

GOLDEN YEARS

# INSIDER

May 2024

peopleCare  
communities

704 Eagle St. N. Cambridge, Ontario  
N3H 1C3 519-653-5493  
\*peoplecare.ca\*

## Celebrating May

5th - Cinco de Mayo Day  
Jay Franco entertains

6th - Caregiver  
Appreciation week

12th - Mothers Day!

14th - Family Council  
Meeting 1:30pm

20th - Victoria Day

28th - May Birthday  
Celebration at 2:30pm

28th - Residents Council  
10:30am

30th - "CUE" the Ukuleles

Refer to your May activity  
calendar for all scheduled  
activities!



HAPPY  
MOTHER'S DAY

To all the mothers,  
grandmothers, and great-  
grandmothers among our  
residents and staff.

# From the Desk of the Executive Director- May 2024

## ***Staff Appreciation/Nurses Week Celebration***

In the month of May, we acknowledge several significant observances including Mother's Day, Health and Wellness Month, and Mental Health Awareness, beginning with Caregiver Week from May 6th to 10th. With sincere appreciation for the dedication and commitment demonstrated by our frontline team members, we extend our heartfelt gratitude for your unwavering efforts each day. Please join us to celebrate our team and shower them with gifts!

In honor of your vital contributions, we are privileged to recognize our Gold sponsors and generous donors, including our beloved Resident Ellen Wong and her family, Medline, Pristine Staffing Agency, V4 Staffing Solutions, Kalaya, Arvan, Phoenix Vending Services, among others. We are grateful to all our sponsors for their generosity.

As Caregiver Week unfolds, we take this opportunity to express our deepest gratitude for the remarkable dedication and unwavering commitment you bring to your roles within our residents' home. Each day, you demonstrate unparalleled compassion, professionalism, and resilience, enriching the lives of those under our care.

To our esteemed Nurses, your expertise, empathy, and tireless efforts exemplify the highest standards of residents' care. Your compassion and skill in managing complex medical needs serve as a beacon of hope and comfort to all.

To our valued Personal Support Workers, your unwavering dedication to enhancing the quality of life for our residents is truly commendable. Your compassion, kindness, and unwavering support provide comfort and reassurance to our residents and families.

To our esteemed Cooks and Dietary Aides, your culinary expertise and attention to nutrition play a role in promoting the health and well-being of our residents. Your delicious meals and thoughtful menu planning create a warm and nurturing environment that is deeply appreciated.

To our dedicated Recreation Aides, your creativity, enthusiasm, and passion for enriching the lives of our residents through meaningful activities and social engagement are truly inspiring. Your efforts foster a sense of joy, belonging, and fulfillment within our home.

To our hardworking Housekeepers and Laundry Aides, your attention to detail, dedication, and tireless efforts ensure that our home remain clean, comfortable, and inviting. Your commitment to maintaining a safe and hygienic environment is vital to the well-being of our residents and staff.

To our diligent Maintenance Lead, your expertise, resourcefulness, and proactive approach to facility management are instrumental in ensuring the safety, functionality, and aesthetic appeal of our premises. Your dedication to excellence is evident in every task you undertake.

To our valuable Ward Clerk, your organizational skills and attention to detail are essential to the smooth operation of meeting our staffing and scheduling needs. Your professionalism and efficiency contribute to the seamless coordination of resident care and administrative tasks.

On behalf of Golden Years, we extend our heartfelt thanks to each and everyone of you for your valuable contributions to resident care and teamwork. Your selflessness, dedication, and unwavering commitment to excellence are truly inspiring, and we are deeply grateful for all that you do.

We also want to welcome Jinal Shah, Director of Food and Environmental to our Leadership Team

With sincere appreciation  
**Stella Annan**, Executive Director.



