

October 2021

# Golden Years Insider

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peopleCare  
communities

## Celebrating October

**Country Music Month**

**Positive Attitude Month**

**International Coffee Day**  
*October 1*

**Oktoberfest BBQ Lunch &  
Party**  
*October 7*

**Thanksgiving Service with  
Daria**  
*October 8*

**Thanksgiving Day**  
*October 11*

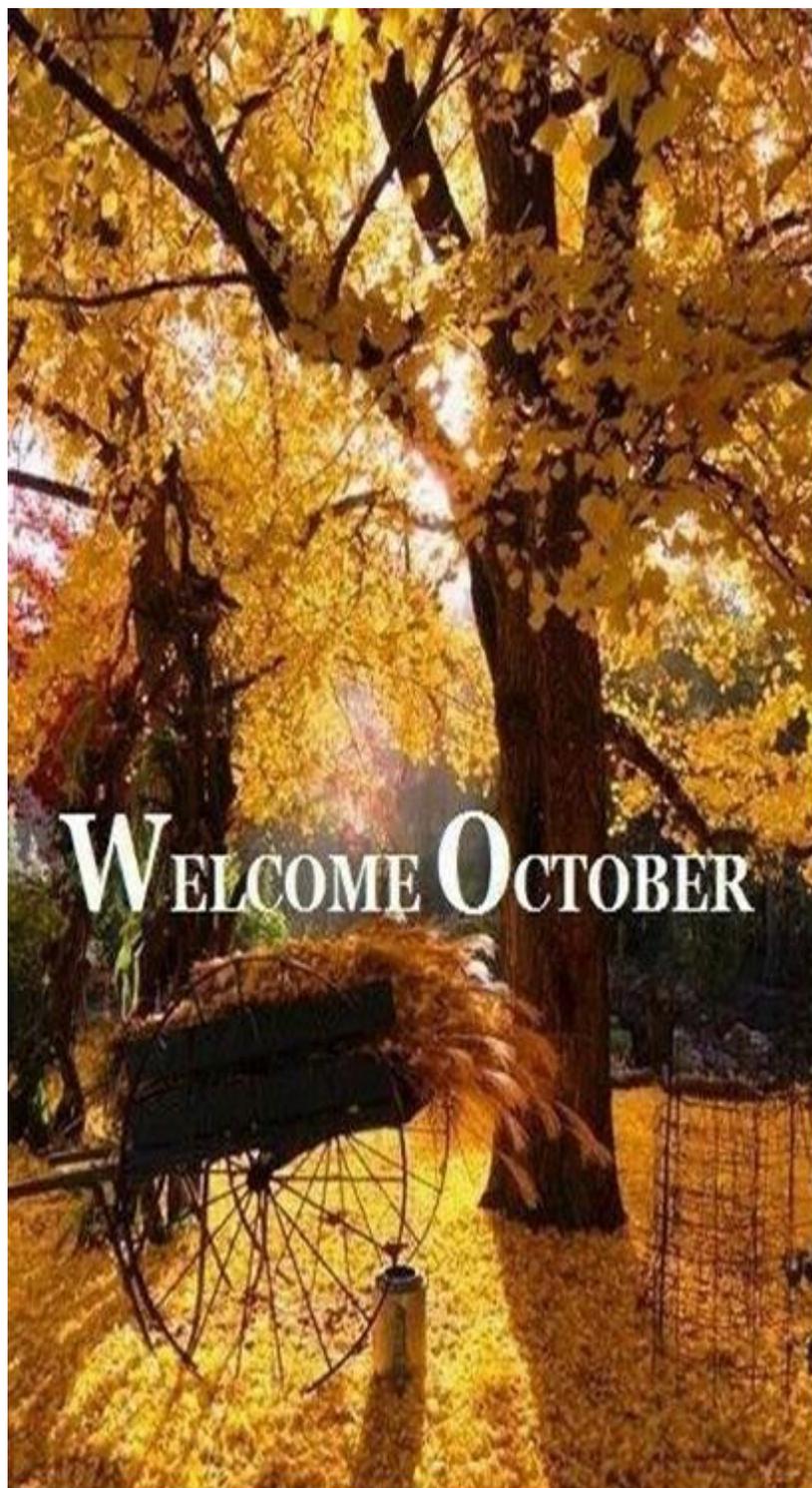
**Residents Council**  
*October 19*

**Swiss Chalet Luncheon**  
*October 20*

**Halloween Haunt**  
*October 29*

**All Hallows' Eve or  
Halloween**  
*October 31*

*Be sure to refer to your  
October activity calendar for  
all scheduled activities!*



# Welcome Home

We welcome

Anna C.  
Maria N.  
Elizabeth C.

