

gem

SUMMER 2019

NEWSLETTER



Hatfield Farm visiting our residents at Melville Gardens

SUMMER ISSUE

GRAND OPENING

YARMOUTH HEIGHTS

CENTENNIAL VILLA

MELVILLE GARDENS

GABLES LODGE

MELVILLE LODGE

MELVILLE HEIGHTS

HEART OF THE VALLEY

PET THERAPY

DOWNSVIEW

WHITEHILLS

ADMIRAL

GROVES PARK LODGE



Grand Opening

Yarmouth, NS

Yarmouth Heights hosts its first Open House to welcome members of the surrounding communities!

On Saturday June 8, 2019, Yarmouth Heights Seniors Residence held its first open house and official grand opening. A ribbon cutting took place with Mayor Pam Mood in attendance.

There were live music performances all day from the Young at Heart Band and the Scallywag Band. As well as a free BBQ and two gift baskets that were raffled off. Congratulations to the two winners: Donovan Cunningham and Diane Wills!

Thank you Mayor Pam Mood and all who were able to make it out to our event! GEM Health Care Group is pleased to officially welcome Yarmouth Heights into its family of homes.





Yarmouth Heights

Yarmouth, NS

It has been a busy few months at Yarmouth Heights!

Residents enjoyed a variety of special activities such as roses for Valentine's Day, fun pranks on April Fools' Day, Mother's Day events and dinner, and even an antique car show on Father's Day!

Most recently, residents celebrated Canada Day with a BBQ and some fun summer games. They enjoyed playing oversized checkers, mini golf, washer toss, and bowling. In the evening, residents had a perfect view of the fireworks from the large pedway!



Centennial Villa

Amherst, NS

This year for Mother's Day, residents had a Tea Party and for Father's Day they enjoyed a special breakfast with an assortment of pancakes, bacon, sausage and some other goodies!

They also took a trip to **Cowboy Town** this summer and had a visit from the talented **Sackville Ukulele Group!** It was a full house for the ukulele group and the music was enjoyed by all.

In memory of Pauline Atkinson, her family requested to have a social in her honour from funds that were donated by them. So what better way to remember this lovely lady then to have a Tim Horton's social?

The afternoon was enjoyed by so many with lots of socializing, Timbits, donuts, tea, coffee, and of course a social would not be complete without doing some trivia about Tim Horton's.



Marg Hurley, Doreen McFadden, Jordyn Tannahill (staff) enjoying the sunshine



Lennie Lowther and Russell Brown at the Father's Day Breakfast



Sackville Ukulele Group performing for residents at Centennial Villa



Paul Roulston and Anne Allen with Bandit, a 3 month old puppy that lives at Cowboy Town



Helen McAloney, Evelyn Brown, and Gloria Dickinson at the Tim Horton's social



Julie Roach finishing her 2000 piece puzzle!

Melville Gardens

Halifax, NS

This year Melville Gardens welcomed in the warm weather with a trip to the **Halifax Public Gardens** for an afternoon in the park and ice cream! It was a beautiful day and everyone enjoyed themselves.

Residents also enjoyed an afternoon of painting with **Artsy Fartsy**, a local company that offers art classes for all ages. The residents painted a beach theme for the summer.

In June, residents went on picnic to **Jerry Lawrence Provincial Park** in Upper Tanatallon.

The park has an area specially designed for seniors and people with disabilities and includes picnic tables with a shelter, a wheelchair accessible fishing wharf, trails and a beautiful lake. They had a wonderful afternoon of snacking, garden games, bubble blowing and fishing!

Hatfield Farm visited Melville Gardens this June as well. Residents had fun outside with a petting pen that had goats and even a baby donkey with its mother!



Ann MacLean fishing at Jerry Lawrence Provincial Park



Doug Power planting herbs in the residents' garden



Bill Wood standing next to his summer beach painting

Bill and Joyce Wood

Bill and Joyce Wood of Woodford Green, Essex, met at a church youth group in 1939 and have been inseparable ever since. They married in 1947 and have just recently celebrated their 72nd wedding anniversary.

They have three beautiful children together, two girls and a boy, who they love dearly. Bill served in the British Merchant Navy as a Radio Officer and truly loved his life at sea. However, after the war he returned home to be with the love of his life, Joyce, who was a Registered Nurse at the London Hospital.

Together, they immigrated to Canada in 1957 and settled in Burlington, Ontario. Joyce continued her career as a nurse while Bill studied theology and became a Lay Minister at the Anglican Church. Bill also worked as a Surveyor and Estimator in Toronto.

Throughout their life they enjoyed many things; Joyce enjoyed knitting, sewing, reading, baking, and was also a member of the Anglican Mothers' Union. Bill spent his time reading, oil painting, and enjoying his model railroads.

Sine moving to Melville Gardens in April 2019 they have brought an uplifting and friendly energy. You can find them socializing with their co-residents or simply just enjoying their time together!



Dafrosa Bunleon and her daughter at the Hatfield petting pen



Gables Lodge

Amherst, NS

Every month, residents of Gables Lodge compete in a monthly crib tournament with resident neighbours at Centennial Villa. Congratulations to Sheila MacAloney for winning the tournament!

