

gem

WINTER 2021-2022

NEWSLETTER



Gables Lodge Resident at a Christmas Photoshoot in December

WINTER ISSUE



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Our Winter Newsletter

A message from GEM

As we begin 2022, it is important to take a moment to reflect on the past year.

We want to thank the staff, residents, and families who have been so kind, compassionate and understanding through another year of this pandemic. We thank our dedicated team members for their tireless efforts in providing the best possible care and for bringing smiles to the faces of our residents, especially over the holidays.

We are proud that so many of our team members have continued to take the necessary steps to

help protect our staff, residents, and communities from this virus.

Please enjoy this year's winter newsletter. It showcases the many smiling faces that make GEM and all of our homes so special.

-- GEM Health Care Group



Happy couple at the Gables Lodge and Centennial Villa holiday Photoshoot



Santa Clause at Heart of The Valley



Team members at Melville Heights hosting a Christmas Social



Melville Lodge

Halifax, NS

For Remembrance Day, Melville Lodge enjoyed a museum of World War II Memorabilia. The display included uniforms, medals, rations, and photos from the war. The museum was provided by Dave Crocker, our maintenance team member at Melville Lodge, who is a local historian specializing in World War II studies.

For the holidays, Melville Lodge residents took part in the annual gingerbread house decoration, as well as tuned in for a special Christmas concert. Resident's also enjoyed a special brunch with a visit from Santa.

The recreation team delivered presents on Christmas morning and residents enjoyed coffee and tea followed by a big turkey dinner and Christmas movies in the evening.

To ring in 2022, residents celebrated New Years with treats and festive hats while they counted down to midnight!





Melville Gardens

Halifax, NS

Residents and staff at Melville Gardens had a blast during all of the holiday festivities in December! They also enjoyed an outing to Swiss Chalet and Bedford Place Mall for some holiday shopping. Melville Gardens had themed spirit days which included Holiday PJ day, Christmas Plaid Day, Ugly Sweater Day, Hat Day, and Red and Green day. There was also an outdoor decorating contest!



Marie McNeil, who turned 100 on December 7th. Congrats Marie!



Santa came to visit on Christmas morning!



Winner for best movie reference decoration



Canso Seaside Manor

Canso, NS

A local senior craft group in Canso made each of our residents their own personal ornament to hang on the Christmas tree! Residents were proactive at decorating the tree, which was great to see this year. Staff were out to help decorate as well.

There was also a competition among staff to find a pickle hidden in the tree! It didn't take long before Debbie Delorey, one of our LPNs at Canso, took the prize.



Groves Park Lodge

Renfrew, ON

For this newsletter, Groves Park sent in some lovely photos of couples for Valentines Day!





Admiral Dartmouth, NS

In November, the Admiral celebrated Remembrance Day with their Veteran residents Donald Horne and Lester McKenna, who served in the Canadian Navy and the Air Force, respectively.

In December, there was a Family & Resident Christmas social with festive music and Mr. and Mrs. Claus visits too. On Christmas morning there were gifts for all residents to enjoy!

In January, the Recreation Department hosted a Tim Horton's Trolley Treat Day which was a great success... the residents enjoyed this tremendously! Lastly, to the right, is a photo of Admiral on the day of their first big snowstorm this season!



Alina Walker on New Years Eve



Stanley Brennan with Mr. And Mrs. Claus!



Wayne Ellis with the Tim Horton's Treat Trolley

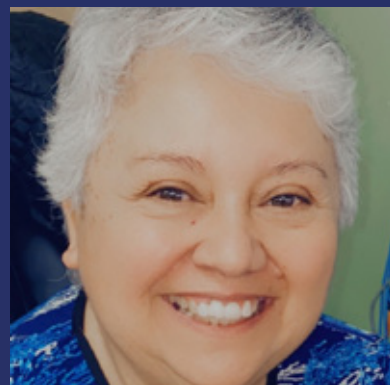
Downsview

North York, ON

In this newsletter, the Downsview family are wishing a fond farewell to longtime team member Erika Caceres, who spent nearly 22 years at Downsview as a recreation assistant. She was born in Santiago, Chile and moved to Canada in 1979. Her years of humour, salsa moves and friendliness has shaped and changed many lives. Erika will truly be missed by both residents and staff there.

St. Jerome School paid Downsview a visit on December 16 and did some outdoor caroling as well as made Christmas cards for all of our residents there. We thank them for their generosity.

And of course Santa stopped in to visit residents on Christmas day!



Heart of the Valley

Middleton, NS

Middleton Valley Rose flower shop donated 12 poinsettia plans to Heart of the Valley for the holidays. We sent a warm thank you to them for their generosity.

One of the residents at Heart of the Valley dressed up as Santa Claus, and residents all took part in decorating the home this year.

Rajeev Chowdhury retired in January. Rajeev spent many years with GEM at different care homes, and was most recently the Director of Care at Heart of the Valley. All the residents and staff wish Rajeev the best in his retirement.

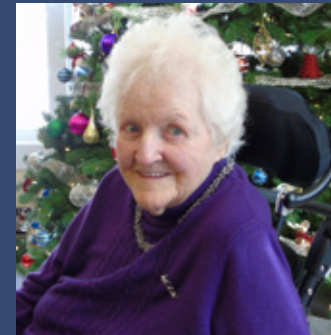
Edie Lohnes from Heart of The Valley retires in February after 34 years of service. Edie was the Director of Support Services She received flowers from her staff and all the residents will miss her greatly.



Milford Haven

Guysborough, NS

At the beginning of December, Christmas decorations were hung and the trees were adorned with ornaments with the help of staff and residents. Each of the wings had their own Christmas celebration. Christmas carols were sung and festive treats were enjoyed during these gatherings. Stockings were filled and delivered to residents on Christmas morning!