**Congratulations to our April  
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 May 28th at  
10:30am in the cafe.**

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



## **Volunteer Opportunities**

The Recreation Department is looking for volunteers to help with a variety of programs from outings, entertainment, card games, socials or 1:1 visits. If you would like to help out, please speak with the Director of Programs, a staff member in the Recreation Department or complete an online application at <https://peoplecare.ca/work-here/work-here-volunteer/>

**HAPPY  
BIRTHDAY**



**Adib H. 6th**

**Vicki B. 24th**

**JOIN  
US**

**May 28th at 2pm for  
our Birthday  
Celebration!**

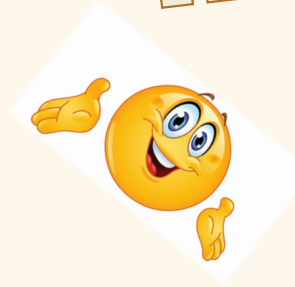
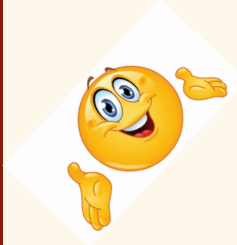
**WELCOME HOME**

**Paul D.**

**John H.**

**Merna H.**

**Bryan B.**



Dear CAREGIVER,

We L♥VE you, you're AWESOME  
and THANK Y♥U!

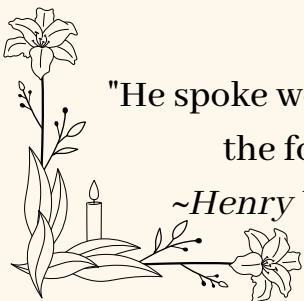


*In Loving  
Memory*  
Lynne S.  
George P.  
Isabella R.

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



**Celebrating Caregivers  
week, May 6-10th in support  
of National Nursing week.**

**Thank you to all staff for  
your dedication and  
commitment to our  
residents, families, and team  
members!**



## Chaplain Chit Chat...



**“Though April showers may come your way,  
they bring the flowers that bloom in May....”**

**Although the song these lines are taken from speaks more about April, it always reminds me of holding an umbrella, walking carefully across the stage as I sang it. I think I was about 10 years old. My mother had curled my hair and made sure that I looked presentable in front of the audience at the long term care home we were performing for. Especially at this time of year, I give thanks for my mother and all women who choose to nurture others, regardless of blood relation.**

**When I used to sing these words, I am pretty sure my thoughts were simply about rain falling on the ground to nourish the plants. Over the decades, when I think of this song, it reminds me of a few things:**

- 1) Nature is amazing.**
- 2) Grey, rainy weather is one component necessary for the growth of flowers.**
- 3) It usually takes time for good things to happen.**
- 4) Sometimes, having patience is hard.**
- 5) Even though we might not see it, there is always a rainbow after the rain.**
- 6) Good things can come out of unfortunate situations.**
- 7) The way we choose to view life determines how happy we will be.**

**The month of May continues with more spiritual events...**

**May 5 – Coptic (Egyptian) & Eastern Orthodox Easter, celebrated with worship services, traditional foods and community gatherings**

**May 23 – Vesak, marks the birth, enlightenment and death of the Buddha in Theravada Buddhism**

**May 23 – Declaration of the Bab - This day honors the day that a revelation was sent to Bahá'u'lláh, the founder of the Bahá'í Faith. Many followers do not work on this day.**

