

News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

MAY 2024

"Aim for the moon. If you miss, you may hit a star," W. Clement Stone

Nursing Week

We love May because we get to brag about our nursing staff. Congratulations to the following people who are celebrating work anniversaries: Paula Lewis, 20 years; Katie Tennant, 20 years; Michelle Fitzgibbon, 15 years; Donna Trebinskie, 10 years; Paige White, 10 years.

Staff SPOTLIGHT

This month, we are celebrating the good work of Janette Wheeler who retired March 11. Please see Page 3.

Visit our website

SCAN ME



SCAN ME



Happy Mother's Day

MAY 12

from Gibson
Family Health Care



Mother's Day (Sunday, May 12) is a celebration honouring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in West Virginia. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis was a peace activist who helped wounded soldiers on both sides of the American Civil War.



Victoria Day



For some, Victoria Day is a sign summer is just around the corner. The holiday, which is only celebrated in Canada and Scotland, began as a celebration to honour Queen Victoria's birthday. The British queen was born on May 24, 1819. She is the longest reigning monarch (Queen) in England, remaining on her throne for 63 years, 216 days. On Sept. 9, 2015, Queen Elizabeth II took the title of longest reigning monarch in British history.

Victoria Day was declared a Canadian holiday by the government in 1845. At that time, it was celebrated with picnics, parades, sporting tournaments, fireworks, and cannon salutes. When Queen Victoria died in 1901, Canada's parliament officially named the holiday Victoria Day. And it was decided that the day would be celebrated on May 24 each year (or on May 25 if the 24th fell on a Sunday).

In 1952, the government made the decision to begin celebrating Victoria Day on a Monday. It would be observed on May 24 if that worked out, otherwise it would be held on the Monday immediately before it. Today, Victoria Day is a holiday throughout all of Canada, except the Atlantic provinces of Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland and Labrador. And, in Quebec, a holiday called *Journée nationale des patriotes* is celebrated on the same day. Victoria Day is marked in most cities with parades, outdoor events and activities such as camping and elaborate firework displays.

Happy Victoria Day on MAY 20!

Mental Health Week

Mental Health Week is May 6 to 10 and we'd like to use this time to thank retirement and long-term care staff for their efforts responding to, and managing, the pandemic. We appreciate your good work during the COVID-19 crisis and we encourage you to take care of yourself. **#showsomTLCforLTC**

Outbreak in LTC

Thank you for your patience as we manage a COVID-19 outbreak in LTC which started last month. If you aren't feeling well, please postpone your visit to ensure residents' safety.

Welcome spring

Spring is one of the four conventional temperate seasons in Canada. When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere. The first day of spring 2020 in the Northern Hemisphere was March 19. The last day of spring equinox 2020 is Saturday, June 20. The reason the equinoxes and solstices don't always come on the same day is that Earth doesn't circle the sun in exactly 365 days. The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. The term *vernal* is Latin for "spring" and *equinox* is Latin for "equal night". In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.

"We know what we are. But know not, what we may be."
William Shakespeare

Tell us what you think



Do you have a story idea or feedback?
Contact Catherine Reynolds at 613-382-4752 ext. 114
or catherinereynolds@gibsonfamilyhealthcare.com

Staff SPOTLIGHT



Janette Wheeler is having a hard time leaving a job she loves.

Working for the past 38 years as a Health Care Aide at Carveth Care Centre, a long-term care home in Gananoque, Janette retired last month due to health reasons. She was hoping to work for a few more years.

“It’s been a really good experience,” says the 67-year-old woman with a smile. “This type of work is extremely rewarding. Taking care of people has been my life. It’s hard to step down. I’ll miss the residents and their stories.”

Wearing a heart necklace and a warm smile, Janette is known for her care and compassion towards others. For years in the summer, she shared vegetables from her garden with residents and staff.

“They loved it,” she remembers fondly.

When the COVID-19 pandemic began in March 2020, she even ran errands for the residents in her spare time. “The pandemic really put a damper on things,” she explains. “It’s nice to see life returning to normal, now.”

It is clear to see Janette will miss her job and the people at the home, but she knows life goes on. “You can’t live for yesterday,” she says wisely. “I just wish there were more people with the passion to help provide health care.”

