

April 2021

Golden Years Insider

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Celebrating April

Habitat Awareness Month

Jazz Appreciation Month

April Fools' Day

April 1

Easter

April 4

Blue Jays Home Opener

April 8th

Ramadan Begins

April 12

**Sandy MacDonald Virtual
Entertainment**

April 22nd

Earth Day

April 22

**Please refer to your April
activity calendar for more
events, dates & times!**

peopleCare
communities



Happy Birthday
To all those born in *April!*

Resident Name	Date
Penny M.	2 nd
Dennis M.	2 nd
Phyllis G.	4 th



April Birthdays:

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Facts You Didn't Know About the Month of April

- **April** Is Named for Aphrodite. ...
- **April's** Zodiac Signs Are Four-Legged Hooved Creatures. ...
- **April's** Honorary Flowers Are Daisies and Sweet Peas. ...
- The Diamond Is **April's** Birth Stone. ...
- Poet William Wordsworth Was Born in **April**. ...
- Noah Webster Copyrighted the First Edition of His Dictionary in **April**. ...
- Leonardo da Vinci Was Born in **April**.

A BIG thank you to Kathryn Forbes and the team at Forbes Insurance of Cambridge for their generous donation of Easter chocolates for the residents...



Thank you Forbes Insurance!



In Memory Of

Nicola D.

Irene M.

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

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

~Henry Wadsworth Longfellow

From the desk of Paul...

With spring, comes renewed hope as we have all been caught in the grips of the pandemic for over a year. We are awaiting the return of family visits, group programs, entertainment, religious visits, community outings and more. This will come in time, and it will be gradual and may look different than before. The good news is that Ontario continues to escalate the vaccine program and there is an assured supply of vaccines for the future. Vaccine research is ongoing, and changes will continue to be made based on research and directives. We are pleased to have rapid antigen test available in our home providing results in 15 minutes. Daily case count tracking numbers has become a common topic among Canadians. We are all hoping that the numbers will flatten and the risk in the community will be minimized as the months pass by.



For now, we remain in the red zone, and we know as the weather slowly gets warmer that you likely cannot wait to spend time with your loved one outdoors. Although we are eagerly awaiting this as well, we would like to remind you that, as per the Directive, our Home currently cannot host outdoor visits or approve short term and temporary absences. We miss seeing all our families and sincerely appreciate your understanding as we look forward to when we can welcome general visitors both indoors and outdoors again.

Our team is happy to support virtual visits so you can enjoy more heartfelt moments and memories with your loved one, and our Care Package policy makes it easy for you to safely drop something off for them. Please reach out to a member of our team if you are interested in becoming a family care giver. More information can be found on our [peoplecare.ca](https://www.peoplecare.ca) website.

From all of us at Golden Years Nursing home we would like to wish our residents, families and team members, a safe and Happy Easter, stay safe and be well.

Paul



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR

APRIL

CLEAN

CLIMATE

COMPOST

CONSERVATION

ENERGY

ENVIRONMENT

EXTINCTION

FOREST

GLOBAL

LAND

LITTER

NATURE

OCEAN

OZONE

PEOPLE

PLANET

POLLUTION

RECYCLE

REDUCE

RESOURCES

REUSE

SMOG

TRASH

TREES

WASTE

WATER

WILDLIFE

Chit Chat...

*“See! The winter is past; ...
Flowers appear on the earth;
the time of the singing of birds has come”*
Song of Solomon 2:10-12



I think it is safe to say that we have all been waiting for the arrival of spring... thankfully, the snowdrops and crocuses have already peeked through the cold ground. March may have *gone out like a lion*, but we continue to have hope that the sun's rays will strengthen and spark the annual blossoming of new life before our very eyes. The grass is greening, perennial flowers are starting to bloom, and buds on the trees appear to be warming to the idea of waking up. Birds and animals are busy gathering materials to ready their nests as they prepare for new life. Ahh... Some things never change.

This time of year, is filled with many festivals observed by people traveling along various faith journeys... *Passover* (Jewish) began the eve of March 27 and continues until April 4. This marks the remembrance of the liberation of the Israelite slaves from captivity in Egypt. During this time, candles are lit, special prayers / blessings are recited, the story of the Exodus is read and special meals are shared.

Christians began observances on March 28 with *Palm Sunday* beginning Holy Week, when the Passion and Crucifixion of Jesus is recalled on *Good Friday*, leading to the celebration of his resurrection on *Easter Sunday*, April 4.

April 13 marks the beginning of the Muslim festival of *Ramadan*. During this month-long ritual, adult followers of Prophet Mohammed observe fasting during the day as they pay special attention to usual practices known as the Pillars of Islam (profession of faith, prayer, concern for the needy, fasting, and pilgrimage - if able.)

The Hindu observance of *Holi* (March 29) also known as *Festival of Colours* or *Festival of Love*, is a celebration of the coming of spring. People share festive meals and playful singing, dancing and throwing brightly coloured powder and water.... Fun! 😊

In mid-April, Buddhists will mark the coming of their new year with the *Songkran Festival*, celebrating water as a ritual of washing away all negativity. Sounds like a good idea, doesn't it?

