

gem

SPRING 2021

NEWSLETTER



Gables Lodge resident ready for her Hawaiian vacation

SPRING ISSUE

WHAT'S NEW?

MELVILLE HEIGHTS

YARMOUTH HEIGHTS

MILFORD HAVEN

MELVILLE LODGE

CANSO SEASIDE MANOR

ADMIRAL

HEART OF THE VALLEY

MELVILLE GARDENS

CENTENNIAL VILLA AND
GABLES LODGE

DOWNSVIEW

WHITEHILLS

THE MIRA



What's New?



Residents enjoy a Tim's "drive-thru" right at home!

With many restrictions in place across our country, staff decided to bring a Canadian classic to our residents!

Tim Hortons "drive thrus" have appeared across some of our GEM homes for residents to enjoy some of their favourite treats and coffee right at home. They placed their orders and enjoyed reminiscing and good conversations with their friends!



Spring at Melville Heights

Halifax, NS

In March, Melville Heights celebrated the art of storytelling on World Storytelling Day. Resident, Terry Harnish led the event.

Everyone enjoyed plenty of fun Easter crafts this spring.

There was cookie and egg decorating and fabulous window paintings created by team member, Bonnie MacPhee!

Every resident received a rose on Mother's Day to make the day extra special!



Happy Retirement Irene!!

On April 9, Irene Swindells, our Administrator at Melville Heights retired after 26 years of service at Melville Heights. There were many festivities to celebrate Irene and thank her for her commitment and dedication over the past 26 years. The week started with 26 donuts to mark 26 years of service, had many other special treats and surprises throughout, and ended with a limo and a grand send off from our staff and residents! Congratulations and best wishes in your retirement Irene!



26 Jagers Donuts for 26 years of Service



26 Famingos to celebrate



A grand send off from residents at Melville Heights!



Congratulations on 100 Years!

Congratulations and happy birthday to Mrs. Frances Cottreau and Mrs. Vivian D'Eon, who both turned 100 this year!

In March, residents at Yarmouth Heights had a window visit from Lil Jems Early Learning Childcare Center. Residents really enjoyed the visit and are looking forward to the next one!

Over Easter weekend, Yarmouth Heights had their annual Easter egg hunt and egg decorating. Everyone had a great time!

Residents at Yarmouth Heights celebrated Mother's Day with flowers from friends and family and a lobster dinner! A special thank you to Catherine Pothier's family for sponsoring all the lobster that made Mother's Day dinner extra special for residents!



Mother's Day at Milford Haven Guysborough, NS



Lillian with her flowers



Sylina posing for a photo



Olive with her flowers



Myrtle posing for a photo



Melville Lodge

Halifax, NS

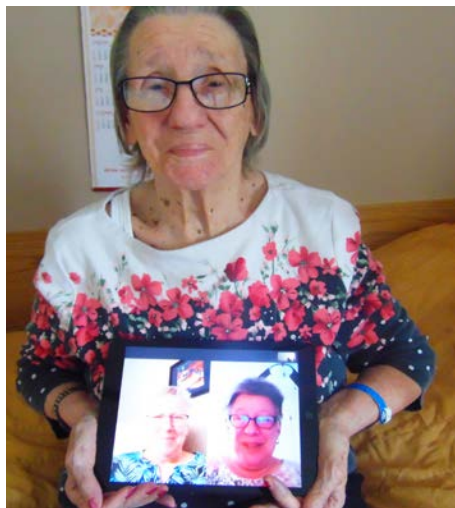


In March, Mona Ellis, resident at Melville Lodge turned 101. She enjoyed a visit with her designated caregiver and many window visits from other friends and family. She also had her door decorated and staff sang happy birthday.

Mothers Day was celebrated differently this year with families and residents connecting through virtual visits. Families sent videos with Mother's Day greetings, flowers, and cards.

Residents also filled in paper hearts sharing their favorite thing about being a mom.

Residents at Melville Lodge have been taking advantage of the beautiful weather so far this spring with some time out in the sun. They also had a great time celebrating Cinco de Mayo with non alcoholic drinks and nacho plates!