Looking back, she says she will miss the teamwork at the home. “When COVID hit, everyone really stepped up as a team,” she says nostalgically. “I really can’t say anything bad about the job or the home. Your job is what you make of it. You have to invest your heart, feelings and compassion into what you do.”

Looking ahead, Janette plans to spend time with family and friends such as her best friend Cathy Webster, another retired Carveth employee. “Cathy is like a sister to me,” says Janette who talks about their trips to Las Vegas and Florida. “We’ve been through a lot: good times and bad.”

“I like to garden and boat,” she continues happily, thinking about her home in Lyndhurst. “My boyfriend and I also enjoy day trips. We even bought a couple of bikes to use on the Thousand Islands Parkway this year.”

Looking around the home in late March as she prepares to leave, Janette says her only professional regret is not pursuing her nursing registration. “I did consider getting my Registered Practical Nursing papers,” she explains, “but I decided I would prefer to continue to work as a Health Care Aide because it allows more time to visit with the residents.”

“It’s a privilege and honour to provide assisted daily living to people,” she continues. “There’s something about this job... it doesn’t want to leave you. The residents will always be in my heart.”

“In her years, Janette has poured her heart and soul into looking after many residents, generations of families, in fact,” says the home’s Director of Care, Shelley Bender. “For 38 years, her caring nature and commitment to our residents have never wavered. Her dedication to them and her contributions to the home will be sincerely missed. On behalf of the Gibson family, thank you for your time and talent, Janette. We wish you all the best in your next phase of life, and hope you enjoy all the exciting adventures ahead of you.”

Administrator Brett Gibson echoes those sentiments. “Over the past few years, we have lost some great people due to retirement and Janette is another. Janette is a wonderful person and was so caring in her approach to working with the residents. Our family wishes her all the happiness in retirement.”

Fundraiser by Carveth Auxiliary

Bullhead Fish Fry

May 2
at Carveth Care Centre Multipurpose Room

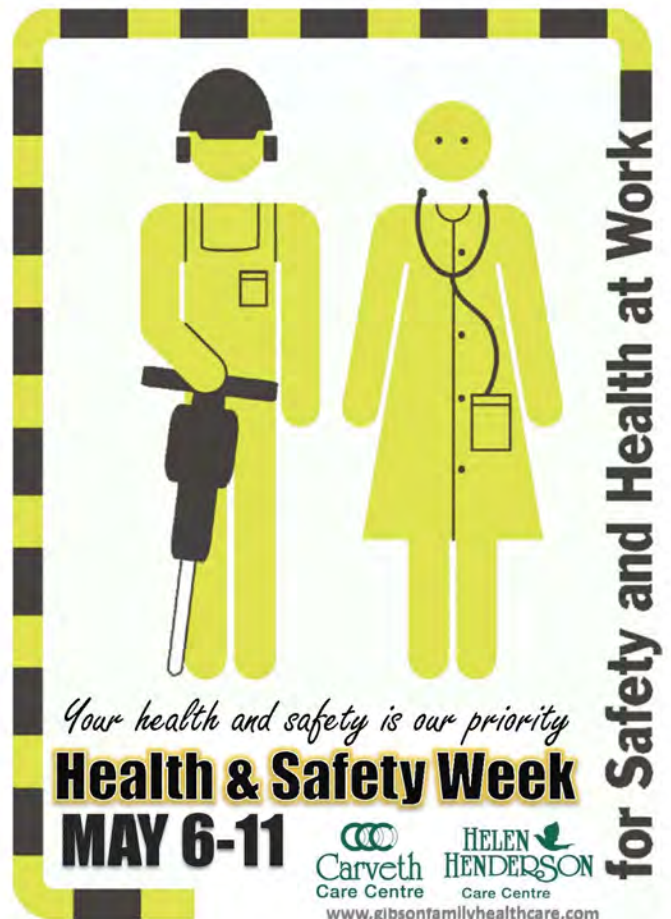


Fresh and delicious

11:30 am to 1:30 pm

Carveth Care Centre

\$18 pp | Please drop off payment to Activation at Carveth
Bullhead fish, beans, coleslaw, bun, dessert and drink



for Safety and Health at Work

Your health and safety is our priority

Health & Safety Week
MAY 6-11

Carveth Care Centre
HELEN HENDERSON Care Centre
www.gibsonfamilyhealthcare.com

Gananoque Wheels of Care Association Annual Meeting

From 1 to 3 pm on May 15 in Multipurpose Room at Carveth Care Centre.

