

News from Home

HELEN HENDERSON

Care Centre

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

November 2024

Harvest Fall Sale

Our Harvest Fall Sale last month raised \$1,111—Wow! Congratulations to Judy W who won \$125 in our 50/50 draw. A matching \$125 goes to the local school breakfast program.

Card game in lodge

If you like to play euchre, the lodge is looking for players to make another table. Please contact Activation for details.

Daylight savings time

The days are getting shorter which means it's time to turn your clocks back one-hour. Turn your clocks backward on Sunday, Nov. 3 at 2 am (or before you go to bed).

Staff Spotlight

We're proud to announce Sheila Harrison is our Staff Spotlight for November. Please see Page 3 for details.



Interesting facts about NOVEMBER

1. In the United States and Canada, November is National Beard Month or No Shave Month.
2. On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.
3. The Erie Canal was formally opened in New York on November 4, 1825.
4. The first mechanically ventilated underwater tunnel in the world, The Holland Tunnel, opened to traffic on November 13, 1927.
5. The Suez Canal opened, November 17, 1869.



Get your flu shot

It's flu season. Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Facts about Loyalist Twp.

Loyalist is a township in central eastern Ontario, Canada on Lake Ontario. It is in Lennox and Addington County and consists of two parts: the mainland and Amherst Island. It was named for the United Empire Loyalists who settled in the area after the American Revolution. Its population was recorded in 2021 as 17,943.

Santa Claus parade

Catch the Amherstview Santa Claus parade at 1 pm on Saturday, Nov. 3!

"I love to see the cottage smoke curl upwards through the trees, the pigeons nestled round the cote, on November days like these." - John Clare

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

In Flanders Field

by Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks still bravely singing fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow in
Flanders fields.

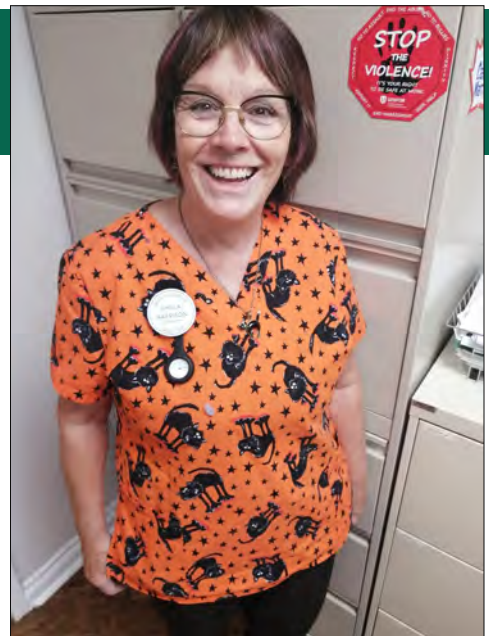
O Canada



O Canada!
Our home and native land!
True patriot love in all thy sons command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Our **Remembrance Day** service is on Nov. 11 at 10:30 am. Staff and residents are invited to join the home on Nov. 12 at 1:30 pm for a memorial service with Rev. John Morrison.

Staff Spotlight



Sheila Harrison

For Sheila Harrison, housecleaning isn't a chore, it's a way of life.

Speaking from Helen Henderson Care Centre where she has worked as a Housekeeper for the past 24 years, Sheila is proud of her work at the popular long-term care home in Amherstview.

"I enjoy it very much, probably because I'm so particular," the 63-year-old brunette says with a grin in late October 2024. "I'm proud of the work I do."

Known for her constant smile and kind nature, Sheila is the home's Staff Spotlight for November 2024.

"Sheila is a very passionate and dedicated employee who goes the extra mile," attests Tim Keyes, the home's Environmental Supervisor. "She lives in Belleville and commutes to work. Despite the distance, she is reliable and competent; when Sheila cleans a section of the home, it is spotless. We are grateful for her time and talent."

Pleased with the feedback, Sheila is thankful for her position at the family owned and operated home. "I wear my heart on my sleeve and I'm committed to my job," she says with a slight blush. "When I can, I love to help the residents. I also really enjoy my coworkers."

