

May 2020

Golden Years Insider

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May

"The wind is tossing the
lilacs,
The new leaves laugh
in the sun,
And the petals fall on
the orchard wall,
But for me the spring is
done.

Beneath the apple
blossoms
I go a wintry way,
For love that smiled in
April
Is false to me in May."

- Sara Teasdale, *May*

peopleCare
communities

Of all the gifts
that life has
to offer, a
loving
mother
is the greatest
of them all

Happy Birthday
To All those born in May!

Resident Name	Date
Robert G.	2 nd
Shirley M.	6 th
Adib H.	6 th
William G.	10 th
Geraldine K.	12 th
Jennie K.	14 th
Leonor D.	14 th
Maria C.	17 th
Robert K.	22 nd
Maria S.	23 rd
Victoria B.	24 th
Jennifer S.	27 th

Flower: Lily of the Valley
Birthstone: Emerald

May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types will not finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.



Special Note:

As you may notice there is no recreation calendar of events included with this newsletter. With the new protocols around Social Distancing, we have decided as an organization to refrain from providing our usual Recreation Events Calendar for the month of May.

We understand that this is a different process than normal. Rest assured we are still providing small group programming for residents following all social distancing guidelines (5 residents at a time, at 6 feet apart) as well as spending lots of time arranging and facilitating virtual/phone visits.

We are still having fun and engaging your loved ones in meaningful activities safely. Don't forget to check out our Facebook page (peopleCare Communities), it's a great way to stay connected to what's happening in the homes!

Thank you for your understanding during these changes.



In Memory Of

Jeanette Anderson

*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

A message from the Executive Director

Dear families,

Our team continues to do all we can to keep everyone's spirits up in the Home and stay connected with all of you through phone calls, virtual visits and Facebook updates, we have recently added 2 more tablets to keep residents virtually connected with family. While it is not as wonderful as seeing you all in person, we know it's best for the time being to help keep everyone safe in our Home and community.

As you are aware from recent phone calls and updates, Public Health has increased testing in long-term care homes as part of the government's Action Plan for LTC. We welcome this as the next step in the ongoing efforts to keep COVID out of our Home.

We are always looking for ways to increase resident and staff safety through new precautions. For example, we began asking for a negative COVID test for all residents being admitted/readmitted to our Home. This was before the government made it a directive for all Homes in the province.

Our teams continue to wear masks and we are practicing social distancing for dining and programs. We have the PPE we need for infection control now, and in the event of an outbreak.

Most importantly, we are paying very close attention to the physical and emotional health of your loved one each and every day. All of our wonderful families and community neighbors are a big part of that, and we are so touched with the continued outpouring of support.

We thank you for your kind words of support and encouragement. Local businesses, families and staff have donated lunch and snack items as well as a variety of supplies. Ed Kubert's Easter Bunny dropped off a nice assortment of Easter goodies enjoyed by our residents and team members, Sue Lachapelle for the donation of sandwich platters for staff. We would also like to thank Domino's Pizza Cambridge for donating a pizza lunch and "Your Neighbourhood Credit Union" for donating a boxed pizza lunch, thank you to all!

The government's latest estimates show that COVID numbers in Ontario are slowing down. This makes us excited and optimistic that soon, together, we will have gotten the best of this virus. Until then, keep in touch and stay well!

Sincerely,

Paul Rektor

Keep in touch:

Golden Years: 519 653 5493

Executive Director: Ext. 102

Director of Care: Ext. 103

Director of Programs: Ext. 108 Social Worker: pete.mielke@outlook.com

Three free resources to support good mental health during the pandemic

- **CAMH** – www.camh.ca – The Centre for Addiction and Mental Health offers information and suggestions about how best to cope during this difficult time on their [COVID-19 Resource Page](#).
- **#MindVine** – www.mindvine.ontarioshores.ca -- Social media home of Ontario Shores. Recent posts include: [COVID-19: Why Building a Fort Can Improve Your Mental Health](#).
- **Mental Health Commission of Canada** – www.mhfa.ca – Offers tips and resources to support mental well-being, such as this easy-to-use [worksheet](#) to create a self-care plan.

