

July 2020

# Golden Years Insider

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peopleCare  
communities



## Celebrating July

"That beautiful  
season the  
Summer!  
Filled was the air  
with a dreamy  
and magical light;  
And the landscape  
Lay as if new  
created in all the  
freshness of  
childhood."

- Henry  
Wadsworth  
Longfellow

*On July 1, 1867, the British North Americas Act created the Dominion of Canada as a federation of four provinces. This event is known as the confederation of Canada. The four original provinces were created from the former British colonies of Nova Scotia, New Brunswick and the Province of Canada, which was divided into the provinces of Quebec and Ontario. Canada's boundaries have been extended since 1867. The country now consists of 10 provinces and three territories. On June 20, 1868, the Canada's Governor General proclaimed that Canadians should celebrate the anniversary of the confederation. July 1 became a statutory holiday, known as Dominion Day, in 1879. However, no official celebrations were held*

*until the 50th anniversary in 1917 and the 60th anniversary in 1927. After World War II, Dominion Day was celebrated more frequently and more events were organized by the national government. After the centenary of the confederation in 1967, Dominion Day events became more widespread. July 1 became popularly known as Canada Day. The date was also officially known as Canada Day from 1983 onwards.*

Happy Birthday to  
All those born in July!

Resident Name	Date
Beverly T.	3 <sup>rd</sup>
Fran P.	10 <sup>th</sup>
Betty S.	14 <sup>th</sup>
Ed M.	25 <sup>th</sup>
Marjorie H.	30 <sup>th</sup>

Flower: Rose

Birthstone: Pearl

## July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.



## Outdoor visiting

We encourage our resident family members to get in touch with us to book an outdoor visit with your loved one. Please contact our receptionist at ext. 101 Monday to Friday between 9am and 4pm to book your visit.

We have a nice area reserved for outdoor visits located at the main courtyard near the main entrance to the home.

We look forward to seeing you and having you visit with your loved one. If you have any questions, please feel free to contact reception or the Director of Programs!



*In Memory Of*

**Olive Pike**

*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

From the desk of Paul,

Happy Canada day everyone! On July 1<sup>st</sup> we celebrate Canada's 153<sup>rd</sup> birthday. It's hard to believe we are moving the calendar page into July.

We are so happy to have outdoor visiting in place for our residents and families. As a reminder please call Maggie at extension 101, Monday to Friday between 9 till 4 to book your visit time. Visit times are booked 48 hours in advance, (please see newsletter for further details on requirements)

We would like to thank our resident's families for taking the time to complete our recent Family survey this past June. Our organization had over 200 responses. We appreciated the comments of support and encouragement for our home team and your well wishes. Thank you to all.

Please share with us your email if you are already not on our contact list, with Jason our Director of Programs. The email will not replace our approach or commitment to personally reaching out e.g. by phone, about their loved one's health and well-being. This has proven to be an excellent tool to send out information quickly to our family members.

We are happy to welcome Cherry Hanson to the role of temporary Director of Care. Cherry has a diverse background and leadership experiences within multiple organizations and industries including policing. This will continue to help in fostering a collaborative working environment within the home to support our staff, residents and families to ensure we meet our organizational goals to change the world of senior living, and provide exceptional resident centered care. Cherry will be available at extension 103.

On behalf of the entire Leadership Team at Golden Years, I would also like to take this opportunity to genuinely thank Stella Annan (DOC) for her leadership, dedication and support to the home during this upcoming transition period and for her continued support during the onboarding period. We wish Stella well on her upcoming Maternity leave which will be commencing in the upcoming weeks.

Best Regards

**Paul Rektor,**  
**Senior Executive Director**



## Outdoor Visiting Guidelines

During the COVID-19 pandemic, the health and safety of our residents, families, staffs, and visitors remains our top priority. The presence of family and friends is an important source of mental and emotional strength for our residents and we recognize that nothing replaces an *in-person* visit. The following guidance supports safe, socially distanced enhanced outdoor visits.