Sheila is the full-time cleaner for Reception Three which is the home's secure unit. She says she loves all aspects of her job except carpet cleaning. Citing a few humorous stories about residents taking exception to a Christmas tree, scarecrow and giant snowman over the years, she notes with a smile, "It's a challenge. It's rewarding. It's fun."

Asked what is new in her life, she says her son was just married on Oct. 5 and her older brother is becoming a grandfather.

When she is not at work, Sheila tries to do very little cleaning at home since she cleans all day at work. "I love to walk," she explains.

Questions for Sheila

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

"I always thought I'd like to study forensics or become a 911 operator."

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

"I'd stop war and give the homeless a place to live because everyone needs love and a safe home."

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

"I'd like to fly like Superman."

Helen Henderson Care Centre is grateful for the hard work and dedication of Sheila Harrison. To learn more about living or working in our home, please call 613-384-4585 ext. 251.

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

Resident Choice Breakfast

9 am in Fireside Room for LTC residents

Nov. 13

at Helen Henderson
Care Centre
Sign-up with
Activation



Tim Horton's breakfast items and coffee



Birthday PARTY

2:30 pm | Fireside Room

Nov. 13

Featuring
music by
Kevin Adams



Nov. 6 & 20

Music therapy
with Elizabeth

Reception Three

10 am



Happy Hour

w/ Jonathon McLurg
at Helen Henderson
Care Centre



Tim Horton's Sweetshop

at Helen Henderson
Care Centre

2 pm



Food and fellowship

Nov. 18

Memorial Service

at Helen Henderson Care Centre

Nov. 12

with Rev. Morrison
of St. Peter's Church
1:30 pm



Nov. 8

2:30 pm

Reception 3



News in our home

The holiday season is quickly approaching, and plans are starting to take shape. If you would like to book a room such as the Lodge Lounge, the Gibson Room or the Harvest Room, for Christmas or another special occasion, please make arrangements with Donna Joudoin at ext. 224.

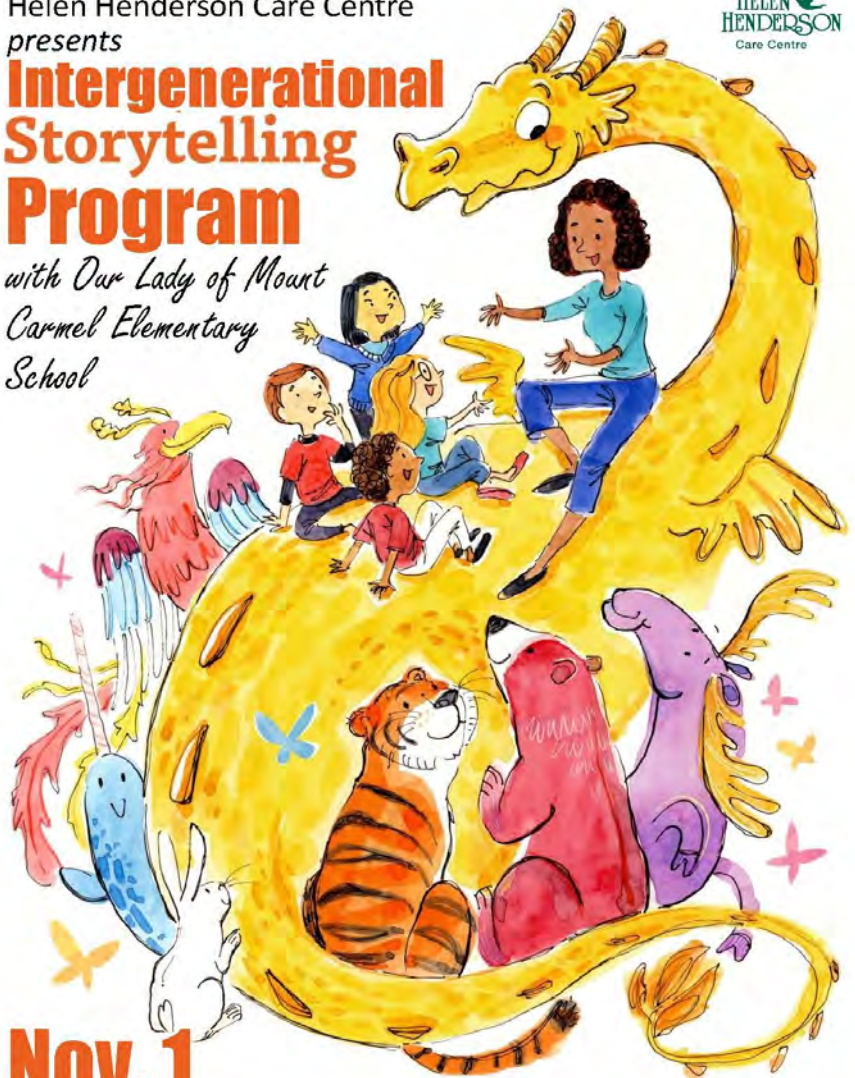
November is an official autumn farewell – the golden season ends, and winter vibes start to trickle in. The last month of fall is one of the most prosperous periods of the year. With Black Friday, Cyber Monday, and the holiday season just around the corner, November is packed with local and international holidays and events. Not only does it give fall a proper send-off with Black Friday, but it also sets the tone and underlies a solid foundation for the most wonderful time of the year, Christmas.

