

gem

FALL 2019

NEWSLETTER



Resident enjoying the Halloween Carnival at Melville Gardens

FALL ISSUE

WHAT'S NEW?

GEM HEAD OFFICE

GHCE NURSING FOUNDATION

MELVILLE GARDENS

YARMOUTH HEIGHTS

GABLES LODGE

MELVILLE HEIGHTS

THE MIRA

WHITEHILLS

ADMIRAL

MELVILLE LODGE

GROVES PARK LODGE

DOWNSVIEW

HEART OF THE VALLEY

CENTENNIAL VILLA



What's New?

On September 23, 2019, we celebrated Lynda Kavanagh, the Director of Support Services at Admiral, upon her retirement and for her 24 years of service with GEM.

Lynda worked over the years as the Dietary Manager for Melville Lodge, Glades Lodge, Melville Gardens, and Admiral. Lynda was a great co-worker, manager, and friend. We will miss you Lynda!

Congratulations Lynda on your retirement, and we wish you all the best!!



Lynda Kavanagh with Mrs. Hussain at her retirement party

GEM Head Office Halifax, NS

To celebrate Thanksgiving, GEM's Head Office had a potluck and a Food Drive during the week leading up to Thanksgiving weekend. The final tally was 41 pounds of food donated to Feed NS!

Everyone also gathered to celebrate Diwali, which took place on October 27th. Food and sweets were all enjoyed around a beautifully lit table.

Diwali is a festival of lights that originated in India and is now celebrated all around the world! Typically rows of lamps are lit inside and outside homes and buildings, and families will visit each other bringing gifts and sweets.



GHCE Nursing Foundation

In 2018, Madison Fiander-Deveau (daughter of our Whitehills and Admiral Administrator, Tara Deveau) received a bursary from GEM Health Care Educational Nursing Foundation. The \$2000 bursary supported the completion of her undergraduate program in Bioveterinary Science at Dalhousie University's Agricultural Campus.

We are pleased to announce that this fall Madison will be attending the Atlantic Veterinary College to pursue the Doctor of Veterinary Medicine program!

She hopes to one day own her own practice for large and mixed animal medicine. When asked what drew her to the veterinary field she explained that she grew up close to animals, always riding horses and pretty much living at the barn! During a high school co-op placement, she truly found her passion while working at Downsview Veterinary Hospital (now Middle Sackville Veterinary Care Centre) and she still works there today.

GEM is proud to support the advancement of education among our staff and their family members. Congratulations Madison! We wish you all the best!



Madison with her acceptance letter and her parents on either side



Francesca receiving her award from Mr. and Mrs. Hussain

2019 Award Recipient

Congratulations to Francesca Aggabao, the GEM Health Care Educational Nursing Foundation's 2019 award recipient.

Francesca (daughter of Marisol Aggabao, our Director of Health Care Services at The Mira) is attending Dalhousie University to pursue a Bachelor of Science (Nursing).

We are pleased to provide opportunities that help to build a better future for our community.

Melville Gardens

Halifax, NS



To celebrate Thanksgiving, Melville Gardens created a Thankfulness Tree! Residents, staff, and visitors wrote down the things they were thankful for on leaves and hung them on the tree.

Residents and staff celebrated Halloween with a spooky carnival! There were carnival foods and lots of spooky games! Everyone had a great time!





Yarmouth Heights

Yarmouth, NS

Yarmouth Heights' residents have enjoyed numerous cooking demonstrations over the past few months! After a spring roll cooking lesson at the very end of summer, they requested cooking demos every week, and since then have learned to cook Spanish mackerel, mustard pickles, and more.

On September 21st, they hosted a yard sale for the community and raised \$582.75 for the Resident Council fund at Yarmouth Heights!

This fall, Yarmouth Heights celebrated Breast Cancer Awareness with a tea social and the **Singing Ukulele Group** and on October 1, they had a themed tea party for National Seniors Day. Everyone had a great time during all the fall festivities and even dressed up for National Seniors Day!



65 Years Together

On August 23, 2019, we celebrated the 65th Anniversary of Yarmouth Heights residents, Shirley and Ernest! Congratulations to them both!



Spring rolls cooking demo with Chef Ferdz!



Thanksgiving dinner at Yarmouth Heights



The Singing Ukulele Group at the Breast Cancer Awareness Tea Social



There were plenty of smiles and laughter all day on Halloween from the breakfast celebrations all the way until later in the day when staff and residents dressed up and welcomed children in the community for some trick or treating!



