

News from Home



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

SEPTEMBER 2023

"In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you." - Buddha

Family Council

Please join us for our next Family Council meeting at 2 pm on Sept. 17 in the Fireplace Room. All ideas appreciated — Everyone welcome!

Support Staff Week

Sept. 18-22 is Support Staff Week which means we are celebrating the work of our kitchen staff, cleaners and maintenance crew. A special thanks to the following staff for their years of service: Laurie Blodget, 15; Shelley Hartley, 15; Angela Cockerham, 15; Brenda Knapp, 35; Tim Keyes, 20; Julie Dennison, 20.

SPOTLIGHT



We are featuring Surge, our new eLearning platform for staff & volunteers. See Page 3.

A graphic for a Fall Open House event. It features a wooden background with red and orange autumn leaves. The Carveth Care Centre logo is in the top right. A circular badge on the left says "See the Rooms Available Comfortable, clean and safe." The main text "FALL OPEN HOUSE" is in large, bold, orange letters. Below it, a red banner says "SEPT. 10 | 2 to 4 pm". A white box contains the text "experience fun & active retirement living at Carveth Retirement Lodge where you will live well, stay active and enjoy life". Below that, it says "Live music | Warm apple cider | Prizes Homemade apple blossoms". At the bottom, a red banner provides the address "375 James Street, Gananoque" and phone number "613-382-4752 ext. 110", along with the website "www.gibsonfamilyhealthcare.com" and the phrase "Happy Grandparents Day!".

See the
Rooms Available
Comfortable, clean
and safe.

Carveth
Care Centre

FALL OPEN HOUSE

SEPT. 10 | 2 to 4 pm

experience fun & active retirement living
at **Carveth Retirement Lodge**
where you will live well, stay active and enjoy life

Live music | Warm apple cider | Prizes
Homemade apple blossoms

375 James Street, Gananoque | 613-382-4752 ext. 110
www.gibsonfamilyhealthcare.com Happy Grandparents Day!

HELLO seniors—For the very first time since Confederation—there were more seniors (in 2018) in Canada than children. That means there are more than 5.9 million people age 65 and over throughout our nation! Where are all the seniors? Generally speaking, the population in Eastern Canada is considerably older than in western provinces and Northern Canada. The Canadian cities with the oldest populations are in Trois-Rivières, Que.; Peterborough, Ont.; St. Catharines-Niagara, Ont.; and Kelowna, B.C.



Just Clean Your Hands

Infection control is important to us which is why we need you to clean your hands *before & after* resident contact. Help stop the spread of germs.

End of summer

Summer is almost behind us which means the dazzling colours of fall are almost here. Did you know leaves change colour because they need a break after a summer of photosynthesizing (using sunlight to convert water and carbon dioxide into sugar). Sick trees often change colour and shed early, which means they don't have long to live.

Team meetings calendar

Some residents and staff members are part of the committees that form the home's Quality Improvement Strategy. Here is the calendar of team meetings in September: Quality Improvement/Risk Management, Dietary/Menu (fall menu), Residents' Council and Family Council. To join a committee, please contact our Assistant Director of Care, Trish Hornbeck. Thank you for your time and feedback!

Reminder to family/friends

If you'd like to arrange a meal or book a room in the long-term care home, please contact Activation at 613-382-4752 ext. 107 at least 24 hours in advance (five days' notice is required for meals during a holiday and the price may vary). For the lodge, please contact Phyllis at 613-382-4752 ext. 110. Lunch is served at noon and costs \$15 pp. Dinner is served at 4:45 pm and costs \$20 pp. When requiring meals, guests are limited to two per resident.

Make it a September to remember.

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

Fun facts about September

According to the Georgian calendar, September is the ninth month. But, on the Roman calendar, it was the seventh month. September has had 29 days, and 31 days; but, since the time of the Emperor Augustus, it has had only 30 days. The Autumn Equinox is Sept. 23, 2023.

