

# News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

## JANUARY 2024

*"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."* - Hal Borland

### Welcome 2024!

It's the New Year which means an exciting fresh start. Please let us know your resolution and we'll publish it in our next newsletter. We hope you approach the New Year with resolve to find the opportunities hidden in each day.

### Mental health month

Please consider using this month to focus on your mental health. 2023 was a very difficult year and we would like to see you healthy and happy. We are here if you need us.

### Staff SPOTLIGHT

Congratulations to Lynn Miranda, a talent Dietary Aide who is our Employee of the Month. Please see Page 3 for details.



*"And now we welcome the new year, full of things that have never been"*

*- Rainer Maria Rilke*



**HAVE YOUR ADVENTURES,  
MAKE YOUR MISTAKES,  
AND CHOOSE YOUR FRIENDS  
POORLY. ALL THESE MAKE  
FOR GREAT STORIES.**





## Did you know?



January is the 1st month of the year and has 31 days. The season in the Northern Hemisphere is winter.

On average, it is the coldest month of the year in the Northern Hemisphere.

It is the second month of winter.

In the Southern Hemisphere, January is a summer month the equivalent of July.

For a long period of European history, the start of the New Year occurred in March. January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year. The original Roman calendar only had 10 months. January and February were not included, but were added later.

### Symbols

Birthstone: Garnet

Flower: Carnation

Zodiac signs: Capricorn and Aquarius

### Holidays

New Years Day | Martin Luther King Jr. Day

Australia Day | National Book Month

National Thank You Month | National Eye

Care Month | National Volunteer Blood

Donor Month | National Soup Month

In Finnish, the month is called tammikuu, meaning month of the oak, but the original meaning was the month of the heart of winter, as tammi has initially meant axis or core.

May we live in a world at peace and with the awareness of God's love in every sunset, every flower's unfolding petals, every lover's kiss and every wonderful, astonishing, miraculous beat of our hearts.

## Congratulations winners

Congratulations to the staff who won prizes last month such as frozen turkeys and gift cards. All of the prizes, games & food last month were AMAZING. Also, congratulations to Ruth and Melissa, Musical Bingo winners; Holy and Tammy, Tree Ball Game winners; Chris and Joe, Tree Stack winners; Tammy and Mark, Christmas X&O's winners; and, Chris and Laurie, Snowball Scoop winners.

## Predictions for the New Year

Beginning in 2024, we predict... Artificial intelligence (AI) will impact more of our daily lives; global temperatures will continue to increase, making it the hottest year on record; more people will return to work in offices rather than work from home; Ozempic will continue to gain market share as the most prevalent weight loss drug, impacting the sale of junk food; more workers will demand and receive a four-day work week; more people will seek alternative housing options such as sea containers, tree houses and school buses; due to its rapid economic growth, India will overtake China on the world stage.

## Dental hygiene available

If you are interested in Mobile Dental Hygiene Services for Seniors, please contact Karen De Luca, RDH, at 613-770-3801 or email [rovingdentalhygiene@gmail.com](mailto:rovingdentalhygiene@gmail.com)

*"Always go with the choice that scares you the most, because that's the one that is going to require the most from you." Caroline Myss*

## 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](mailto:catherinereynolds@gibsonfamilyhealthcare.com)



# Staff SPOTLIGHT

Lynn Miranda was shocked, but pleased, when told about her workplace award at Carveth Care Centre where she has worked for almost 17 years as a Dietary Aide.

Smiling at the home on a cold day in late December 2023, the friendly Gananoque woman talks with enthusiasm about her job to feed and nourish 104 residents in long-term care.

"I like my job and I love the residents," Lynn responds when asked about her work.

Known for her willingness to participate in theme days for residents and staff, Lynn's fun spirit matches her sense of humour. Today, she is dressed in Christmas pajamas.

"I really like dressing up for the residents," Lynn explains. "I like making them smile. I like doing that for them because they need it. Some residents don't have family to visit, and we know our outfits please them. They like seeing us be goofballs."

Speaking on behalf of the home, Food Service Nutrition Manager Theresa Running notes, "Lynn is a good fit for this home. She is dedicated to the residents and reliable. We appreciate her good work and value her great sense of humour. It's a pleasure to see Lynn named Employee of the Month for January 2024."

When Lynn isn't at Carveth, she can be found working at the local pet store. When she gets a day off

from both jobs, she likes to play albums on her mother's turntable and dance and sing while she completes her housework or rearranges her living room furniture.

