

APRIL 2024

"The April winds are magical, and thrill our tuneful frames; the garden-walks are passionate to bachelors and dames." Ralph Emerson

PPE change

You might have noticed the smiles around our home last month... That's because the mask mandate was lifted almost four years to the day the COVID-19 pandemic was declared.

Catch the eclipse

Enjoy a once-in-a-lifetime opportunity to see a total solar eclipse on April 8. Please join us at 3:20 pm for this spectacular experience called the Great North American Eclipse.

Family Spotlight

A special thanks to Bert Lambert's family for bringing laughter and happiness to our home last month. We LOVED the music and dancing. Please see Page 3 for details.



Solar eclipse viewing

at Carveth Care Centre

Food and fun

Totality bingo at 1:45 pm

View the eclipse at 3:20 pm

(glasses supplied)

Week of activities: crafts, games, trivia

April 8



**Wear
yellow
or black**



Spring is in the air which means so is love. According to science, lasting relationships come down to — you guessed it—kindness & generosity. To have a successful



relationship, purposefully build a culture of respect and appreciation. Kindness glues couples together. "My bounty is as boundless as the sea," says Shakespeare's Juliet. "My love as deep; the more I give to thee, / The more I have, for both are infinite."



April Fool's Day

April 1 is the day people try to trick their friends, to make them behave like fools. No one is exempt, but at noon the joking must cease or the prank rebounds on the joker with the rhyme, "April Fool is gone and past, you're the bigger fool at last."

Volunteers needed

Want to learn new skills and have fun? Consider volunteering at Carveth Care Centre. For details, contact Kelsey at 613-382-4752 ext. 107.



Did you know

The total solar eclipse on Monday, April 8 will cross North America, passing over Mexico, the United States and Canada. The eclipse will begin over the South Pacific Ocean. Weather permitting, the first location in continental North America that will experience totality is Mexico's Pacific Coast at around 11:07 am.

The month of April

April is the fourth month of the year in the Gregorian and Julian calendars. Its length is 30 days. April is commonly associated with the season of spring in the Northern Hemisphere, and autumn in the Southern Hemisphere, where it is the seasonal equivalent to October in the Northern Hemisphere and vice versa.

April weather, rain and sunshine both together. —English country saying

Tell us what you think



Do you have a story idea or feedback? Contact Catherine Reynolds at 613-382-4752 ext. 114 or catherinereynolds@gibsonfamilyhealthcare.com

Earth Day and energy conservation

Earth Day is a worldwide event on April 22 that is celebrated in more than 193 countries. Its beginning dates back to April 22, 1970, when approximately 20 million people (many of them college students) took to the streets to bring attention to the impact of pollution on Earth.

Since then, this day has been designated as a day to show support for environmental protection – a time to commit ourselves to taking the needed measures to ensure clean air, land, and water NOW, and for generations to come.

It's a day set aside to educate ourselves on recycling, conservation, and what each of us should do to protect the planet we live on. So, on this day, take the time to appreciate our precious Mother Earth.

www.EarthDay.org



Family SPOTLIGHT

Ernie Lambert is still smiling from his visit to Carveth Care Centre last March.

A long-term care home in Gananoque, Carveth is home to Ernie's father, Bert, who enjoyed a special visit with extended family on March 19, 2024. The visit included a musical performance by Bert's nephew, J'Ukebox George of Calabogie.

"Over the last few weeks during my trip to Ontario, I was at Carveth five or six times to visit dad; I had a great time," says Ernie from his home on Vancouver Island. "The visit with my cousin George was extra special. He brought his guitar and played for an hour."

While at the home, family members also had their picture taken with resident Marianne who was Bert's neighbour on Howe Island where Bert lived for many years. Before he retired from CFB Borden as a member of the Canadian Armed Forces, Bert was an electrical mechanical engineer. He has eight siblings (all sisters) and eight children.

"It was nice to see her, as well," says Ernie with a smile about the familiar face.

