

gem

SUMMER 2021

NEWSLETTER



Whitehills Celebrating Their 10 Year Anniversary

SUMMER ISSUE

WHAT'S NEW?

YARMOUTH HEIGHTS

ADMIRAL

MELVILLE HEIGHTS

WHITEHILLS

DOWNSVIEW

MELVILLE GARDENS

GABLES LODGE

MELVILLE LODGE

GROVES PARK LODGE

MILFORD HAVEN

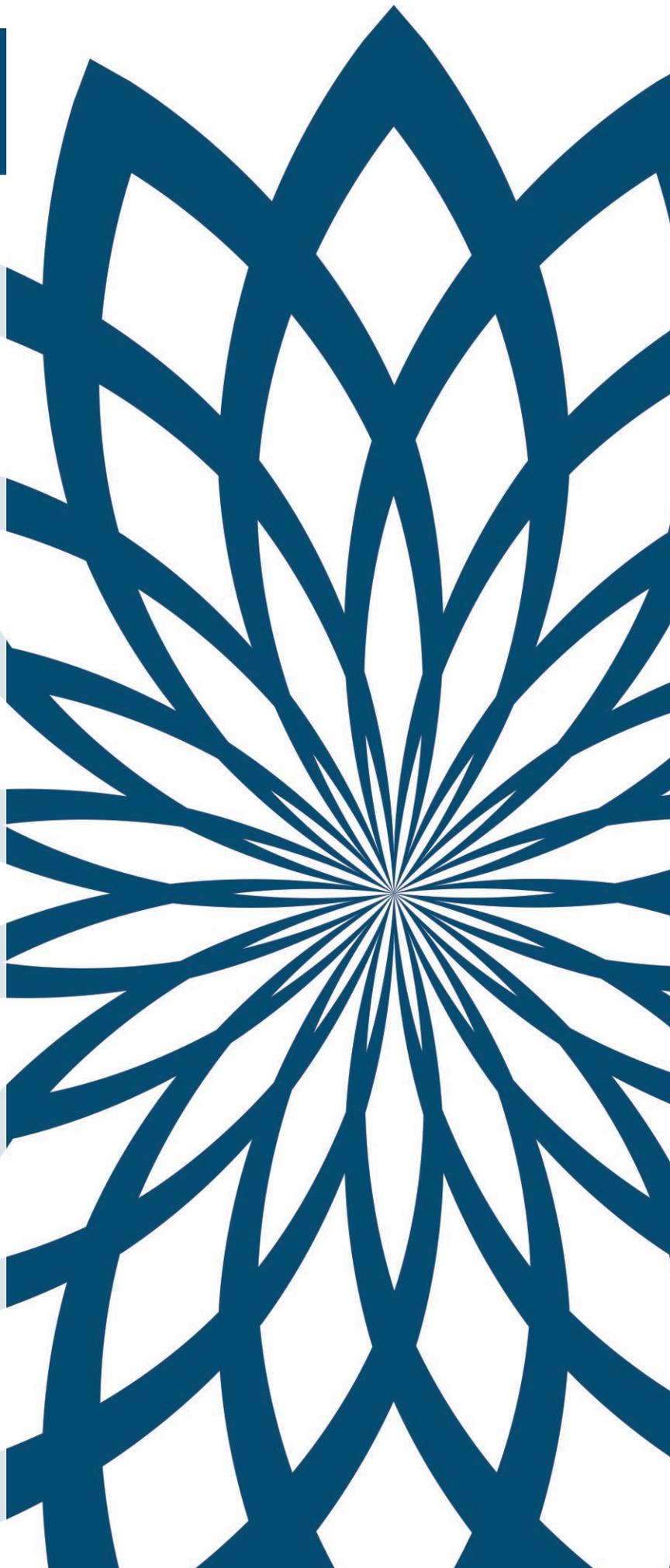
CANSO SEASIDE MANOR

HEAD OFFICE

CENTENNIAL VILLA

THE MIRA

HEART OF THE VALLEY



What's New?

We are pleased to introduce our new Senior Director of Operations Atlantic, Tara Fiander-Deveau. Our Senior Director of Operations Atlantic will direct and standardize all operational processes and procedures, as well as develop strategies and implementation plans to improve and standardize all aspects of GEM's Atlantic operations.

In addition to this role, Tara is our current Administrator at Whitehills LTCC and has demonstrated strong leadership and dedication during her 23 years of service at GEM Health Care Group and 25 years in the healthcare industry. We are delighted to welcome Tara into this new role!