Lynn knows she lacks a filter when speaking with people, but tries to make up for it with a good sense of humour. Her dream is to overcome her fear of heights and confined spaces and travel. One destination on her bucket list is Alberta. Her biggest regret in life is not staying in a nursing class when she was younger.

"I didn't know what I wanted back then," she explains honestly.

*Carveth Care Centre is grateful for the good work of Lynn Miranda. To learn more about living or working in our home, please visit [www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)*



*Lynn Miranda, Dietary Aide*

**See someone doing a GREAT job?**

Please inform your manager...

and nominate them for **Employee of the Month**



An employee appreciation program by  
**Gibson Family Health Care**

# Surprising facts about Canadian weather

As far as countries go, Canada is pretty much the coolest. Literally.

It vies with Russia for first place as the coldest nation in the world with an average daily annual temperature of  $-5.6^{\circ}\text{C}$ .

**Brrrrrrrrrrrrrrrrrrrrrr**

The lowest temperature ever recorded in Canada and North America was in the Village of Snag, Yukon which registered at  $-63^{\circ}\text{C}$  on Feb. 3, 1947.



## Canada is deadly cold

More Canadians die each year from exposure to extreme cold temperatures than from other natural events, according to Statistics Canada. An average of 108 people die annually from the cold, while only 17 succumb to other nature-related events.



## Get the shovel, er, shovels

The greatest single-day snowfall recorded in Canada was Feb. 11, 1999 when Tahtsa, British Columbia, was blanketed with nearly 1.5 metres of the white stuff (145 cm to be exact). That broke a record of 118.1 cm of snow that fell on Lakelse Lake, British Columbia on Jan. 17, 1974. Neither one is near the world record of 192 cm set at Silver Lake, Colorado on April 15, 1921.

## Canada's coldest city?

A tie between Saskatoon and Regina with  $-50^{\circ}\text{C}$  recorded on Feb. 1, 1893 and Jan. 1, 1885 respectively. The most recent sub- $40^{\circ}\text{C}$  temperature recorded in a Canadian city was Sherbrooke, Quebec at  $-41.2^{\circ}\text{C}$  on Jan. 15, 2004.

## Most Canadians know

(And have experienced) this country can deliver as wide-range of temperatures from cold winter nights to hot summer days. Interestingly, among Canada's large cities, Regina lays claim to both the country's lowest recorded temperature (see previous) and its highest. The city sweltered at 43.3C on July 5, 1937. Likewise, Winnipeg and Saskatoon, both holding cold-weather records themselves, also posted some of the highest recorded temperatures for large Canadian cities: they tied for second place at 40.6C (Winnipeg on Aug. 7, 1949 and Saskatoon on June 5, 1988).

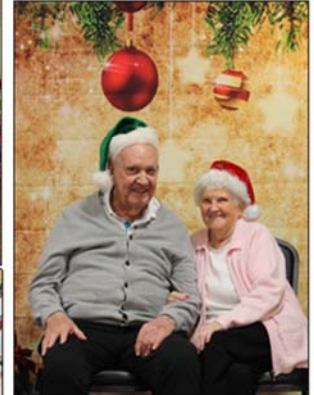
## Wait for it

There's a saying in Canada that if you don't like the weather, wait five minutes. Never could that have been more true than in Pincher Creek, Alberta, where Canada's most extreme temperature change was recorded. The mercury soared from minus 19C to 22C in just ONE HOUR—Wow!





*A merry*  
**Carveth  
Christmas  
2023**





# Auld Lange Syne

by Robbie Burns

Should auld acquaintance be forgot, and never  
brought to mind?

Should auld acquaintance be forgot, and auld  
lang syne?

For auld lang syne, my dear, for auld lang syne,  
We'll tak a cup o' kindness yet, for auld lang syne.  
And surely ye'll be your pint-stowp, and surely I'll  
be mine! And we'll tak a cup o' kindness yet, for  
auld lang syne.

For auld lang syne, my dear, for auld lang syne,  
We'll tak a cup o' kindness yet, for auld lang syne.  
We twa hae run about the braes, and pu'd the  
gowans fine;

But we've wandered mony a weary fit  
Sin' auld lang syne.

For auld lang syne, my dear, for auld lang syne,  
We'll tak a cup o' kindness yet, for auld lang syne.  
We twa hae paidled i' the burn, drae morning sun  
till dine;

But seas between us braid hae roared, sin' auld  
lang syne.

For auld lang syne, my dear, for auld lang syne,  
We'll tak a cup o' kindness yet, for auld lang syne.

