

News from Home

HELEN
HENDERSON

Care Centre

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

MARCH 2024

March comes in like a lion and goes out like a lamb. - Ancient proverb

Special days in March

In addition to the start of spring this month, we are also celebrating St. Patrick's Day on March 17 and Easter on March 31. Please see inside for all of the fun activities planned.

Marching into spring

You know spring is around the corner when children enjoy Spring Break (March 11-15). The first official day of spring is Tuesday, March 19. Spring ends on Thursday, June 20.

Our good news...

We are delighted to announce we have been approved by Accreditation Canada. Please see Page 10 for details.

Staff SPOTLIGHT

This month, we're profiling front-line health care worker Aaron Medrano, PSW. Details on Page 3.



Happy
Easter



from Gibson Family Health Care



March 31

www.gibsonfamilyhealthcare.com



Kiss the Blarney Stone this St. Patrick's Day (March 17) — For more than 200 years, world statesmen, literary giants and legends of the silver screen, have joined millions of pilgrims to climb the steps to kiss the Blarney Stone in Ireland and gain the gift of eloquence.



Who was St. Patrick

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St Patrick, quite little is actually known about his life.

We do know that St. Patrick was born in Britain and at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd.

It was then that he became a devout Christian, embracing his religion for solace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He did. Walking nearly 200 miles, Patrick escaped to Britain and undertook serious religious training. After 15 years of study, Patrick was ordained as a priest and sent back to Ireland. His mission was to minister to Christians and to convert the Irish, then pre-dominantly pagans, to Christianity.

Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish. St. Patrick's Day is celebrated annually on March 17, the traditional religious feast day of St. Patrick and the day he is believed to have died in 460 A.D. The Irish have observed this religious holiday for thousands of years.

Daylight Savings Time

It's that time of year again when days get longer and Robins return to their nests. Remember to turn your clock ahead one-hour at 2 am on Sunday, **March 10**. Daylight Savings Time ends on Nov. 3.

Recreation Professionals Week

Our recreation professionals host a lot of great programs and activities. Now, it's our turn to celebrate them March 4 to 8. Thank-you Donna and team, we know the power of recreation is inspiring, engaging and enriching.

Improvements in the lodge

Did you know we are getting a new floor in the far end of our retirement lodge? Soon, the carpet will be removed from the last two hallways and we will have new handrails. What a nice improvement.

March is
National
Nutrition
Month

Bite into a Healthy Lifestyle!



"Stop wearing your wishbone where your back backbone ought to be."

- Elizabeth Gilbert

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

Staff SPOTLIGHT

A Kingston man who is new to Canada has been recognized for his work caring for residents at a long-term care home in Amherstview.

"I love working here with everyone," admits Aaron Medrano, a 38-year-old Personal Support Worker (PSW) at Helen Henderson Care Centre in Amherstview. "I like the teamwork. Staff are friendly and helpful; they treat everyone as family."

New to Canada, Aaron is a trained nurse who arrived in Kingston from the Philippines on Aug. 1, 2023. He started working at the popular home that November; a job he has performed so well it earned him Employee of the Month four months later.



Aaron Medrano, PSW

"When I lived in the Philippines, I worked for 16 years at a hospital, 12 in the emergency department," Aaron explains. "I learned a lot there."

Clearly passionate about health care, Aaron hopes to earn his nursing designation in Canada while working to support his family as a PSW.

"I'm happily married with two children. I met my wife at nursing school," the friendly man says with a smile. "When the four of us first arrived in Canada last year, we noticed how everything is different here which has been interesting. We decided to reside in Kingston because it is halfway between Toronto and Montreal. It's been a great place to live."

Known for his positive attitude and good work ethic, Aaron was nominated for his workplace award by a coworker.

"Aaron has been a great addition to our team," says Assistant Director of Care, Melissa Locke. "He is eager to help and always puts the residents first. He is friendly, helpful, and kind; we are grateful for his good work."

Aaron seems pleased with the feedback.

"My coworkers are great at giving advice which is helpful," he says kindly.

When Aaron isn't at work, he can be found at home.

"My passion is cooking and taking care of the kids while my wife studies at St. Lawrence College as an international student," Aaron confirms.