### What you need to know:

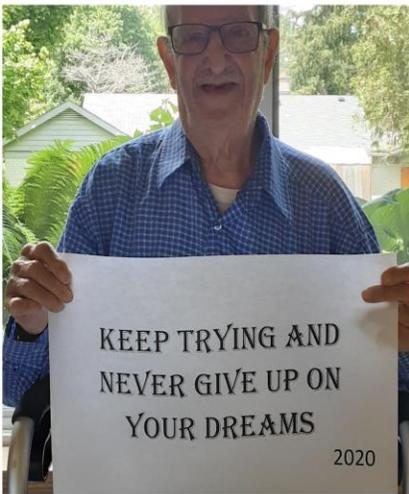
- Outdoor visits are available only when the Home is not in outbreak.
- **Visits will be pre-scheduled:** Please call **RECEPTION AT EXT. 101** to learn more about booking a timeslot. **YOU MUST BOOK IN ADVANCE OF 48 HOURS WITH RECEPTION FROM MONDAY – FRIDAY 9AM TO 4PM. NO VOICE MESSAGES ACCEPTED**
- We will do our best to accommodate requests, however we also need to ensure every family has an opportunity to visit. Frequency of visits will be based on equitable access.
- One family member at a time/visit. POA/SDM will determine who visits.
- Visitors must be 18 years or older to ensure precautions are followed.
- All visitors will be actively screened, including temperature checks. **Visitors must attest to having a negative COVID swab within the last 14 days of the time of their outdoor visit.**
- For everyone's safety, anyone who is on self-isolation, being tested or positive for COVID-19 should not visit.
- Personal protective equipment (PPE – e.g. masks) will be required, along with hand hygiene.
- Except for service dogs, animals should not accompany visitors.
- **Outdoor visits are currently accommodated in the front courtyard only where weather permits.**
- **Please note, if the outdoor visiting guidelines are not followed, and the resident develops COVID-19 related signs/symptoms, they will require swabbing and be placed in self-isolation for up to 14 days.**

### During the visit:

- You must keep mask on at all times.
- Follow hand hygiene (handwashing or use of hand sanitizer) procedures. Complete when entering/leaving the designated visiting location.
- Staff is available to escort you to the designated visiting location if required.
- Please do not pass along anything, such as food or letters, to your loved one or staff.

Always keep minimum distance of six feet from others, including your loved one

# Fun in June!



June was a fun month filled with some fantastic weather, the start of our outdoor visiting, recognizing the Class of 2020, and sharing some of our events as we celebrated Seniors' Month. Thank you everyone for a great month!

Unscramble the letters to find the words in our

# Canada Anagram



**Hidden Word**

(solve the circled letters): \_\_\_\_\_

v**r**eeab

\_\_\_\_\_

t**t**owaa

\_\_\_\_\_

g**h**irfsi

\_\_\_\_\_

t**e**ionmu

\_\_\_\_\_

s**o**eo**m**

\_\_\_\_\_

m**c**rp

\_\_\_\_\_

n**c**a**e**o

\_\_\_\_\_

o**n**o**l**e**i**

\_\_\_\_\_

**n**ow**s**

\_\_\_\_\_

b**z**m**a**n**i**o

\_\_\_\_\_

o**k**ch**y**e

\_\_\_\_\_

l**p**e**a**m

\_\_\_\_\_

# Canada Word Search

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

deer

elk

goose

grizzly

ice

lacrosse

moose

mountains

Ottawa

RCMP

skates

skiing

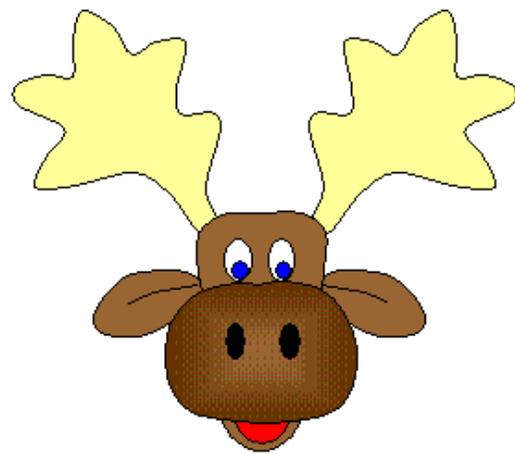
sled

snowboard

snowman

syrup

Wild rose



Living the peopleCare Values

# PEOPLE

**Educate, Mentor, Recognize**

Who have you recognized lately?

Mentoring = Leadership  
Be a Leader today!



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

## HEARTbeats

Congratulations to our April Draw Winners!

**Name of Giver:** Vicky N. PSW

**Name of Receiver:** Helena G. PSW

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

Thank you for all you do



### Social Work Message – July 2020

Self-care, it seems self-explanatory. What are the important components in self-care? Many people think it is only to do with your physical needs. You have many other needs to consider such as: psychological, emotional, financial, and social well-being. Think about one or two areas that you have avoided or ignored all together. For example, what is one thing you can do to keep your body healthy? What might be a second strategy? What is one thing that you can do to keep your mind healthy (this can include your faith)? Could you engage in a hobby or try to think more positively? How about your mood? What can you do to keep your spirits high? Would you count your blessings or do nice things for people? To keep your relationships healthy, you could be polite and honest with people and listen more. The point is to ask yourself these questions. What answers do you come up with?

If you need help in exploring these ideas, please feel free to talk to me!

**Peter JE Mielke BSW, RSW**

### 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