And there's a hand, my trusty fiere, and gie's a  
hand o' thine!

And we'll tak a right guid-willie waught  
For auld lang syne.

For auld lang syne, my dear, for auld lang syne,  
We'll tak a cup o' kindness yet, for auld lang syne.

## The way to a Happy New Year

To leave the old with a burst of song,  
To recall the right and forgive the wrong;  
To forget the thing that binds you fast,  
To the vain regrets of the year that's past.  
To have the strength to let go your hold,  
Of the not worthwhile of the days grown old;  
To dare to go forth with a purpose true,  
To the unknown task of the year that's new.  
To help your brother along the road,  
To do his work and lift his load;  
To add your gift to the world's good cheer,  
Is to *have* and to *give* a Happy New Year!

## Time Goes On

by Grace Leahey (November 2018)

The weather outside is getting colder,  
we, the residents are growing older.  
In exercise class we try our best,  
so our old joints will pass the test.  
With our instructor we do have fun,  
we sing a song when we get done.  
Annie gets her mouth organ out,  
this gives us a boost, there is no doubt.  
Our meals are served right on time,  
come right in there is no line.  
They must think we are a working crew,  
cause our plates are filled with goodies to.  
Carveth Care is the place to be,  
if you need a walker and cannot see.  
Sometimes our hearing aids don't work right,  
that's when everyone gets uptight.  
If you wish to make life worth while  
come to the dining room wearing a smile.  
The Activation staff deserve a lot of praise,  
entertaining all the residents in many different  
ways.

Volunteers are very good at giving of their time,  
especially on our bingo days, we get along just  
fine. If you come into the nursing home and have  
some time to spend, say hello to everyone  
because you are our friend.

## Hair Dresser Gossip

Happy New Year from  
Carveth Hair Salon!

**WELCOME  
2024**



# The Caregiver

## *Celebrating Family Council at Carveth Care Centre*

**M**y name is Jim Taylor and my wife, Helen, is a resident at Carveth Care Centre (CCC).



I am a member of the Family Council, a volunteer organization that is established and supported by CCC to act as an advocate for residents to enhance their quality of life and quality of care.

We meet once a month to discuss and discover various issues that concern residents. Meetings last about 1.5 hours. The members of Family Council are either family members of residents or designated and interested caregivers.

In the past years, we have addressed issues such as guest speakers from the Alzheimer's Society to help us better understand dementia and Alzheimer's; guest speaker from newly appointed Care Coordinator, Sherri Deschamps, who described her role to help residents; review and discussion on

bathing schedules and frequencies; concerns regarding sign-in and security procedures with visitors; and concerns over residents unauthorized leaving of the building.

Family Council has received great support for our work from Carveth staff and its administration, who respond to questions and requests that require follow-up.

We have an average of six to eight people at each meeting and welcome more. Family Council is a great opportunity for caregivers to meet, share experiences and discuss concerns; all for the overall welfare of our residents.

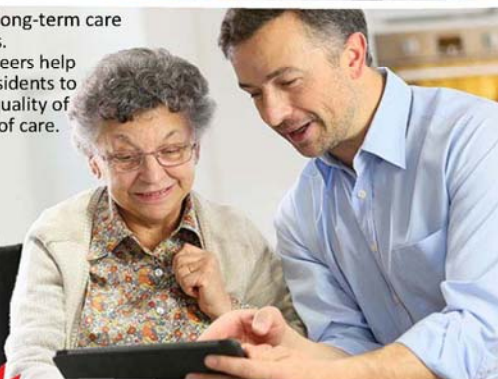
In the New Year, we would like to continue our work to support the welfare and needs of the residents at Carveth Care Centre.

We try to meet the third Sunday of the month at 2 pm in the Fireplace Room. For anyone interesting in learning more about Family Council, please contact Shannon Buell, Activity Director, at 613-382-4752 ext. 107.



For families of long-term care home residents. Member volunteers help advocate for residents to enhance their quality of life and quality of care.

**2 pm**  
Fireplace Room  
(virtual link available upon request)







## Dates to Remember

Jan. 1.. Happy New Year

Jan. 1 and 29... Crystal Clear  
Cleaning Crew at 10:30 am

Jan. 4... Happy Hour with Fiddle

Earth at 2 pm

Jan. 8... Tribute to Elvis at 2 pm

Jan. 11... Entertainment by Spencer at 2 pm

Jan. 15... Culture Club at 10:30 am

Jan. 17... Residents' Council at 2 pm

Jan. 18... Snow-Ball with Andy Clark at 2 pm

Jan. 30... Entertainment by Jennie at 2 pm

Jan. 31... Birthday party with Cowboy Mark at 2  
pm

## Around Carveth



Residents enjoyed a Christmas lights tour last month.