To many ancient people, the waning of the light signaled death. For example, in Welsh mythology, this is the day of the year when the God of Darkness, Goronwy, defeats the God of Light, Llew, and takes his place as king of the world.

To this day in Japan, the equinox is celebrated by visits to the graves of family members, at which time offerings of flowers and food are made and incense is burned. The three days preceding and following the equinox are called "higan," or the "Other side of the River of Death".

The definition of a Harvest Moon is the full moon closest to the fall equinox. The Harvest Moon was thus named because it rises within a half-hour of when the sun sets. In early days, when farmers did not have tractors, it was essential that they work by the light of the moon to bring in the harvest.

This moon is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.

September is one of the warmest months in the Southern United States. Northern states have warm September days, but the nights get much cooler. It is also harvest time for crops. In Switzerland, September is called Harvest Month. (Sept. 4 is Labour Day and Sept. 10 is Grandparents' Day.)

SPOTLIGHT

Two Kingston area homes for residents have launched a new platform to keep staff and volunteers educated and trained in industry trends and ongoing certification requirements for retirement living and long-term care (LTC).

Carveth Care Centre in Gananoque and Helen Henderson Care Centre in Amherstview implemented the eLearning technology called Surge on Aug. 1, 2023. The platform is a welcome addition to the toolbox of resources used to train individuals, departments, and groups. Conversely, when the training and test results are received, they can help the homes understand areas in which people are thriving and address areas that pose a concern.

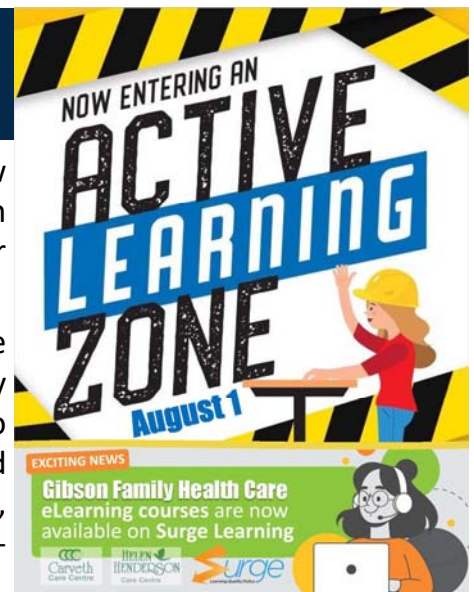
Speaking on behalf of Gibson Family Health Care which oversees both homes, Assistant Director of Care Melissa Locke notes, “We are implementing the Surge Learning system which is an online platform that staff and volunteers will be able to access from work or home. We can streamline the education and tailor it to the needs of our staff and residents. It is a worry-free, straight-forward system that will allow us to provide our staff with the most current and up-to-date information while meeting LTC legislation requirements. With Surge, our staff will be better equipped to provide exceptional care to our residents.”

Officially launched in both homes with a formal kick-off on Aug. 1, the eLearning system takes online training to the next level because it provides continuous learning at a person’s fingertips while allowing for specialized training. The Surge Learning Management System makes it easy for the teams at both homes to continue their online education and gain access to the resources they need while scheduling, tracking, and reporting on their progress. This will help managers measure overall development.

The system is designed to serve individuals within Canada’s health care and service industries. It allows people to learn at their own pace and access their education history.

“It’s pretty easy to navigate,” attests Kelsey Shortall, a Super User at Carveth Care Centre who helps train other staff. “It’s not very difficult, at all. No one had any problems or questions that we couldn’t answer (at the launch on Aug. 1). It was straightforward. People seem familiar with it already.”

Gibson Family Health Care is excited to see staff and volunteers use this new technology to streamline education and training. To learn more about living or working in our home, please visit www.gibsonfamilyhealthcare.com



Dear Ann: I have kept a copy of this essay since I saw it in your column. Will you print it again?

