

AUGUST 2024

"Breathe the sweetness that hovers in August." -Denise Levertov

Foot care services

Does your loved one require advanced foot care? RPN Tanya Williams provides services at a reasonable price. Book this service through the charge nurse or Lodge RPN.

Gardens in bloom

Our gardens are producing cucumbers, pumpkins, zucchini and corn on the cob. Wow!

Sending sunshine

We'd like to send a special thanks to Sending Sunshine for the cards they sent residents. What a great way to brighten someone's day. *"It is the simple acts of kindness that can make a significant impact."*

Congratulations

Gracie Locke, Student Dish-washer, has won the Gibson Family Health Care Charitable Foundation Nursing Scholarship for 2024. Details on Page 3.



Family fun Day

at Helen Henderson
Care Centre

LET'S FLAMINGLE

- Live music
- Games
- Crafts
- Spray foam
- Bouncy Castle

**Music by
Cowboy
Mark**

AUG. 22

2 to 4 pm

For residents, staff & families
of Helen Henderson Care Centre

Civic Holiday—The Civic Holiday (Monday, Aug. 5) is celebrated the first Monday of August. It's a public holiday in some provinces and territories. The Civic Holiday is *not* a statutory holiday. The Civic Holiday is commonly referred to as the August long weekend. It is probably the busiest day on highways as tens of thousands of families go camping and to cottages.



Summer student

Have you noticed the student working around our home this summer? That's Brayden and he's doing a great job in our gardens and cutting our grass. Thank you for sharing your time and talent with our home!

Dog days of summer

Traditionally the hottest month in the northern hemisphere, **August** is called the dog days of summer. The phrase refers to Sirius, of the Dog Star. The dog days are when the Dog Star rises and sets at about the same time as the sun, which is roughly between July 3 and Aug. 11.

Weather or not

As the summer nears its end and we inch closer to fall, let's use August weather lore to try to predict what the next winter will be like.

Pay attention to the first week of this month. If it is unusually warm, it means that the coming winter will be snowy and long. Was this month cold? If so, it means that the following winter will be harsh and dry.

"August creates as she slumbers, replete and satisfied." — **Joseph Wood Krutch**

Tell us what you think

Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or catherinereynolds@gibsonfamilyhealthcare.com



On this date in history

Aug 1—The eleventh **Olympic Games** opened in Berlin in 1936. In 1774, Joseph Priestley discovered **oxygen** in the lab at Bowood House, Wiltshire, England.

Aug. 2—First **roller skating rink** opened in the UK in 1875.

Aug. 3-**Columbus** set sail on his first voyage in 1492. He made his way to the Canary Islands.

Aug. 4-**WW1**; August 1914 – 11th November 1918.

Aug, 6-The **sandwich** was named after the Earl of Sandwich. It is said that in 1762, the Earl of Sandwich asked for meat to be served between slices of bread, to avoid interrupting a gambling game.

Aug. 8—The **Great Train Robbery** of 1963.

Aug. 12-The **Model T Ford**, known as the Tin Lizzie and the first mass-produced car, went on sale in 1908 and the first communications Satellite, **Echo 1**, was launched in 1960 from Cape Canaveral in Florida.

Aug. 13-Josef Jakob, a German spy during World War II, is the last person to be executed at the **Tower of London** in 1941.

Aug. 14-End of **WWII**.

Aug. 21—The **Mona Lisa** by Leonardo de Vinci was stolen from the Louvre Gallery in 1911 and not recovered until 1913.

Aug. 24-Mount Vesuvius erupts near **Pompeii** in southern Italy. Although roughly half the citizens of Pompeii escaped toward the sea, more than 2,000 people were buried under seven feet of molten lava, ash, and pumice. (79 AD)

Aug. 28-**Martin Luther King** (1929-1968), American civil rights campaigner, made his famous "I have a dream" speech in 1963.

Aug. 31-**Princess Diana** was killed in a car accident in France in 1997.

Community Spotlight

A high school graduate from Kingston is the recipient of a nursing scholarship by a local health care company.

Speaking from her home in Kingston, Gracie Locke smiles as she talks about receiving the Gibson Family Health Care Nursing Scholarship at her graduation from Bayridge Secondary School last month.

“I have always had a strong passion for helping people,” says the teenager about her desire to become a nurse. “My family is full of people working in health care. I love that nursing is a lifelong learning opportunity where the field is constantly evolving and offering new learning opportunities. Whether it be the influence of family, drive to help others, or eagerness to learn, that is why I want to become a nurse.”



