

MARCH 2024

# Oakcrossing News

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**Women's History Month**

**National Reading Month**

**National Social Work Month**

**Music Therapy Awareness  
Month**

**World Compliment Day**  
March 1st

**Ash Wednesday**  
March 5th

**International Women's Day**  
March 8th

**Daylight Savings Time**  
March 9th

**Quilting Day**  
March 15

**St. Patrick's Day**  
March 17

**Spring Equinox**  
March 19th

**Bahai New Year (Nowruz)**  
March 21



Happy  
St. Patrick's  
Day



*In loving memory of*



*William Ware, Margaret 'Molly' Scott, Marvyn Hall,  
Robert 'Bob' Foreman*

*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

## MARCH BIRTHDAYS



Mary V.	March 6th
Christina T.	March 6th
Monique P.	March 14th
Kathy T.	March 15th
Marjorie S.	March 16th
Marlene H.	March 17th
Brenda B.	March 22nd
Raymond R.	March 29th
Jean T.	March 29th



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### WELCOME TO OAKCROSSING

Marjorie Claypool (Red Oak)

Anica Corda (Juniper)

Margaret (Martie) Mary Crow (Juniper)

Aleks Mumdzijan (Norway Spruce)

Jeffrey Rodgers (Norway Spruce)

Christina Tambourlos (Juniper)

Kathy Tanglis (Sugar Maple)



### UPCOMING COUNCIL MEETINGS

Next **residents' council** meeting is  
Wednesday March 12th @10:30am in the  
back lounge of Norway Spruce.

Next **family council** meeting is Wednesday  
March 19th 2025 at 7:00pm in person at  
Oakcrossing LTC. Zoom link also offered.

# *Irish School of Dance*

IS COMING TO  
OAKCROSSING LTC



**Saturday March 15th @  
10:45 am on the main  
floor.**

# MARCH MADNESS

March Madness is the annual NCAA Division I Men's and Women's Basketball Tournament, held every March and April. It features 68 men's and 68 women's college basketball teams competing in a single-elimination format to determine the national champion. Known for its intense matchups, upsets, and buzzer-beaters, the tournament is one of the most exciting events in American sports. The competition includes several key rounds, such as the First Four, Sweet 16, Elite Eight, Final Four, and the National Championship game. Fans participate in bracket challenges, predicting game outcomes, making March Madness a cultural phenomenon beyond just basketball.



## MARCH MADNESS FUN FACTS

- Started in 1939 with just 8 teams—now 68 compete.
- \$1B+ event, bigger than the Super Bowl in ad revenue.
- Perfect bracket? Odds are 1 in 9.2 quintillion—never been done!
- Biggest upset: #16 UMBC beat #1 Virginia in 2018.
- UCLA dominates with 11 championships (7 in a row!).
- "March Madness" term came from a 1939 high school tourney.
- Coach K (Duke) holds the record for most wins.



## BAHÁ'Í NEW YEAR (NOWRUZ):

### WHAT DOES IT MEAN?

Nowruz, also known as Norooz, is the Persian New Year celebration that coincides with the vernal equinox, usually occurring on March 20 or 21. Rooted in Zoroastrian traditions, it represents renewal and new beginnings. Celebrated by millions in Iran, Central Asia, the Caucasus, the Middle East, and among global diaspora communities, Nowruz is observed by approximately 300 million people each year, as reported by UNESCO.

The festivities extend over thirteen days and kick off with the Haft-Seen table—a symbolic display of seven items beginning with the Persian letter "س" (sin). These items include sabzeh (sprouted wheat or lentils), senjed (dried oleaster fruit), and somaqa (sumac), symbolizing renewal, fertility, and prosperity. In addition to its cultural importance, Nowruz carries significant historical continuity and was acknowledged by UNESCO in 2010 as part of the Intangible Cultural Heritage of Humanity, highlighting its role in promoting diversity, peace, and unity.

We invite you to join us in the celebration on Friday, March 21st! It will be held in the Chapel



# HOROSCOPE

## March 2025 Horoscopes

- ♈ Aries: A month of ambition and bold moves. Plan early, then act after the 20th. A surprise opportunity arrives around the 25th—go for it!
- ♉ Taurus: Patience pays off. A long-term goal takes shape by mid-month. Love and romance heat up after the 22nd.
- ♊ Gemini: Social life thrives, but work needs focus around the 12th. Avoid burnout. A creative breakthrough comes by the 27th.
- ♋ Cancer: Career momentum builds, and the New Moon on the 10th brings opportunity. Balance work with self-care near the 19th.
- ♌ Leo: Seek adventure—travel, learning, or new experiences. Finances improve after the 14th. A heart-to-heart brings clarity on the 29th.
- ♍ Virgo: A month of transformation. Reevaluate goals and relationships. Love deepens after the 20th, and finances need attention mid-month.
- ♎ Libra: Partnerships are key. Communication clears up misunderstandings. The Full Moon on the 25th calls for self-care.
- ♏ Scorpio: Productivity is high, leading to big wins on the 18th. Prioritize health. Romance heats up after the 22nd.
- ♐ Sagittarius: Fun and creativity shine. Family matters may need attention mid-month. An exciting invitation arrives by the 30th.
- ♑ Capricorn: Home and family take focus. A career opportunity may arise on the 21st—think before committing.
- ♒ Aquarius: A mentally stimulating month. A financial matter surfaces on the 9th. Social life picks up after the 20th.
- ♓ Pisces: Happy Birthday! Set intentions on the 10th. Finances improve mid-month. Expect a romantic surprise around the 26th.