- Longtime Reader

Dear Reader: With pleasure. Here it is. It was written by Frank Laubach.

Life begins at 80

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70, people are mad at you for everything. At 80, you have a perfect excuse, no matter what you do. If you act foolishly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age, they expect you to retire to a house in Florida and complain about your arthritis, and you ask everybody to stop mumbling because you can't understand them. (Actually, your hearing is about 50 per cent gone.)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

So, please, folks, try to make it to 80. It's the best time of life. People forgive you for anything. If you ask me, life begins at 80.

Happy Hour with Vicki Spurrell
Sept. 21
2 pm
at Carveth
Care Centre



Carveth
Care Centre

Live music



Gibson Family Health Care
presents
Support Staff Week
Sept. 18-22
Find the evidence to solve mysteries, riddles & puzzles

**CASE
UNSOLVED
FILES**

A week of
games, food,
fun and prizes.
**Team Building
Problem Solving**


Solve the mystery...

HELEN
HENDERSON
Care Centre

Carveth
Care Centre

Apple Baking

Sept. 21

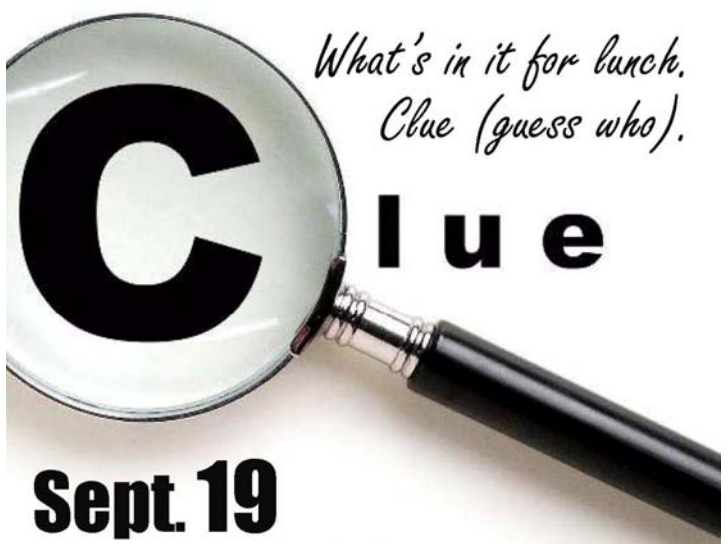


Carveth
Care Centre

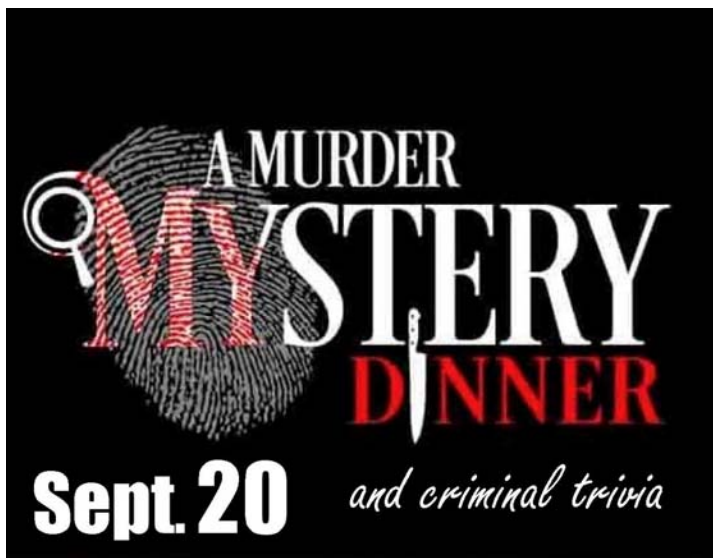
10:30 am at Carveth Care Centre



*Mystery lunch
and mystery box*



Sept. 19



Happy birthday staff

Glory M, Sept. 6
Janette W, Sept. 8
Karen L, Sept. 8
Lisa S, Sept. 9
Jerry H, Sept. 10
Sherri D, Sept. 13
Elissa K, Sept. 17
Debbie G, Sept. 19
Juanita S, Sept. 26

Happy birthday volunteers

Karel H, Sept. 1
John H, Sept. 21
Sharon M, Sept. 30

Welcome Staff

Teresa Michie, PSW
Glenda Mahood, PSW
Asia Adamson, RPN
Karina Chevarie, RN

Diabetes and worker safety

Managing this chronic disease is crucial.