Last month, students from the TASK program at Gananoque Secondary School helped residents decorate cookies that were sold at the school. All of the money raised was donated back to our home in the form of Christmas presents for residents. Wow!



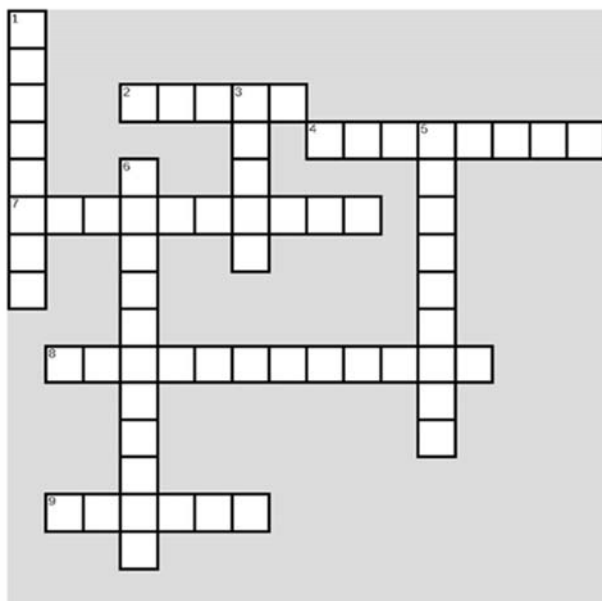
Carveth Residents' Council is a wonderful addition to our home and community. Council made its annual Christmas donations last month to the Gananoque Food Bank, Christmas for Kids Toy Drive, Gananoque Humane Society, Wheels of Care, Shebas Haven and Gananoque Legion. What a pleasure to support these great causes! Pictured above is Council President Kay Garland with the donations.





# Carveth Crossword Puzzle

Happy New Year!



## Across

- 2 The Ball
- 4 Small pieces of colored paper or streamers
- 7 That which is resolved or determined
- 8 Intersection in New York City that is the site of annual New Year's Eve celebrations
- 9 An organized public procession of people, bands, and floats

## Down

- 1 New Year's Day
- 3 Celebration on New Years Eve
- 5 A spectacular display of the effects in the sky
- 6 A horn or rattle used to make noise at a party

## Answers

Down—1. January1 3. Party 5. Fireworks 6. Noisemaker.

Across—2. Drops 4. Confetti 7. Resolution 8. Times\_Square 9. Parade

## Make time for yourself

It's easy to let personal time slide to the back burner when life gets busy. Why not slow down and take some time to relax?

Go for a walk listening to your favorite playlist, meditate, spend time with your friends or family, go out and play a sport that you haven't in a while, read a book in a park, do an activity you enjoy.

Whatever works for you! In our fast paced world sometimes it's nice just to take your time and enjoy the beauty around you, by doing this you will feel revived and ready to propagate good in your community!

"Let him who would enjoy a good future waste none of his present." Roger Babson, **Celebrate You, Celebrate the Hero.**

## SNAPPED at Carveth Care Centre





## Happy birthday staff

Althea F, Jan. 7

Chris G, Jan. 13

Valerie T, Jan. 14

Kenneth M, Jan. 14

Paula L, Jan. 18

Karina C, Jan. 23

Jacqueline S, Jan. 25

## Welcome staff

Megha Mehra, PSW

Trent Cartwright, Dietary Student

Maureen Onuah, RN

Sabra Greenough, PSW

**Happy New Year  
2024**



## New Year's resolutions

1. Exercise more.
2. Lose weight.
3. Get organized.
4. Learn a new skill or hobby.
5. Live life to the fullest.
6. Save more money/spend less money.
7. Quit smoking.
8. Spend more time with family and friends.
9. Travel more.
10. Read more.

Here's how to make them happen:

1. Mentally prepare for change.
2. Set a goal that motivates you.
3. Limit resolutions to a manageable amount.
4. Be specific.
5. Break up big goals into smaller goals.
6. Write down your goals.
7. Share your resolutions with others.
8. Automate where possible.
9. Review your resolution regularly.
10. If you fall off track, get back-on quick.