Happy Birthday to  
All those born in October!

Resident Name	Date
Lily D.	1 <sup>st</sup>
Lynda F.	14 <sup>th</sup>
Dianne T.	18 <sup>th</sup>
Betty F.	29 <sup>th</sup>

**Stone:** Opal

**Flower:** Calendula

## October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality.

Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.



**YOU ARE INVITED TO BE THE DIFFERENCE**

***\*WE ARE LOOKING TO PLAN A VIRTUAL FAMILY COUNCIL MEETING\****



**Why Join?**

**Family Council benefits family members by:**

- Giving you an opportunity to use your experience, skill, interests and talents to benefit all residents.
- Keeping you informed of what is going on in the facility.
- Giving you input into decisions and changes in the facility that may affect your family members.
- Enabling you to identify residents' needs that can be met through organized effort.
- Giving you support through shared experiences with other families
- Providing education on relevant topics

***Please feel free to contact the Director of Programs for more information!***



*In Memory Of*

**Violet C.**

**Elsie J.**

*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**

## From the desk of Paul ~

Autumn has arrived, the leaves are slowly changing, the weather is cooling down a bit with a crispness in the air. Fall is a peaceful time with winter just around the corner. Take some time to enjoy the fall sunshine and colours. The trees around our home will soon bring about a display of fall colours.

During the month of October, we will be launching our annual Infection Control Flu vaccine campaign. This year's focus will be on raising awareness to Influenza and outbreaks and what can be done to help prevent the spread of influenza including the use of the Flu shot vaccine and diligent Infection prevention control practices (IPAC). Flu vaccines for the general public are available at no charge at most pharmacies. We will have flu vaccines available for our residents and team members.

The pandemic continues and we had all hoped that this would be behind us. With a focus on making decisions led by the evolving science, peopleCare has reinstating our universal rapid testing of all staff, students, volunteers, family caregivers and visitors regardless of immunization status. This enhanced measure will provide our Home with an extra layer of protection.

As we move into Thanksgiving, I am grateful for our team members, our residents, and their families for supporting each other and all of us, as we continue each day.

Thanksgiving is just days away, and its origin dates back to celebrating the harvest and blessings of the past year. On Oct. 7th we will have an Oktoberfest style lunch for our residents and team members.

From all of us at Golden Years we wish that you all stay healthy, be safe, and have a Happy Thanksgiving!

~ Paul



## Chaplain Chit Chat...

*"The falling leaves drift by my window  
The falling leaves of red and gold..."*



As it happens, autumn is my favourite time of year – the cooler temperatures,

the beauty of the changing leaves, wrapping up in a cozy blanket with hot chocolate in hand... even before Thanksgiving's official arrival, it makes me think of people and things that have made a positive difference in my life. Some people call them blessings – I call them tangible love.

As with many songs, these words quoted above bring back some wonderful memories for me. My father used to sing *"Autumn Leaves"* and he played a large part in forming my life-long love affair with music. Even though he is no longer traveling this earthly journey with me, I can still hear him say, "Be kind, and treat others as you would like to be treated." I am grateful for having someone in my life who was encouraging and supportive, but who also challenged me to do my best.

I realize that being thankful is not always the easiest thing... plans don't always pan out the way we hope, and sometimes our aches and pains (in body, mind and spirit) seem to thwart our efforts to stay positive. Even when the falling leaves might be disappointing, I think the beauty of their colours is a real gift for us to enjoy. I also think that if we put our energy into being thankful, we'll have a much better chance of being happy than if we put on our *grumpy hat*. Another song comes to mind...

*"If you're worried and you can't sleep,  
just count your blessings instead of sheep,  
and you'll fall asleep counting your blessings!"*

Even something as simple as a bed to sleep in is certainly something to appreciate.

Through all the changing situations of these times, when sometimes we may wonder when things will "get back to normal", I am still heartened by the encouragement and kindness displayed by so many people.

May we always find something to be grateful for... I am certainly always thankful for the opportunity to share time with and support you, the residents, staff and families of our Golden Years community. During this colourful season, I invite you to contemplate what blessings you have enjoyed, and to remember that you are never alone.