In the past few months residents have enjoyed an outing to **Pizza Delight**, a baking afternoon, and a visit from entertainer **Steve Ripley** who plays the harmonica for them! On July 10th, kids from the local Anglican Church camp came to visit. They brought handmade cards with positive sayings in them that made residents at Gables Lodge smile.

They also enjoyed day trips with residents from Centennial Villa to **Cowboy Town** and **Biker Bash!** Biker Bash is an Annual Motorcycle celebration hosted in Amherst, NS to help increase motorcycle awareness and bring communities together. It is a weekend-long event in July that's filled with rides, activities, and entertainment.

Residents felt like royalty when two executive members of the Biker Bash came and personally escorted their bus there! It was a great day and everyone enjoyed the many vendors, stunt show, and food.



Margaret Higgs at Cowboy Town



Julie Ann Roach and Biker



Sheila Stright (Recreation Programmer) and Hestel Quinn baking brown bread



Resident Sheila MacAloney with the crib tournament trophy



Steve Ripley playing the harmonica with June Harris



Gables Lodge residents on an outing to Pizza Delight!



Summer at Melville Lodge

Halifax, NS

On May 31st the residents at Melville Lodge in Halifax enjoyed a bus trip and lunch out at a 50's themed Diner in Bedford. Fun was had by all! Everyone was amazed at the size of the pie!

The residents at Melville Lodge had an all you can eat strawberry short cake social... but not before they helped prepare the strawberries, which were handpicked by Shelly, Recreation Programmer.

The weather cooperated and everyone was able to enjoy a nice afternoon out on the back deck with their strawberry short cake in hand!

Residents and staff shared stories of memories they had of picking strawberries and other wonderful recipes which can be made with fresh strawberries!





Summer at Melville Heights

Halifax, NS

June was a busy month at Melville Heights! Residents visited the stunning **Halifax Public Gardens** in June. Every year between May and October, about five off-site excursions to the gardens will take place, along with many other day trips all around Nova Scotia! The Halifax Public Gardens are especially beautiful and were designated a National Historic Site of Canada in 1984.

On Friday June 14th, Melville Heights had their Annual Plaid for Dad fundraiser for prostate research where they raised \$165 to help end prostate cancer! They also began planting in the two large vegetable gardens and took a trip out to the **Urban Farm Museum Society of Spryfield (UFMSS)**, a volunteer-run organization

that teaches people how to grow food and celebrates the agricultural heritage of Spryfield.

On Canada Day, everyone gathered to sing *O Canada* around the flag pole at 10:00am. It was a great turnout!

Melville Heights also participated in Spryfield Days, a weekend of events and activities to celebrate the Spryfield community! Phyllis Weaver bravely volunteered to participate in the annual duct tape boat races. With the help of fellow resident Eva Mae Gray, **Bruce Holland** and other members of the **Spryfield Business Commission Board**, they built a boat using only duct tape and cardboard! Unfortunately the boat did not win, but it was a great day and fun was had by all!



Heart of the Valley

Middleton, NS

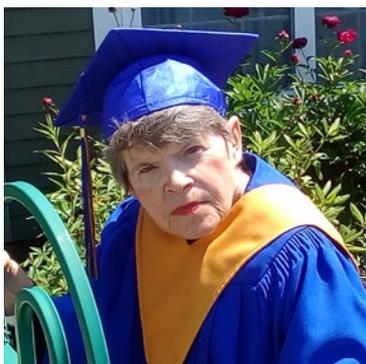
Congratulations Class of 2019!

Heart of the Valley has offered a school program for their residents for six years! It is held once a week and consists of a variety of subjects: science projects, history, current events, modern and old time music, modern and old time movies, hangman puzzles and fill in the blank puzzles.

Bob Keith (school teacher) makes a point to talk to each student about their personal interests and tries to incorporate them into the curriculum. In her speech, Resident Council President Rita Winger thanks Bob for his commitment saying, "Bob, we the class of 2019 wish to extend our

our heartfelt gratitude for your compassion and loyalty to our school program. Hats off to you." And also takes a moment to acknowledge two of their classmates who sadly passed away during the school year: Betty Frost and Albert Sheppard. "May you both rest in peace."

The school year starts in September and ends with a graduation in June. Each student has grad pictures taken and is presented with a diploma. All families are invited and there is cake and punch served during the party. Congratulations to the class of 2019!



Bob Keith, school teacher



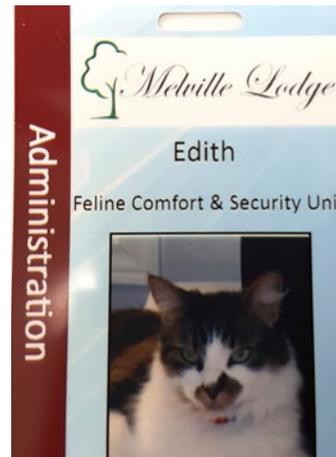
Pet Therapy

Pet therapy is an ever growing trend in senior living homes. Petting a cat or a dog can be very calming for residents and it can help to relieve any stress, anxiety, or loneliness they may be feeling. It can promote conversations about past pets they may have owned and create a sense of joy and comfort.

