

# Newsletter

## WELCOME TO OUR FALL ISSUE

We are excited to present the fall issue of GEM Health Care Group's Newsletter to all of our residents, their families and friends, to our staff and to the wider community interested in the GEM family.

We publish an issue quarterly, highlighting the lives of our residents, events and celebrations. We aim to capture the GEM culture while telling the stories of the people who make our organization what it is.

YOUR  
NEWSLETTER,  
YOUR  
STORIES

## WHAT YOU WILL FIND IN THIS ISSUE:

- Out & About
- Resident Spotlight
- Halloween in Snapshots
- Grandma Knows Best
- In the Community
- We Remember
- Our Future Health Care Professionals
- What's New on Your To-Try List?



*gem*  
HEALTH CARE GROUP

# IN THE COMMUNITY

GEM Health Care Group participated in the 2017 Terry Fox Run on September 17, 2017.

**The staff of Melville Lodge raised \$700 for cancer research!**

Next year's run is:

Sunday Sept. 16, 2018!

Everyone is welcome to participate in a Terry Fox Run, regardless of age, athletic ability or socio-economic standing. While the Run does not have an entry fee or minimum donation they do ask all participants to fundraise or make a donation. Funds can be raised online, by pledge sheet or by donation at the Run site. Whatever your choice, please know that every dollar counts.



“On behalf of the Terry Fox Foundation, we would like to say a huge thank you to the staff and community of Melville Lodge for participating in the 2017 Silver Fox Event. Your very generous donation of \$700.00 for cancer research, along with the donations raised from the other Events across Canada, will help us come closer to finding a cure for this disease. We feel honored and inspired by your dedication to Terry’s dream.” - The Terry Fox Foundation

# RESIDENT SPOTLIGHT

## KENT SILL

Kent Sill is all smiles after being placed in a motorcycle sidecar for a ride.

At right is motorcycle celebrity and Wharf Rat Rally ambassador Kevin Bean're, who drove the bike.



A resident of **Heart of the Valley Long Term Care Centre** in Middleton, N.S., Kent Sill had a day to remember this past August. Kent's wife, Angeline, and Recreation Director, Tracy Frazier, were interviewed by the Chronicle Herald for the following article published on August 31.

When Angeline Sill saw the gleam in her husband's eyes as he sat down in a motorcycle sidecar, she couldn't help but tear up.

"He loved it, he had a grin on his face from one ear to the other," she said.

Kent Sill is a resident of the Heart of the Valley Long Term Care facility in Middleton, where motorcycle celebrity Kevin Bean're led a group of

bikers to offer rides to residents. The program, called Share the Wind, is part of the events during the Wharf Rat Rally in Digby this week.

Living with Parkinson's disease, Sill can't move on his own. So four bikers picked him from his wheelchair and placed him in the sidecar for a spin on Wednesday.

"He's a very quiet man and they just made his day," Angeline said Thursday. "He is still happy today. He's still smiling when we talk about it."

She said her husband doesn't talk very much these days, "but they told him to do a thumbs-up and he did a thumbs-up. It made my day, too, I was so excited. I had

tears in my eyes."

Tracy Frazier, the facility's recreation director, said 20 of the 49 residents took part in the ride.

"It was a huge hit," she said. "They took everyone who wanted to get in. It was an absolutely amazing day."

She said events like that mean a lot for residents of long-term care facilities, who are often forgotten and need activity.

"It helps with everything. It helps with sleeping, it helps with behaviours," she said. "It helps the staff, it helps the families."

Veterans at **Heart of the Valley Long Term Care Centre** in Middleton N.S. were treated to VIP passes to the Atlantic Air Show in Greenwood in August.

Vets enjoyed a great afternoon with the Wing Commander and Wing Chief.

Volunteers supplied drinks and food, while Trans County Transportation Society from Bridgetown, supplied bus services.

Picture is of Veterans and Tracy Frazier(Recreation Director).

# OUT & ABOUT



# OUT & ABOUT

In October, residents at **Whitehills Long Term Care Centre** enjoyed a visit from the animals at Hatfield Farm. It was a crisp, fall day, but everyone was excited to pet the animals and spend some time out in the fresh air.