Speaking on behalf of the home, Activity Director Shannon Buell notes, "Residents loved the music by Bert's nephew. It was nice to see a different entertainer. It was special because it was for Bert."

Carveth Care Centre is grateful for the support of families. If you would like to share your time or talent with our home, please contact us at 613-382-4752 ext. 107 or visit our website at www.gibsonfamilyhealthcare.com



Carveth Resident Bert Lambert enjoyed a visit by his family on March 19: Ernie of BC, with his daughter, Jewel, and her husband, Chris of Gananoque. Bert was also visit by his son Dan of Howe Island. We LOVED meeting three of Bert's eight children and his nephew, George from Calabogie, who performed for us. These pictures include another Carveth resident, Marianne, who was a neighbor of Bert and his family. What a great afternoon at our home!

The CAREGIVER by Jim Taylor

Celebrating Family Council at Carveth Care Centre

These days, it seems that the list of health-related hazards is constantly growing, and we all need to work hard to prevent the transfer and spread of each new threat.

One of the lesser known, but surprisingly frequent, is the concern for eye infections. Our eyesight is so important to all of us, and as caregivers, we have an opportunity to help prevent eye-related infections, both to ourselves and our loved-one living at Carveth.

The problem is identified in several ways, such as anyone with eye discomfort, redness, itchiness, watery or swelling from bacteria, virus or fungi.

Further complications include eyelashes sticking together, especially in the morning, sensitivity to light or blurred vision.

Relief comes from warm or cool eye compresses, or eye medication. Prevention, that we as caregivers help provide, is to maintain good hand hygiene while in contact with residents, which means frequent washing, and avoiding contact with residents' eyes or face, wherever possible.

We should also be diligent in handling soiled clothing, bedding or facial tissues while with our residents. Our frequent and loving contacts with residents can go a long way to help identify, prevent, and cure eye-related infections at Carveth Care Centre.

If in any doubt about suspected problems, talk to your nursing staff, and they can assist in addressing the issue.

As we age, our eyes become more and more important to us and our loved ones at Carveth. As caregivers, we can be important players on the team of maintaining wellness.





April 30

National Therapy Dog Day

supported by Gibson Family Health Care



*Dear Administrative Staff,
 Thank you for your attention to detail.
 We are stronger and better because of you.*

*Love,
 Gibson Family Health Care*






Visit our website

Happy **Administrative Professionals Day**



April 24

www.gibsonfamilyhealthcare.com

SCAN ME



SCAN ME

SCAN ME

Like our Facebook page

LIKE 

SHARE

FOLLOW

Spring CRAFT Workshop

April 23
10:30 am

at Carveth Care Centre





National Walking Day

Let's get moving!

April 3




Happy birthday staff

Lynn V, April 4

Angela F, April 15

Bilinda B, April 15

Susan M, April 16

Faye B, April 16

Theresa R, April 18

Amy H, April 18

Cathy H, April 23

Jessica A, April 24

Shelley H, April 27

Teresa M, April 30

Happy birthday volunteers

Betty D, April 1

Welcome Staff

Jenette Hickey, PSW

Bailey Horsley-Johnson, PSW

Lynn Fitzmorris, RN

Alandra LaFirst, Student Dishwasher

Kaylee Harding, Dietary Aide

Top April Fools' jokes



In 1962, before Sweden had colour broadcasts of television, the country's only TV station announced programs could be viewed in colour if people pulled a nylon stocking over the television's screen. Stretching a stocking across the screen was supposed to bend television's light to make it appear in colour. Thousands of Swedes taped their stockings to their television screens only to realize they were victims of a hoax. Regular colour broadcasting didn't begin in Sweden until 1970.

