

gem

SPRING 2019

NEWSLETTER



Doug and Flossy Power are celebrating 75 years of marriage

SPRING ISSUE

WHAT'S NEW?

75 YEARS TOGETHER

ADMIRAL

MELVILLE LODGE

CENTENNIAL VILLA

MELVILLE HEIGHTS

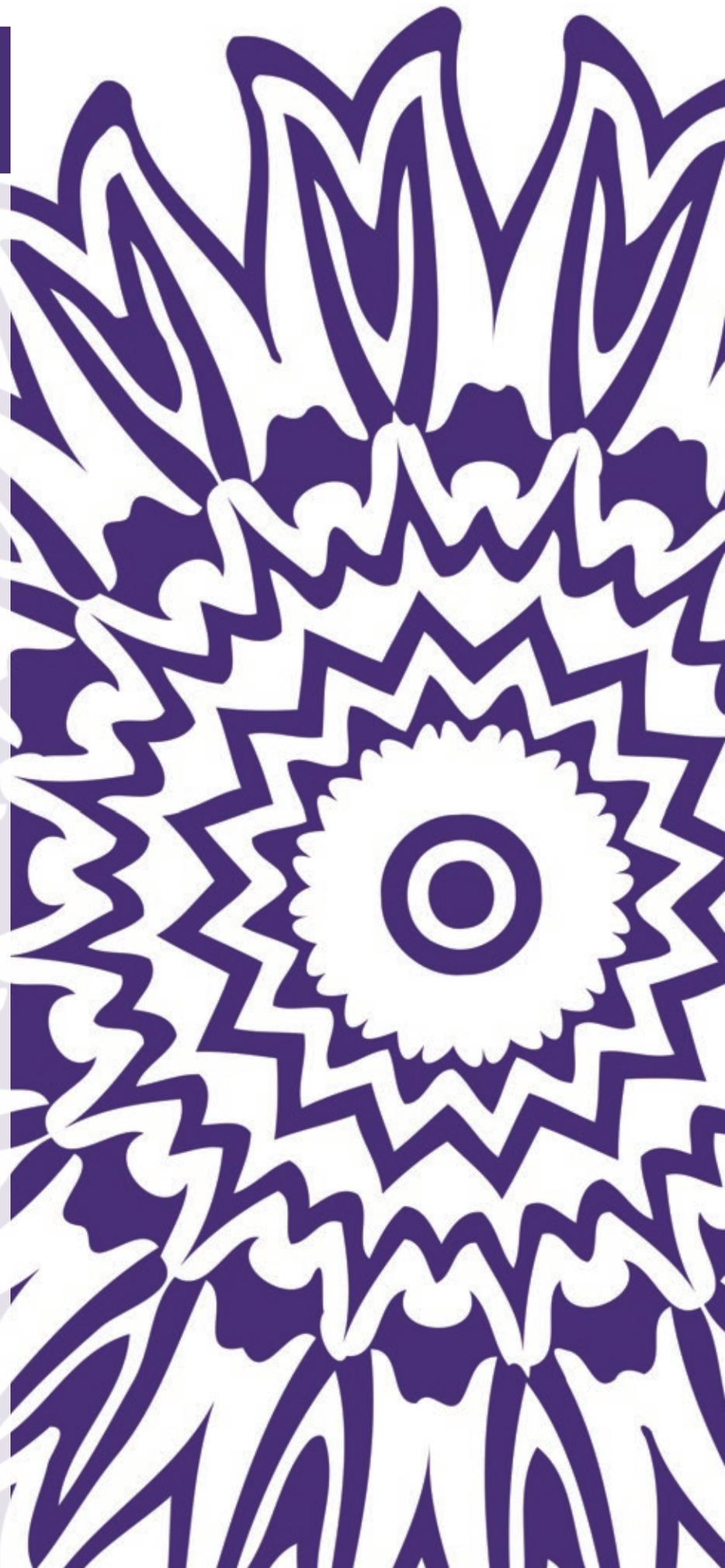
ST. PATRICK'S DAY AT
GROVES PARK LODGE

DOWNSVIEW

WHITEHILLS

SPRING AT THE MIRA

OPEN HOUSE AT
YARMOUTH HEIGHTS



What's New?