Our furry visitors included a mother and baby donkey, and lots of goats!



Did You Know ?

**ANIMALS AND  
PETS HELP  
DECREASE  
STRESS AND  
ANXIETY**



# HALLOWEEN IN SNAPSHOTS



**Melville Heights and Whitehills staff and residents took part in Hallowe'en festivities by dressing up in costume and carving pumpkins!**



## *Grandma Knows Best!*



It's no secret that people become wiser as they grow older. There's always something to be learned from Grandma - from tips on love, to tips on how to bake the best pies. And, whether we want to believe it or not, Grandma always seems to know what's best. Each issue will include a tip from Grandma to help you solve life's little problems or to make your day easier.

What about saving some money on brand-name laundry detergent? Grandma has a secret recipe for making your own handmade laundry soap! Give it a try!

### **Homemade Laundry Soap**

2 parts grated soap (Fels-Naptha, Zote, or Ivory)

1 part baking soda or washing soda

1 part borax

Mix and store in air tight container.

Use 1-2 tbsp per load.

"This recipe is easy on the wallet, works like a charm, and won't kill the dog!"

-Grandma

# WE REMEMBER

**On November 11, 2017, Whitehills held a special Remembrance Day ceremony. Special guests joined the staff and residents, including Jillian on bagpipes, Nathalie on trumpet and Anne on piano. As well, members of the Clergy, RCMP and military members of the HMCS Fredericton joined us for the moving ceremony.**

**We celebrated our Veterans: Ronald, Curtis, Viola, Neil, Edward, Malcolm, and Isabel. Residents, family members, and staff attended, as well as families of our military representatives.**



## In Flanders Fields

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.

- Lieutenant Colonel John McCrae

# OUR FUTURE HEALTHCARE PROFESSIONALS

GEM Health Care Educational Nursing Foundation was pleased to award two bursaries this year . GEM Educational Foundation provides short-termed scholarships to employees and/or employees' family members.



Madison Fiander-Deveau was the recipient of a \$2000 scholarship. Madison is studying Pre-Veterinary Medicine at Dalhousie University, and is the daughter of Tara Deveau, Administrator at our Whitehills and Admiral Long Term Care Centres, and Melville Gardens.

She is pictured here with Tara Deveau and Bijan Majumder, GEM HR and Payroll Manager.



Lindzay Alvarez was the recipient of a \$1000 scholarship. Lindzay is completing her Bachelor of Science in Biology at Mount Saint Vincent University, and is the daughter of Aileen Alvarez, a full time LPN at Melville Gardens.

She is pictured here with Aileen.

# WHAT'S NEW ON YOUR TO-TRY LIST?

## MANDALA COLOURING

Did you know engaging in specific colouring can relax and improve your concentration?

Here's a scenario... Place yourself in a peaceful setting alone or with others colouring too, allowing the environment to play soft background music. (Shelly Luddington, Recreation Director at one of our GEM homes in Dartmouth, NS, **The Admiral**, suggests playing music by Tim Janis).. Continue to prepare your environment, have your book and colouring pencils ready, or preferred colouring tools.... and, Voila...Mandala!...

Mandala more or less means "circle" or "centre". Specific shapes and patterns are added to the page that have a clearly calming centre point.

And this is exactly what resident, Andrea Walsh, at Admiral Long Term Care Centre Limited, feels when she's colouring. She says, "its so relaxing, and helps my time in the evenings and before meals. I sometimes forget what I am doing, or where I am!"



### Try it Out!

#### Research/Article:

<http://n.pr/1lybuAw>

#### Mandala Colouring Sites:

<http://bit.ly/2nHcHVr>

<http://bit.ly/2BW3n33>

Thanks for reading our Fall issue of the GEM Newsletter !

Stay tuned for the Winter Issue and remember to submit any articles and pictures for consideration to [samantha.smith@gemhc.com](mailto:samantha.smith@gemhc.com).



[samantha.smith@gemhc.com](mailto:samantha.smith@gemhc.com)



[www.gemhealth.com](http://www.gemhealth.com)

**gem**  
HEALTH CARE GROUP