

GOLDEN YEARS

INSIDER

October 2024

peopleCare  
communities

704 Eagle St. N. Cambridge, Ontario  
N3H 1C3 519-653-5493

\*peoplecare.ca\*

## Celebrating October

7th- Brent Meidinger  
entertains 2pm

8th - Walk to Wellness  
Nature Walk

14th - Thanksgiving Day

20th - Hairdresser is in

25th - Memorial Service  
2pm

29th - Residents Council

31st-Halloween  
Spooktacular 2pm

**Refer to your October  
activity calendar for all  
scheduled activities!**



# From the Executive Director of Operations

Dear Residents and Families,

As we embrace the beautiful colors of fall, I want to take a moment to reflect on the season of change and gratitude. October brings with it not only the vibrant hues of autumn leaves but also important events and reminders for our community.

This month, we will conduct our annual fire inspection and a mock evacuation drill. These exercises are crucial for ensuring the safety and well-being of all our residents. We encourage everyone to please have understanding and patience during this time, as it helps us prepare for any emergencies and reinforces our commitment to a safe living environment.

We are also excited to kick off our Walk to Wellness initiative! Join us for a refreshing walk along the picturesque Speed River at the back of our facility. This is a wonderful opportunity to enjoy the crisp fall air, connect with fellow residents, and promote our health and wellness goals. Everyone is welcome, and we hope to see many of you there!

As we approach Thanksgiving, let's take a moment to express our gratitude for the community we have built together. It's a time for reflection and appreciation, but also a reminder to take necessary precautions as we enter flu season. Please ensure you are taking care of your health and consider getting your flu shot if you haven't already.

Thank you for being a vital part of our Golden Years family. Wishing you all a warm and wonderful October!

Warm regards,  
Vincent Fasan  
Executive Director of Operations  
Golden Years Nursing Home



# Let's get moving for 17 days of fun!

- Sept 27 - Oct 14
- Staff virtual walk from peopleCare home to home
- In-person walk breaks, team challenges and other fun & wellness-focused activities

**Registration now open** for this year's virtual staff walk on My Virtual Mission. It's fun and free! Speak to our home leadership team for the code and to get your 2024 Walk t-shirt (quantities limited).