The Mira

Truro, NS

The Mira was fortunate to be able to have a small Christmas party for residents this year. Santa delivered presents and reindeer cupcakes, and they danced to live music. The Marionettes also came in to conduct a live puppet show. Santa for Seniors also was able to donate Christmas stockings for the residents to open on Christmas day! We appreciate their kindness, support, and generosity!





Melville Heights

Halifax, NS

Melville Heights residents baked war cake in honour of Remembrance day. War cake was made to avoid ingredients that were conserved for soldiers in the war like milk, sugar, butter and eggs.

Melville Heights kicked off the holiday season by decorating large trees in the home. They also had a Christmas social to celebrate the holidays!

Melville Heights attended the Spryfield Christmas parade and there was a very special Christmas play at Melville Heights directed by resident Eva Mae Gray!

Nursing supervisor Marion Ross retired after 15 years of service at Melville Heights. They celebrated with a lovely lunch spread of Phillipino food. There was also a beautiful performance from a Phillipino choir!



Centennial Villa and Gables Lodge

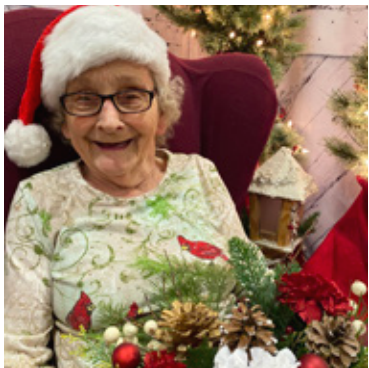
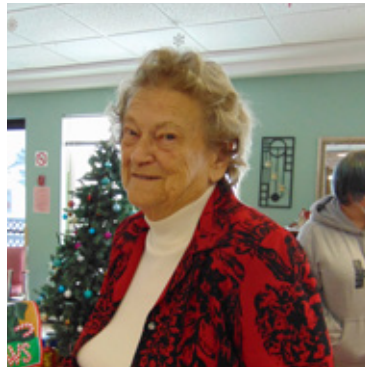
Amherst, NS

This winter, residents at Centennial Villa and Gables Lodge had lots of fun with Christmas decorating, holiday crafts, and entertainment. Residents at both homes also enjoyed a festive photoshoot! Everyone had a blast striking poses and dressing up for the photos.

In December, Maltby Stables made a special visit to residents at Centennial Villa and Gables Lodge.

The riders and horses were all dressed for the season and ready to spread cheer.

Centennial Villa celebrated several century plus birthdays this season. In December, Elsie "Aretta" Pyke turned 103 and Evelyn Boss celebrated her 100th birthday. In January, Eva Reid turned 104 years old and Ivy Greeno hit 100 years of age!



Yarmouth Heights

Yarmouth, NS

In November, residents and staff at Yarmouth Heights honoured and remembered the men and women who served and sacrificed for our country. We are proud to have veterans living at our GEM homes.

A few residents at Yarmouth Heights put on a wonderful live show of music. Thank you to these residents for sharing your talents with everyone!

Staff and residents at Yarmouth Heights put together a festive photoshoot around the home with warm wishes to their families.



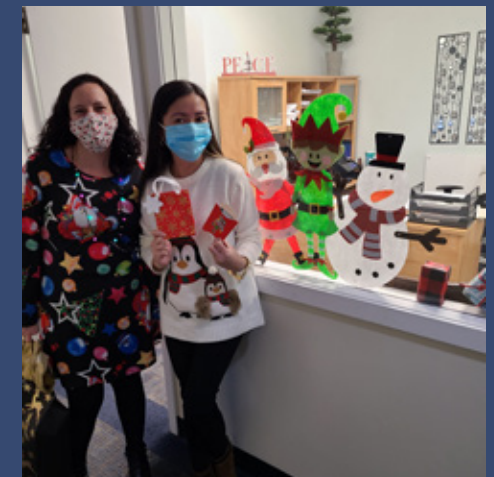
Yarmouth Heights veterans, Mr. Harold Robert Garron and Mrs. Shirley Sullivan



GEM Head Office

Halifax, NS

GEM's Head Office celebrated the holidays with competitions! The annual window decorating was fun for everyone and there was a kid's art competition. Special treat bags were put together for all of the head office children to enjoy.



Winter at Whitehills

Hammonds Plains, NS

Bagpiper Gillian Blaney honoured Whitehills' Veterans on Remembrance Day with a special outdoor visit. The residents were able to enjoy the bagpipe music from indoors.

Residents and staff decorated the building for Christmas! Everyone enjoyed the many holiday activities including Christmas carols, gingerbread decorating (and eating), visits with Santa, and opening presents of course!

Santa came in and sang some Christmas carols this year, and residents at Whitehills took part in building a larger than life nutcracker!



Bagpiper Gillian Blaney



Posing by the Christmas tree



Remembrance Day Memorial



That's a big nutcracker!



Santa came to sing a tune this year!



Whitehills' Beautiful tree this year



Chocolate Lava Cakes

Dark Chocolate 110g
Unsalted Butter 50g
Eggs 2
Sugar 30g
All Purpose Flour 15g
Pinch of Salt
Cocoa Powder 2tbsp
Heavy Cream 50ml or Ice Cream

Melt chocolate and butter in the microwave or double boiler and mix. Mix eggs and sugar, then combine with chocolate mixture. Add flour and a pinch of salt to the mixture and stir to combine.

Line a ramekin or muffin sheet with cocoa powder and add the chocolate mixture into it. Set the oven to 400F and bake for 10 minutes. While its baking, beat heavy cream until stiff and foamy.

Remove cake from the ramekin with a knife and top with heavy cream/ice cream. Enjoy!

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