Helen Henderson Care Centre
presents

Intergenerational Storytelling Program

with Our Lady of Mount
Carmel Elementary
School

HELEN
HENDERSON
Care Centre



Nov. 1

10:30 am in Fireside Room

An advertisement for Helen Henderson Care Centre. It features a photo of three healthcare workers in blue scrubs. Below the photo is the text "Visit our website" and a large QR code with "SCAN ME" written around it. At the bottom, there is a blue banner that says "Like our facebook page" and "LIKE SHARE & FOLLOW".

Joyce Faye Baking Group



Reception Three

Bread pudding at 2:30 pm on Nov. 14



Chocolate oat bars
10:30 am on Nov. 4



HELEN
HENDERSON
Care Centre

This November we remember

Did you know your contribution to the Canadian Legion's poppy fund is a tangible expression of thanks to our disabled veterans. Buy a poppy and wear it with pride this month. Watch for them for sale in our home.

Also, we are purchasing a poppy wreath which is to be part of the Bath Legion ceremonies on Nov. 11. The wreath will be brought here for a brief time period for residents to see.



Nov. 13
Lodge
Lounge

SWISS CHALET

ROTISSERIE & GRILL

Resident choice lunch

at Helen Henderson Care Centre
Sign-up required
w/ Activation



Helen Henderson Care Centre
Presents Happy Hour

Nov. 15
2:30 pm



Reception 3

by Brad Torrens



Live MUSIC

by Reg Corey

2:30 pm



LIVE MUSIC

at Helen Henderson Care Centre

Reception 3

Nov. 22
Happy Hour



Nov. 1
Happy Hour
2:30 pm



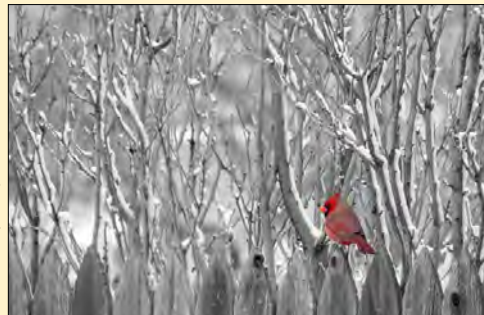
Reception 3

Music by Kevin Adams
at Helen Henderson Care Centre

Tips to be productive in bleak winter months

Get moving—Moving your body with regular exercise before, after or during work, especially outdoors, helps reduce stress and improve sleep.

Spend time outside—If you suffer from Seasonal Affective Disorder (and even if you don't), get 10 minutes of sunshine everyday if possible.



Keep your environment warm—It's important to have a comfortable environment.

Eat well—Watch what you eat and drink. Warm yourself with a cup of green tea.

Set goals—Even if you're feeling a bit sluggish, set new goals and volunteer for something that excites you.

Stay healthy—While it's sometimes difficult or impossible NOT to get sick when others are unwell, try to prevent it (wash hands, take vitamins and get lots of rest).



Happy 100th birthday, last month, Joan Shaw!