The all-time best April Fools' Day prank is considered to be "The Great Spaghetti Hoax". In 1957, the popular and well-respected BBC news show Panorama featured a story on an especially large spaghetti harvest expected in Switzerland due to a mild winter and virtual elimination of the spaghetti weevil. Swiss farmers were shown harvesting strands of spaghetti from trees. Huge numbers of viewers believed the supposed news segment and called in wanting to know how they could grow their own "spaghetti trees". The BBC's tongue-in-cheek answer was, "Place a sprig of spaghetti in a tin of tomato sauce and hope for the best." One of the first April Fools' pranks on record was perpetrated in London in 1698. Citizens of the city were invited to attend a lion-washing ceremony at the Tower of London. Much to the surprise of the hundreds of pranked Londoners who showed up, no such ceremony existed. A similar prank has been played on New Yorkers every year since 1986, when press releases for a non-existent April Fools' Day Parade attract hundreds of eager parade-watchers. And no, they're not all tourists.

Twin Day





Dates to Remember

- April 1... April Fool's Day
- April 3... National Walking Day
- April 8... Solar eclipse at 3:20 pm
- April 11... Happy Hour with Andy Clark

- April 15 and 29... Crystal Clear Cleaning Crew
- April 14... Residents' Council at 2 pm
- April 18... Music by Vicki Spurrell
- April 21-27... National Volunteer Week
- April 22... Earth Day
- April 23... Spring craft at 10:30 am
- April 24... Administrative Professionals Day
- April 25... Birthday party with Michael Tremblay
- April 30... Rolling Shaker Mobile Bar at 2 pm
- April 30... National Therapy Animal Day

March Break FUN



DRUMFIT CLASSICS
Come *move* with us!
 at Carveth Care Centre



IMPROVE MEMORY

HAVE FUN!

REDUCE RISK OF INJURY

Thursday

10:30 am



Happy Hour

April 11
2 pm

Carveth Care Centre presents
LIVE MUSIC
by **Andy Clark**

NATIONAL VOLUNTEER WEEK
April 21-27
Volunteers are the roots of strong communities

When You Volunteer We All Grow!

Thank-you VOLUNTEERS!
from Gibson Family Health Care

HELEN HENDERSON Care Centre **Carveth** Care Centre

Day of Mourning
for workers killed or injured on the job
April 28

Carveth Care Centre **HELEN HENDERSON Care Centre**

www.gibsonfamilyhealthcare.com

**Rolling Shaker
Mobile Bar**
at Carveth
Care Centre

April 30
2 pm

Carveth
Care Centre

Keeping residents engaged and connected
at **Carveth Care Centre**
www.gibsonfamilyhealthcare.com

Carveth
Care Centre

Everyone welcome

**Residents'
Council
Meeting**

**April
17**

2 pm

For residents, by residents!

www.GibsonFamilyHealthCare.com

MUSIC HOUR
with Michael Tremblay

April 25
Afternoon

Carveth Care
Centre's
Multipurpose
Room

Music by Vicki Spurrell

April 18

2 pm
at Carveth
Care Centre

Carveth
Care Centre

Birthday party

Carveth
Care Centre

Live music

**April
2024**

Crossword puzzle (answers on Page 13)