See someone doing a GREAT job?
Please inform the Administrator...
and nominate them for Employee of the Month



An employee appreciation program by
Gibson Family Health Care

Asked to describe himself, he notes, "I'm the kind of person who works hard."

Questions for Aaron

If you could rule the world, what would you do on day-one?

"If given the chance, I would help the homeless, helpless and less fortunate."

If you could have any superpower, what would it be?

"The power to heal the sick."

If you weren't at your current job, what would you be doing?

"I'd love to be a chef. I have loved cooking since I was a child and I'm now teaching my 12-year-old son how to cook."

Happy Birthday STAFF

Rosanna M, March 3
Emma B, March 7
Chris P, March 8
Lisa L, March 9
Sonia B, March 12
Devon J, March 12
Kathleen B, March 15
Sara H, March 18
Sarah G, March 19
Melissa L, March 19
Elvira F, March 20
Jessica S, March 20
Lilly P, March 22
Laurie S, March 22
Hollie W, March 23
Kayla I, March 24

Welcome STAFF

Dr. Mahadeva Krishantha (Dr. Krish)
Deah Marcelo, PSW
Tristin Muir, PSW
Crystal Bulpit, PSW
Kelly McCrea, Recreation Aide
Cassandra Hull, PSW



Spring safety tips



Spring is in the air which means we'll be spending more time outdoors. Here are some outdoor safety tips to help you stay safe:

1. Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
2. Protect your hearing when operating machinery.
3. Make sure equipment is working properly.
4. Wear gloves to protect from skin irritations, cuts, and contaminants.
5. Use insect repellent containing DEET.
6. Follow instructions and warning labels on chemical and lawn and garden equipment.
7. Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.
8. Keep an eye on the thermometer and take precautions in the heat.
9. When working in hot weather, drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.

Walkers and wheelchairs provide mobility to disabled

by Sue Reynolds, Director of Care

Helen Henderson Care Centre has a small supply of walkers and wheelchairs for short-term use. If you are a resident who needs a wheelchair, we require you to be fitted for your own.

This will help promote:

- comfort
- fit
- the ability to maintain independence
- prevention of skin breakdown

To initiate the process, staff will discuss the issue with your family and place a referral to physiotherapy.

Physio will review and work-on a temporary solution with the home in conjunction with the family.

A referral will allow Occupational Therapist, Christine Rostek, to work with the family and a mobility company to fit an appropriate wheelchair.

She will also complete paper work for the Assistive Devices Program offered by the Ministry of Health and Long-term Care which covers 75 per cent of the cost of the equipment.

We use Christine as she is ADP authorized and does not present a conflict of interest with the in-house physiotherapist.

For veterans who qualify for coverage, they can also receive support from Veterans' Affairs.

The preferred mobility provider for the home is Align Home Health Care. They visit the home weekly to assist with repairs and provide free services such as Mobility Cleaning Clinics.

In the event a resident does not have the resources to pay for the 25 per cent difference, the following groups may help:

The March of Dimes (depending on a residents' diagnosis).

The Oddfellows.

A program through the Legion's Poppy fund can also be accessed by veterans to assist with many items as well.

Join the Helen Henderson Care Centre

FAMILY Council

If you would like to attend a meeting, please contact:

