

September 2023

# Oakcrossing Free Press

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## Celebrating September

Entertainment w/ Marie Bottrell  
September 2

Remark & Shopper's  
September 7

Quilt Show  
September 8

Code Green Evacuation Drill  
September 13

Backyard BBQ  
September 13

Cherryhill Mall  
September 14

Entertainment w/ Craig  
September 16

She's Got Leggz Shopping  
Vendor  
September 17

Cruncan Orchards  
September 21

Oakcrossing Carnival  
September 23

Gateway Church  
September 24

Entertainment w/ George F.  
September 27

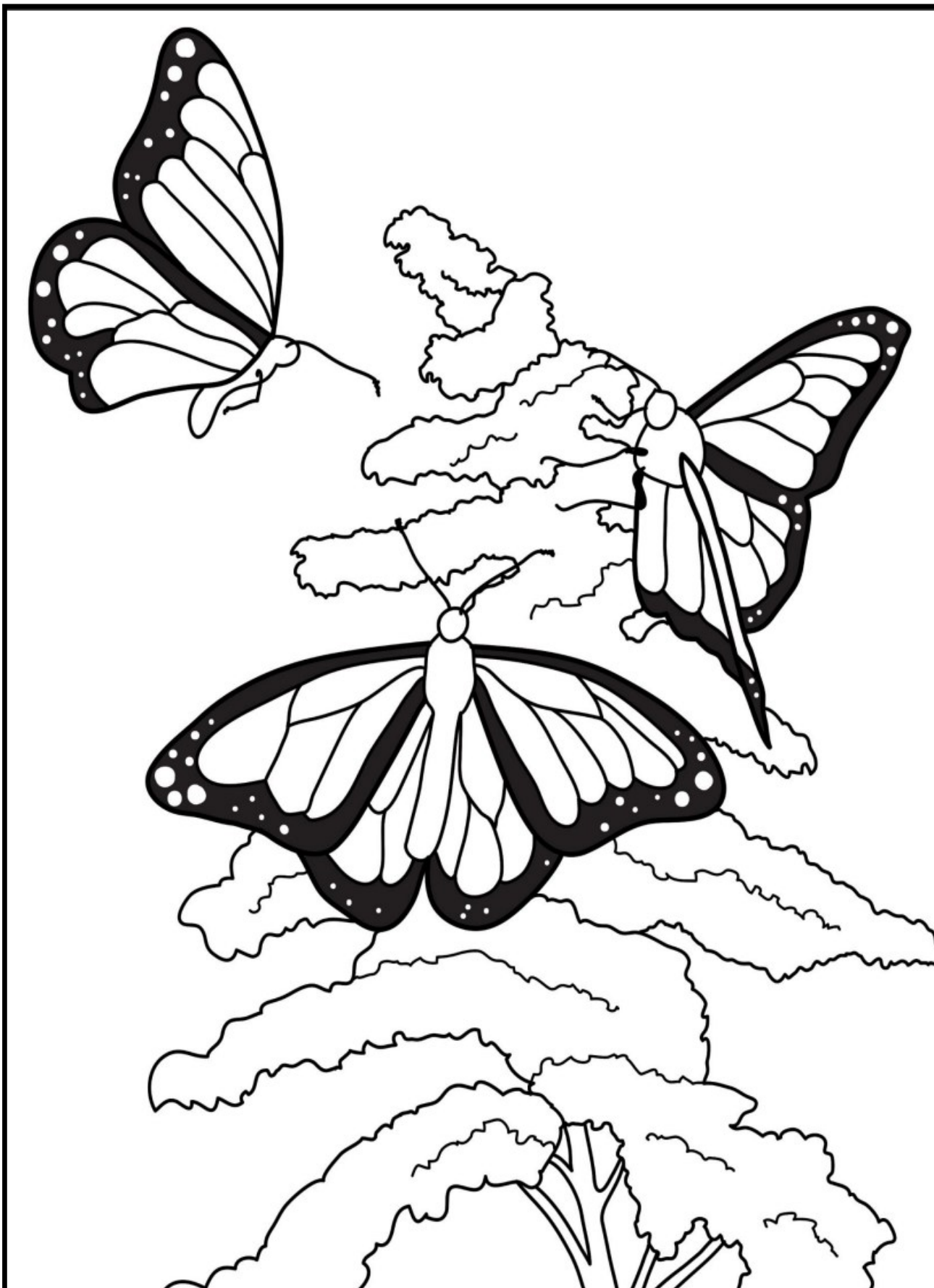
Walmart  
September 28

## Something Borrowed

Since 1987, September has been celebrated as Library Card Sign-Up Month. While this is a time to remind children about the value of libraries, people of any age are encouraged to get a library card and explore the wonderful world of borrowing books for free.