## Winter Wellness Tip

Winter can be a bleak and difficult season. To avoid the winter blues, here are seven tips to help you FEEL and LOOK better:



1. Go for a walk even when the weather is really cold. Your body has to work overtime to get warm and you may burn up to 50 per cent more calories than you would on the same walk in summer! But remember, go a little slower until you get warm and keep-up the hydration.
2. If you find it hard to get motivated to exercise in winter, just think of spring and how much hard it is to get back in shape rather than maintain your fitness throughout the winter.
3. Be aware of shoulder tendonitis and stress fracture if you don't exercise in winter and expect to pick-up where you left off after a whole winter with no exercise.
4. Instead of picking up a cup of hot chocolate to keep yourself warm, try a herbal tea.
5. Gain an interest in indoor sports as opposed to cycling and jogging outdoors. Don't forget that swimming at an indoor pool is an option for a great cardio workout!
6. The cold air and indoor heaters can dry-out your skin. Make sure you drink at least eight glasses of water each day and use moisturizer throughout the winter.
7. Buy indoor plants to soften-up the dry atmosphere caused through heating. Indoor plants give-off moisture and oxygen and the colours will brighten up a dull day outside.



# Music by Cowboy Mark

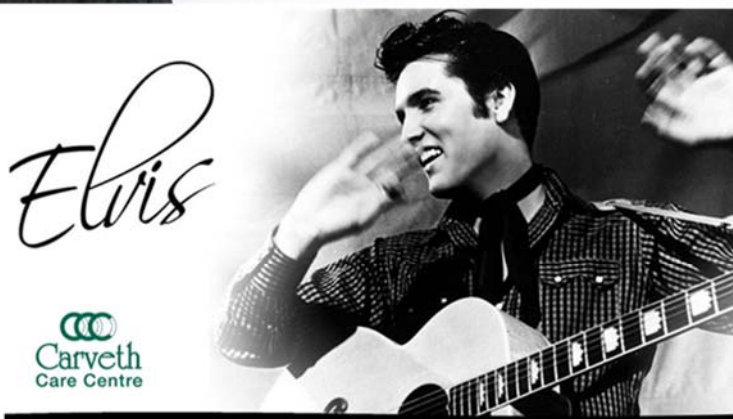
Birthday party at Carveth Care Centre



**Jan. 31**  
2 pm



**Jan. 11**  
2 pm



**Tribute to Elvis**  
2 pm at Carveth Care Centre

**JAN. 8**



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



**Happy Hour with Fiddle Earth**  
at Carveth Care Centre



**January 1 & 29**  
10:30 am





# Advice on New Year's Day

by Ann Landers

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do, but couldn't find the time. Call-up a forgotten friend. Drop an old grudge and replace it with pleasant memories. Share a funny story with someone whose spirits are dragging. A good laugh can be very good medicine. Vow NOT to make a promise you don't think you can keep.

Pay a debt. Give a soft answer. Free yourself of envy and malice.

Encourage a youth to do his or her best. Share your experience and offer support. Young people need role models.

Make a genuine effort to stay in closer touch with family and good friends. Resolve to stop magnifying small problems and shooting from the lip. Words that you have to eat can be hard to digest.

Find the time to be kind and thoughtful. All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift. Think things through. Forgive an injustice. Listen more. Be kind. Apologize when you realize you are wrong. An apology never diminishes a person. It elevates them. Don't blow your own horn. If you've done something praiseworthy, someone will notice eventually.

Try to understand a point of view that is different from your own. Few things are 100 per cent one way or another. Examine the demands you make on others. Lighten up. When you feel like blowing your top, ask yourself, "Will it matter a week from today?" Laugh the loudest when the joke is on you.

The sure way to have a friend is to be one. We are all connected by our humanity and we need each other.

Avoid malcontents and pessimists. They drag you down and contribute nothing. Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained. Be optimistic. The can-do spirit is the fuel that makes things go. Go to war against animosity and complacency.

Express your gratitude. Give credit when it's due, and even when it isn't. It will make you look good.

Read something uplifting. Deep-six the trash. You wouldn't eat garbage, why put it in your head?

Don't abandon your old-fashioned principles. They never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when?"

Take better care of yourself. Remember, you're all you've got. Pass-up that second helping. You really don't need it. Vow to eat more sensibly. You'll feel better and look better, too.

Don't put with secondhand smoke. Nobody has the right to pollute your air or give you cancer. If someone says, "This is a free country." Remind them the country may be free, but no person is free if he has a habit he can't control.