Message from the Director of Care

In the past, we have enjoyed the festive beauty of poinsettia plants. Unfortunately, poinsettia plants can cause painful allergies. In an effort to support and protect people with allergies, please don't bring poinsettia plants into Helen Henderson Care Centre.



Also, winter is around the corner which means cold, snowy weather.

For the health and safety of our residents, please remove your boots at the door before entering the lodge or nursing home.

Thank-you for your cooperation, Sue Reynolds, Director of Care

HAPPY HOUR
with the Manning Brothers



LIVE MUSIC

Presented by Helen Henderson Care Centre

Nov. 29 | 2:30 pm | Lodge Lounge
www.gibsonfamilyhealthcare.com



Nov. 1
2:30 pm
Lodge Lounge

The Melody Makers

Live MUSIC

with Diane and Al Pilon

MUSIC

at Helen Henderson Care Centre





DRIVE-IN MOVIE

Nov. 14
6 pm

Drive-In Movie
at Helen Henderson Care Centre
with popcorn and soft drinks

Fireside Room



November is Falls Prevention Month
at Gibson Family Health Care




STAFF CONTEST

Falls prevention tips

- Secure scatter rugs in place or remove them.
- Ensure rooms, halls and doorways are well lit.
- Consider installing grip bars in the shower or bath.
- Keep the path from the bed to the bathroom clear.
- Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.
- Keep high traffic areas free of obstacles.
- Do not store things on the stairs, even temporarily.
- Avoid rushing!
- Store heavy items in lower cupboards and lighter ones above.

WIN A PRIZE...

- Write down five ways to prevent a fall.
- Show the list to your Activation Department.
- Your name goes into a draw for a prize.
- Deadline to play is NOV. 20.
- Contest is only for staff. Good luck!

Have emergency numbers handy near your bed and by all phones.

Wear shoes with good rubber soles. Avoid loosely fitting slippers.

Ensure pathways, decks and stairs are in good repair with railings and good traction.



www.canadasafetycouncil.org

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




Everyone welcome

Residents' Council MEETING

Nov. 25
2:30 pm in Lodge Lounge

Nov. 26
10:15 am in Fireside Room
...with refreshments

www.GibsonFamilyHealthCare.com

For residents, by residents!

Pineapple Banana Twinkie Cake

A no-bake recipe

Ingredients

- Seven Twinkies, unwrapped and cut horizontally
- Four bananas, peeled and sliced
- One (20-ounce) can crushed pineapple, drained
- One (3-ounce) box vanilla instant pudding mix
- Two cups cold milk
- One (8-ounce) tub whipped topping, thawed
- Maraschino cherries and chopped nuts

Directions

1. Place Twinkies in a single layer in the bottom of a 9 X 13-inch baking pan, cut side up. Top with an even layer of banana slices. Top with crushed pineapple, spreading evenly.

2. Combine pudding mix and milk in a medium bowl. Allow to thicken slightly before pouring on top of the pineapple layer, spreading evenly. Top with whipped topping, covering evenly.

3. Top with maraschino cherries and nuts. Cover and chill until ready to serve. *Makes 12 servings—Enjoy!*



Congratulations to all of the participants in the Odessa Chilifest on Oct. 6! It was an honour for our home to win third place at this annual community event sponsored by the Odessa Free Methodist Church (OFM). This year, there were 17 entries. More than 200 visitors enjoyed tasting the chilis and voting for their favourite. 1st place - Steve Shane of Shane's Apiaries; 2nd place - Jim Todd of JT Maintenance; 3rd place - Helen Henderson Care Centre. We'd like to share a special thanks to our staff for representing our home: Charlie, Renee and Michelle!

Just Warm Please

The all winds are a
blowin';

The summer weath-
ers goin';

And the humming
birds have flowin';

It's beginning to feel like snowin'.

We usually disliked the summer
heat;

But the colder weather is no treat;

We need something in between;

We actually like the colour green.

Why can't the weather be warm or
cool? Why does it have to be
severely cruel?

I guess we'll have to wait for spring;
To enjoy the day when birdies sing.

by Helen Henderson Care Centre Residents



November is Falls Prevention Awareness Month

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your room can increase your chances of falling. Staying safe and on your feet is a matter of taking steps to protect yourself.