America's first lending library was founded in Franklin, Massachusetts, in 1778. When founding Father Ben Franklin was asked to donate a bell to the town, he instead donated a set of books, which became the library's first collection. The oldest known library in the world dates back to the seventh century BC. Located in Nineveh, in modern-day Iraq, it was a private library built for the Assyrian ruler Ashurbanipal. It did not house books but rather 30,000 cuneiform tablets, including the 4,000-year-old *Epic of Gilgamesh*. It wasn't until the 19th century that public lending libraries became popular and the first library membership "card" systems were devised for easy and manageable borrowing.

Did you know that the London-Middlesex Library makes it easy to receive books at your fingertips. If our own Byron Library does not have a particular book there is always the option of the visiting library service. Stop by Ana's desk today to see how you can borrow books and have them delivered to you.





## Messages from the Management Team

Please join me in welcoming our two new housekeeping staff Luda and Chekwube. If you see them please say hello! In addition, we have said goodbye to Alec as he leaves for school.

Finally, please join me in one of the last Nordic Walks we have left this year. Fall is right around the corner which means I will be soon transitioning to my winter program of "Baking with Lyuba". I will be holding my Nordic Walk on Friday September 29th at 10:30am.

-Lyuba

September's Classic Movie Matinee with Andrea will be "In the Good Old Summer-time", a 1949 musical starring Judy Garland, Van Johnson, and Buster Keaton.

Join me on Tuesday September 5<sup>th</sup> at 2 pm in the Grand Theatre for some great music and fun!

-Andrea

Hello everyone! September 13<sup>th</sup>, 2023, at roughly 10:30am we will be doing a code green (total evacuation of the building).

We are required under the RHRA to complete a total evacuation of the building bi-yearly and are required to complete for 2023. Fire will be on site to witness and offer feedback and support if needed. All residents will be asked to leave the building and go to the meeting spot outside. We ask that our resident bring a sweater or a coat in case it gets cold. If it is raining, we will evacuate everyone to the 1<sup>st</sup> floor dining room. Any family and all staff will be asked to evacuate the building as well. There is nothing our residents need to prepare for this, staff will be directing you to where you need to go. We expect that the total evacuation time will take roughly 20 – 30 minutes. Wil will be hosting an information session regarding the Code Green and Fire Zone Evacuation that is happening on September 7th from 3pm-4pm. During this time Wil is doing 15-minute meetings on each individual floor. See the monthly calendar for more details.

Feel free to bring any questions you might have about fire safety or code questions.

-Melissa

Our annual Vulnerable Occupancy Inspection and Supervised Fire Drill with the fire department will take place on September 26, 2023.

Every year we are required to evacuate a floor under the inspection of the fire department to ensure that we can initiate and implement our fire plan. There will be a drill between 10:30am – 11:30am that could last up to 20 minutes. As a reminder, please stay where you are, staff will inform you if you are required to move out of the location and where to go. Thank you for your patience as we ensure compliance and safety for all at Oakcrossing Retirement Living.

-Wil





## Messages from the Management Team Continued...

Did you know that September is World Alzheimer Month? Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia. Join me on Thursday September 28th at 11am to learn more about Alzheimer's.

—Sue

On Saturday September 23, 2023 Oakcrossing Retirement and Oakcrossing Long-Term Care will be hosting a carnival from 2pm-4pm in the back parking lot and Court Yard.

There will be lots of games, treats, a stilt walker, and MUCH MORE!

Entertainment will be by The Allen Family Reunion. John Allen & his duo Alan Widmeyer will be sure to put on a good show. Alan was actually the band leader for Stompin' Tom Connors for many years.

I hope to see you all there!

—Shelby

This month our PSW staff and students will be doing suite pendant checks in each resident room. This check will be to ensure that all resident pendants are in good working order.

Independent Living residents - you can locate your pull cord in your bathroom.

Assisted Living residents - you can locate your pull cords in your bathroom and main living space. Typically, this is near the kitchen or inside your bedroom.

For those with watch or necklace style pendants, if you hear rapid beeping, this means your batteries are getting low. Please see the nursing department for a replacement battery.

Not sure if your pendant is working or want to know how to use it? See us on the 2<sup>nd</sup> floor, we are happy to show you!

Interested in renting a pendant? They cost \$45.00 per month. See me. I can tell you more.

—Jaici

Just a reminder that if you are going to be away for a meal please inform the front desk before you leave and check off the box on the sign out clipboard. If you don't come down for a meal and you have not signed out we will have to initiate a Code Yellow – Missing Resident.

We also discussed at Food Council last month that the Dining Room is Open Seating at your assigned meal time. There are no assigned seats or tables, even though most residents have a preferred regular place to sit. Please do not get upset with new, or any, resident if they are sitting at the table you prefer. You must sit somewhere else that meal.

Thank you!