Gables Lodge

Amherst, NS

On the afternoon of September 12th, James Skarnikat stopped at Gables Lodge as part of his 4th Canadian Tour and residents spent the afternoon toe tapping and belting their favourite tunes! **Jimmy's Old Time Radio Show** is one of Canada's foremost entertainers. A specialist in concerts for senior care homes, Jimmy, or James Skarnikat, melded his background in senior care with his love of music and began a thriving music career entertaining seniors.

The September birthdays were celebrated with a cake and, later on that afternoon **The Traveler's** (a group made up of people from Cumberland County) came to entertain everyone at Gables Lodge, singing *Happy Birthday* amongst other

upbeat songs which really lifted all the spirits of all the residents.

On October 11th, Thanksgiving was celebrated with a Tea Party. Resident Ephrem Bourgeois entertained everyone by playing the old classics that we love so much! Residents were singing and clapping along with Ephrem; it felt like the type of Thanksgiving gatherings residents may have enjoyed in the past! They had a variety of fall sweets such as pumpkin squares, cupcakes, cookies and more, followed by a splash of tea in beautiful china tea cups.

Residents celebrated Halloween with pumpkin carving and painting at Gables Lodge on Tuesday October 22nd.



Jimmy's Old Time Radio Show



Hestel Quinn and Marlene MacDonald representing the September birthdays



The Traveler's performing



Ephrem Bourgeois playing at the Thanksgiving Tea Party



Melville Heights

Halifax, NS

Melville Heights ended the summer with a visit from the **O' School Donut Bus**, a food truck that serves gourmet mini donuts! Everyone enjoyed it and they even had a visit from Andy Fillmore, the Member of Parliament for Halifax. The fall has been packed full of events with a trip to **This Hour Has 22 Minutes**, an Antique Car Show, pumpkin carving for Halloween, and more!



The Mira

Truro, NS

The Mira went on a bus tour to Wentworth to see all the beautiful fall colors! And of course, they had to stop for their last summer snack (ice cream)!

For Continuing Care Month, they recognized the hard work, dedication, and commitment of their staff with awards, light refreshments, and cake. Thank you to our

wonderful staff at The Mira for all that you do!

The Mira also had many festivities for Halloween! Residents carved 21 pumpkins to decorate for the trick or treaters and had a blast at their Annual Halloween Party with some exciting Halloween games: Witches Brew, Feed the Swamp Monster, and Pin the Top on the Pumpkin!





Whitehills

Hammonds Plains, NS

Residents from Whitehills took a trip to visit friends at the Admiral and participate in a Silver Fox Social in honour of Terry Fox. Residents at both facilities had a great time socializing while enjoying music, ice cream, and Terry Fox trivia and word games. It's always a blast when Whitehills & Admiral get together!

This fall, the Therapeutic Recreation and Dietetic Interns collaborated to facilitate a Dips of The World activity, supported by the Recreation Department and Dietitian.

Residents were able to sample and learn about the cultural origins of a variety of savoury and sweet dips including hummus, tzatziki, guacamole, pumpkin dip, chocolate hummus, red lentil dip, salsa, and dill pickle dip. Dips of the World was a huge hit and we found some clear favourites to add to the menu at Whitehills!

For Halloween, Whitehills had some wacky costumes, with Dr. Seuss' Things and the Cat in the Hat running wild!





Admiral Dartmouth, NS

Cheerful Chimes

Cheerful Chimes is a Resident Chime Choir that began at Admiral Long Term Care Centre just over four months ago. This choir was made possible via a grant Shelly Luddington, our Therapeutic Recreation Director at Admiral, applied for through the **Government of Canada's New Horizons for Seniors Program**.

Upon acceptance of our Making Music, Making Memories Project (#1581302), Shelly consulted with her Music Therapist, Alyssa Lynch, in an effort to strengthen music programs at Admiral, as well as develop this newly funded music program! The Chime Choir enriches Monday afternoons at Admiral and allows them to

express music through group work, performance, and having fun. The biggest performance to date was for the staff during Continuing Care Month and CCA Week in October!

Thank you to the Government of Canada's New Horizons for Seniors Program for supporting the musical initiatives at Admiral. In addition to Cheerful Chime Choir, they facilitate a Drumming Circle, an iPod listening, and iPad making music programs. This grant has provided the opportunity for many wonderful music endeavours and musical experiences based on residents' likes, interests and desires.