Exercise and physical activity are good for just about everyone, especially older adults. No matter your health and physical abilities you can gain a lot by staying active. In fact, studies show that "taking it easy" is risky. Often inactivity is more to blame than age when older people lose the ability to do things on their own. A lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

At Helen Henderson Care Centre, the recreation department's goal is to keep people active which is both good for the mind and the body. As such, they are introducing new physical programs to meet the needs of residents. Programs include: DrumFit (ongoing), Dynamic Ribbon Motion, Yoga, Move & Spin and Parachute Fun. We are excited about these new physical programs and our goals are to:

- Continue to keep and improve residents' strength to stay independent.
- Improve energy and fatigue to help residents' sleep better.
- Reduce stress and anxiety.

Rosie, one of our new recreation professionals, is excited to offer these new programs.

Please join us in the Fireside Room on Monday, Nov. 6 at 2:30 pm with our very own Shalvi, Physiotherapist, to learn about preventing falls.

Healthy refreshments will be served.

Everyone welcome!



HELEN HENDERSON
Care Centre

ANYONE CAN FALL

Prevent it from happening to you | **Finding Balance**
Speak up about dizziness. Tell your doctor and take action

For services in your area, call or visit
211 Ontario or call 310-CCAC (2222)
www.findingbalanceontario.ca

NOVEMBER is Falls Prevention Awareness Month | www.gibsonfamilyhealthcare.com

Happy Birthday Staff

Jimoh F, Nov. 1
Andrea S, Nov. 6
Cassandra L, Nov. 13
Julie E, Nov. 16
Brandon H, Nov. 17
Marie L, Nov. 17
Ashley G, Nov. 18
Avery H, Nov. 19
Simranjit K, Nov. 30



Welcome Staff

Kathleen Lee, Volunteer

THIS HOLIDAY SEASON,
SUPPORT
LOCAL AND
INDEPENDENT
ARTISTS, DESIGNERS
AND CRAFTERS

Safety tips for the holidays



The holidays are rapidly approaching and with them come increased travel and shopping. Below are a few tips to help you stay safe this holiday season...

Travel Safety

- 1) Put away distractions such as cell phones, iPods, laptops, etc. Many accidents are caused by cell phone use and distracted driving. That call or text can wait; it may save your life. If you need to use the phone, find a safe place to pull over.
- 2) Make sure your vehicle is in good condition.
- 3) Never drive tired. Get a good night's sleep before heading out on a long drive.
- 4) Don't drink and drive...EVER! Don't text and drive...EVER!
- 5) Always buckle up. Many lives are saved every day by seatbelts.
- 6) Allow plenty of time to get where you are going. There are a lot more vehicles on the road during the holidays.
- 7) Obey the rules of the road. Don't drive in an aggressive manner. If someone tries to merge into your lane, slow down and let them.
- 8) Always stay to the right if more than one travel lane. Only drive in the left lane if passing or turning. It's the law.
- 9) Keep your eyes "scanning" at all times. Look for potential hazards like kids or animals near the road.

Sunday
NOV. 3
Parade Starts
1 PM

Rediscover the
magic of Christmas

43rd Annual
Amherstview
Santa Claus
Parade

Presented by Amherstview Lions Club
To participate, contact Mike Kubisheski (613) 453-6167
or mikokubisheski@gmail.com