-Jeff

## BLOOD Pressure Clinic

WITH JAICI

Tuesday September 5th  
11am-12pm at the Nursing  
Station on the 2nd floor

Sign up for  
an  
appointment  
in the binder  
at Ana's desk



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## September Birthdays

Patricia Marrinan—September 3

Helen Mephram—September 3

Ruth Elliott—September 5

Helen Strifler—September 6

Laurence Smyth—September 11

Ray Gauthier—September 12

Leigh Davies—September 14

Bob Gordon—September 17

Marietta Shipley—September 24



**Birthday party is held on  
Tuesday September 12th  
at  
3:30pm in the  
Sunningdale Café!**

## September Birthstone

• Blue Sapphire •



In ancient Greece, royals were convinced that **blue sapphires** protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings. Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.

### What's Lucky in September?

Lucky Color: Gold

Lucky Animal: Rooster

Lucky Letter: *B*

Lucky Day: Friday

Lucky Plant: Camellias



### Famous Birthdays

Keanu Reeves (actor) – September 2, 1964

Beyonce (singer) – September 4, 1981

Idris Elba (actor) – September 6, 1972

Otis Redding (singer) – September 9, 1941

Tyler Perry (filmmaker) – September 13, 1969

Lauren Bacall (actress) – September 16, 1924

Frankie Avalon (singer) – September 18, 1940

Dorothy Vaughan (programmer) – September 20, 1910

Mark Hamill (actor) – September 25, 1951

Serena Williams (athlete) – September 26, 1981

Gene Autry (cowboy) – September 29, 1907

## Making History in Venice

As if the Grand Canal of Venice isn't romantic enough, each September it hosts an event that charms both locals and tourists alike—the Regata Storica. Venice is famous for its traditional gondolas, but this regatta takes Venice's love of rowing to grand new heights.



The Regata Storica is a historical reenactment, an opportunity for Venetians to display their Serenissima heritage to the world. In 1489, Caterina Cornaro, queen of Cyprus, returned to Venice in an elaborate procession over water.

Cornaro was from a powerful Venetian family and had been given in marriage to the king of Cyprus. Upon the king's premature death, Cornaro maintained control over the island for 16 years until she was forced to abdicate the throne and hand the island of Cyprus over to the powerful Venetians.

The Regatta Storica is a reenactment of the queen's return. Renaissance-era boats parade along the Grand Canal powered by rowers in period costumes. *Bissone*, the long, snake-like boats reminiscent of ancient warships, glide alongside the *Bucintoro*, a replica of the doge's luxurious galley. Other smaller boats swarm about these larger barges, creating joyous chaos on the water for all to enjoy. Once the historical procession has ended, the boat races begin.

There are four races, all showcasing different traditional boats. The first race involves the *pupparini*, small, swift crafts that were once used to cruise the canals and train would-be gondoliers. The *mascarete* boats come next, oared exclusively by women. The third race features the wide *caorline* boats, traditionally used for fishing and for transporting fruits and vegetables. These large, heavy boats require six oars and are often steered by men who sometimes struggle to control the boats' sheer heft. Last come the *gondolini*, gondolas modified for racing. These light, fast boats offer an exciting finale to a momentous day.

## Calling all shuffleboard and pool players!

The recreation department would like to start a pool and shuffleboard club.

Both events will take place in the Blackfriars's Pub on the lower level.

Mondays are pool nights and Fridays are shuffleboard.

*Sign-up at Ana's desk if you are interested in either of these activities!*



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## Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ASTER

AUTUMN

GRANDPARENTS DAY

HARVEST

INDEPENDENCE DAY  
(Mexico)

LABOR DAY

LEAVES

LIBRA

MORNING GLORY

OKTOBERFEST

ROSH  
HASHANAH

SAPPHIRE

SCALES (Libra)

SEPTEMBER

SUKKOT

VIRGIN (Virgo)

VIRGO

YOM KIPPUR

# HearWell BeWell™

*Life sounds good!*

When did you last have your Hearing Aid checked and cleaned?

Hear Well Be Well is going to be visiting us on

**September 13, 2023 from 2pm-4pm**

in the **Wellington Lounge**

Sign up at Ana's desk for an appointment to have your hearing aids checked and cleaned. An in ear inspection can also be performed.