Gracie Locke

The Gibson Family Health Care Nursing Scholarship is a \$2,000 education bursary presented annually through the Gibson Family Health Care Charitable Foundation. It is awarded to a local high school graduate who is entering a nursing program (Registered Nurse or Registered Practical Nurse) at the university or community college level. To qualify for the award, recipients must have a grade average of 65 or higher. Gibson Family Health Care is the parent company of Helen Henderson Care Centre in Amherstview and Carveth Care Centre in Gananoque. The recipient was selected by residents and staff at Helen Henderson Care Centre, a popular retirement lodge and long-term care home in Amherstview. This is the first time the scholarship has been made available to Kingston area students.

Speaking on behalf of the company, Administrator Lisa Gibson notes, “We were excited to see so many strong applicants with an interest in pursuing careers in health care. Gracie’s passion for helping others and commitment to continued learning is something that not only stood out in her application, but has been witnessed by many of our residents and staff during her employment as a Student Dishwasher at Helen Henderson Care Centre. We wish her the best in her pursuit of her Bachelor of Nursing Science.”

“I am very appreciative of this financial assistance,” says the young woman about the education bursary that will help offset the cost of four years in the Bachelor of Science in Nursing program at St. Lawrence College. “This support will aid me in achieving my educational goal and in laying the foundation for a career dedicated to nursing.”

Gibson Family Health Care Nursing Scholarship was awarded to Gracie Locke in June 2024. To learn more about living or working at Helen Henderson Care Centre, please visit www.gibsonfamilyhealthcare.com

Helen Henderson Care Centre presents
Armchair travel
and Taste of Cuisine
Reception 3

HELEN HENDERSON
Care Centre

Aug. 13

Destination: Hawaii
 2:30 pm

Aug. 7 & 14

Music therapy
 with Elizabeth



Reception Three

1 pm

Aug. 29
2 pm
Gibson Room
 Helen Henderson Care Centre
 presents
Alzheimer's
Family Support Group

NEW
ALZHEIMER'S
PROGRAM

HELEN HENDERSON
Care Centre

Keeping residents engaged and connected
 at Helen Henderson Care Centre
www.gibsonfamilyhealthcare.com

HELEN HENDERSON
Care Centre

Live MUSIC
 by Reg Corey
 2:30 pm

LIVE MUSIC
 at Helen Henderson Care Centre

Reception 3

Aug. 2
 Happy Hour

Everyone welcome

Residents' Council Meeting

Aug. 6
 10:30 am in Lodge Lounge

Aug. 20
 10:30 am in Fireside Room
 ...with refreshments
www.GibsonFamilyHealthCare.com

For residents, by residents!

Birthday party
at Helen Henderson Care Centre
featuring
Penny & Steve Lloyd
Entertaining Music Lovers
Aug. 15
2:30 pm
Lodge Lounge
HELEN HENDERSON
Care Centre



Aug. 5-9
Simplify Your Life Week *KEEP IT SIMPLE*
at Helen Henderson Care Centre



Discussion Group
Aug. 8
2:30 pm
Courtyard

Declutter your life.



Aug. 30
2:30 pm
Lodge Lounge

Picket Fences
Country Rock Band



HELEN HENDERSON
Care Centre

Happy Hour at Helen Henderson Care Centre
Live Music by Picket Fences | Pub Style Food | Dancing

Helen Henderson Care Centre
presents
Aug. 23
2:30 pm
HELEN HENDERSON
Care Centre

LIVE MUSIC

by *Bon Evans*



HELEN HENDERSON
Care Centre

Fishing DERBY
Aug. 27



Bargain Hunting Sale
2:30 pm

Find great deals in the Lodge Lounge

Aug. 19



Shhhhhh... it's **Camp Week!**
Aug. 26 to 30

Picnics | Camp Fire Stories | Sing-a-longs | BBQ | Crafts | Games
BBQ hotdog lunch in courtyard Aug. 26
Campfire songs with Kevin at 2:30 pm Aug. 30

Happy Birthday STAFF

Christine M, Aug. 1

April J, Aug. 4

Cindy S, Aug. 15

Penny C, Aug. 18

Heather F, Aug. 18

Deah M, Aug. 19

Cassandra M, Aug. 19

Kelly B, Aug. 23

Jayden K, Aug. 24

Taylor W, Aug. 25

Sarika T, Aug. 28

Cory H, Aug. 28

Kathy W, Aug. 30

Sarah N, Aug. 31

See someone doing a **GREAT** job?