The GEM Health Care Educational Nursing Foundation (GHCENF) is proud to offer a pioneering educational fund in Nova Scotia. The GHCENF is investing in our community of employees, now offering a bursary to two selected applicants per year which could cover a 2-year course of study and up to \$5000 per school year.

You may be eligible if you are a current full-time employee at a GEM facility in Nova Scotia and:

- You are trying to obtain a higher nursing education.
- You are an internationally trained nurse trying to obtain your RN or LPN license.
- Your child is trying to obtain a college or university education.

For more information and to apply for our 2021 educational funding, please visit gemhealth.com/educational-foundation.html or contact your Administrator.

2021-22 EDUCATION FUNDING

YOU COULD EARN UP TO

\$5000*

PER SCHOOL YEAR

DEADLINE TO APPLY:
MONDAY AUGUST 2, 2021



Summer at Yarmouth Heights

Yarmouth, NS

Residents have had been enjoying all of the beautiful plants and flowers growing around Yarmouth Heights this summer.

For Father's Day, everyone had a blast celebrating with BBQ ribs, "cigars," and "beer"!

In July, residents were serenaded by local country music band, Night of Shades. They loved hearing them perform and look forward to having them back!



Welcome Back!

Thank you to the Minister of Health and Wellness, the Honourable Zach Churchill, and all who joined us at Yarmouth Heights earlier this month as we welcomed family members and the community back into Yarmouth Heights.

We are pleased to support the Boys & Girls Club of Yarmouth (BGCY) with a donation of \$5000 at the event. The BGCY is a community-based, multi-service organization that supports the healthy physical, educational, and social development of children, youth, and families.



Admiral

Dartmouth, NS

With the beautiful gardens at Admiral in bloom, residents had an afternoon being creative and enjoying the fresh greenery around the gardens.

Lorraine and Marguerite took time to reflect and remember their own garden experiences and made plant leaf stamps on canvas. Their works of art are displayed in their rooms and window boxes.

Father's Day was celebrated with homemade Chinese food by the cooks at Admiral. And in the afternoon, everyone enjoyed Root Beer floats! Residents talked about date nights and enjoying a float or two with their loved one.

For Canada Day, residents requested a strawberry shortcake treat! Residents dressed in red and couldn't wait to eat and meet up outside on the patios to enjoy the summer sun!



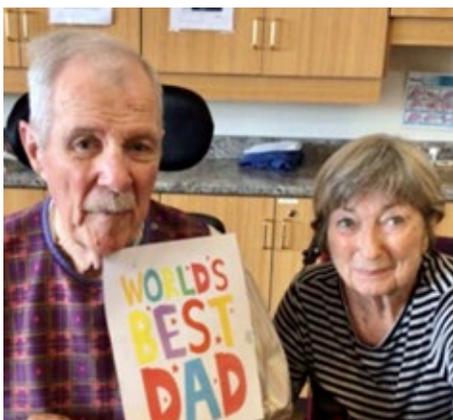
Leaf Art by Marguerite D'Entremont



Leaf Art by Lorraine Meldrum



Doug Greene celebrating Father's Day



Les and Joan Halsey on Father's Day



Marie Jones on Canada Day



Michael Friis on Canada Day



On June 18, residents at Melville Heights wore plaid to participate in Plaid for Dad in support of prostate cancer research. On July 1, residents celebrated Canada Day with red and white treats, as well as having a moment of silence to reflect and recognize those affected by residential schools.

With the warm weather this summer, residents have been enjoying the many flowers blooming around Melville Heights, and of course watching their vegetable gardens flourish this year!



Happy Graduation!

Congratulations to Erin Dwyer on receiving her Bachelor of Science Applied Human Nutrition from Mount Saint Vincent University this past May.

Erin is part of our waitstaff team and has been at Melville Heights for nearly three years. When asked her future goals, she says, “Working where I can give back, as long as I am helping people—that would be my dream job. My areas of nutrition interest are community work and working with older adults such as long term care.”

Staff and residents at Melville Heights wish you all the best Erin!



Whitehills

Hammonds Plains, NS



In May, Whitehills received a surprise delivery of fresh flowers. Thank you to the **Halifax Regional Canadian Tire Associate Dealers** for brightening the residents' day with a touch of spring!