Donna Joudoin at
613-384-4585 ext. 224

2 pm

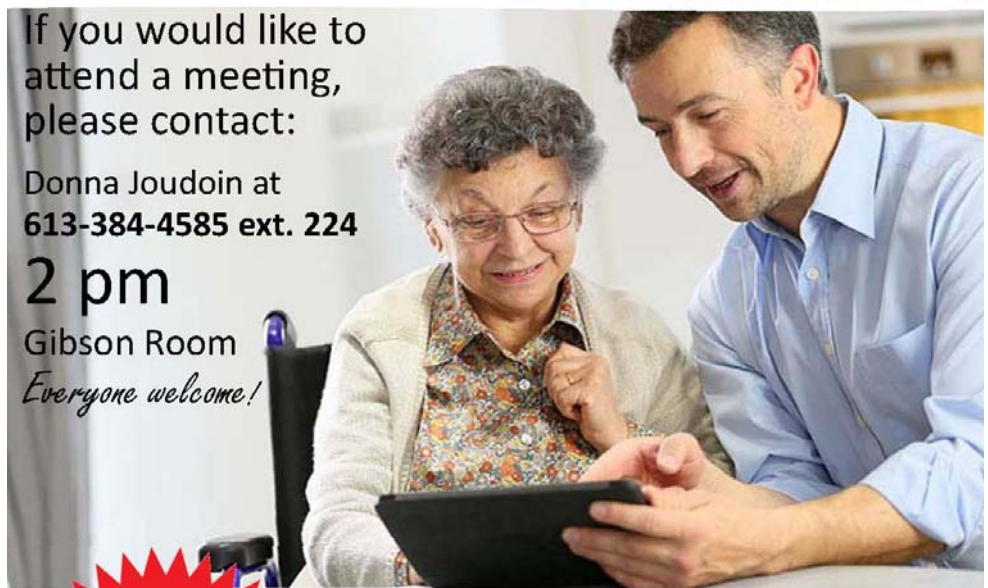
Gibson Room

Everyone welcome!

**April
24**

Volunteers making a difference

www.gibsonfamilyhealthcare.com



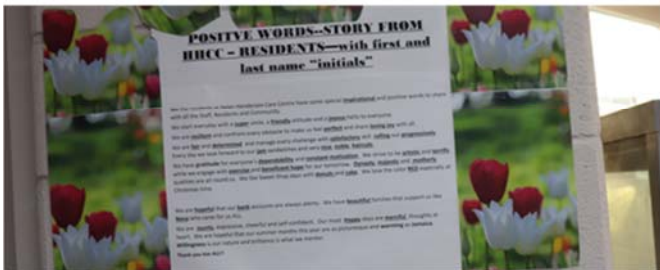
News from HOME

New time for coffee and tea breaks in the lodge—Please mark the new time for our coffee and tea breaks held every Wednesday in the lodge: 10 am!

Resident calendar planning - It's great to see residents enjoying this monthly program that helps to create the home's next monthly calendar. For March, we used residents' suggestions to create a St. Patty's Day party, euchre tournament, gardening program and story telling program. Watch for these and more in March.

Recreational Therapy Week is March 4 to 8 and we're focusing on wellness. Please complete the questionnaire located in the staff room and return to the recreation department for a prize. This week has been planned to make it available to everyone. When schedules allow, staff can join the programs to help them relax and energize. We will be sharing ideas of how everyone can decompress.

Communication Corner – We will be launching our Communication Corner beside the Tuck Shop during Recreational Therapy Week which is the perfect time to talk about the importance of recreation in long term care as well as the importance of music therapy.



We collected an interesting array of positive words from the residents last month. We asked them to give us two positive words with the initials of their first and last names. Then we used them to create a story (pictured above). It was a pleasure to see the smile on their faces. Congratulations to our three winners: Pat Gordon, Nancy Nixon and Rose Mercer.



March 19

at Helen Henderson Care Centre



Resident Choice Luncheon

Noon in Fireside Room | Sign up with Activation



Celebrate Healthy Eating
with Gibson Family Health Care

March is National Nutrition Month



Valentine's activities



Last month, our residents exchanged Valentine's cards with Kindergarten students at Our Lady of Mount Carmel Catholic School (pictured above). We loved making and sharing our cards with the children & receiving their handmade ones.

NEVER FORGET YOUR FRIENDS

A newlywed young man was sitting on the porch on a humid day, sipping ice tea with his father.

As he talked about adult life, marriage, responsibilities, and obligations, the father thoughtfully stirred the ice cubes in his glass and cast a clear, sober look on his Son.

"Never forget your friends," he advised, "they will become more important as you get older."

"Regardless of how much you love your family and the children you happen to have, you will always need friends. Remember to go out with them occasionally (if possible), but keep in contact with them somehow."

"What strange advice!" thought the young man. "I just entered the married world, I am an adult and surely my wife and the family that we will start will be everything I need to make sense of my life." Yet, he obeyed his father; kept in touch with his friends and annually increased their number. Over the years, he became aware that his father knew what he was talking about.

As time and nature carry out their designs and mysteries on a person, friends are the bulwarks of our life. After 60, 70, 80 years of life, here is what he (and you) will have learned:

Time passes. Life goes on. The distance separates. Children grow up. Children cease to be children and become independent. And to the parents, it breaks their heart, but the children are separated of the parents.