ACROSS

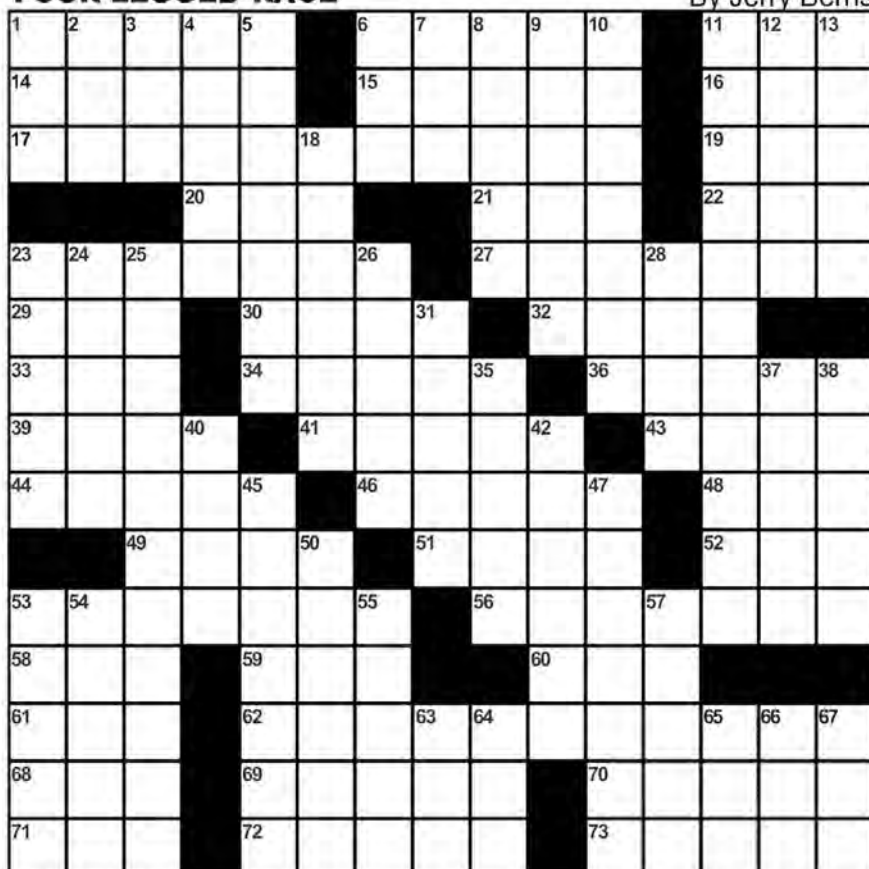
- 1) Hairdos
- 6) Led off
- 11) Gridlock component
- 14) Alternative to bottled
- 15) Arctic dwelling
- 16) Feel regret over
- 17) Sellers of illegal alcohol
- 19) Hard to explain
- 20) Emulate a bunny
- 21) Snacked
- 22) "Dear" mister
- 23) Living in water
- 27) Grandeur
- 29) It's certainly not a show dog
- 30) "Happy" mollusk
- 32) Kind of food or mate
- 33) Vicksburg combatant, briefly
- 34) Old rail riders, stereotypically
- 36) Animal variety
- 39) It was Persia
- 41) Black-clad teens, often
- 43) Folklore monstrosity
- 44) 100,000 make a newton
- 46) Back-up sounds
- 48) Shoot the breeze
- 49) "Able to ___ tall buildings ..."
- 51) Edible tuber of Polynesia
- 52) Superlative suffix
- 53) Christmas tree sheddings
- 56) False fronts
- 58) Special-interest grp.
- 59) Crater creator, perhaps
- 60) Barely defeat
- 61) Compass reading, sometimes
- 62) In a disgraceful way?
- 68) A, in Berlin
- 69) Not just "no!"
- 70) Auto contract, sometimes
- 71) Knight or Nugent
- 72) Garbo of "Ninotchka"
- 73) "___ of Iwo Jima"

DOWN

- 1) Picnic discard, sometimes
- 2) Lady associated with the Beatles
- 3) "Am ___ believe ...?"
- 4) Jazzy Earl Hines' nickname
- 5) Large irregular spot
- 6) Above average in size
- 7) Coop ovoid
- 8) Faint flicker
- 9) Main arteries
- 10) Rhinoplasty
- 11) How Buddha sits
- 12) Attend a class for no credits
- 13) Remove more moisture from
- 18) Concluding speech (var.)
- 23) Bitter-tasting
- 24) Ask
- 25) Bit of modern folklore
- 26) One spelling for a meal on a skewer
- 28) 100 cents, somewhere
- 31) Short choral composition
- 35) Bundle of grain
- 37) Delete, as messages
- 38) Mortgages, e.g.
- 40) "No ___ to apologize"
- 42) Pounced
- 45) Preserving, as pork
- 47) Tea parties, e.g.
- 50) Author
- 53) Group of nine
- 54) A Muppet
- 55) Martin of comedies
- 57) Breathing problem for heavy sleepers
- 63) Allow
- 64) The-lower-the-better pitching stat
- 65) Thing acquired on a beach
- 66) "Acid" drug
- 67) "All right!"