One resident at Whitehills is the Montreal Canadiens biggest fan! Roy and LPN Lindsay celebrate the Habs' comeback Game 7 win to move on to Round 2 of the NHL Stanley Cup Playoffs.

On June 29, Whitehills celebrated their 10th

Anniversary. As part of their celebrations, residents and staff created a sign to commemorate the day using splatter painting (squeeze bottles and water balloons filled with paint). Everyone had a blast creating this work of art!

Our team at Whitehills also came up with a great way to beat the summer heat! The Whitehills Ice Cream Truck visited residents throughout the home, serving ice cream and other fun toppings.



Downsview

North York, ON

This summer, staff and residents enjoyed their Downsview Rocks Appreciation Day! It was a fun filled day with great food, prizes, and let's not forget the ice cream truck!



Melville Gardens

Halifax, NS

Residents at Melville Gardens started off the summer with some sunshine and a garden iced tea party. Everyone loved spending time out in the garden.

In July residents celebrated National Fry Day with a French fry social. They all enjoyed the fry buffet, and especially loved all fun toppings they could choose from.



Gables Lodge

Amherst, NS

In June, residents at Gables Lodge had a McHappy day. Thank you **McDonald's Canada Amherst** for graciously helping our team at Gables Lodge with this special event! Everyone had fun and left the table McHappy!

Father's Day this year was celebrated with a Father's Day BBQ, where the gentlemen of Gables Lodge got to enjoy a BBQ in the garden, "near beer," and target practice.



Evelyn Salsman Celebrating 104 Years!

Melville Gardens, Halifax, NS



Evelyn was born and raised in Annapolis Valley, Inglisville, Nova Scotia. This small community is where she and her husband raised their one daughter, Rhoda on their family farm. Evelyn and her husband loved to be social in their community, hosting dinners and playing cards. Evelyn is known for her home cooked meals! She was an active member in her church and part of the Baptist Women's Society. She was also involved with the Red Hatters and Rebecca Lodge Legion Auxiliary.

Evelyn lived in Inglisville until 2013, which is when she moved to the city and later moved to Melville Gardens in September 2014. Evelyn is blessed with 2 grandchildren, Bruce Baugild and Sandra Garden, 4 great-grandchildren, Jill Newell, Brant Baugild, Candi Garden, and Tyler Garden, and 3 great-great-grandchildren, Hunter, Stetson, Colton, and the family is expecting another great-great grandchild in December.

Evelyn was married July 15, 1935 and enjoyed many years with her now late husband. Evelyn stayed home to take care of her family before going to work at Mid Valley Hotel in Middleton

where she worked as a housekeeper and later the hotel cook for breakfasts, lunches, and pastries. Evelyn is a wonderful gardener and needleworker. She made many dresses, tops and skirts over the years. Evelyn did it all, knitting, crocheting and embroidery.

We spoke to Evelyn and asked her to share some of her favourite things throughout her life:

Most Proud of: Evelyn told us she is most proud of her family and of course the big achievement of living to 104 years old!

Favorite Memory: Watching her family grow



Best Invention: Evelyn laughed as she reminisced about using an old corn broom that she used to clean her floors and was very happy when she finally got a vacuum

Life Highlights: 70th Wedding Anniversary party with all their friends and family, get-togethers with neighbors

Congratulations and Happy Birthday Evelyn!



Summer at Melville Lodge

Halifax, NS

Melville Lodge celebrated Nurses Week in May this year with a pizza day to thank our staff for all that they do!

Residents have had a busy summer at Melville Lodge full of lots of fun and activities! Residents enjoyed their new sensory garden, Canada Day celebrations, an evening campfire, and the newest hit—noodle ball!

They also received a special surprise from the **Halifax Regional Canadian Tire Associate Dealers**, who delivered fresh flowers to brighten our residents' day!

For Father's Day, everyone played darts and made root beer floats with "dad's root beer." Of course Father's Day wouldn't be complete without a bad dad jokes contest with treat bags for all!



Groves Park Lodge

Renfrew, ON

Everyone at Groves Park Lodge has been enjoying all of the fun activities this summer. In July, residents had an afternoon visit from Christine Schriver and friends from **Pinto Valley Ranch**. It was lovely to see the smiles from residents and staff alike. Many thanks for stopping by to say hay!

The Summer Fun Week at Groves Park Lodge had something for everyone—the water balloon toss was a huge splash!