Jobs come and go. Illusions, desires and attraction weakens. People do not do what they should do. The heart breaks. The parents die. Colleagues forget the favours. The races are over.

But, true friends are always there, no matter how long or how many miles away they are. A friend is never more distant than the reach of a need, intervening in your favor, waiting for you with open arms or in some way blessing your life.

When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that were ahead. We did not know how much we would need from each other. Love your parents, take care of your children, but keep a group of good friends.

March 8
2:30 pm



HELEN HENDERSON
Care Centre

HAPPY HOUR

with
Drummin' N Strummin'

HOME IS Fireside
WHERE THE Room
HAPPY HOUR IS

at Helen Henderson Care Centre



Live MUSIC
by Reg Corey
2:30 pm



LIVE MUSIC

at Helen Henderson Care Centre

Lodge Lounge

March 9



www.gibsonfamilyhealthcare.com

MUSIC with Al Pilon
2:30 pm in Lodge Lounge

LIVE MUSIC

HELEN HENDERSON
Care Centre

Presented by Helen Henderson Care Centre

March 1 & 28

www.gibsonfamilyhealthcare.com



Come *move* with us!
at Helen Henderson Care Centre



IMPROVE MEMORY	HAVE FUN!	REDUCE RISK OF INJURY
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HELEN HENDERSON
Care Centre

Carveth
Care Centre

Gibson Family Health Care
celebrates on March 8

**INTERNATIONAL
WOMEN'S DAY**



HAPPY *CE* Women's DAY

March
International
Women's Day



Birthday party

at Helen Henderson Care Centre
featuring

Penny & Steve Lloyd
Entertaining Music Lovers

March 21

2:30 pm
Lodge Lounge



HELEN
HENDERSON
Care Centre

Live music

by Jennie

HELEN
HENDERSON
Care Centre



March 15

Reception 3

2:30 pm | Helen Henderson Care Centre

Pub Night

with Chris Murphy

March 13

7 pm

Lodge Lounge at Helen Henderson
Care Centre

HELEN
HENDERSON
Care Centre

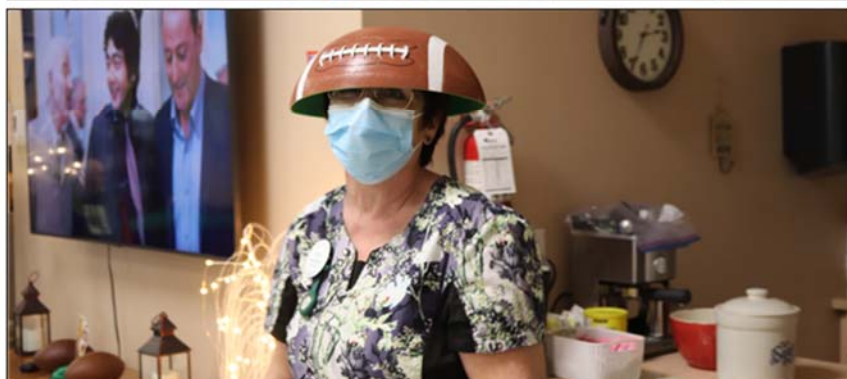
**Live
Music**



Chris Murphy

Finally Coming Home

Snapped around our home



Helen Henderson Care Centre approved by Accreditation Canada

A rigorous review of health care practices at two family-owned long-term care homes has resulted in approval by Accreditation Canada. After visiting Carveth Care Centre in Gananoque and Helen Henderson Care Centre in Amherstview, two long-term care homes near Kingston, Ontario, Accreditation Canada stamped them with a high rate of approval for their level of care.



“It is a huge accomplishment for a home to be accredited by Accreditation Canada and it speaks volumes about the quality-of-care and services that we provide,” says Angela Gibson, the senior manager who spearheaded the project for the home’s operating body, Gibson Family Health Care.

“The accreditation process requires a lot of time and effort by many people,” she explains. “I am incredibly proud of our staff and management teams for their hard work. We are delighted to achieve this goal.”

This approval means both homes meet or exceed the standard level of health care in Canada and are accredited until 2026.