FOUR-LEGGED RACE

By Jerry Berns



HELEN HENDERSON Care Centre
 CCC Carveth Care Centre
 Watch for an April Fools' fun
www.gibsonfamilyhealthcare.com



Crystal Clean

Enjoy clean glasses by the
Crystal clear cleaning crew
 at Carveth Care Centre

April 15 & 29
 10:30 am

Carveth Care Centre



Fundraiser by Carveth Auxiliary

May 2
 at Carveth Care Centre Multipurpose Room

Bullhead Fish Fry

Preorder by April 17
 Contact Joanne: 613-583-5766
Fresh and delicious

Fresh and delicious
11:30 am to 1:30 pm

Carveth Care Centre



\$18 pp | Please drop off payment to Activation at Carveth
 Bullhead fish, beans, coleslaw, bun, dessert and drink




APRIL 22

HAVE A HAPPY EARTH DAY
from

Gibson Family Health Care

Nurses are the heart of health care

Meet the **Nursing Team**

at Carveth Care Centre and Helen Henderson Care Centre
PASSIONATE CARE, EXCELLENCE IN NURSING

Nursing Week MAY 6-12

Our Nurses. Our Future. www.gibsonfamilyhealthcare.com

Join Gibson Family Health Care
in the FIGHT against ALS

MAKE ALS TREATABLE. NOT TERMINAL. WALK FOR ALS.

June 15






Lake Ontario Park, Kingston
3km walk • 10:30 am start

www.gibsonfamilyhealthcare.com



Ball Cap Day
at Carveth Care Centre

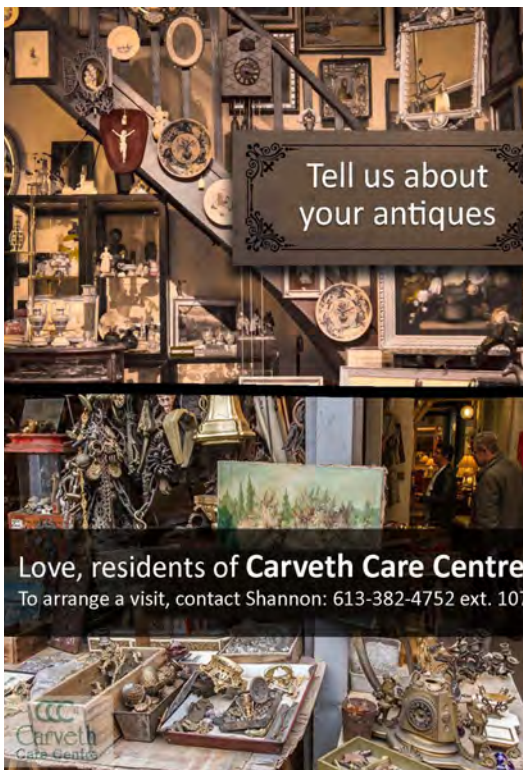
April 12



Residents who celebrated their birthdays in March enjoyed a delicious gourmet meal last month during our Birthday Diners' Club.



Staff rocked their socks for World Down Syndrome Day on March 21.



Love, residents of Carveth Care Centre
To arrange a visit, contact Shannon: 613-382-4752 ext. 107

Most Common Pets **WORD SEARCH**

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

- BIRD
- GUINEA PIG
- IGUANA
- DOG
- RAT
- HAMSTER
- CHINCHILLA
- TURTLE
- LIZARD
- GERBIL
- SNAKE
- CAT
- FISH
- CHICKEN
- FERRET
- MOUSE

Crossword answers (questions on Page 10)