Many of GEM Health Care Group's senior care facilities offer pet therapy through visiting pets

or in some cases, having a live-in cat for the facility. Jack, a friendly corgi owned by the physio aide at Gables Lodge, would visit residents so often that he got his very own photo ID! He served for many years before passing this past June. He will be missed!

Our residents have found so much joy from these furry companions. Below are just a few of them!



Mother's Day at Heart of the Valley Middleton, NS

Residents came together and made Mother's Day gifts for all mothers at Heart of the Valley. Bone china cups and flowers were donated by people in the **Middleton community**. Residents were happy to receive these beautiful gifts on Mother's Day.

Heart of the Valley also received handmade placemats from the local daycare. Every year, children at **Middleton Daycare** create 50 placemats for both Mother's Day and Father's Day.



Downsview

North York, ON



Volunteer of the Year Award

Looking around Downsview, you can see the many dedicated and compassionate individuals that go above and beyond for residents! The volunteer program plays a vital role in enhancing their quality of life. The time, energy, and talents that volunteers contribute are highly recognized.

The Downsview family would like to say a special thank you to the following groups: The Seventh Day Adventist Church volunteers, Mt. Zion Youth Group, Tina and Zoe from St. John Ambulance Pet Therapy, The Prayer Palace Cathedral Singers, our dedicated group of Roman Catholic Church Services and Rosary Group Leaders, Carmela Savaglio, and our George Brown Students: Isabelle Perrone and Ginger Jaddoo. Of course we cannot forget to mention residents

themselves who go above and beyond: James D. (Tuck Shop volunteer), Kitty C. (Dietary volunteer), Maria S. (Helping Hands Volunteer), and Marj H (Administrative Assistance volunteer and President of the Resident Council).

This year Downsview would like to acknowledge an exceptional volunteer that has gone out of her way to put a smile on residents faces every time she visits. She is compassionate, empathetic, patient, gentle, and can make residents smile even on the most difficult days. She began volunteering after her family member received care at Downsview and has made such an impact through her volunteering. Congratulations to **Carmela Savaglio** for receiving this year's Volunteer of the Year Award!

Whitehills

Hammonds Plains, NS

Whitehills has had some wonderful individuals contributing to their recreation programs! Curtis, their resident karaoke superstar, has started putting on shows for his fellow residents. Everyone has been having a blast listening to him croon the classics, especially Elvis tunes, during *Okie Dokie Karaoke with Curtis*. Music Therapist, Paige, has been working hard with a group of residents to form the *Whitehills Country Boys* band. The band is a huge hit with residents and their families!

Whitehills hosted a fantastic Therapeutic Recreation intern named Megan for 16 weeks. She brought everyone a great deal of joy, and although her placement came to an end, she has stayed in touch and returns to volunteer with some of her favourite programs, like BINGO! Everyone at Whitehills wishes her all the best in the future.

The Antique Cars put on a show at Whitehills this summer! Residents were excited to see the vehicles and reminisce about cars from their pasts. It was a great day and they look forward to hosting them next year!





Admiral Dartmouth, NS

This July, Admiral had their Annual Open House. Residents, family, volunteers, community members, and staff showed up for a grand total of 85 people! A great time was had by all, with music by **Mort Lohnes** and ice cream sundaes that were enjoyed in the summer sun!

For Mother's Day, **Tim Holman** (Dartmouth MLA) and his family came to visit our residents. His daughters brought flowers for all of the ladies living at Admiral.

Residents also received a visit from the **Belle Voci Choir**, a local youth choir group in Dartmouth comprised of grade 4-6 girls. Residents really enjoyed their performance!

Annual Walk n Roll a Thon at Groves Park Lodge

Residents at Groves Park Lodge in Renfrew, ON hosted their Annual Walk n Roll a Thon to raise funds for The Dementia Society. The event took place in the afternoon on Wednesday May 29, 2019.

Fifteen high school students and their teachers, as well as the **Renfrew Community Living** clients and their support staff attended the event. They also volunteered their time to push residents who are wheelchair bound so that everyone could participate in raising funds for this very near and dear cause.

Groves Park Lodge has been raising funds for The Dementia Society, formerly The Alzheimer's Society, for the last 25 years!



*Favorite
Recipes
from
Gables Lodge*



Downsview Spotlight

Old DVD cases with a new purpose!

Downsview found a great way to upcycle some of their old DVD cases lying about! Each of the recreation teams' names are now creatively displayed as scrabble tiles in their main activity area!

TUNA BURGER

7 oz. can white tuna
1 cup chopped celery
1 small onion, minced
1/2 cup diced cheese
1/2 cup chopped olives
1/4 cup mayonnaise
Salt & pepper

Mix all ingredients together. Place mixture on burger buns or a bread of your choosing. Heat before serving.

Recipe taken from
Favorite Recipes from Gables Lodge
Courtesy of Agnes Mills

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