New member on NSHA Ethics Committee Northern Zone

Dorajean Crowe, the Director of Health Care Services at Gables Lodge in Amherst, was recently accepted as a member of the NSHA Ethics committee Northern Zone. Dorajean feels it is important for LTC to have a voice provincially.

Ethics NSHA assists the health authority to address significant, ethics-related organizational matters. It addresses these issues in a proactive manner.



Filipino Heritage Month

In October 2018, Canada's House of Commons passed Motion 155 declaring June as Filipino Heritage Month across the country, officially recognizing the contributions of the Filipino community with its own heritage month.

The first Filipino Heritage Month will take place this June. You are cordially invited to come join in the celebrations and be a part of history! There will be a series of events in Halifax that will show Philippine culture, history, a showcase of talents, and an array of Filipino cuisine.

FILIPINO HERITAGE MONTH
JUNE 2019

SAVE THE DATES

JUNE 12	10:00 AM
JUNE 20	6:00 PM
JUNE 23	10:00 AM 12:00 PM 2:00 PM 4:00 PM

SCHEDULED EVENTS

- Flag Raising Ceremony in Commemoration of Philippine Independence Day Grand Parade
📍 1770 Barrington Street, Halifax
- A Documentary Film Screening: "Becoming Labrador"
📍 Pier 21 Canadian Museum of Immigration
- FILIPINO FESTIVAL 2019**
Community Parade
Cultural and Food Exhibit
Program and Cultural Show
Live Bands/Music Entertainment
📍 Halifax Forum

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DESIGNED BY: Booth Almighty - Party & Events Photo Booth Rental



75 Years Together

Melville Gardens, Halifax, NS

On April 15th, Doug and Florence (Flossy) Power celebrated their 75th wedding anniversary. Young Doug at age 22 met Flossy at age 18 at a local shop in Herring Cove and the rest is history. Shortly after marriage they purchased Doug's aunt's house and lived there for 74 years before moving to Melville Gardens in October 2018.

Doug served in the Air Force from 1939-1945, after the Air Force he joined the Long Shoreman's Union and then in 1952 he joined the Dock Yard's Fire Department. He worked in the Fire Department as a Platoon Chief for 35 years and retired at age 65.

After retirement Doug enjoyed spending time in his shed building doll houses for all the local girls, fundraisers, and church sales. Doug also spent summers helping his dad build homes for his family, in total they built 7. Doug loved to fish and spent a lot of time at their camp in Shad Bay.

In Flossy's early years she lived on McNabs Island as her father was in the Army and they stayed by Fort Ives. Later Flossy moved to Herring Cove and lived with her grandmother. Flossy loved to paint and even taught painting for 5 years. Flossy was an avid baseball player and loved to skate. She was also on the first Herring Cove women's hockey team. Before marriage Flossy worked for Eastern Air Command during the war, for Morris and Sears. After marriage Flossy stayed at home with their four children, two boys and two girls.

Doug and Flossy both loved to bowl and always had a dog in the house. Most recently their dog Wilson, a Chiweenie. The Powers have an ever growing family with 38 grandchildren, great-grandchildren and great-great grandchildren. Nowadays you can find Doug and Flossy having a cheerful chat with friends and family or watching sports. Doug likes to attend Gentlemen's Club and Flossy is an avid piano player.



Spring at Admiral

Dartmouth, NS

In honour of National Volunteer Week, Admiral acknowledged the many outstanding volunteers who help our residents live their best life! The dedication and passion of all of our volunteers are vital in building a strong community and they are a valued member of the GEM family.

National Nursing week, May 6-12, was celebrated by a week of festivities: washer toss, musical chairs, and more!

For Nutrition Month at Admiral, their Dietitian reviewed the new Canada Food Guide and answered questions. They also had homemade smoothies!

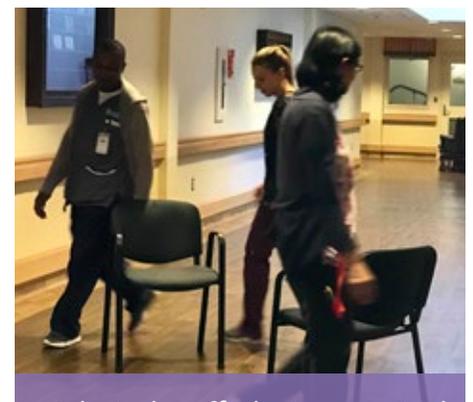
There were many Easter festivities this spring! Recreation staff spent the afternoon with residents dyeing beautiful pastel eggs!