FOUR-LEGGED RACE

By Jerry Berns

1	C	2	O	3	I	4	F	5	S	6	B	7	E	8	G	9	A	10	N	11	C	12	A	13	R
14	O	N	T	A	P	15	I	G	L	O	O	16	R	U	E										
17	B	O	O	T	L	E	G	G	E	R	S	18								19	O	D	D		
23	A	24	Q	25	U	A	T	26	I	C	27	M	A	J	E	S	T	28	Y						
29	C	U	R																						
33	R	E	B																						
39	I	R	A	N																					
44	D	Y	N	E	S																				
53	N	54	E	E	D	L	E	S	55																
58	O	R	G																						
61	N	N	E																						
68	E	I	N																						
71	T	E	D																						

The Carveth Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome


Ann Blaney
Hazel Wykes
Buddie Drumm
James Maurstad
Duane Dillman

Birthdays

Vera B (Lodge), April 4
Graham A (Lodge), April 7
Ruth A (Lodge), April 21
Edward T (Lodge), April 24
Dorothy M (Lodge), April 30
Carmel C, April 1
Bernice R, April 1
Tracy S, April 2
Teresa F, April 13
Heather A, April 13
Shirley M, April 13
Marianne D, April 17
Judith W, April 18
Robert H, April 23
Laurie B, April 23
Connie P, April 23
Kathleen G, April 24
Jamie M, April 30

In-Memory

Doreen Haffie
Phyllis Vanhorne
Margaret Mathers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fools Day 10:30 World's Best Pranks 2:00 No Bingo Today!	2 10:30 Floral Therapy 11:00 RC Mass 2:00 Solar Eclipse Craft	3 10:30 Bible Study with Betty 2:00 Outdoor Walking Club	4 10:30 Drum FIT 2:00 Solar Eclipse Games/Trivia 6:30 Twilight Group	5 10:30 Manicures 2:00 Bingo	6 10:30 Coffee & Chat 2:00 Movie of the Week
7 10:30 Virtual RC Service 2:00 Virtual Worship Service	8 Wear Yellow or Black 10:30 SAL with Betty and Anne 1:45 Totality Bingo 3:20- Solar Eclipse Viewing	9 10:30 Shut the Box 10:30 Seeley's Bay Holiness 2:00 A New Leaf	10 Music Therapy 10:30 What a Wonderful Life 11:00 Christ Anglican Service 2:00 Boogie Dance	11 10:30 Drum FIT 2:00 Happy Hour with Andy Clark 6:30 Twilight Group	12 10:30 Manicures 2:00 Bingo	13 10:30 Coffee & Chat 2:00 Movie of the Week
14 10:30 Virtual RC Service 2:00 Virtual Worship Service	15 10:30 Crystal Clear Cleaning Crew 2:00 Bingo	16 10:30 Floral Therapy 11:00 RC Mass 2:00 Teamific Quiz	17 Breakfast Club 10:30 Bible Study with Betty 2:00 Resident's Council— LTC	18 Birthday Diners 10:30 Drum FIT 11:00 Grace United 2:00 Vicki Spurrell 6:30 Twilight Group	19 10:30 Manicures 2:00 Bingo	20 10:30 Coffee & Chat 2:00 Movie of the Week
21 10:30 Virtual RC Service 2:00 Virtual Worship Service	22 Earth Day 10:30 SAL with Betty and Anne 2:00 Bingo	23 10:30 Spring Craft 2:00 Rolling Shaker Mobile Bar	24 Administrative Professionals Day Music Therapy 10:30 Growing Older & Wiser w/ Jean 2:00 Busy Bodies & Functional	25 10:30 Drum FIT 2:00 Birthday Party w/ Michael Tremblay 6:30 Twilight Group	26 10:30 Manicures 2:00 Bingo	27 10:30 Coffee & Chat 2:00 Movie of the Week
28 10:30 Virtual RC Service 2:00 Virtual Worship Service	29 10:00 Lodge— Resident Mtg 10:30 Crystal Clear Cleaning Crew 2:00 Bingo	30 10:30 Wheel of Fortune 2:00 National Therapy Dog Day	<h1>April 2024</h1>			