Pierre Teilhard de Chardin said, “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

May your holidays—however you observe them—and every day, be blessed with the knowledge that you are not alone.

Chaplain Daria

Living the peopleCare Values

PROFESSIONALISM

**Act with Knowledge
Develop Skills
Dress for your Customer
Choose a Positive Attitude**



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

HEARTbeats

Congratulations to March Draw Winners!

Name of Giver: Burgundy Y. - RSA

Name of Receiver: Julie E. – R.N.

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

Thank you for all you do!



Family Members & Friends:

A reminder that the Recreation dept. is happy to assist you with booking a virtual visit with your loved one either through Facetime(iOS), Skype or Zoom.

Please contact a member of the Recreation team to set up a time.

Days & times are blocked to allow for our regularly scheduled in-home activities, so please get in touch with us at **ext. 116** to book a time!

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

Easter Word Search

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

Basket
Bonnet
Bunny
Candy
Chicks
Chocolate
Daffodil
Decorate
Ducks

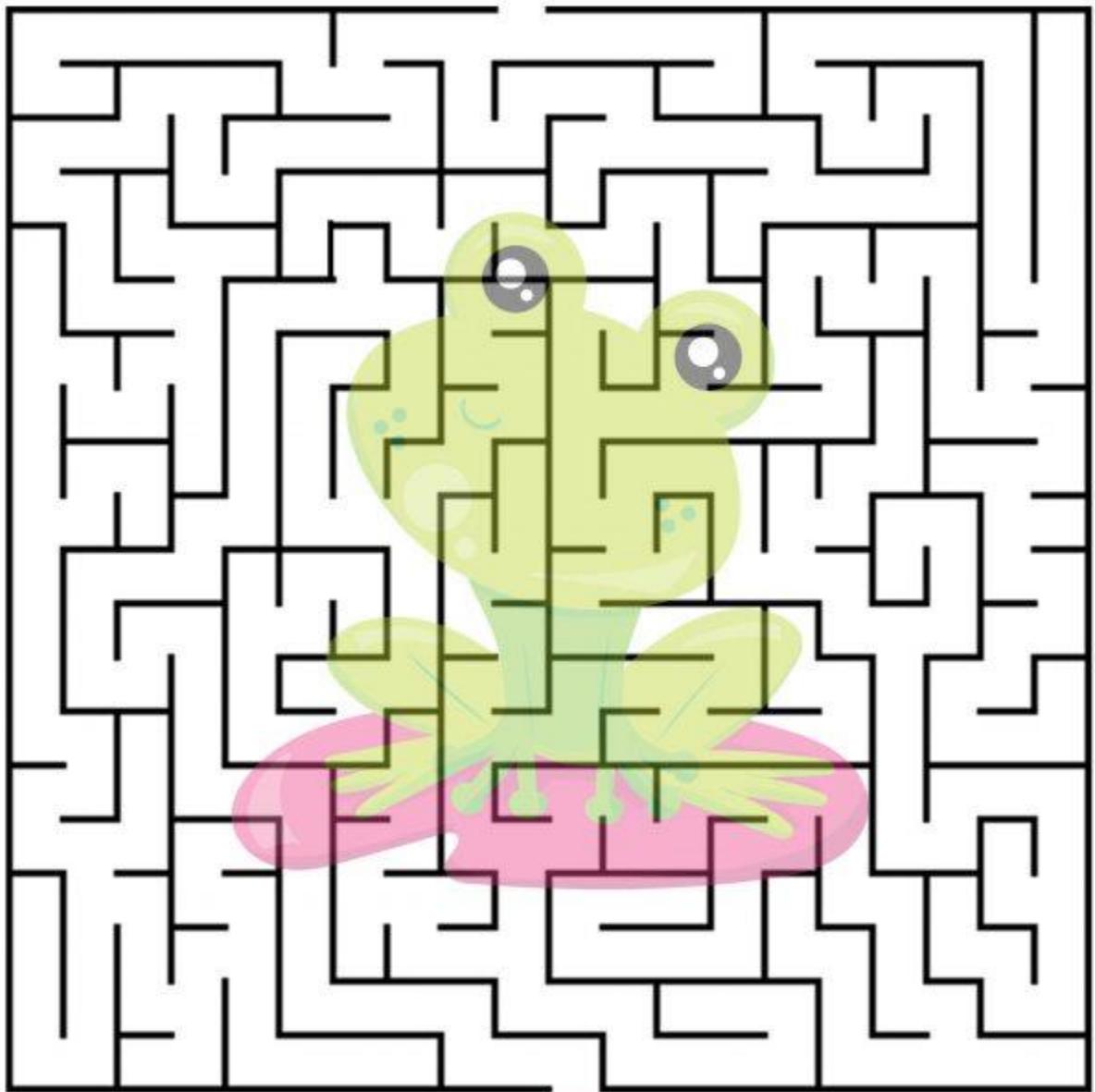


Dye
Easter
Egg Hunt
Eggs
Family
Flowers
Grass
Happy
Jellybeans

Lily
Parade
Peeps
Rabbit
Spring
Sunday
Tradition
Tulips



Complete the Maze! Help the bee reach his duck friend.



Aprilway Oolstay!