

FEBRUARY 2026

# OAK CROSSING NEWS

WWW.PEOPLECARE.CA 1242 OAK CROSSING RD. 519-641-0021

**Black History Month**

**Therapeutic Recreation Awareness Month**

**Groundhog Day**  
**February 2<sup>nd</sup>**

**Periodic Table Day**  
**February 7<sup>th</sup>**

**Valentine's Day**  
**February 14<sup>th</sup>**

**Random Acts of Kindness Week**  
**February 15-21**

**Family Day**  
**February 16<sup>th</sup>**

**Chinese New Year (Year of the Horse)**  
**February 17<sup>th</sup>**

**Ramadan Starts**  
**February 17<sup>th</sup>**

**International Mother Language Day**  
**February 21**





# In loving memory of



Eva B. Richard E. Margaret G.  
Bryan W. Donna G. Linda R

*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

## LAND ACKNOWLEDGEMENT

We acknowledge that we are on the traditional lands of the Anishinaabek, Haudenosaunee, Lenape, and Attawandaron (Neutral) peoples. London is situated on the traditional territory of the Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee-Delaware Nation, who remain the stewards of this land.

We recognize the enduring presence of Indigenous peoples across Turtle Island and honor their continued contributions, past and present.

SCAN ME TO SEE OUR PEOPLECARE  
COMMUNITIES ON FACEBOOK



## Welcome to Oakcrossing

Vikki W. (Red Oak) Cecile J. (Juniper)  
Sheila B (Sugar Maple) Joe M. (Juniper)  
Mary L. (Sugar Maple) Kolleen C. (Juniper)



Julia R. (White Pine)



## Upcoming Council Meeting

Next residents' council meeting is  
Wednesday February 11th @  
3:30pm in the **Norway Spruce**  
**Back Lounge**

# DECEMBER BIRTHDAYS

David G.	February 8 <sup>th</sup>
Gordana L.	February 9 <sup>th</sup>
Edward W.	February 18 <sup>th</sup>
Emily L.	February 18 <sup>th</sup>
Barbara L.	February 19 <sup>th</sup>
June B.	February 22 <sup>nd</sup>
Joe S.	February 22 <sup>nd</sup>
Paul A.	February 23 <sup>rd</sup>
Richard C.	February 24 <sup>th</sup>
Nathan V.	February 28 <sup>th</sup>

## DECEMBER BIRTHDAYS

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Tommy Smothers (comedian) – Feb. 2, 1937

Hank Aaron (ballplayer) – Feb. 5, 1934

Lana Turner (actress) – Feb. 8, 1921

Susan B. Anthony (activist) – Feb. 15, 1820

Sidney Poitier (actor) – Feb. 20, 1927

Steve Jobs (tech guru) – Feb. 24, 1955

Jimmy Dorsey (band leader) – Feb. 29, 1904

Dinah Shore (singer) – Feb. 29, 1916

CHAPPY  
BIRTHDAY

# INFECTION PREVENTION & CONTROL (IPAC) UPDATE – FEBRUARY

Oakcrossing faced increased respiratory illnesses in December and January, reflecting community trends during peak season. Collaboration with Public Health led to enhanced infection measures, and we thank residents, families, and staff for their support in reducing illness spread.

As influenza remains prevalent, vaccinations for residents are offered as per Public Health recommendations, alongside COVID-19 and RSV vaccines. Families and visitors should postpone visits if unwell, practice hand hygiene, and follow infection prevention signage to ensure a safe environment.

## Bug of the Month: Influenza (Flu)

Influenza spreads easily and poses a higher risk for older adults. Symptoms include fever, cough, and fatigue. The virus can survive on surfaces for up to 24 hours, making hand hygiene crucial for prevention.

## BUTTERFLY UPDATE

I am happy to share my new title of Emotion-Based Care Coordinator. In this role, I will be supporting Juniper in continuing the Butterfly Model education for staff, residents, and families.

As part of this initiative, we will be expanding the Butterfly Model education to all staff at Oakcrossing. Providing dementia education to every team member is vital to ensuring the highest quality of care for those who live here.

More information will be shared shortly on the Butterfly Board outside of Juniper. If you have any questions, please feel free to reach out to me at [ehaskett@peoplecare.ca](mailto:ehaskett@peoplecare.ca) or by phone at extension 123.

Thank you,  
Emily McIntosh  
Emotion-Based Care Coordinator



## LEADERSHIP UPDATE

### Thank You, Anu and Aman

We would like to extend our sincere thanks to Anu, ADOC, and Aman, DRQO, as they move on from our organization. Both have made valuable contributions through their dedication, leadership, and commitment to supporting our residents and team.

Their hard work and positive impact will be remembered, and they will certainly be missed. We are grateful for the time they spent with us and wish them continued success and fulfillment in their future endeavors.



# 2026 WINTER OLYMPICS

The Winter Olympics are set to begin on February 4th, with the opening ceremony taking place on February 6th. The games will run until February 22nd. Join us in the Chapel, where we'll have the Olympics broadcasted on the big screen for everyone to enjoy! Let's rally together to support Canada in the 2026 Olympics!