Event Description—This is the annual meeting of the Gananoque Wheels for Care Association. The Association provides accessible transportation for residents of Gananoque and the Township of Leeds and the Thousand Islands.

The public is invited to this event free of charge. Contact Information—Dan Horton at 613-659-2069



Shelley Bender thanked Janette Wheeler for 38 years of service at a retirement party on April 12.



at Carveth Care Centre

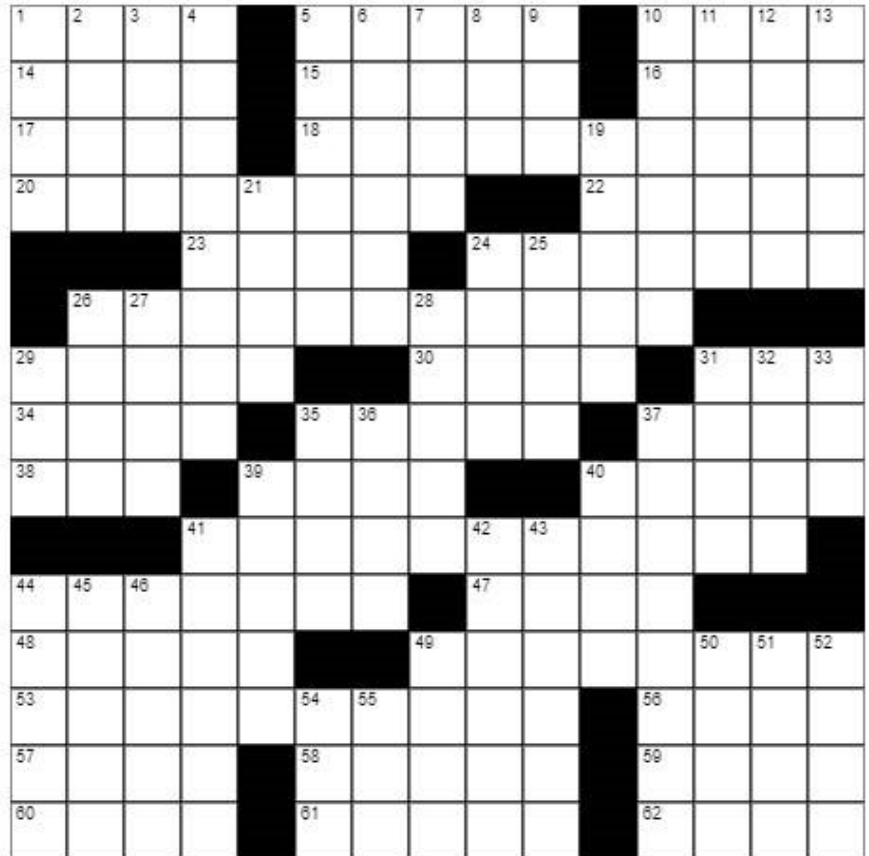
May 10



Crossword Puzzle: Flowery Language (Answers on Page 6)

Across

1- Serene; 5- Before's opposite; 10- Ancient pyramid builders; 14- Zone; 15- Genre for, and feature of, a soap opera; 16- Miner's targets; 17- Circle; 18- * "I didn't mean to do that"; 20- Proverbial fruit that spoils the barrel; 22- Absurd; 23- Tubular pasta; 24- Realm of King Arthur; 26- * Biometric device that looks you in the eye; 29- Large sports or music venue; 30- Reply to "shall we?"; 31- Degree for an exec; 34- Curse; 35- Encounters; 37- Stiletto, for example; 38- Finish; 39- Persuade; 40- Stereotypical headwear for an artist; 41- * Wavelength at the other end of the spectrum from infrared; 44- Ingredients in many jams; 47- Commotions; 48- Sync; 49- Snobs; 53- * Like an optimist's glasses; 56- Tidy; 57- Amenable (to); 58- Starbucks size that means "twenty" in Italian; 59- Leafy green; 60- Outdoor egg container; 61- Important organism for beer and bread; 62- Unit on an agenda;