# TURN YOUR CLOCKS BACK

The time change (Daylight Saving Time) is on Sunday, March 9, 2025.

At 2:00 AM, clocks will spring forward one hour to 3:00 AM, meaning we lose an hour of sleep but get more daylight in the evening. 🌞🕒



# A timeline of women in Canada's history



**Dr. Emily Stowe, the first woman physician to practise in Canada**

1867

In 2021, **1 in 2** general practitioners and family physicians in Canada were women.

**Agnes Macphail, the first woman elected to the House of Commons**

**Jean Augustine, the first Black Canadian woman, was elected in 1993**

In 2023, there were **103** elected women members of Parliament, accounting for **30.6%** of all MPs.

1903

**Emma Baker, the first woman to receive a Ph.D. from a Canadian university**

In 2021, **113,870** women in Canada had a doctorate, representing about **2 in 5** people with a doctorate. Of these women, **44.8%** were immigrants.

1921

**All women in Canada have the right to vote**

In 2020, **81.1%** of racialized women and **88.1%** of non-racialized women aged 18 and older in Canada reported voting in the previous federal election.

1954

**Elsie Knott, the first woman elected Chief of a First Nation community**

In 2019, almost **1 in 5** Chiefs of First Nation communities were women.

1960

**The Bilson Task Force on pay equity is appointed**

From 2001 to 2023, the gender wage gap in average hourly wages among employees aged 25 to 54 narrowed from **19% to 13%**.

2001

**First gender-balanced Cabinet in Canadian history**

In 2023, almost **half** of ministers appointed to federal Cabinet were women.

2015

**Women's labour force participation rate reaches 85.5%**

Women play a key role in the Canadian economy as workers, entrepreneurs and unpaid caregivers. In 2023, **85.5%** of women aged 25 to 54 participated in the labour force.

2023

## Notes:

- For 2021 Census data, the category "women" includes women as well as some non-binary persons.
- Data on racialized women are measured using the "Visible minority" variable.

Sources: Statistics Canada, tables 10-10-0137-01, 14-10-0327-02, 14-10-0417-01, 41-10-0048-01, 43-10-0066-01, 98-10-0404-01 and 98-10-0430-01.

Catalogue number: 11-627-M | ISBN: 978-0-660-73496-5

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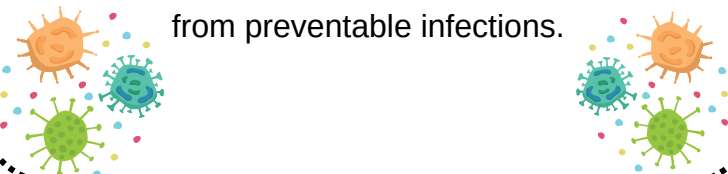
# WHAT IS IPAC?

IPAC in LTC stands for Infection Prevention and Control in Long-Term Care. It refers to the strategies, policies, and procedures implemented to prevent and control the spread of infections in long-term care homes, where residents are more vulnerable due to age, chronic conditions, and weakened immune systems.

## Key Aspects of IPAC in LTC:

1. Hand Hygiene – Encouraging proper handwashing and sanitizer use.
2. Personal Protective Equipment (PPE) – Ensuring staff wear appropriate PPE like masks, gloves, and gowns when necessary.
3. Cleaning & Disinfection – Regular sanitization of high-touch surfaces and resident rooms.
4. Resident & Staff Screening – Monitoring for symptoms of infectious diseases like COVID-19 or influenza.
5. Outbreak Management – Procedures to contain and manage outbreaks, including isolation protocols.
6. Vaccination Programs – Promoting flu, COVID-19, and other vaccinations to protect residents and staff.
7. Education & Training – Ensuring staff are trained in best practices for infection control.
8. Visitor Guidelines – Implementing policies to reduce infection risks from visitors.

Strong IPAC practices are essential in LTC homes to protect residents, staff, and visitors from preventable infections.



# Handwashing

## How Long Should You Wash Your Hands?

Proper handwashing is one of the most effective ways to prevent the spread of germs and infections. According to health experts, you should wash your hands for at least 20 seconds to ensure they are thoroughly cleaned.

## The 20-Second Rule

A good way to time yourself is to sing the "Happy Birthday" song twice while scrubbing your hands. This ensures you are washing long enough to remove dirt, bacteria, and viruses effectively.

## Steps for Proper Handwashing:

1. Wet your hands with clean, running water (warm or cold).
2. Apply soap and lather well.
3. Scrub all areas of your hands, including between your fingers, under your nails, and the backs of your hands.
4. Keep scrubbing for at least 20 seconds—don't rush!
5. Rinse thoroughly under clean, running water.
6. Dry your hands completely with a clean towel or air dryer.

Washing your hands properly is especially important before eating, after using the restroom, after coughing or sneezing, and after touching high-contact surfaces. If soap and water are not available, using a hand sanitizer with at least 60% alcohol is a good alternative. Taking just 20 seconds to wash your hands can protect you and those around you from illness!