Continued blessings to you and yours... Chaplain Daria

***"Today is a gift... that's why they call it the present!"***



**7th**  
**OCTOBER**

# Oktoberfest

**MUSIC FOOD & DANCING**

**ENTERTAINMENT WITH SANDY MACDONALD  
STARTS AT 2:00PM**

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# HOME AREA HAUNT

FRI.  
OCT.  
29TH

DRESS  
UP IF  
YOU  
DARE!

HOME AREA COSTUME CONTEST!

TREATS FOR EVERYONE & A PRIZE TO THE MOST  
"GHOULIEST" HOME AREA

JOIN US FOR SOME HALLOWEEN FUN - FRI. OCT. 29TH

Made with PosterMyWall.com



*Familiar songs,  
Smiles & Friends  
gathered together to  
enjoy music with  
Gary Munn*



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Halloween Word Search

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

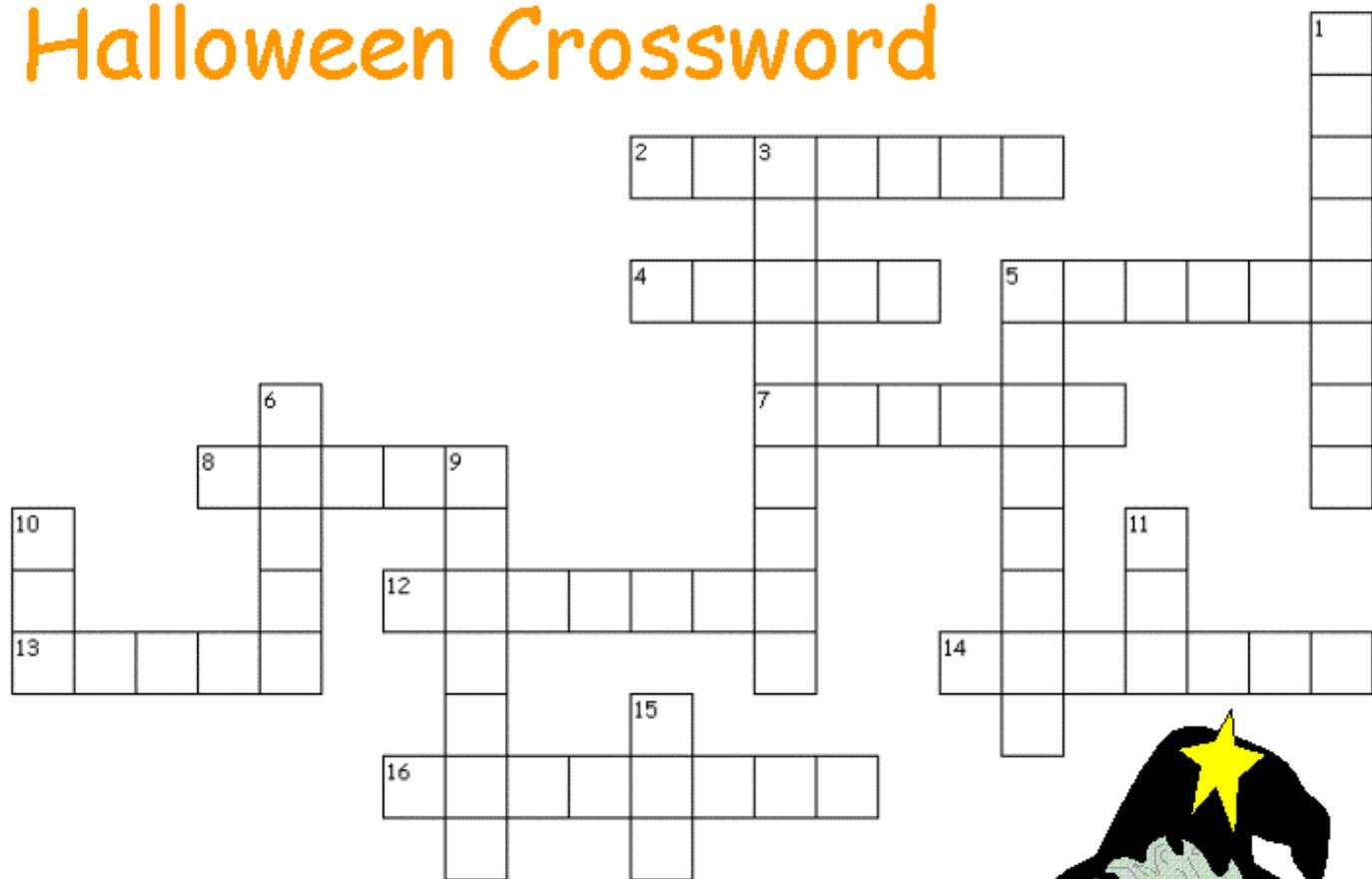
BLACK  
ORANGE  
GHOST  
WITCH  
SCARY  
CANDY  
HAUNTED

HALLOWEEN  
OCTOBER  
SPIDER  
SKELETON  
MUMMY  
COSTUME

JACK-O-LANTERN  
BAT  
MOON  
CAT  
NIGHT  
OWL  
BOO



# Halloween Crossword

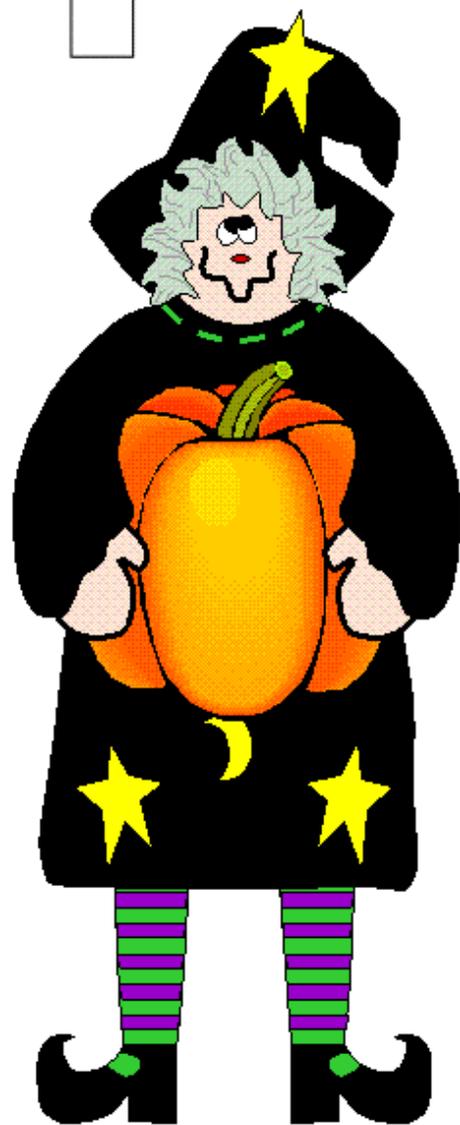


## Across

2. Halloween month.
4. Need a bandaid? Go ask your \_\_\_\_\_.
5. Look both ways before you cross the \_\_\_\_\_.
7. She catches bugs in her web.