**May 26 – Ascension Day, a Christian observance that marks Jesus's return to heaven after his resurrection**

**Peace to you and yours, Chaplain Daria**





# Ahhh.....April



*Baking Oatmeal Chocochip*







# Cinco de Mayo

## Word Search



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



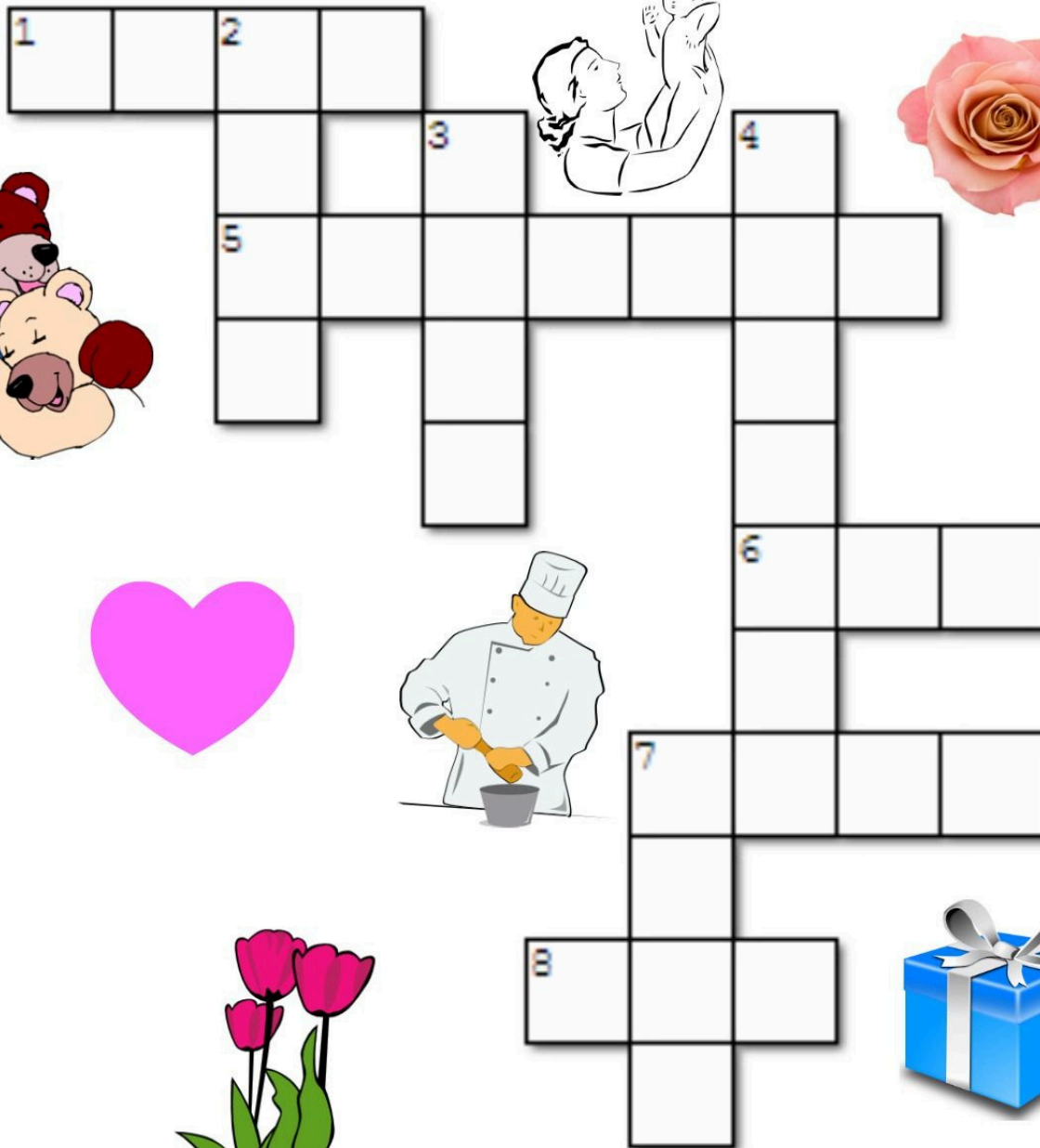
BATTLE  
 BURRITOS  
 CELEBRATION  
 CINCO  
 CULTURE  
 DANCING

FIESTA  
 FRANCE  
 MAYO  
 MARACAS  
 MEXICO  
 PARADE

PINATA  
 PUEBLA  
 SALSA  
 SOMBRERO  
 TACOS  
 VICTORY



# Mother's Day Crossword Puzzle



## Across

1. I love \_\_\_\_ and kisses from my mom.
5. Mom plants \_\_\_\_\_ in her garden
6. Happy Mother's \_\_\_\_.
7. I will make my mom a Mother's Day \_\_\_\_.
8. \_\_\_\_ is short for mother.

## Down

2. This is another word for a present.
3. I \_\_\_\_ my mom.
4. I call my mom's mom and my dad's mom \_\_\_\_\_.
7. My mom is a great \_\_\_\_. I love everything she makes.