## LONDON OLYMPIANS

As the 2026 Winter Olympics in Milan–Cortina draw closer, London, Ontario has plenty of hometown pride to celebrate. Local athletes Julia Gosling and Bo Horvat, along with Ella Shelton, who has strong ties to the London area, are set to represent Canada on the Olympic stage in hockey.

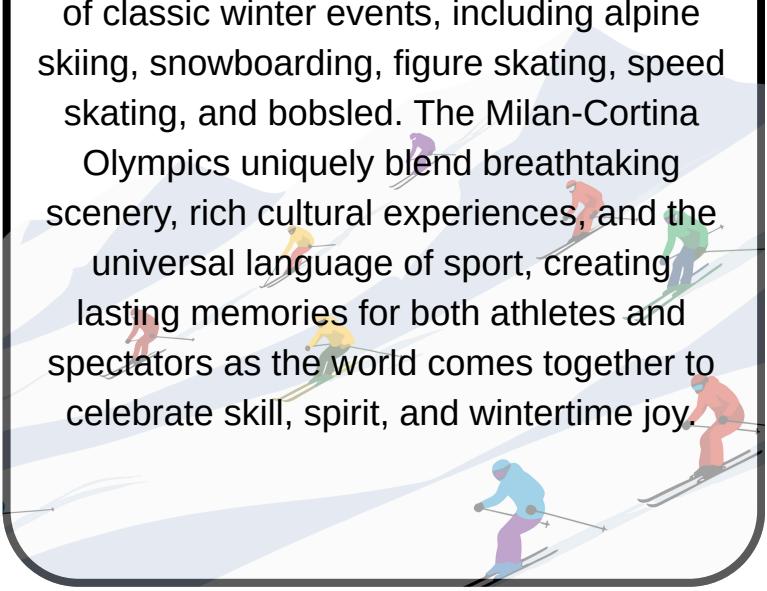
From early practices at local rinks to years of dedication and perseverance, these athletes reflect the strength of London's sports community and the support of coaches, families, and fans who helped them along the way. Their journey from our city to the world stage is a powerful reminder of the impact of grassroots sport and community encouragement.

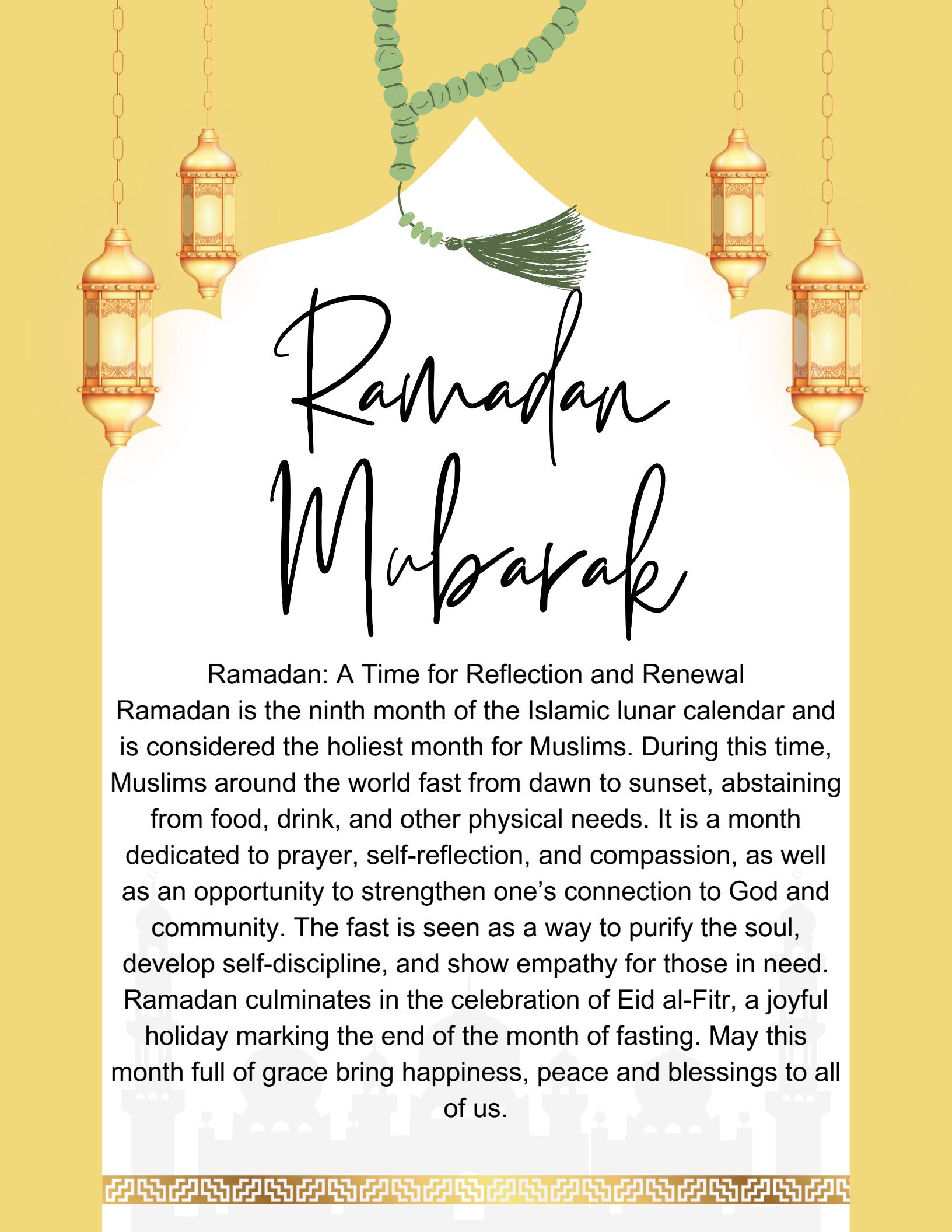
As the Games approach, Londoners are invited to cheer on our homegrown Olympians and celebrate their achievements as they compete proudly for Canada on the international stage.