Andrea and Dorothy with beautifully decorated eggs!



Nutrition Month at Admiral



Admiral staff playing musical chairs - Savita Rosenow, RN was the winner!

Melville Lodge

Halifax, NS



Melville Lodge has gone digital!

Three resident computers were installed over the winter, the residents are enjoying using the computers to play games, listen to music and keep in contact with loved ones who live far away!

Planning men's recreation interventions can often be challenging in a long term care setting! Research has shown that men often do not enjoy or benefit from the same sorts of programs that women enjoy. They have different interests and needs.

The men at Melville Lodge in Halifax are enjoying a monthly men's breakfast club, facilitated by the recreation department. At breakfast club, they are able to enjoy some of their favourite breakfast foods, engaging conversation and reminiscing of past meals shared with loved ones!



This May, the residents and staff at Melville Lodge celebrated Cinco De Mayo! In preparation for the big day, residents took part in an 'Arm Chair Travel' program where they learned all about Mexico! They also engaged in cooking programs where they learned to make (and taste!) some common foods often associated with Mexican culture! They even made their very own Pinata!

Centennial Villa

Amherst, NS

This spring, the **Halifax Girls Honor Choir** performed for both Centennial Villa and Gables Lodge residents. These wonderful young ladies are ages 10-12 years old and come from 13 different schools in the Halifax area. Residents had a great time!

Residents at Centennial Villa also enjoyed an afternoon of pancakes and fresh maple syrup. **Volunteer Brian Haynes** comes in every year to do a display and explain how maple syrup and other maple products are made.

On April 9, they had their Volunteer Luncheon. This year, Centennial Villa has started a new tradition where they recognize residents who have made significant contributions to the resident community. Two residents, Verna Dowe and Julie Roach, were recognized for the time

they have spent helping out with activities around the Villa.

Verna does the exercise program once a week, helps peel the potatoes. She is also a member of our newly formed Welcoming Committee and always goes above and beyond to make new residents and staff feel at home here.

Julie Roach is known in the building here to have a very green thumb and takes wonderful care of all of our plants. She makes sure that everyone is gathered up for activities, helps clean up after socials, bingo and other activities. Julie also goes out of her way to make everyone feel welcome here.

Both of these wonderful ladies are well deserved of this recognition. Thank you!



Verna Dowe and Julie Roach at the Volunteer Luncheon



Sandra Taylor receiving her certificate from Kathy Maltby for her volunteering



Resident Emilie Melanson and volunteer Brian Haynes talking about maple syrup



Melville Heights

Halifax, NS

A walking group at Melville Heights started one year ago, where residents walk four times per week! If the weather is not suitable outside they walk three floors inside. Approximately 10 residents get together to keep active and meet new friends! Walking can help to lower blood pressure, reduce arthritis pain, improve cardiovascular health, reduce stress, and more.



On March 11th, Tanya Chisholm from **Therapeutic Paws of Canada** visited with Stanley, her 2 year old Labradoodle. Stanley was such a gentle dog and residents really enjoyed the visit!

Therapeutic Paws of Canada is a volunteer-based non-profit organization that provides pet therapy dog and cat visitations. These visits support human needs (physical, mental, educational, motivational, socialization) through regular visits to members of the community in schools, hospitals or senior's residences.





It has been a busy few months at Melville Heights! Residents enjoyed a night out to see **This Hour Has 22 Minutes**, a St. Patrick's Day Social with Irish music from **Greg Simm and Jim Bell**, and they even had a games morning with 30 Students from **Elizabeth Sutherland School!**



Groves Park Lodge Renfrew, ON

St. Patrick's Day is a big to do in the valley. Every year residents at Groves Park Lodge go up to **Dacre Recreation Center** for the huge St. Patrick's Day Party. There is lots of music, friends and a whole lot of fun that happens that afternoon.

Downsview

North York, ON

Co-operative Learning

Co-op is intended to give students a chance to apply the knowledge they have gained in the program in a real-life hands-on situation, giving them practical experience and further developing their skills. Students also get a chance to gain important work experience and to establish contacts with potential employers. Many graduates of co-operative programs find full-time employment with their current placements. This year Downsview was lucky enough to be paired with two students studying the Social Service Worker Program at **George Brown College**. They had the opportunity to share a bit about their experience.