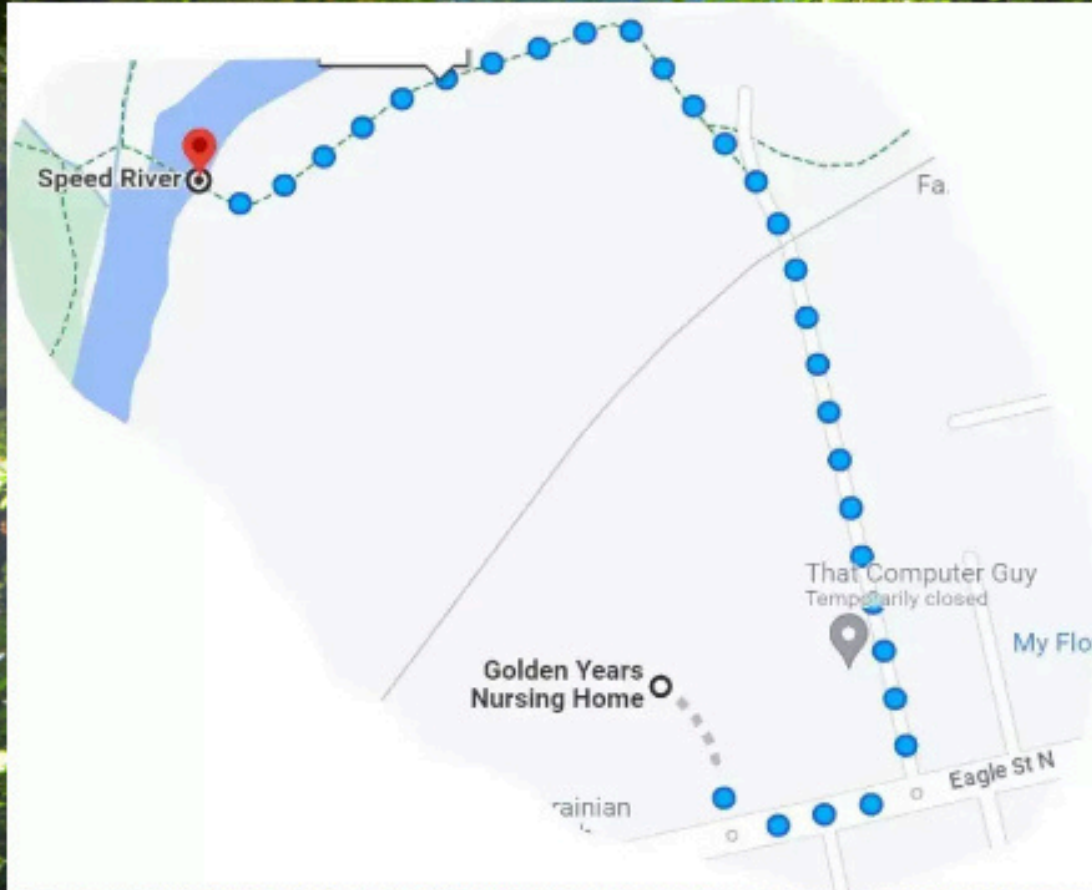


*Walk to Wellness*

peopleCare communities



# Join our WELLNESS WALK



WE WOULD LOVE  
TO HAVE YOU JOIN  
US!

TUES. OCT. 8 AT 10:15

GOLDEN YEARS LTC



**HAPPY  
BIRTHDAY**



**Lynda F. 14th      Lillian S. 15th**  
**Rhoda A. 20th      Daniel J. 28th**  
**Joao D. 28th**

**IPAC UPDATES:**

Respiratory season is creeping up on us. We want to remind all families about the importance of working together to keep our residents safe and as healthy as possible in the coming months. We are working hard to maintain an exceptional level of infection prevention and control, and part of that is our encouragement toward vaccination for not only our residents and staff, but for our families and visitors as well.

Older individuals are at greater risk for complications from Influenza, RSV, and COVID infections. That is why it's so important for everyone to be immunized against these seasonal infections. These vaccinations protect us from getting sick, or at minimum, reduce the severity of the illness if we do contract it.

In addition to getting immunized, you can also help reduce the spread of viruses by:

- Washing your hands often with soap and water, or using an alcohol-based hand sanitizer
- Masking while you are visiting in the home
- Coughing and sneezing into your sleeve or a tissue that you use only once before discarding
- Postpone your visits to the home if you are sick

If you have specific questions regarding vaccinations or infection prevention and control at Golden Years, please do not hesitate to call me or speak with me the next time you are in the home.

Aleksandra Bogdanovic RPN, IPAC Coordinator

**Welcome  
HOME!**



**Arlene S.**  
**Clifford M.**  
**Glenn F.**



**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**

# Chaplain Chit Chat...



During our conversations, I may have shared that autumn is my favourite time of the year. Indeed, there are so many things in our world to delight our senses... the mesmerizing sight of the harvest moon and beauty of the changing leaves; the smell and taste of fresh fruits & vegetables from the garden; the sound of busy squirrels chattering as they collect walnuts for the winter; the feel of the breeze in the cool of the evening. In my mind, it all adds up to a lot to be thankful for, and I'm sure each person who reads this can come up with their own examples.

As a child, I loved bringing vegetables and flowers to decorate the front of our church sanctuary on Thanksgiving Sunday. Though not based on a religious event, Thanksgiving is observed by various faith groups, giving thanks to the Creator. The first Thanksgiving in Canada was reportedly celebrated in Newfoundland in 1578 by explorer Martin Frobisher, following his successful travels by the northwest passage and safe arrival in the New World.

Comedienne and talk show host Ellen DeGeneres once interviewed a man who experimented with verbalizing thankfulness each morning & night for six weeks. He found that although this practice did take some effort, it did become easier as time went on, and his outlook on life changed for the better. He decided that his new-found attitude of gratitude was definitely a keeper! Food for thought...

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## Spiritual observances for the month of October ...

**3rd – Navratri (Hindu):** A 10-day festival that celebrates the harvest season, worshiping a different goddess each day, reading Hindu scriptures and fasting.

**3rd-4th – Rosh Hashanah (Jewish):** Two holy days that remember the creation of the world, marking the 10 Days of Awe, focusing on repentance and reflection.

**12th – Yom Kippur (Jewish):** A day of atonement, seeking forgiveness of sins.

**17th to 23rd – Sukkot (Jewish):** A day to remember when the Jews journeyed through the desert on the way to the promised land.

**31st – Nov.4th – Diwali:** A 5-day Festival of Light that symbolizes struggles between good and evil, believing the victory of good. It is celebrated by Hindus, Sikhs, and Jains.

~ *Chaplain Daria*



# September Fun!





# MYTH vs. FACT

## INFLUENZA & COVID-19

“I got the flu shot last year so I don’t need it again.”

Flu viruses change frequently, and immunity declines over time. Getting vaccinated annually is important to ensure protection against the latest strains.