Thanks to the very e-fish-ent programming department for organizing an angling activity for our fishing fans. The residents got a chance to cast off, and a reel fun time was had by all! Minnow races went swimmingly although some of the contestants seemed a little fish-y! We waited with bait-ed breath to see who the winner would be, but in the end they tide!



Tom G. is all smiles while visiting with the horses



Avid anglers, Pauline P. and Sandra P. trying to catch the big one!



Janet C., Dorothie M., and Mac M. watching the minnow races

Milford Haven

Guysborough, NS

This summer, Milford Haven had some special visitors! Four puppies were brought in to brighten the day of residents and staff.

Residents have also enjoyed gardening activities this summer and look forward to watching everything grow.





Father's Day

Canso, NS

For Father's Day, a display wall was created to honor all the Dads in the home. Residents and staff had a lobster dinner, as well as a temporary tattoo day that they called "Inks and Drinks". There was a display of tattoos along with a choice of soda drink. Residents enjoyed having a tattoo for the first time ever, even if it was for a day or two.



Residents have been loving the warmer weather this summer, whether it be out reading a book, watching the bluenose come in to port, or out watering the garden. Every year Canso Seaside Manor bakes treats with locally grown rhubarb. This year they made rhubarb pie, thumbprint cookies, rhubarb cake (see last page for recipe), and bottled rhubarb jam. Residents love it and are still enjoying the jam!

In June, residents enjoyed being pampered during a day at the salon. Everyone loved their new dos and left looking great!





For the second time this year, Canso Seaside Manor hatched chicken eggs brought in by RN Jenny Gorwill. These eggs were different from the others hatched before; they had a blue tint and the chickens that come from these eggs are called Black Easter Eggers. Residents enjoyed having chicks in the building again and soon they will be roaming at their forever home.



Happy Graduation!

GEM Head Office, Halifax, NS

Congratulations Adam Harvey on receiving your Bachelor of Commerce (Accounting) from St. Mary's University!

Adam began at GEM as an accounting co-op student and is now a member of our Accounts Payable and Accounts Receivable team. In lieu of a formal graduation ceremony, we had a surprise celebration at Head Office.





Centennial Villa

Amherst, NS

Centennial Villa began Father's Day celebrations with their annual Father's Day Breakfast. Residents enjoyed all of the festivities over the weekend.

In July, residents had a blast making strawberry freezer jam and had a great time at the Strawberry Shortcake Social that followed later in the week.

There was no disappointing the residents of Centennial Villa during their afternoon of enjoying fresh strawberries on homemade biscuits and of course whipped cream topping!

The Mira

Truro, NS

Staff celebrated Long Term Care Day on June 17 with Tim Hortons' coffee, tea, Timbits, and other treats, to show our appreciation for the wonderful work they do.

On National Indigenous Peoples Day, one of our LPNs, who belongs to the First Nations, brought in culturally related decorations such as dream catcher and prepared a popular delicacy to share with everyone. All the decorations brought in, as well as culturally significant stories were all displayed to celebrate the day.

On Canada Day, The Mira had stations set up where residents could dance, get tattoos, and play sponge bulls-eye—where they got to throw a bubbly sponge at a target. Everyone had a great day of socializing and having fun in the sun!





EASY RHUBARB CAKE

2 cups all-purpose flour
1 tsp baking soda
1/4 tsp salt
1 1/4 cups sugar
1/2 cup softened butter
1 egg
1 tsp vanilla
1 cup milk
2 1/2 cups chopped fresh rhubarb (approx 3 large stalks)
Topping: 1/3 cup brown sugar mixed with 1 tsp cinnamon

Preheat the oven to 350°F. In a small bowl, sift together flour, baking soda and salt. Set aside.

In a larger bowl, cream together sugar and butter. Add egg and vanilla and continue to beat until well-blended.

Now, alternate between adding the 1 cup of milk and the flour mixture that you'd set aside.

Add 1/4 of the milk and stir well. Then add about 1/4 of the flour mixture and stir well. Continue until all is added to the batter. Stir in the chopped rhubarb.

Spoon batter into a greased 9x13 baking dish or cake pan. Sprinkle batter with brown sugar/cinnamon topping.

Bake for 40 minutes at 350°F (or until knife comes out clean). Serve warm with a scoop of ice cream or whipped cream.

Recipe was provided by
Canso Seaside Manor



Heart of the Valley Spotlight

A special thank you to **The Soap Cake Company** for generously gifting all of our staff at Heart of the Valley with beautiful hand made soap! It made everyone's week!

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