Ginger

Just wanted to say a BIG, “thank you” to all the staff and residents for taking me in as family, teaching me a lot of things and giving me back a lot of positive feedback. It has been a terrific and extraordinary experiences volunteering at Downsview Long Term Care Centre.

I have learned so many things volunteering here, this facility by far is such a great place. The knowledge I have learned here I will carry it with me and use it in every/any work field I go into and also in my everyday life. So thank you everyone I will truly miss all the wonderful staff and residents, but don’t worry Ginger will be back! Thank you again for such an awesome time here.

Isabelle

I just wanted to give a final thanks to the Rec-department and residents for teaching me so much, you all have made this experience the best it could be. I learned so much from you all and I know it will help me in my near future.

The memories and experience I will leave this center will be some of the best. To my residents it was great getting to know you and learn your life stories you all never failed to keep a smile on my face. Once again thank you all and I look forward to seeing you all again.





During the week of March 3rd - 10th, Downsview celebrated Recreation Awareness Week in Ontario!

The Recreation Department works hard day and night providing the outmost care to their residents' emotional, physical, spiritual and social wellbeing. Every activity is designed to meet the needs of the individual, often contributing significantly to the residents' quality of life.

This year they celebrated the week with fun interactive events that got the residents, staff, and their families engaged at the annual Amazing Race Day. Congratulations goes out to Team Management on a job well done. Team 1C & 2C were a very close 2nd and 3rd and of course, the annual Bingo Tournament was a HUGE success. Congratulations to Ruth on her \$50 cash prize!

Downsview Long Term Care is proud to celebrate and acknowledge Nursing Week 2019.

Nursing Week is a time to recognize the year-round dedication and achievements of Registered Nurses (RNs), Registered Practical Nurses (RPNs) and Nurse Practitioners (NPs), and to increase awareness of their contributions to the well-being of Canadians. This year, Nursing Week runs from May 6 to May 12.

In recognition of Personal Support Worker Day on May 19, Downsview is shining a spotlight on some of its PSWs who go above and beyond in their role to keep seniors healthy and safe in their homes, for as long as possible.

Not only do PSW visits allow older adults to age with dignity, but they also act as an important safety check and respite for overwhelmed caregivers.

Whitehills

Hammonds Plains, NS

The **Morrell Dance Company** travelled from New Glasgow to perform a special dance recital at Whitehills. The residents were amazed by their talents and enjoyed their many costume changes. Many thanks to the dance students and their instructor Jordan Morrell for bringing such joy to everyone at Whitehills. We wish you luck in your upcoming competitions!

Whitehills celebrated Nutrition Month by learning about the new Canada's Food Guide, which focuses on the importance of cooking more often and eating with others. They loved the idea of getting more involved with meals, so they made pizza's together with Whitehills' dietitian, Melissa. The Whitehills pizzeria was a huge hit, and everyone had a fantastic time enjoying their creations as a group.



Spring at The Mira

Truro, NS



Group photo of The Mira residents dining out at Swiss Chalet



Art, Allison (Rec. Student), and Shirley



The Mira getting ready for their Volunteer Appreciation event!

Open House at Yarmouth Heights

Yarmouth, NS

This year will be our first open house at Yarmouth Heights! All are welcome to come in and learn a bit about the facility while enjoying great food and live music.

YOU ARE INVITED

TO OUR OPEN HOUSE AT

Yarmouth Heights



Saturday June 8, 2019 • 10AM - 4PM

64 VANCOUVER STREET, YARMOUTH, NS

*Favorite
Recipes
from
Gables Lodge*



Heart of the Valley Spotlight

Every year the residents at Heart of the Valley in Middleton hold an Easter colouring contest for the staff and family's children. The residents do the judging and make up six baskets that have candy, toys and gift certificates. A great time was had by all! Congratulations to the winners!

BLUEBERRY MUFFINS

2/3 cup margarine
2 slightly beaten eggs
4 cups flour
1 tsp salt
1 cup sugar
1-1/2 - 2 cups milk
6 tsp baking powder
2 cups blueberries

Cream margarine, sugar, and eggs. Add remaining dry ingredients and milk. Fold berries in last. Bake for 15-20 minutes at 400°F.

Recipe taken from
Favorite Recipes from Gables Lodge
Courtesy of Joy Rector

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