Canso Seaside Manor

Canso, NS



Residents had a blast at their St. Patrick's Day party in March. They played balloon volleyball with balloons in the color of Ireland's flag and a game of roll a rainbow. Both residents and staff enjoyed dressing up, the fun games, music, and especially the green and orange treats!

Shawn Barrs, maintenance team member, helped put smiles on residents' faces this Easter by hopping into an Easter Bunny costume with a basket of treats to share.

Resident, Ronnie Vaux, received his fireman's helmet for his years of service with the Canso/Hazel Hill Volunteer Fire Department.

All his fellow firemen signed the helmet and the fire department brought their fire trucks and waved from a distance.

Canso Seaside Manor hosted some special guests this spring! Jenny, Registered Nurse at Canso Seaside Manor, brought in an incubator and 7 eggs for residents to watch hatch. The first chick hatched the morning of April 26 and was named "Boss" by one of the residents.

Later in April, residents began preparing the gardens and planting vegetable and flower seeds! Everyone will enjoy watching them come up this spring and summer.



Spring at Admiral

Dartmouth, NS

In March, residents at Admiral celebrated St. Patrick's Day. Marie Jones, resident and President of the Resident Council, kept everyone's spirits up with music to celebrate St. Patrick's Day.

For Mother's Day, residents created a beautiful photo collage. This lovely bouquet of flowers was created in the therapeutic crafts program. Residents calmly coloured and focused their attention to positioning and gluing their own

flowers to make one large colourful bouquet to share. The collage was posted at the front door for family members to see while dropping off items to their loved ones.

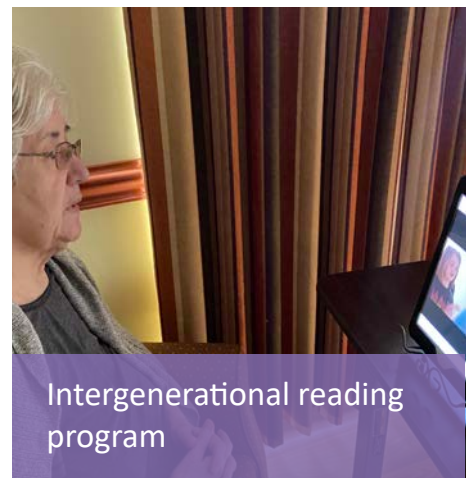
Residents also participated in the intergenerational reading program with Hawthorn School. Students read stories to residents virtually and they can enjoy reminiscing and educational opportunities.



Resident Marie Jones



Mother's Day flower collage



Intergenerational reading program



Heart of the Valley

Middleton, NS

In March, Heart of the Valley residents celebrated St. Patrick's Day with cake and ice cream floats. The Tir na nOg Irish Dance Academy out of Kentville, performed a series of Irish dancing videos for residents to watch. Residents really enjoyed the festivities!



Melville Gardens

Halifax, NS

St. Patrick's Day treats at Melville Gardens included green cookies, cakes, green "beer" and green "margaritas." They had a photobooth with a balloon rainbow, a tattoo parlour, and Irish music. The residents had a blast!

In April, Melville Gardens had a McDonald's takeout lunch which was special to the residents as it marked one year since the pandemic closed LTC care facilities.

Staff donated enough money to cover the cost of the resident's meals and McDonald's on Herring Cove Road generously donated coffee, tea, muffins, cookies and doughnuts. The residents loved it!

Residents celebrated Easter with an Easter tea and morning fun dressing up as Peter Cottontail.



HAPPY RETIREMENT

This spring, we celebrated the retirement of Mary Gillis, a CCA who has been at Gardens since 2005 and Ofelia Ampalid, a Nursing Aide who has been at Gardens since 2009. Congratulations and we wish you all the best in your retirement!



Centennial Villa and Gables Lodge

Amherst, NS

Gables Lodge and Centennial Villa partnered up with Ripleys' Sugarwoods in Fenwick, NS and brought the sugar woods to their facilities! Residents got to enjoy an afternoon of testing fresh maple products!