“Natural Immunity is better than vaccine-induced immunity”

Vaccination is a safer way to build immunity without the risks associated with getting sick from the flu or COVID-19.

“I can’t spread anything if I don’t have symptoms”

Some people with the flu or COVID-19 may not have symptoms but can still spread the virus to others.

**Get your vaccines today!**



# HALLOWEEN

Spot the twelve differences



WordSearch

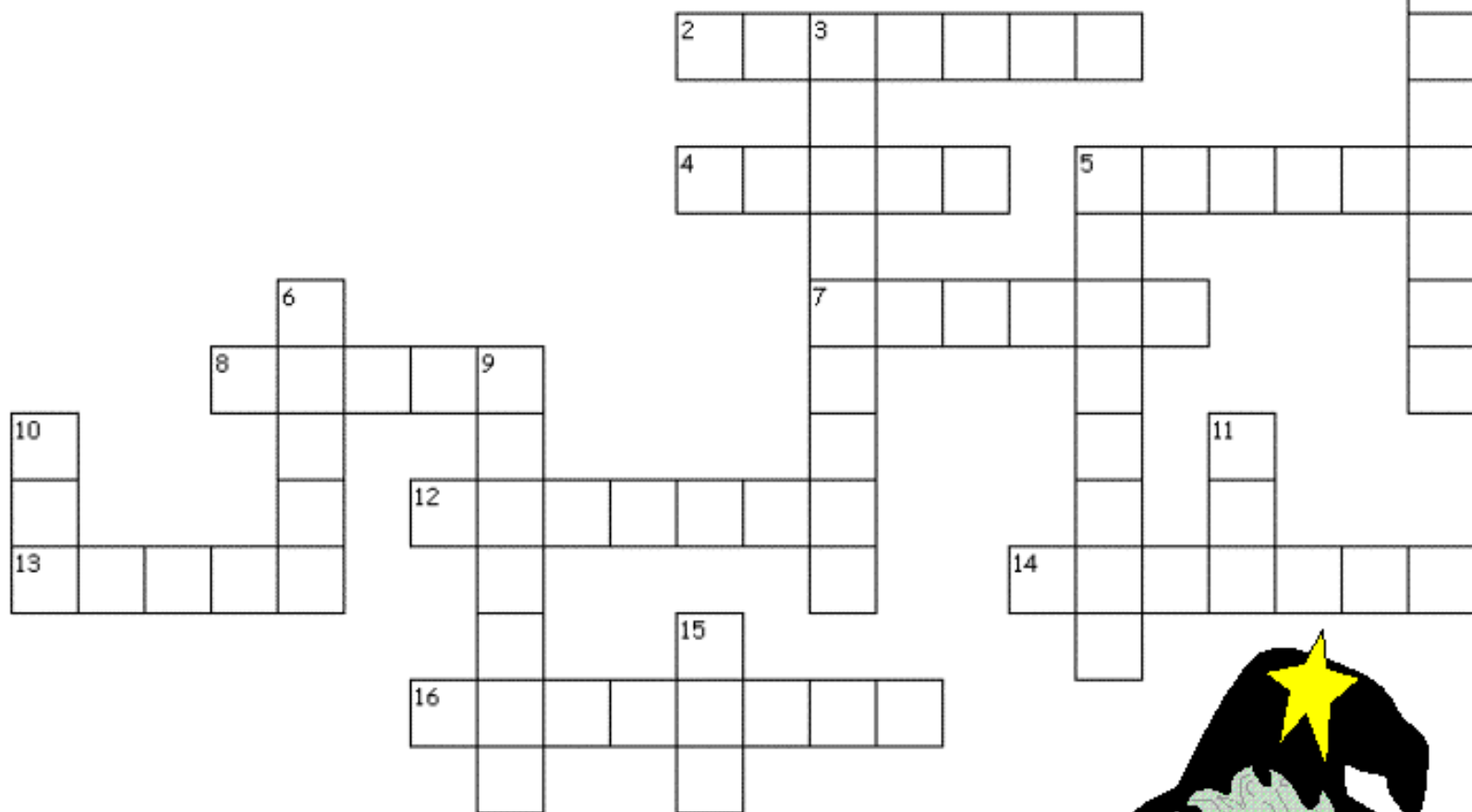
*Hella Autumn*

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

YELLOW	FALL	HALLOWEEN	HARVEST
CIDER	TREES	BONFIRE	MUSHROOMS
PUMPKIN	AUTUMN	LEAVES	RAKING
RED	PLAID	SCARECROW	FOOTBALL



# 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 \_\_\_\_\_.