Return those books you borrowed. Reschedule that missed dental appointment. Clean out your closet. Take those photos out of the drawer and put them in an album. If you see litter on the sidewalk, pick it up instead of walking over it. Give yourself a reality check. Phoniness is transparent and it is tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle.

Walk tall and smile more. You'll look 10 years younger.

Don't be afraid to say, "I love you." Say it again. They are the sweetest words in the world.

If you have love in your life, consider yourself blessed and vow to make this the best year ever.



HAPPY★NEW★YEAR



Everyone welcome

# Residents' Council MEETING

**Jan. 17**

2 pm



www.GibsonFamilyHealthCare.com

The Carveth  
**Culture Club**  
**CELEBRATING CULTURES AROUND THE WORLD** Food Customs Music

**Jan. 15, 2024 at 10:30 am**  
Learn about the food and music of France



# The Carveth Garden of Love

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

## Welcome

Shirley McAlonan, Lodge  
Marianne Dixon  
Ernest Warren  
Jim Keyes  
Doreen Embury  
Heather Howard

## Birthdays


Jim G (Lodge), Jan. 14  
Roger M (Lodge), Jan. 23  
Llora N (Lodge), Jan. 28  
Merna P (Lodge), Jan. 29  
Eileen L, Jan. 2  
Connie S, Jan. 3  
Pauline T, Jan. 5  
Gayle M, Jan. 6  
Donald M, Jan. 7  
Jean V, Jan. 11  
Anna G, Jan. 16  
Jim G, Jan. 18  
Roland M, Jan. 20  
Brian P, Jan. 20  
Cobie D, Jan. 22  
Virginia G, Jan. 26  
Margaret D, Jan. 27  
Susan B, Jan. 28  
Margret M, Jan. 30  
Rita C, Jan. 30

## In-Memory

Hilda Simpson  
Bill Prosser  
Jean Walker





Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<b>1</b> <u>Happy New Year</u> 10:30 Crystal Clear Cleaning Crew 2:00 Bingo	<b>2</b> 10:30 Floral Therapy 11:00 RC Mass 2:00 Snowman Races	<b>3</b> 10:30 Bible Study with Betty 2:00 Music & Movement	<b>4</b> 10:30 Drum Fit 2:00 <u>Happy Hour with Fiddle Earth</u>	<b>5</b> 10:30 Manicures 2:00 Bingo	<b>6</b> 10:30 News & Views 2:00 Movie of the Week
<b>7</b> 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>8</b>  10:30 SAL with Betty and Anne 2:00 <u>Tribute to Elvis Party!</u>	<b>9</b> 10:30 Seeley's Bay Holiness 2:00 Bingo	<b>10</b> Music Therapy 11:00 Christ Anglican Service 2:00 Busy Bodies & Functional Fitness	<b>11</b> 10:30 Drum Fit 2:00 <u>Entertainment by Spencer</u>	<b>12</b> 10:30 Manicures 2:00 Bingo	<b>13</b> 10:30 News & Views 2:00 Movie of the Week
<b>14</b> 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>15</b> 10:30 Culture Club- France 2:00 Bingo	<b>16</b> 10:30 Floral Therapy 11:00 RC Mass 2:00 Teamific Virtual Quiz	<b>17</b> 10:30 Bible Study with Betty 2:00 <u>Resident's Council</u>	<b>18</b> 11:00 Grace United 2:00 <u>Snow-ball with Andy Clark</u> 6:30 Twilight Group	<b>19</b> 10:30 Manicures 2:00 Bingo	<b>20</b> 10:30 News & Views 2:00 Movie of the Week
<b>21</b> 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>22</b> 10:30 SAL with Betty and Anne 2:00 Bingo	<b>23</b> 10:30 Winter Olympics 2:00 French Cuisine	<b>24</b> Music Therapy 10:30 Bible Study w/ Jean 2:00 Bell Lets Talk	<b>25</b> 10:30 Drum Fit 2:00 Winter Olympics 6:30 Twilight Group	<b>26</b> 10:30 Manicures 2:00 Bingo	<b>27</b> 10:30 News & Views 2:00 Movie of the Week
<b>28</b> 10:30 Virtual RC Service 2:00 Virtual Worship Service	<b>29</b> 10:30 Clear Cleaning Crew 2:00 Bingo	<b>30</b> 10:30 Snowball Games 2:00 <u>Entertainment by Jennie</u>	<b>31</b> 10:30 "All About Me" Bios 2:00 <u>Birthday Party with Cowboy Mark</u>	<h1>January 2024</h1>		