8. Rides a broom in the moonlight.
12. Something to carve.
13. Trick or \_\_\_\_\_
14. Are you going to make it or buy it?
16. Someone who turns into a wolf when the moon is full.

## Down

1. Ghoulies and \_\_\_\_\_ and long legged beasts.
3. You find these stones in a graveyard.
5. Mr. Bones
6. Things that go bump in the \_\_\_\_\_.
9. Spooky house with ghosts.
10. black \_\_\_\_\_
11. Flying nocturnal mammal.
15. Wise, old \_\_\_\_\_.



Living the peopleCare Values

**EXCELLENCE**

**Exceed Expectations**

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

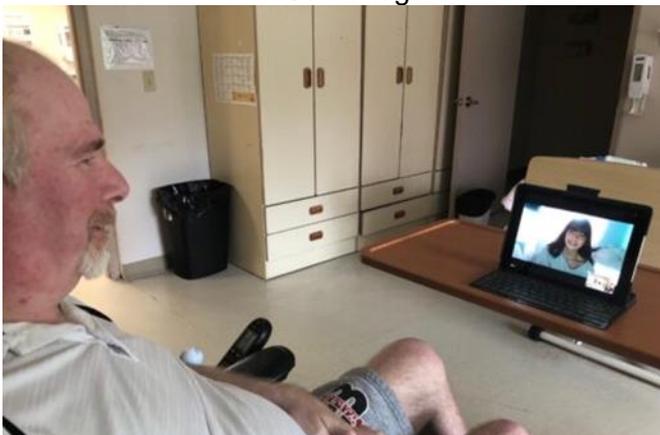
Strive to be better than the rest



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



Enjoying virtual visits with students from the City of Cambridge



## Family & Friends –

Reminder to visit [ww.peoplecare.ca](http://ww.peoplecare.ca) for any COVID-19 updates.

Book your indoor or outdoor visit using the appointlet link provided below. If you need assistance, please speak with our receptionist at ext. 101 or Director of Programs ext. 108

**Appointlet booking site:**

<https://golden-years-resident-family-visits.appointlet.com>

## 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