Resident Spotlight

How often do we turn 100! Admiral staff, residents and management took the time to wish our resident Jean Cooke Brennon a Happy 100th Birthday on August 30th.

Jean had a virtue of style and artistic expression during her 100th birthday. As an artist known for her beautiful paintings of flowers, she was a style goer on her birthday, wearing beads and a birthday badge of honour. She hosted a stream of visitors throughout the day, including staff who sang her happy birthday and presented her with a potted plant!

Happy 100th Jean! From all staff, management, residents and volunteers of the Admiral!





Fall at Melville Lodge

Halifax, NS

This October the residents and staff at Melville Lodge celebrated Oktoberfest. Oktoberfest is a world famous festival, held annually in Germany, running from late September to the first Sunday in October. This festival has more than six million people from around the world attending every year.

The recreation team planned tons of fun and engaging programs to pay tribute to the day, which included making (and eating) soft pretzels, hosting a band which performed wearing traditional Lederhosen and having an Armchair Travel program where residents learned about German history and culture. The dietary team created meals that matched the Oktoberfest theme for the resident to eat at lunch and supper. For lunch the residents had Oktoberfest sausage and sauerkraut, for dinner they had schnitzel with a side of spzial.

This fall residents and staff received a visit from **Hope for Wild Life**. Hope for Wildlife is a wildlife rehabilitation and education organization located in Nova Scotia. Since 1997, Hope for Wildlife has rescued, rehabilitated, and released over 40,000 injured and orphaned wild animals representing over 250 species. Hope for Wildlife aims to connect people to wildlife in a positive way through knowledge and understanding.

Melville Lodge was lucky enough to receive an onsite educational presentation. The Hope for Wild life team bought a tortoise, corn snake, hawk, chinchilla, and bearded dragon. The residents learned the back story of these animals and how they ended up in the care of Hope for Wildlife; they were able to pat each animal and ask any questions they had. This program was enjoyed by all!



Heart of the Valley

Middleton, NS

The residents at Heart of the Valley were treated like royalty on Saturday August 31, 2019. They were VIP guests to the **Air Show Atlantic** and the red carpet was rolled out. A great time was had by all and the volunteers were exceptional.

When the **Trans County Transportation Society** bus pulled up with the residents, a call was made to the Executive Director Colin Stephenson and he escorted the bus to the VIP tent. Once they arrived, one of the hosting volunteers, Patricia Myatt, greeted them all with open arms.

The residents then were escorted one by one by volunteers to the VIP tent. On their way to the tent, each resident was saluted by the air cadets on hand. White chairs were set up for them and refreshments were served.

The new 14 Wing Greenwood Wing Commander Brendon Cook and his wife greeted the residents along with Wing Chief Dan Campbell and his wife. The residents were treated to a spectacular show of precision flying!



WO (retired, 27yrs of service) Wilfred Gaston stands to meet the Wing Commander and Wing Chief



Residents and volunteers enjoying the show



WO (retired, 42yrs of service) John Doiron shaking hands with Wing Commander

Centennial Villa

Amherst, NS

Residents at Centennial Villa received *Make Someone Smile Bouquets* from **Buds To Blossoms Floral Boutique**. Everyone loved their bouquets and it put a smile on the faces of both residents and the Amherst police officers who greeted residents with the bouquets!



John Leger with Officer Michelle Harrison



Mildred Angus and Barb Ralston with Officers Michelle Harrison and Tom Wood

*Favorite
Recipes
from
Gables Lodge*



Melville Heights Spotlight

Phyllis Weaver, Melville Heights resident, had her granddaughter, Shelby Weaver, Manager of Player Development for the Toronto Raptors, drop in to share the celebration trophy with her grandmother! Everyone had a great time posing for photos with the trophy!

GARLIC SPARE RIBS

- 1 tbsp shortening
- 1 clove garlic (chopped)
- 1 tsp salt
- 1/4 tsp pepper
- 1-1/2 tbsp sugar
- 3/4 cup vinegar
- 2 tbsp soya sauce
- 1/4 tsp ginger
- 2 lbs cut-up spare ribs

Preheat skillet to 350°F, melt shortening and brown ribs. Reduce heat to 200°F. Combine garlic, ginger, salt, pepper, sugar, vinegar, and soya sauce and pour over ribs. Cover and braise for 1 hour or until meat is tender. Serve with rice fried in drippings.

Recipe taken from
Favorite Recipes from Gables Lodge
Courtesy of Mae Burke

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