Down

1- Food type avoided in many diets; 2- Operatic highlight; 3- What banks and libraries do; 4- Glossy printed issue; 5- Adds to the family; 6- Romp around; 7- Sticky stuff on a spool; 8- They appear in the middle of summer?; 9- Beam; 10- One who complains; 11- Common font; 12- Like some simple questions; 13- To date; 19- Smallest US coins; 21- City known for its architectural leaning; 24- Tech news site, whose first letter stands for "computer"; 25- Picnic pests; 26- Country once known as Persia; 27- Rip; 28- Amazon home assistant; 29- "Honest" prez; 31- Paltry; 32- Borscht ingredient; 33- Key next to ctrl; 35- Speck; 36- Corn units; 37- Capital of Finland; 39- Actor and director Eastwood; 40- Kick out; 41- Top-priority; 42- Parking lot attendants; 43- Cry of success; 44- Title for a nobleman or a business tycoon; 45- Get married in secret; 46- Goes up; 49- Italian volcano; 50- Info on an airplane ticket; 51- Story; 52- Flower's stalk; 54- Climbing vine; 55- French word for "born", used to indicate a maiden name;

National Physiotherapy Month

MAY

www.gibsonfamilyhealthcare.com


Carveth
Care Centre


HELEN
HENDERSON
Care Centre



Residents enjoyed a shopping trip to the Dollar Store late last month, followed by a stop at Tim Horton's where we met former Carveth employee, Barb. Since Carol, a resident of our home, is a former Tim Horton's employee, we thought it was the perfect picture.



Residents' Council Meeting *Everyone welcome*
May 15
 2 pm



www.GibsonFamilyHealthCare.com

Crossword Answers (Questions on Page 5)

1	C	A	L	M		5	A	F	T	E	R		10	M	A	Y	A		
14	A	R	E	A		15	D	R	A	M	A		16	O	R	E	S		
17	R	I	N	G		18	O	O	P	S	Y		19	D	A	I	S	Y	
20	B	A	D	A	21	P	P	L	E				22	I	N	A	N	E	
					23	Z	I	T	I			24	C	A	M	E	L	O	T
					26	I	R	I	S	S	C	A	N	N	E	R			
29	A	R	E	N	A					30	L	E	T	S		31	M	B	A
34	B	A	N	E			35	M	E	E	T	S			37	H	E	E	L
38	E	N	D			39	C	O	A	X				40	B	E	R	E	T
						41	U	L	T	R	A	V	I	O	L	E	T		
44	B	E	R	R	I	E	S			47	A	D	O	S					
48	A	L	I	G	N					49	E	L	I	T	I	S	T	S	
53	R	O	S	E	T		54	I	N	T	E	D			56	N	E	A	T
57	O	P	E	N			58	V	E	N	T	I			59	K	A	L	E
60	N	E	S	T			61	Y	E	A	S	T			62	I	T	E	M

Outdoor Walking Club

May 16 & 30
Let's get moving!
 10:30 am at Carveth Care Centre



Create
Inspire
Dream
Imagine



Enjoy fun, food and games

Nursing Week 2024
May 6 to 10
at Carveth Care Centre

May 6: Cookie and cupcake decorating; May 7: Caricature artist
May 8: Minute to Win it; May 9: Welcome sign art
May 10: Paint Chip Game

Carveth Care Centre wants to



for residents of Carveth Care Centre

May 22



Tell us about
your antiques

Love, residents of Carveth Care Centre
To arrange a visit, contact Shannon: 613-382-4752 ext. 107




MAKE ALS TREATABLE. NOT TERMINAL. WALK FOR ALS.