Please inform your supervisor...

and nominate them for **Employee of the Month**



An employee appreciation program by
Gibson Family Health Care

Stay HEALTHY



With busy schedules and lifestyles, keeping the mind, body and soul healthy can be a major challenge. Here are a few tips to help you live a happy, healthy, safe and balanced life:

Get physical – Exercise not only helps you build muscle, lose weight and gain self-confidence, but it's vital in maintaining a healthy heart.

Stress is a mess – Over time, stress can lead to serious health issues such as obesity, depression and even death. Wellness experts suggest that when you start seeing red, instead think blue – as in blueberries.

LOL, laugh out loud – Build your immune system through laughter! Health-increasing hormones like endorphins are released into your body when you laugh. Additionally, laughter works your abdominal muscles.

Eat healthy – We know we should eat healthy, so let's do it. Buy food located on the perimeter walls of your grocery store. That's where you'll find vegetables, dairy, whole wheats and protein.

The right to recreation – You schedule meetings and appointments each week, so why not schedule time for recreation? Be sure to set time each week for activities you enjoy.

Get plenty of zzzzz's – Between work, family and extra activities, it's sometimes difficult to get the necessary six to eight hours of sleep per night. Be sure to avoid caffeine or exercise right before bed. Instead, try reading a book or mediating.

What's up, doc? – Going to the doctor only when you're sick isn't going to cut it. For both your physical and mental well-being, it's wise to have a routine annual physical examination.



Reception Three

BINGO

at Helen Henderson Care Centre

2024

Aug. 8
2:30 pm



The Joyce Faye café

Baking Group

Zucchini Bread

Aug. 7
10:30 am

Reception 3







HOMEMADE DOG TREATS

We're making them at Helen Henderson Care Centre for National Dog Day!

Reception 3

Aug. 26
National Dog Day




Emotional Wellbeing
at Helen Henderson Care Centre
Aug. 13 & 27 Ecumenical Service
with Rev. Morrison of St. Peter's Church
1:30 pm | Fireside Room

Spiritual Care




Entertainment
by Wayne Scott

Aug. 14
7 pm
Lodge Lounge




Recipe of the Month

Creamy baked spinach and bacon dip

Ingredients:

- Cooking spray
- 1 (10-ounce) package frozen spinach, thawed and drained
- 1 (8-ounce) package cream cheese, room temperature
- 1 (8-ounce) container sour cream
- 3/4 cup cooked bacon, crumbled
- 1 (1-ounce) package Ranch dressing mix
- 1 1/2 cups shredded cheddar cheese, divided
- Chips for serving



Directions:

1. Preheat oven to 350 degrees F.
2. Spray a 9 by 9-inch baking pan with cooking spray.
3. Spread mixture evenly in the prepared pan. Sprinkle evenly the remaining cheese.
4. Bake 25 to 30 minutes. Serve warm with chips.

Makes 8-10 servings. *Enjoy!*

"The brilliant poppy flaunts her head amidst the ripening grain, and adds her voice to swell the song that August's here again." - Helen Maria Winslow

The good ol' days

In August 1947, the average annual income was \$3,456 and minimum wage was 40 cents per hour.

The average cost of a new house was \$13,000. A loaf of bread was 12 cents, a dozen oranges were 49 cents and postage stamps were three cents each.

A ticket to a movie was 35 cents. A car cost \$1,500. But best of all, gasoline was 23 cents per gallon-even cheaper than a gallon of milk, which was 80 cents.

The value of \$1 in today's currency would have been worth \$5.92 in 1970. The value of a dollar today, is worth *less* than it was in the past due to inflation. To offer further perspective, that same dollar was worth \$23.63 in 1913.

Stay hydrated this August

August is typically the hottest month of the year in Canada. As such, it is important to hydrate yourself daily.

There is always a refreshing drink available at each reception area. In addition, popsicles and special mock-tail hours are available throughout the day.

We also encourage residents and visitors to use the water coolers located throughout the home.

If you go outside, make sure to wear sun screen and a hat. If you need one of these items, please contact Activation.

Have a wonderful summer!