# useful french phrases

**Bonjour • Hello**

**S'il vous plaît • Please**

**Merci • Thank you**

**Madame • Ma'am**

**Monsieur • Sir**

**Je voudrais • I'd like**

**Le chèque • The check**

**Comment ça va? • How are you?**

**Excusez-moi • Pardon me**

**Désolé • Sorry**

**Où est la toilette? • Where is the bathroom?**

**C'est combien? • How much is it?**

**Répétez • Repeat**

**Je ne comprends pas • I don't understand**

**D'eau du robinet • Tap water**

**Avec des glaçons • With ice cubes**

**Je suis perdu(e) • I'm lost**

**Je voudrais commander • I'd like to order**

## George Jervis Goodhue

*By Doug Teeeter*



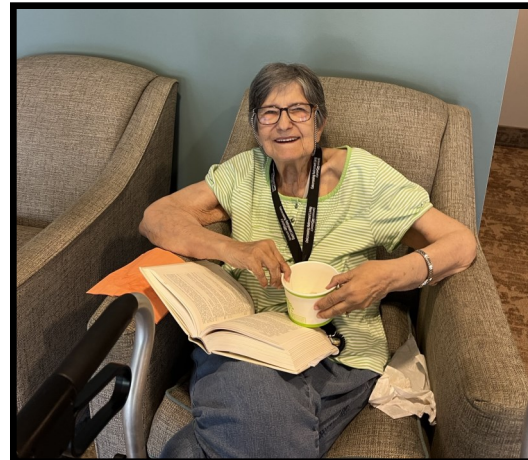
**George Jervis Goodhue** (1 August 1799 – 11 January 1870) Born in Putney, Vermont, the son of Josiah Goodhue and Rachel Burr, Goodhue came to Canada in 1820. A merchant in London, Ontario, he owned a store, distillery and ashery. He was elected to Township of London Council in 1838. He was appointed to the Legislative Council of Canada in 1842 representing Kent Division and held the office until Confederation in 1867. was a Canadian merchant, landowner, and politician. He first came to London, Canada west as an itinerant pedlar but finding business opportunities good he opened a store.

Later Goodhue found more profitable business in lending money , especially since usury was not banned! If a borrower couldn't repay Goodhue foreclosed, often forcing struggling families off their property! One tale tells of Goodhue forcing a poor Irish couple and their unborn child out of their home and the unfortunate wife miscarried in a ditch nearby and died as well! The distraught husband confronted Goodhue with an oath that he would be bedeviled. One dreary night, after Goodhue had retired, servants heard him screaming! Rushing to his aid, they found Goodhue huddled in one corner of his room screaming "Keep him away from me!" and gesturing toward a corner of his room! The servant could see no one else in the room!

Upon Goodhue's death, although his will stated otherwise his family squandered the estate and left only a stained glass window in Goodhue's Church as a memento!



# August Highlights



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## REMINDER!

If you don't want to miss out on fun events.

Be sure to sign up at Ana's Desk for bus trips, shuffleboard, manicures, Nordic walks, blood pressure clinics and MUCH MORE!

The sign-up sheets are added to the binder when the monthly newsletters and calendars are handed out! If the activity is full consider signing up on the waitlist.



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## Begging the Question

Ask a Stupid Question Day on September 28 prompts us to wonder what happens if you ask a stupid question. Will you get a stupid answer? Or, as the other saying goes, is there really no such thing as a stupid question? This holiday was invented by teachers in the 1980s as a way to get children to be fearless when it comes to asking questions. The notion is that if students feel comfortable asking stupid questions, they will feel more confident asking questions in general.

Questions are the cornerstone of learning. This was understood by Socrates back in ancient Greece when he developed his own questioning methods. Over the millennia, questioning has allowed us to explore complex ideas, clarify meanings, provide evidence, explore consequences, and challenge assumptions. Without questions, there is no learning! So yes, ask questions even if they are stupid! Even if they reveal obvious truths, truth in the open are better than truths hidden.

## Sunday Televised Church Services

9:00 am ~ Living Truth ~ Channel 16

9:00 am ~ In Touch ~ Channel 174

9:30 am ~ Church of the Rock ~ Channel 7

10:00 am ~ St. Peters Evangelical ~ Channel 12

10:30 am ~ Sunday Mass ~ Channel 16

11:00 am ~ Turning Point ~ Channel 174

8:00pm ~ In Touch ~ Channel 16



# PLAN TO GET YOUR FLU SHOT

Getting your flu shot **helps save lives** and **helps our health care system** by reducing the number of people who need medical care.

## About the flu

- + The flu is very contagious and can spread quickly and easily.
- + Some people with the flu only get mildly ill. Others, like those over 65 years and young children, can get very sick.

## Who should get the flu shot?

- + Everyone 6 months and older should get the flu shot. It's especially important for people at high risk of health complications from the flu and COVID-19, and for people who can spread the flu to them.

## The flu shot is safe

- + You can't get the flu from the flu shot.
- + Serious side effects from the flu shot are very rare.

## The flu shot works

- + You should get the flu shot even if you've already had the COVID-19 vaccine. The COVID-19 vaccine doesn't protect you from the flu.
- + Being protected from both the flu and COVID-19 lowers your risk of severe health complications.

To learn more visit [Canada.ca/flu](https://Canada.ca/flu)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

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