Family and Resident Councils COVID-19 webinar

The [Family Councils Ontario \(FCO\)](#) and [Ontario Association of Residents' Councils \(OARC\)](#) hosted a joint webinar in April titled "Courageously Living Through COVID-19 Together: Residents and Families." The session was designed to give families and others a safe forum to ask questions and talk about how COVID-19 has reshaped our lives.

A recording of the webinar and the slides are available to view free of charge:

<https://www.youtube.com/watch?v=ElZZTu6WTSM&feature=youtu.be>

Or click this link for a summary of Questions and Answers:

www.ontarc.com/documents/bulletins/20200423COVID19OARCwebinarQandA.pdf

Source: Family Councils of Ontario (FCO) Newsletter

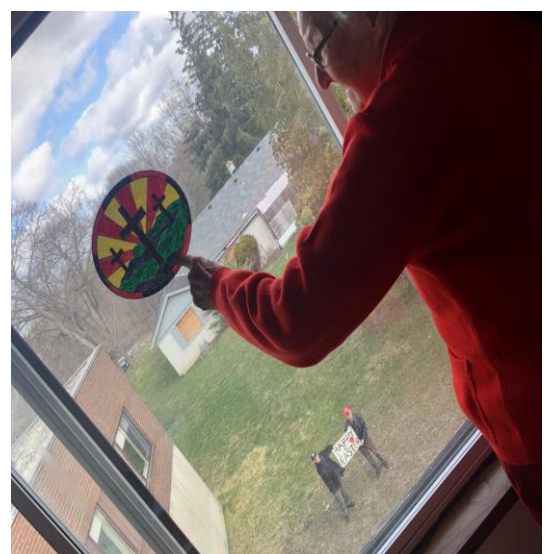
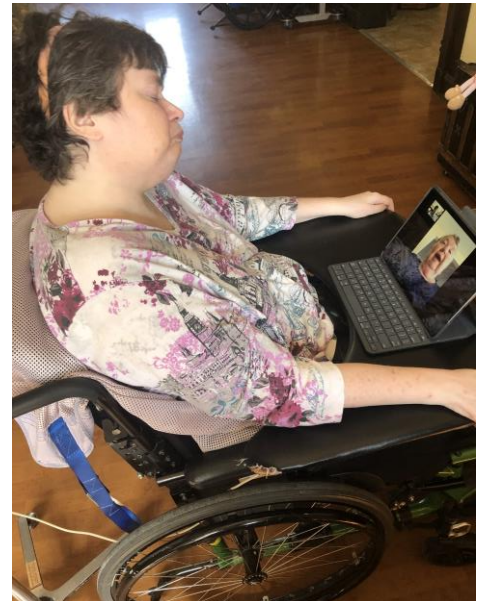
"Home Happenings" in April!



FROM THE STAFF
OF
GOLDEN YEARS LTC...

**THANK
YOU!**

FOR YOUR GENEROUS
DONATION OF A PIZZA
& SALAD LUNCH!



Living the peopleCare Values

EXCELLENCE

Exceed Expectations

Do you do your best work, each
and every day?

Strive to be better than the rest



Check us out, and like us on Facebook by typing
in "peopleCare Communities"
<https://www.facebook.com/PeopleCareCommunities/>

HEARTbeats

Congratulations to our March Draw
Winners!

Name of Giver: Vickie D. - PSW

Name of Receiver: Myriam P. -
Environmental

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

Thank you for all you do!



Family and Friends,

We encourage you stay in touch with
your loved one by using Facetime,
Skype or Zoom.

The Recreation team will support your
loved one with connecting with you
during these times. We have devices
available to set up residents with a
video chat or phone call.

Please contact a member of the
Recreation Team at ext. 116 or the
Director of Programs at ext. 108 to set
up a time. Thank you!



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



Flower Power



ASTER
 CROCUS
 DAFFODIL
 DAISY
 GERANIUM

HONEYSUCKLE
 LAVENDER
 LILAC
 LILY
 MARIGOLD

ORCHID
 PANSY
 SUNFLOWER
 TULIP
 VIOLET



Mother's Day

Second Sunday of May



APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER

NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE

