

GOLDEN YEARS

# INSIDER

April 2024

peopleCare  
communities

704 Eagle St. N. Cambridge, Ontario  
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\*peoplecare.ca\*



## Celebrating April

1st - April Fool's Day

7th - Hairdresser is in

10th - Resident Food meeting 10:30am

11th - Shaky D entertains

15th - Excursion to the movies! (sign up req'd)

22nd - Earth Day

30th - Residents Council

30th - April Birthday Celebration

Refer to your April activity calendar for all scheduled activities!



# FUN



# From the Desk of the Executive Director- April 2024

## Happy April and Welcome Spring!

Throughout the month of March, we've had numerous occasions for introspection, particularly as we came together with families to remember the lives of our departed loved ones during our memorial service on March 15th. This tender event provided a space for collective reflection, embracing both the seriousness of loss and the celebration of the rich lives our residents led. We extend our heartfelt gratitude to the families who joined us in honoring these cherished memories. Additionally, we express our sincerest appreciation to our dedicated Recreation Team and our esteemed Spiritual Leader and Chaplain, Daria, for orchestrating a meaningful and memorable memorial service.

**Leadership update and changes:** We wish to express our heartfelt appreciation to Elizabeth Balfour, our former Director of Food and Environmental Services, and soon-to-be our departing Office Manager, for her unwavering dedication to serving our residents, families, team members, and community partners. Elizabeth's tireless efforts have significantly contributed to the well-being and cohesion of our peopleCare community here at Golden Years. As Elizabeth transitions into her continued role at Hilltop, we extend our best wishes for her future endeavors. Simultaneously, we warmly welcome Jennifer Newton as our new Office Manager and look forward to her valuable contributions in fostering a supportive and thriving environment for all.

Jennifer comes to us with a wealth of experience and expertise in office management, and she has a remarkable focus on providing exceptional customer service across various industries, including manufacturing and construction. What truly resonated during our conversations with her was Jennifer's genuine excitement about becoming a part of Long-Term Care, specifically Golden Years. She expressed her passion for connecting with people and her eagerness to make a positive impact by supporting and connecting with others. So far, Jennifer has quickly adapted to the Golden Years family traditions, and we want to continue to make her feel at home. Congratulations and welcome Jennifer.

We extend our sincere gratitude to our dedicated Family Council Members for their ongoing support, guidance, and invaluable feedback in our continuous efforts to enhance the quality of care within our home. With this, we cordially invite our families to consider joining our council membership, as we remain steadfast in our commitment to continuous quality improvement. As part of our Quality Improvement Plan for this year, we aim to strengthen our staff's understanding of our residents on a personal and profound level. Considering this objective, we encourage our families to participate in our Family Satisfaction Survey, offering an opportunity to provide feedback and insights on how we can further enhance our services and support to our residents and the community at large.

We express our gratitude to those who have already contributed to the survey this year. Our aspiration is to achieve widespread participation, and thus, your support and feedback are immensely valued as we strive towards this shared goal.

Thank you as always and we look forward to serving you better!

Yours Truly,  
Stella Annan, Executive Director.

**HAPPY  
BIRTHDAY**



**Penny M. 2nd  
Mitch M. 7th  
Don R. 17th  
Manuel D. 18th  
Margaret P. 19th  
Marie S. 29th**

**JOIN  
US**

**April 30th at 2pm  
for our Birthday  
Celebration!**

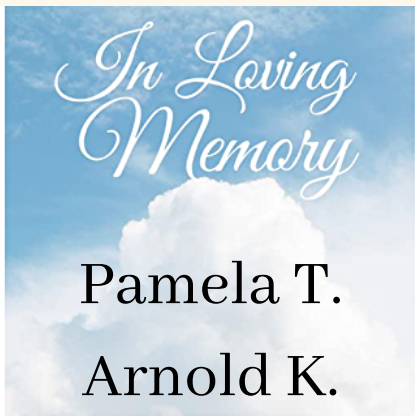
**WELCOME  
HOME**



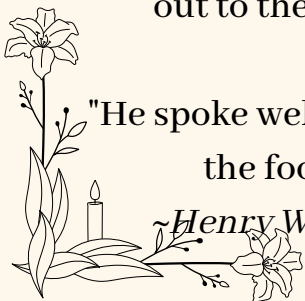
**Marie "Sophie" S.**



Want to access our monthly activity  
calendar and newsletter online?



Our deepest thoughts and sympathies go  
out to their family and friends.



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

*Henry Wadsworth Longfellow*

**Check  
This  
Out**

<https://peoplecare.ca/long-term-care/golden-years/newsletters-and-calendars/>

**Congratulations to our March  
Draw Winners!**

**Name of Giver:  
Name of Receiver:**

**They will receive a \$25 gift card  
for displaying the peopleCare  
Values!**

**Thank you for all you do!**

## **\*Residents Council \***

The next Resident's Council meeting will be held April 30th at 10:30am in the Cafe.

Council is open to all residents, and you are encouraged to attend!



# SOLAR ECLIPSE

EASTERN CANADA

## APRIL 8, 2024

Timetable for sample cities on the path of totality:

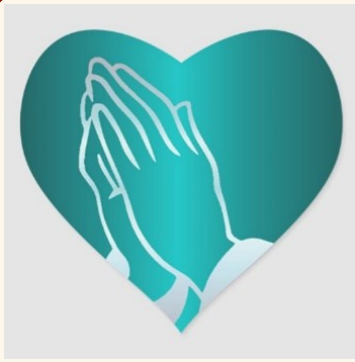
| CITY            | START        | DURATION   |
|-----------------|--------------|------------|
| Hamilton, ON    | 3:18 p.m. ET | 1 min 50 s |
| Belleville, ON  | 3:21 p.m. ET | 2 min 4 s  |
| Montreal, QC    | 3:26 p.m. ET | 1 min 27 s |
| Sherbrooke, QC  | 3:27 p.m. ET | 3 min 26 s |
| Fredericton, NB | 4:33 p.m. AT | 2 min 17 s |
| Miramichi, NB   | 4:34 p.m. AT | 3 min 8 s  |
| Alberton, PEI   | 4:35 p.m. AT | 3 min 3 s  |
| Summerside, PEI | 4:37 p.m. AT | 1 min 2 s  |
| Meat Cove, NS   | 4:39 p.m. AT | 1 min 30 s |
| Gander, NL      | 5:12 p.m. NT | 2 min 13 s |

Sun completely hidden  
 Sun mostly hidden

# March memories....







## Chaplain Chit Chat...

“Study, my brothers! Think! Read!  
Study that which is unfamiliar,  
Do not shun that which is your own.”  
Taras Shevchenko, Ukrainian poet

Officially designated in 2004 as Diversity Month, April is full of opportunities to foster greater understanding of beliefs and traditions of our neighbours – those next door, around the corner and across the globe. As a result, our “Chit Chat” this month will focus solely on information about upcoming festivals during April.

**Laylat al-Qadr** is the holiest night of the year for Muslims as they believe it was this night that the Quran was sent down from Heaven. It is observed toward the end of **Ramadan**, the most sacred religious observance of Islam (a time of strict fasting, introspection, and prayer that began March 11). It continues until Eid al-Fitr (April 9-12), a holiday that marks the end of Ramadan, and its primary event is a feast.

**Passover** (April 5-13), commemorated by followers of Judaism, includes special meals (seder) and recounting stories of the deliverance from slavery of the Jews from Egypt during biblical times.

**Vaisakhi** (April 13) is an ancient festival for Hindus and Sikhs that simultaneously celebrates that Solar New Year and spring harvest. Feasting and dancing play an important part in this observance, as well as sharing with those less fortunate. Buddhists observe this occasion with a purpose to commemorating the birth, enlightenment and death of the historical Buddha. It is marked with deep meditation, sharing vegetarian meals and donations to charity.

**Ridvan** (April 21) is a Baha’i 12-day festival. The name means “Paradise” and is named after a garden found outside of Baghdad, where the founder Bahauallah was exiled before travelling to Constantinople.

**Passover** (April 22-30) is a major holiday observed by followers of Judaism to honour the freeing of Jewish slaves from Egypt during Biblical times.

# Earth Day Word Scramble

**Instructions:** Unscramble the letters to find the Earth Day words from the list below.

s t h e r m o a e p      \_ \_ \_ \_ \_  
t n r s a e c o v n o i      \_ \_ \_ \_ \_  
b a o d d c a r r      \_ \_ \_ \_ \_  
d n i l s l f a l      \_ \_ \_ \_ \_  
d e n g r e a n d e      \_ \_ \_ \_ \_  
e d l a t s w n      \_ \_ \_ \_ \_  
t n e v m r n e n o i      \_ \_ \_ \_ \_  
t n a e r s c i s u a      \_ \_ \_ \_ \_  
s p p n e a w s r e      \_ \_ \_ \_ \_  
e v r s p e r e      \_ \_ \_ \_ \_  
f i w i e d l l      \_ \_ \_ \_ \_  
c s s r e e u o r      \_ \_ \_ \_ \_

## Word List

|              |             |             |
|--------------|-------------|-------------|
| atmosphere   | environment | resources   |
| cardboard    | landfills   | sanctuaries |
| conservation | newspapers  | wetlands    |
| endangered   | preserve    | wildlife    |





# Spring Word Search

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

APRIL  
BEES  
BIRDS  
BLOOM  
BLOSSOM  
BUTTERFLY  
DAFFODILS

EGGS  
FLOWERS  
GREEN  
GROWING  
HATCH  
MARCH  
MAY

RAIN  
ROBINS  
SPRING  
SPROUTING  
SUNSHINE  
TULIP