HELEN HENDERSON Care Centre

Happy Hour at Helen Henderson Care Centre
Barry Year and Trio

Aug. 16 | 2:30 pm | Lodge Lounge



at Helen Henderson Care Centre

AUGUST 1ST
NATIONAL RASPBERRY CREAM PIE DAY

Make Your OWN Sandwich Day
at Helen Henderson Care Centre
AUG. 15 | Noon in the Fireside Room






Join us in the Fireside Room to enjoy pie & review monthly newsletter and calendar

HELEN HENDERSON Care Centre



HELEN HENDERSON Care Centre

Aug. 30
Fireside Room
2:30 pm

Campfire songs by Kevin Adams
at Helen Henderson Care Centre

The Joyce Faye cafe

Aug. 4
2:30 pm

Sunday social with Chocolate chip cookies

HELEN HENDERSON Care Centre

Reception 3



NEWS in our home

Did you know we set a goal last month to walk 157kms as a Canada Day challenge to match Canada's age? We are delighted to announce we met our goal! Thank you to the residents, staff, families and volunteers who participated.

New program—Watch for dancercise with Rosie in the Fireside Room at 2:30 pm on Aug. 20. Anyone can participate in this new program that offers dance moves for residents who walk or are in wheelchairs. Remember, it is important to keep moving to maintain a happy, healthy lifestyle.

International Dog Month is August which is a perfect time to celebrate the special canines at Helen Henderson Care Centre.


To show our appreciation for our furry friends, residents will be making homemade dog biscuits on Monday, Aug. 26 at 10:30 am.

Happy Happiness Day—In the year 2000, the Secret Society of Happy People dedicated the entire month of August to the pursuit of happiness. To observe this, we are taking a day to think about happiness and things that make us happy. Please join the fun at 2:30 pm on Aug. 8 in the lodge courtyard. PS. This event includes an ice cream social.

The World


Poem by Jen

A turtle in the sky;
A turtle about you and I.
An indigenous believes
Turtles are land and sea.
A turtle is green and brown,
In a blue background as the ocean.



Choose
Happiness

Enjoy an ice cream social
2:30 pm on Aug. 8 | Lodge Courtyard



AUGUST IS HAPPINESS HAPPENS MONTH!
at Helen Henderson Care Centre





A delicious Resident Choice Luncheon at Helen Henderson Care Centre

KFC Take out lunch
Noon in Fireside Room | **Aug. 8**

HELEN HENDERSON Care Centre

FRESHLY PREPARED!

HAND WASHED
FRESHLY PREPARED
PREPARED IN OUR KITCHEN

Birthday PARTY
2:30 pm | Fireside Room

Aug. 14

Featuring music by Kevin Adams



HAPPY NATIONAL CHOCOLATE CHIP COOKIE DAY



Aug. 13
at Helen Henderson Care Centre

Tim Horton's Sweetshop
at Helen Henderson Care Centre

2:30 pm

Sweetshop and social
Aug. 19

HELEN HENDERSON Care Centre



Reception 3

Live music by Pat Kennedy

Aug. 16 | 2:30 pm
at Helen Henderson Care Centre

HELEN HENDERSON Care Centre

Aug. 9
2:30 pm
Fireside Room
The Melody Makers



Live MUSIC
with Diane and Al Pilon

MUSIC
at Helen Henderson Care Centre

HELEN HENDERSON Care Centre



An exercise routine for everyone

Progressive muscle relaxation is an exercise routine where you relax your body and mind by progressively tensing and relaxing your muscles from head to toe. The technique was first described by Edmund Jacobson in the 1930s and is based on a premise that mental calmness is a natural result of physical relaxation. Throughout the years, Jacobson's techniques have been modified in many different ways. Even the Department of Veteran Affairs recommends it.

General guidelines:

- When you tense a particular muscle group, do it vigorously, but without straining, and hold it for five seconds.
- Concentrate on what is happening.
- Throughout the exercise, maintain your focus on your muscles.
- Remember to breathe, even as you are holding the position.
- When you release the muscles, do so quickly and then relax.

Snapped around our home



Sept. 23-27
Food | Games | Fun
Celebrating our
maintenance, dietary
& housekeeping staff



Helen Henderson Care Centre presents
Support Staff Week 2024



Life lessons that have stood the test of time

Life is now. We keep waiting for that amazing thing to happen in the future that will be the key to our happiness. But this is it. Right now. Life continues to be a series of right nows. So learn to love right now, and you'll have an amazing life.