“The Gibson family is committed to continuous quality improvement for both our residents and team members,” adds Lisa Gibson, Owner and Operator of Helen Henderson Care Centre. “The Accreditation Canada process is just one of the many resources our organization uses to grow and improve the workplace, as well as the level of care and services we provide to our residents. I am proud of our teams’ ability to meet and exceed the standards developed by Accreditation Canada.”

Accreditation Canada conducted the review in 2023 and rated the homes on patient safety, people-centred care, ethics, risk management, quality improvement and required organizational practices. It took them months to prepare for the review which was conducted by two surveyors who complimented the homes on their welcoming and friendly staff and homey atmospheres.

“We congratulate you on this achievement that demonstrates your organization’s determination and commitment to ongoing quality improvement,” says Julie Langlois, Chair of the Accreditation Decision Committee. “We applaud your leadership, staff and accreditation team members for their efforts and dedication to the provision of safe, quality health services.”

Gibson Family Health Care appreciates the expertise and approval of Accreditation Canada. To learn more about our homes, please visit www.gibsonfamilyhealthcare.com



ACCREDITATION
CANADA



HAPPY ST. PATRICK'S DAY

from Gibson Family Health Care



MARCH 17

HELEN HENDERSON Care Centre
Carveth Care Centre

St. Patrick's Day

Happy Hour

Featuring music by Brian Stewart and green milkshakes



March 17

2:30 pm | Fireside Room



March is Music Therapy Month in Canada

At Find Your Voice Music Therapy, we could not be more humbled and blessed to be doing this work, giving a voice to those who find it difficult to communicate with words alone.

Music is charged emotionally and it elicits unique feelings and memories for each individual. Music therapy becomes a meaningful and validating experience because through music we are able to connect, acknowledge, and support seniors as they share their memories and stories.

When working with seniors we have seen the value and effective change that music therapy can have on a person's life.

- Addresses positive changes in emotional states and connection to identity
- Connects to self expression through creativity
- Provides validation of ideas, thoughts, beliefs and values
- Provides connection to memory, language, sensory processing centres of the brain
- Improves fine / gross motor skills, mobility and balance
- Promotes community and social interaction

We offer a variety of services and programs to support diverse communities with different needs. For the community: In Person: Mobile and Online Sessions | Individual and Group Music Therapy Sessions | Individual Counseling and Music Psychotherapy Sessions | 2SLGBTQIA+ Individual and Group Voice Therapy Sessions | Presentations and Workshops.

[Visit our website](#) to learn more about Find Your Voice Music Therapy's services and how they could support your loved one. Or schedule a [complimentary consultation](#) with Mackenzie or Alexa.





Keeping residents engaged and connected
at Helen Henderson Care Centre



Everyone welcome

Residents' Council MEETING

March 14

10:30 am | Fireside Room

March 26

2:30 pm | Lodge Lounge

www.gibsonfamilyhealthcare.com



Reception 3

Live music by Pat Kennedy

March 22 | 2:30 pm
at Helen Henderson Care Centre



Live musical performances
at Helen Henderson Care Centre



Entertainment
by Kevin Adams

March 15
2:30 pm | Lodge Lounge

March 20
2:30 pm | Fireside Room



Happy Hour

with Jonathon McLurg
at Helen Henderson
Care Centre



March 22
2:30 pm
Lodge Lounge

Taste of Cuisine

at Helen Henderson Care Centre

HELEN HENDERSON
Care Centre



A taste of Ireland

March 14

5 pm
Dining Rooms

Start your morning off

RIGHT

at Helen Henderson Care Centre

9 AM

Fireside Room

Homemade and delicious

March 27

Irish breakfast



Helen Henderson Care Centre presents
EASTER TEA
for residents and staff

March 31

with special guest
Afternoon

HELEN HENDERSON
Care Centre



March 13

EASTER TEA

with music by
Pat Kennedy

2:30 pm
Fireside Room



Guess the chocolate
coins in the pot of gold

March 16

St. Patrick's Day FUN
at Helen Henderson
Care Centre

Wear GREEN



Find the Leprechaun
and win a prize

March 17

10:30 am





Have you met Eddie? He LOVED his first visit to our home on Feb. 14 as a pet therapy dog. Good job Eddie! You were rescued from Golden Rescue and now you're giving back to the community