HELEN HENDERSON
Care Centre

Live music

at Helen Henderson Care Centre

Featuring
Scott
Carson

NEW

Nov. 22
2:30 pm | Lodge Lounge



MUSIC LIVE

Happy Hour

at Helen Henderson Care Centre



HELEN HENDERSON
Care Centre

Entertainment

by Lyndwood Forgave

Nov. 15
2:30 pm
Lodge Lounge



Catholic Mass
at Helen Henderson Care Centre

Nov. 20
11 am

HELEN HENDERSON
Care Centre



Nov. 28
2 pm
Gibson Room

Helen Henderson Care Centre
presents

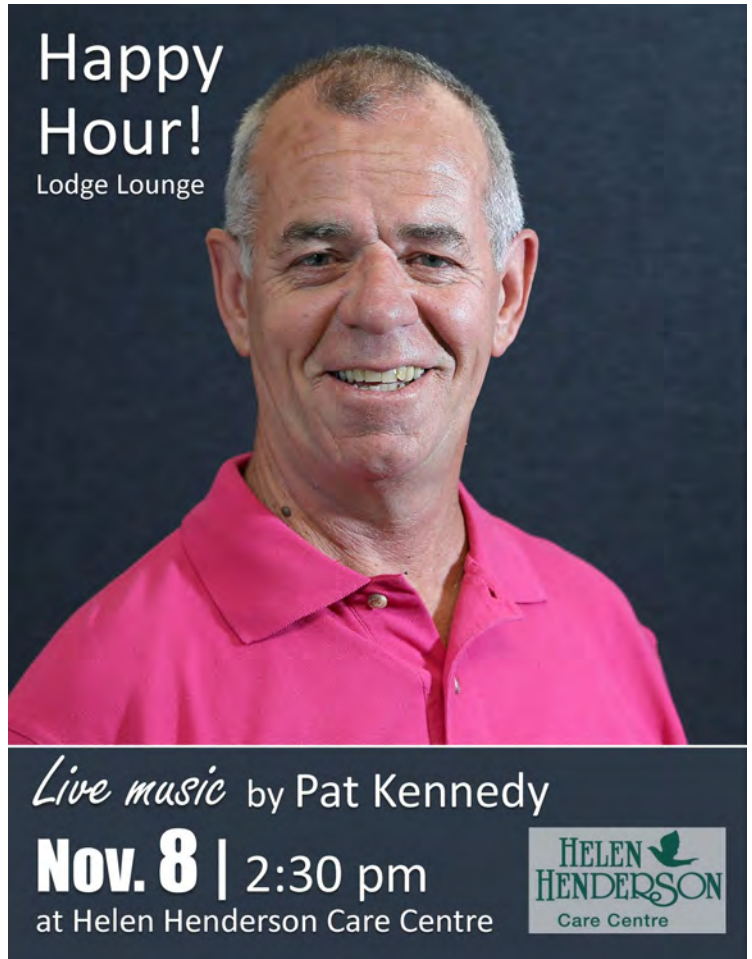
Alzheimer's Family Support Group

with Halloween treats

**ALZHEIMER'S
PROGRAM**




HELEN HENDERSON
Care Centre



Happy Hour!
Lodge Lounge

Live music by Pat Kennedy

Nov. 8 | 2:30 pm
at Helen Henderson Care Centre

HELEN HENDERSON
Care Centre

Snapped around our home

Birthday party
at Helen Henderson Care Centre
featuring
Penny & Steve Lloyd
Entertaining Music Lovers

Nov. 21
2:30 pm
Fireside Room



HELEN HENDERSON
Care Centre



Pub Night

with Chris Murphy

Nov. 6
7 pm

Lodge Lounge at Helen Henderson
Care Centre

Live Music



Chris Murphy
Finally Coming Home



Christmas Baskets

Please contribute a non-perishable food item to the Food Bank in Amherstview.

Collection boxes will be placed in the entrance to the lodge and entrance to Kingsley Terrace. With your help, we can make someone's else's Christmas a little brighter.

Thank You



Helen Henderson Garden of Love

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



Welcome

"Maria" Pasqua Di Pietrantonio

Kenneth Butler

Loreen Brodie

Greg Bruneau

Belia Bos (lodge)

Birthdays

Nancy F, Nov. 2

Eleanor K, Nov. 3

Diana C, Nov. 4

Glenn H, Nov. 5

Gerald W, Nov. 9

Rena W, Nov. 10

Mildred B (Lodge), Nov. 10

Gordon G (Lodge), Nov. 11

Michael S (Lodge), Nov. 13

Winston S (Lodge), Nov. 14

Sirkka-Liisa J (Lodge), Nov. 15

Jack S (Lodge), Nov. 16

Beryl S, Nov. 16

Patricia G, Nov. 20

Marlene K, Nov. 21

Muriel K (Lodge), Nov. 21

Lorraine G, Nov. 23

Elli V, Nov. 24

Edna L, Nov. 25

Patricia "Camilla" B, Nov. 27

Reginald V, Nov. 29

In Memory

Wesley O'Neil

Patricia Little

Marguerite Lee

Shelley McNamara

Hans Beskers