Fear is an illusion (mostly). Most of the things we fear never happen. Or if they do happen, they are rarely as bad as we fear they will be. For most of us, fear is the worst thing that will happen to us. Reality isn't as painful.

Relationships rule. At the end of the day, what matters most are the people in our lives. Put them first every single day. Before work. Before the computer. Before your hobbies. Treat them like they are your everything. Because they are.

Debt isn't worth it. Nothing is more draining and humiliating than being in debt. Buying things you can't afford might give you a short-term buzz, but in the long run, it's extremely stressful. Spend below your means. Save money. Wait until you can afford it. Live free.

Your kids aren't you. You are the vessel to bring your children into the world and their caretakers until they can care for themselves. You can teach them, love them, and support them, but you can't change them. They are unique individuals who must live their own lives and learn from their own mistakes. Let them.

Things gather dust. Time and money spent accumulating material things will one day irritate you. You have to clean, maintain, store, and move stuff. The less stuff you have, the freer you are. Purchase mindfully. Simplify.

Fun is underrated. How much of

your day is fun? Really fun life is short. You should enjoy it. Don't make things serious that don't have to be. Create more fun in your life. Don't worry about what other people think of your fun. Just enjoy it.

Failure is good. We try so hard to avoid failure, but failure is the real evidence that we've had the courage to try. If you avoid failure, you avoid taking action. Expect and accept that failure is part of the experience. Learn from it, grow from it, and move on.

Friendships need care. One of the top five regrets of the dying is that they let their friendships fade away. Friendships need time and attention. They need to be prioritized not just in word but in deed. Nurture them like a prized garden. The payoff is so worth it.

Prioritize experiences. The pleasure and positive memories afforded by great experiences far outweigh material things. If you're trying to decide between the new sofa or the family trip, take the trip every time. Save and plan for new adventures and meaningful experiences. Don't just dream about them — make them happen.

Anger isn't worth it. The feel-good release of anger lasts a few minutes. The repercussions last far longer. Regret, stress, and unhappiness are the by-products of angry outbursts. Learn healthier ways to communicate your feelings, and when anger arises, step away until it dissipates.

Kindness matters. Small expressions of kindness have an enormous positive impact on other people and on your own happiness. It doesn't take much to be kind. Practice it every day, in every situation, until it's your natural way of

being.

Age is a number. When you're twenty you think fifty is old. When you're fifty, you feel thirty. When you're seventy, fifty looks like adolescence. Our chronological age doesn't have to define us. Don't allow a number to hold you back or prevent you from being the person you are inside. Just be the person you are inside.

Vulnerability heals. Being real, open, and vulnerable invites people in and allows them to relate to you on a much deeper and more intimate level. Vulnerability, practiced with safe and loving people, can heal emotional pain and strengthen relationships. Let down your walls and connect. It's surprisingly liberating.

Posturing builds walls. Creating a persona to impress or shield yourself from pain diminishes intimacy and authenticity. People generally see through this, and it pushes them away. And you look like a fool.

Exercise is power. Exercise should be a daily priority for everyone. It makes you physically, mentally, and emotionally stronger. It improves your health and your outlook. It is the panacea for just about everything.

Grudges cause pain. Holding on to a grudge is like injecting poison into your body every day. Forgive and let go. There's no other way.

Passion upgrades life. When you find that thing you love to do with all your heart, every day feels like a gift. If you haven't found your life passion, make it your mission to find it. The joy it brings you spills over into all aspects of your life.

Travel expands you. Travel makes you a more interesting person.



The Helen Henderson Care Centre Olympics



July 22-26



Helen Henderson Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome

Joyce Graham, Lodge
Audrey Perrett, Lodge
Isobel Scott, Lodge
Joan Gilmore, Lodge
Janet Bettschen
Freda Storms
Barbara Bradley
Zelie Brough

Birthdays

Harry W, Aug. 2
Lucille P, Aug. 3
Heather S, Aug.5
Dolores E, Aug. 12
Dawna C, Aug. 13
Charlene B, Aug. 15
Ivan M, Aug. 18
Freda S, Aug.23
Shirley S, Aug. 25
Betty M, Aug. 30
Janie L, Aug. 30

In Memory

Dorothy MacDonald
Michelle "Shelly" Walsh
Margaret Stafford
June Hegadorn
Edna Brown