# 2026 WINTER OLYMPICS

The 2026 Winter Olympics are headed to northern Italy, set across Milan and Cortina d'Ampezzo, and promise a stunning backdrop of snow-capped Dolomite peaks, charming Alpine villages, and vibrant historic cities. Beyond the excitement of world-class winter sport, visitors will be immersed in Italian culture, hospitality, and regional cuisine, from hearty mountain dishes to bustling local markets, making the Games a truly memorable experience. At the heart of the Olympics are the values of teamwork, perseverance, and friendly competition. Athletes from around the globe push their limits, support their teammates, and transform individual dedication into shared success. Even in intense moments of competition, respect and sportsmanship shine through, highlighting the unifying power of sport.

Fans will experience the thrill and nostalgia of classic winter events, including alpine skiing, snowboarding, figure skating, speed skating, and bobsled. The Milan-Cortina Olympics uniquely blend breathtaking scenery, rich cultural experiences, and the universal language of sport, creating lasting memories for both athletes and spectators as the world comes together to celebrate skill, spirit, and wintertime joy.





# RAMADAN MUBARAK

## Ramadan: A Time for Reflection and Renewal

Ramadan is the ninth month of the Islamic lunar calendar and is considered the holiest month for Muslims. During this time, Muslims around the world fast from dawn to sunset, abstaining

from food, drink, and other physical needs. It is a month dedicated to prayer, self-reflection, and compassion, as well as an opportunity to strengthen one's connection to God and

community. The fast is seen as a way to purify the soul, develop self-discipline, and show empathy for those in need.

Ramadan culminates in the celebration of Eid al-Fitr, a joyful holiday marking the end of the month of fasting. May this month full of grace bring happiness, peace and blessings to all of us.

## THE HEART OF THERAPEUTIC RECREATION

Therapeutic Recreation is about so much more than activities—it's about moments that matter. For seniors, recreation brings joy, connection, and meaning to each day, reminding them that they are seen, valued, and capable.

Through therapeutic recreation, seniors are given opportunities to move their bodies, stimulate their minds, and express themselves in ways that feel purposeful and empowering. Whether it's laughter during a group game, pride after completing a craft, or comfort found in music, these moments help seniors reconnect with themselves and others.

Recreation also plays a powerful role in emotional well-being. It reduces loneliness, builds friendships, and creates a sense of belonging. For many seniors, these programs are a highlight of their day—a reason to get up in the morning and something to look forward to.

During Therapeutic Recreation Month, we celebrate the impact of these meaningful experiences. Therapeutic recreation helps seniors maintain dignity, independence, and hope—adding life to their years, not just years to their life.



## Anti-Bullying Day

Now a movement celebrated across the globe, Pink Shirt Day has humble beginnings. Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund, working with partners Boys & Girls Clubs and 980 CKNW, was inspired to raise funds to support anti-bullying programs. Here is a snippet of an article detailing the original incident:

“David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. ‘I learned that two people can come up with an idea, run with it, and it can do wonders,’ says Mr. Price, 17, who organized the pink protest. ‘Finally, someone stood up for a weaker kid.’ So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. ‘It looked like a huge weight was lifted off his shoulders,’ Mr. Price recalled. The bullies were never heard from again.”

— *Globe & Mail*





# BLACK HISTORY MONTH

YESTERDAY TODAY TOMMOROW

February is Black History Month, a time to honor the rich history, achievements, and contributions of Black Canadians who have shaped our country. From trailblazers like Viola Desmond, who fought racial segregation, to Lincoln Alexander, Canada's first Black Member of Parliament, Black Canadians have played a vital role in advancing justice, arts, culture, and innovation.

Today, Black excellence continues to shine in all fields, from sports and politics to business and science. This month, let's take the time to learn, reflect, and celebrate the resilience and achievements of Black communities in Canada—past, present, and future.

## How to Celebrate:

- Learn about Black Canadian history

- Support Black-owned businesses

- Attend local Black History Month events

- Read books by Black Canadian authors