Gables and Centennial Villa had a weekend full of fun Easter celebrations. Residents had a great time with bonnet making, Easter tea, egg decorating, and of course, their annual Easter egg hunt.



Residents at both homes have received their COVID-19 vaccinations. Once each resident was vaccinated they were escorted to the main lounge which was decorated in a Hawaiian theme and were given everything they needed for their Hawaiian vacation! Gables Lodge residents also celebrated the hopes of beating covid (literally) by having fun with their very own germ piñata!



Downsview

North York, ON



A picture can tell a thousand words. Residents at Downsview enjoyed using the picture to the left for creative storytelling. Below are just a few short stories by our very talented residents at Downsview.

“There were 2 American spies disguised as plumbers who broke into the apartment of a French spy. They were looking to Blackmail’s secret government documents. They found perfume and tested one on one of the plumbers in case it was a weapon. The perfume turned out to be just nice smelling. The French spy came back early and smelled the perfume in the hallway. He knew someone was in his apartment. The spy kicked in the door and surprised the Americans. The American spies aimed the perfume at the French spy and sprayed. The French spy was blinded and the American spies made their escape. The secret documents were not found. The End.” - F.R

“Bo ordered 2 no good plumbers to Maria’s house. As the plumbers were working they came to Maria’s bedroom. As a joke one of the plumbers tested the perfume on his co-worker. The perfume smelt so bad it knockouts the plumbers. Maria comes home early to discover them sleeping on her floor. In a rage she kicks them out of her house. Maria never found out what the plumbers did in her house. The End.” - H.T

“2 plumbers named Armando, who was a skinny man and his co-worker, Brian, who was fat, were hired to install the internet while listening to Italian music...They were doing a terrible job. Brian commented to Armando that he smells and that he needs perfume. With no warning Brian grabbed the bottle and sprayed Armando with perfume. Armando holding a wrench at the time hit Brian in the head with the wrench which started a terrible fight and ended with matching black eyes. As time went one, they started to dance while working. Armando really shook his booty to the music. The End.” - R.A

Whitehills

Hammonds Plains, NS



Happy Saint Patrick's Day from the Whitehills Recreation Department



Helen celebrated her 101st birthday on March 28th



Residents at Whitehills explored the galaxy and created paintings to celebrate Earth Day!

Spring at The Mira

Truro, NS

The residents at The Mira celebrated Easter by making their own Easter bonnets. Each resident used their creativity and skills in decorating them, which were all unique.

Once they had completed their bonnets, residents engaged in a fashion show where they were able to showcase their creations for other residents and staff. It was wonderful to see the residents engaged, smiling, dancing, and showing off their confidence, and imagination.





GREEK YOGURT BANANA BREAD

1 cups all purpose flour
1/2 cup sugar
¼ cup packed light brown sugar
1 tsp baking soda
½ tsp salt
2-3 ripe bananas, mashed
¼ cup plain Greek yogurt
2 large eggs
¼ cup vegetable oil
2 ½ tsps. Vanilla extract
1 cup chopped walnuts, pecans, raisins, or chocolate chips (you can just use one or mix it up)

Preheat the oven to 350°F. Line a 9-inch loaf pan with parchment paper (overhanging on the two long sides) then grease the parchment paper with cooking spray.

In a large bowl, whisk together the flour, sugar, brown sugar, baking soda, and salt.

In a separate medium bowl, whisk together the mashed bananas, eggs, Greek yogurt, vegetable oil, and vanilla extract. Add the wet ingredients to the dry ingredients and stir until combined. Stir in the chopped nuts or chocolate chips or any combination of add-ins, then scrape the batter into the prepared loaf pan.

Bake the bread for 50 to 60 minutes, until a toothpick inserted comes out clean.

Remove the bread from the oven and allow it to cool completely in the pan, then lift the bread out of the pan using the parchment paper overhangs.

Slice, serve, and enjoy!

Recipe was provided by
the President of the Family Council at Downsview



Adopt-A-Thon

The Mira had an Adopt-a-thon for residents who may be missing the companionship of an animal. At this activity they were able to choose their pet, receive a certificate of adoption, and place a paw print on our Adopt-a-thon poster.

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