Recreation Therapy Week 2024

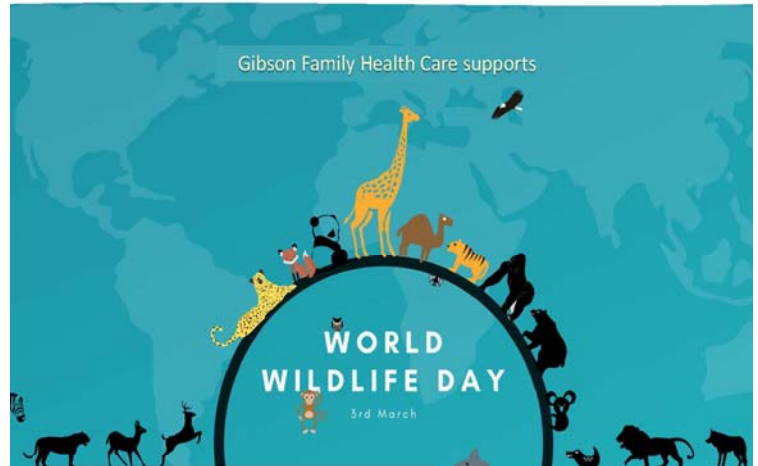
**March
4-8**

Creativity | Fun | Love
Play | Motivate | Joy
Autonomy | Leisure
Growth | Strength
Educate | Happiness
Therapy | Laughter
Promote mobility
Quality of life | Energy

**IMPROVING WELL-BEING
THROUGH RECREATION**



**RECREATIONAL
THERAPY**



The daffodil

Daffodils mark the return of spring and new life.

It was first used in Toronto, Canada in the 1950's during volunteer organizers' coffee mornings, to raise money for cancer awareness and research. Guests were given a daffodil as thanks for their support. The daffodil eventually replaced the sword which had been the cancer society emblem since establishment in 1929. Daffodil Day was introduced as the cancer society's major streets appeal in 1990 supported by our principal sponsor ANZ. Volunteers' enthusiasm always has been a key part of daffodil days success. From the first group, a fielding volunteers who picked daffodils from local paddocks to exchange for a donation, to the thousands who now take part every year. The last Friday in August.

The Canadian Cancer Society's daffodil facts:

- Also known as narcissists we need more than 600,000 fresh daffodils for daffodil day.
- Over 50 daffodil farms are involved with this day with over 40 of these in the Wairarapa.
- 11,000 amazing volunteers give us a hand on daffodil day.



March 14

Destination: Ireland
2:30 pm



Gibson Family Health Care supports



March 16

2:30 pm
Lodge Lounge



Hot cross buns social

at Helen Henderson Care Centre

Reception Three



March 29
2:30 pm

HELEN HENDERSON
Care Centre



IMPROVE MEMORY HAVE FUN! REDUCE RISK OF INJURY

March 1, 16 & 23
Reception Three 2:30 pm

Joyce Faye Baking Group

March 9 at 10:30 am
March 21 at 2:30 pm
March 23 at 10:30 am



Reception Three

HELEN HENDERSON
Care Centre

Every Tuesday

HELEN HENDERSON
Care Centre

Reception Three

Music with Lynda on Reception 3 at 3 pm



ICE CREAM SOCIAL

Reception Three



HELEN HENDERSON
Care Centre

March 13
2:30 pm



Easter eggs tie-dye craft

at Helen Henderson Care Centre

Reception Three

March 28
2:30 pm



HELEN HENDERSON
Care Centre

Helen Henderson Garden of Love

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



Welcome

John Schneider
Eunice Halliwell
Edward Wither
Catherine (Beth) Campbell
Kenneth Shangraw

Birthdays

Joan R, March 2
Elizabeth B, March 3
Edward W, March 3
Marion P, March 4
Elizabeth B, March 6
Alberto P, March 7
Eleanor M, March 7
Muriel G, March 10
Mazel R, March 12
Joyce H, March 16
Wayne B, March 16
John S, March 23
Michael M, March 23
Shelley M, March 27
Audrey G, March 27
Dorothy M, March 29

In memory

David Leeworthy
Lois Goodberry
Stephen McLaughlin
Mildred King
Inderjit Sundal