June 15

 **Carveth Care Centre**
 **HELEN HENDERSON Care Centre**
www.gibsonfamilyhealthcare.com



Lake Ontario Park, Kingston
3km walk • 10:30 am start



Enjoy the Carveth Care Centre
Mother's Day
Serenity
SPA
In honour of Carveth moms



May 11



By appointment only with the Activation Department



**Rolling Shaker
Mobile Bar**

at Carveth
Care Centre

May 28
2 pm



Carveth
Care Centre



Happy birthday staff

Kelly Forbes, May 12
Amanda L, May 13
Joe C, May 13
Preston S, May 15
Judy G, May 16
Rachael V, May 16
Gloria B, May 21
Melinda R, May 21
Sherry W, May 23
Katie T, May 24
Kaitlin G, May 27
Tim K, May 28
Carrie D, May 29



Happy birthday volunteers

Dorna S, May 16

Welcome Staff

Ethel Yeboah, PSW
Josephine Dosodo, Residential Aide
Cassandra Amisshah, PSW
Rebecca Brennan, PSW
Jane Osuagwu, PSW
Faith Rilwan, PSW



How Canadians confuse the world:
We measure outside temp in Celsius and oven temp in Fahrenheit
Length in metres and our height in feet
Cheese is weighed in kilograms but people are in pounds
We speak like Americans, spell like Brits and randomly throw in French words
ಠ_ಠ

How Canadians Confuse the World Part Deux:
If it's a light snowfall we measure it in centimetres, if it's a big snowfall - feet
We measure driving distance in hours instead of kilometres. E.g. How far is it from Calgary to Vancouver? Oh, about 11 hours.
We measure liquids in litres, unless it's for a recipe - then it's in cups.
Property is measured in hectares, but house size is by square footage
Football fields are in yards, swimming pools are in metres.

Garden tips



Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. If you are a beginner or expert gardener, health & safety should always be a priority. Below are tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

Dress to protect—Gear up to protect yourself from lawn and garden pests, harmful chemicals, sharp or motorized equipment, insects, and harmful rays of too much sun.

Put safety first—Powered and unpowered tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.

Know your limits in the heat—Even being out for short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

Tips for persons with disabilities and physical activity—Talk to your health care provider if you have physical, mental, or environmental concerns that may impair your ability to work in the garden safely.

Enjoy the benefits of physical activity—Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer, and premature death.

Get vaccinated—Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

Dates to Remember

Upcoming
Events

- May is Physiotherapy Month
May 6... Crystal Clear Cleaning Crew
May 9... Happy Hour with Jumpin' Jimmy at 2 pm
May 11... Mother's Day Serenity Spa
May 12... Mother's Day
May 15... Residents' Council at 2 pm
May 16 and 30... Outdoor Walking Club at 10:30 am
May 16... Music by Vicki Spurrell at 2 pm
May 20... Victoria Day with Royal Bingo at 2 pm
May 22... Breakfast Club
May 23... Music by Cowboy Mark at 2 pm
May 28... Rolling Shaker Mobile Bar
May 30... Birthday Party with Tom Valliquette at 2 pm

Welcome spring!
EASTER WEEKEND



Students from Linklater Public School and St. Joseph Catholic School helped Kay celebrate her 104th birthday on April 24. Kay received more than 150 cards and enjoyed a party with her family. What a remarkable milestone! *Happy birthday, Kay!*

Interesting facts about

May

In any given year, no month ever begins or ends on the same day of the week as May.

The month May was named for Maia, the Greek goddess of fertility. May's birthstone is the emerald which is emblematic of love and success. May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

Word Search

Most Common Pets

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

BIRD
GUINEA PIG
IGUANA
DOG
RAT
HAMSTER
CHINCHILLA
TURTLE
LIZARD
GERBIL
SNAKE
CAT
FISH
CHICKEN
FERRET
MOUSE

The Caregiver by Jim Taylor

Celebrating Family Council at Carveth Care Centre

One of the biggest concerns for the safety and health of our residents at Carveth is injury-causing falls. Management and staff are aware of this, and have many ways to minimize these serious events.

Every fall has the potential to seriously injure, and maybe result, in hospitalization, or even cause death. As Caregivers we can, and should, examine how we can help to reduce these serious events. Good data and information indicates that falls occur in all areas at Carveth, and that most falls occur when staff and caregivers are not present. But as concerned members of the Carveth team, we must play a stronger role in trying to prevent these serious incidents by.

