handwashing
- Routine sanitization, and deep cleaning of high touch areas

With the emergence of the coronavirus, we have taken the opportunity as a team to review our pandemic, supplies and communication channels, to make sure we are fully prepared.

We are also directly connected to our local and province-wide public health offices who are in charge of planning and public response to this evolving situation.

To be clear, at this time the risk to our residents and staff from the coronavirus is very low.

We will continue to take our direction from Public Health Ontario, and are prepared to initiate escalated infection prevention control measures based on their advice. As always, we will continue to keep you updated through our regular communications channels, for example through the One-Call system.

If you have concerns in the meantime, please feel free to speak to the Director of Care when you are next in the Home.



# 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



Congratulations to our 2019 Value Award winners and Years of Service recipients!



The "Tropical Parrot Show" stopped by for an enjoyable afternoon of entertainment & laughter!





#### Resident writer...

Just To Mention A Few

We have many activities going on here at Golden Years. Our Recreation Team includes Amanda N, Amanda J, Nan, Wendy, and Valerie. If you are looking for something to do, look in the Activity Calendar daily. This comes out monthly.

Our Chaplain, Daria comes in twice a month on Friday's. She will visit with you if you wish or you may attend Spirit Circle in the Activity Room. We also have Church Services in the Front Lounge every Sunday morning at 9:45.

The 3<sup>rd</sup> Thursday of every month, the Cambridge Library comes in to lend us books. If you give them the title of a book you like, or an author, they will try to get it for you. This doesn't cost you a dime and you should know; the ladies are volunteers.

On the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month, we have Choir Practise with MT Jennifer Hickson-Palmer. This is at 10:30 in the 2<sup>nd</sup> Floor Lounge. Music visits are available also. At 1:15 we have "Music with Jen" in the Lower Level.

We have Bingo every Monday at 2:00 in the Dining Room. It is open to everyone and is quite popular. Come and join us.

Michele's Karaoke — This was a Special Event held in the Front Lounge. The residents and staff enjoyed both singing and listening to music for all ages. Great fun was had by all.

Bye for now,

Susan Lindhorst

#### Resident writer cont'd...

My World

One year ago, in January, my sister brought me to Golden Years because she wanted to sell our house which was here in Cambridge. I wasn't very well, mainly to my bad choices from previous decades. These included drinking, smoking and even smoking pot.

I didn't want to be here. I had no friends and didn't care to. The staff came every day and walked me through the motions of life. Then one day, after living a healthier lifestyle, I started feeling better. The staff weren't the enemy anymore and some of them I started to like. I have friends now, a special one being Marleny, our new hairstylist.

Jason, our Director of Programs, never fails to inspire me with his activities to be had if you wish. Every month there are new ones to choose from.

How I made Jeremy, our Sr. Executive Director, my friend is this: If you want to understand an ant become an ant. He talks personally to each resident, if they want, to answer their questions and help where he can.

Am I glad I'm here? Yes, and as all humans I have my days.

Bye for now,

Susan Lindhorst

P.S. Further to my December article, on January 9<sup>th</sup>, the surgeon reported it was 1<sup>st</sup> stage cancer and they got it all. Thank God.

Living the peopleCare Values

### **PEOPLE**

**Educate, Mentor, Recognize** 

Who have you recognized lately?

Mentoring = Leadership

Be a Leader today!



Check us out, and like us on Facebook by typing in "peopleCare Communities"

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

Visit www.peoplecare.ca to download our latest program calendars and newsletters, and to learn what's new at peopleCare Communities!

### **HE**RTbeats

Congratulations to our January Draw Winners!

Giver: Amanda J. - Recreation Reciever: Harpreet K. - PSW

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

Thank you for all you do!



#### GOLDEN YEARS NURSING HOME

704 Eagle street North Cambridge, Ontario, N3H4T3 Phone: **519-653-5493** 

Nursing Home FAX: 519-219-5494

| 101 | Desk Phone | Reception   |
|-----|------------|---|
| 102 | Desk Phone | Sr. Executive Director – Jeremy Zinger                |
| 103 | Desk Phone | Director of Resident Care – Stella Annan              |
| 104 | Desk Phone | Assistant Director of Resident Care – Jeff<br>Willson |
| 105 | Desk Phone | Director of Quality Outcomes – Salima Massani         |
| 106 | Desk Phone | Business Office – Shantell Watt                       |
| 107 | Desk Phone | Director of Food Services – Mrunali Shah –<br>Kitchen |
| 108 | Desk Phone | Director of Program – Jason Fisher                    |
| 109 | Desk Phone | Laundry   |
| 110 | Desk Phone | Lower East Nursing Station                            |
| 111 | Desk Phone | Main Nursing Station                                  |
| 112 | Desk Phone | North Wing Nursing Station                            |
| 113 | Desk Phone | 2 <sup>nd</sup> East Nursing Station                  |
| 114 | Desk Phone | Nursing hub   |
| 115 | Desk Phone | Maintenance Office                                    |
| 116 | Desk Phone | Activity room   |
|     |            |   |

#### peopleCare is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in 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

### Groundhog Day Word Search

L T S X E Y N W U Ν U E V P J P F R R E F T Ν O Y U В Q Ι L C T K W Y D U O L S F D Α Η R O C I A Y O В M U M W P A T J M P Z Ι L P O M R Η D O M W E C В P M L P S U G S P R E W G U U I N G V Α S D O E N U Q T R E G L Y R K L M S W D U N D E R G R O U N D O S S Α Y A D Ι L 0 Η E M E R G E E F T В S S L P R E D C T I Y A D Q L 0 I O N S C Ι S F V Y K Η K W R R U В Х Z В E A W I M R O D E N T X D N P T E E T E T Α Ν R В I Η Α R N I W L E E P W E E U E I F W E A T Η E R I J S P E N N S Y L V Α N I Α M V H S E Η L G O E Y E O Y Z F R T S Y P X K В I T J R Y X Н J P X C Y G U V Z Z L K S Ι Η K O P В E Х O Н C O 0

burrow cloudy cold day emerge February forecast groundhog hibernate hole holiday mammal Pennsylvania prediction Punxsutawney Phil rodent

shadow sign six weeks spring underground weather winter



## Valentine's Pay Word Search

Find all these words in the grid, they can run in any direction but will always be in a straight line. The left over letters will complete this quotation:

IF LOVE IS BLIND,