- Our increased pressure with the residents provides the opportunity to discuss with our loved ones, the realities, and consequences, of falls. We try to learn from our loved ones, where possible, what behaviours and needs are causing falls.
- A realistic discussion of the potential results of falls, hospitalizations, etc. may have an impact on fall behaviour.
- A discussion with nursing staff will ensure that medications are not contributing to falls.
- Ensuring that appropriate footwear is in use for residents with mobility capacity.
- Paying attention to tripping hazards in residents' rooms, and modifying furniture and surroundings may lessen a fall potential.
- Talk to the nursing staff about routine or irregular behaviours of your loved one, that you might be able to influence some hazardous behaviours.

We don't live in a perfect world, but we all live together, and working on part of a team, as caregivers, we can prevent injury causing falls with the ultimate goal of zero. Our residents deserve our efforts.





Crystal Clean

Enjoy clean glasses by the Crystal clear cleaning crew at Carveth Care Centre

May 6
10:30 am




Happy Hour with
Jumpin' Jimmy Leroux
at Carveth Care Centre

May 9
2 pm



Music by Cowboy Mark
Happy Hour at Carveth Care Centre



May 23
2 pm



www.gibsonfamilyhealthcare.com




Music by Vicki Spurrrell

May 16
2 pm
at Carveth Care Centre




Birthday Party with
Tom Valliquette
at Carveth Care Centre

May 30




Live music



JUNE is Seniors' Month
at
Carveth Care Centre



The Carveth Garden of Love

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



Welcome

Carol Lancaster

Peggy Wiechno

Robert Seely

Nancy Ivey

Birthdays

Barbara "Jean" J (Lodge), May 16

George J, May 1

Phyllis F, May 3

Edith H, May 3

Betty Y, May 6

Doreen E, May 16

Dorothy W, May 17

Richard "Dick" H, May 19

Duane D, May 23

William G, May 31

In-Memory

Jamie McGuire

Bernice Robertson

Vera De Wolfe

Josephine Lynch

Inez Leakey

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	<h1>May 2024</h1>					
5 Cinco de Mayo 10:30 Virtual RC Service 2:00 Virtual Worship Service	6 10:30 Crystal Clear Cleaning Crew 2:00 Bingo	7 10:30 Floral Therapy 11:00 RC Mass 2:00 Ladder Ball	8 Music Therapy 10:30 What it means to be a 'Mom' 11:00 Christ Anglican Service 2:00 Busy Bodies Nursing Week	9 10:30 Drum FIT 2:00 Happy Hour with Jumpin Jimmy 6:30 Twilight Group	10 10:30 Manicures 2:00 Bingo	11 Mother's Day Serenity Spa
12 Happy Mother's Day 10:30 Virtual RC Service 2:00 Virtual Worship Service	13 10:30 SAL with Betty and Anne 2:00 Bingo	14 10:30 Horseshoes 10:30 Seeley's Bay Holiness 2:00 Dirty Laundry	15 10:30 Bible Study with Betty 2:00 Resident's Council	16 Birthday Diners 10:30 Outdoor Walking Club 2:00 Vicki Spurrell 6:30 Twilight Group	17 10:30 Manicures 2:00 Bingo	18 10:30 News & Views 2:00 Movie of the Week
19 10:30 Virtual RC Service 2:00 Non-Denominational Service with Donna	20 Victoria Day 10:30 Shut the Box 2:00 Royal Bingo	21 10:30 Floral Therapy 11:00 RC Mass 2:00 Teamific Virtual Quiz	22 Music Therapy Breakfast Club 10:30 Growing Older & Wiser w/ Jean 2:00 Busy Bodies	23 10:30 Drum FIT 2:00 Cowboy Mark 6:30 Twilight Group	24 10:30 Manicures 2:00 Bingo	25 10:30 News & Views 2:00 Movie of the Week
26 10:30 Virtual RC Service 2:00 Virtual Worship Service	27 10:00 Lodge Meeting 10:30 SAL with Betty and Anne 2:00 Bingo	28 10:30 Wheel Of Fortune 2:00 Rolling Shaker Mobile Bar	29 Rockport Outing 10:30 Gospel Sing a Long 2:00 Music & Movement	30 10:30 Outdoor Walking Club 2:00 B-day Party w/ Tom Valliquette 6:30 Twilight Group	31 10:30 Manicures 2:00 Bingo	