As the seventh leading cause of death in the nation, diabetes can lead to heart disease, stroke, kidney disease, vision problems and lower limb amputation if not controlled.

So what are the implications for worker safety?

The blood of a person with diabetes has too much glucose, resulting in possible health issues. In people with type 1 diabetes, the pancreas makes little or no insulin, which is needed to turn sugar and other food into energy. With type 2 diabetes – the most common type – the body improperly uses insulin, leading to abnormal blood glucose levels.

Concerns about worker safety focus mainly on hypoglycemia, a state of low blood glucose. Symptoms of hypoglycemia range from hunger and dizziness to confusion and unconsciousness. In contrast, hyperglycemia occurs when blood glucose is high because the body has too little insulin or is improperly using insulin, resulting in symptoms such as hunger, thirst and frequent urination. Left untreated, hyperglycemia can lead to diabetic coma.

Experts say that, regardless of type, an individual with diabetes can work safely as long as he or she can effectively control the disorder and perform the job's essential functions.

"It's very dependent on the person's job duties," said Wendy Strobel Gower, an expert in the field. "Diabetes can be very mild and it can be very significant. It really depends on how you experience it and how you manage it."

To learn more, go to diabetes.ca or call Diabetes Canada at **1-800-BANTING (226-8464)**





Dates to Remember

Sept. 4... Labour Day and Back to School Bingo at 2 pm
Sept. 4... Crystal Clear Cleaning Crew at 10:30 am
Sept. 7... Music by Tom

Valliquette at 2 pm

Sept. 14... Musical Hour with Colleen Monaghan

Sept. 17... Terry Fox Run

Sept. 18... Boldt Boogie Shoes at 10:30 am

Sept. 18 to 22... Support Staff Week

Sept. 20... Boat cruise

Sept. 21... Happy Hour with Vicki Spurrell

Sept. 28... Birthday party with Cowboy Mark at 2 pm

Sept. 29... Residents' Council

Sept. 30... Orange Shirt Day



Gibson Family Health Care celebrates

Residents' Council Week

SEPT. 11-17

For residents, by residents!

The meaning behind our town name

Gananoque is a name of First Nations origin. In its present spelling, it has a French ending and appears nowhere else on the North American continent.

Some say the name means "Town on two Rivers" (the St. Lawrence River and the Gananoque River), or "meadow rising out of the water", or water flowing over rocks".

Local historian John Nalon writes, to many, the name means "the Place of Health" since First Nations peoples would make their way to these shores where the Gananoque River flows into the St. Lawrence every spring. It is said that as they enjoyed the spring sunshine in this place, their winter illnesses, including scurvy, were healed.

The beauty of this place we call home can hardly be imagined or described.



Gananoque is the gateway to the 1000 Islands. It is one of the most beautiful spots on earth.

Experience the **MAGIC** of a
Thousand Islands Boat Cruise
with Carveth Care Centre

with City Cruises
Gananoque

Sept. 20
Spots limited
www.gibsonfamilyhealthcare.com

Snapped at Carveth



We know  

GRANDPARENTS

are the **BEST**
KIND

of **GROWNUPS.**

Happy Grandparents Day


10 SEPT.



Music by Tom Valliquette
2 pm at Carveth Care Centre

Sept. 7





Join the Carveth Care Centre

FAMILY Council



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)



Sept. 17

Contact Shannon Buell to learn more:
613-382-4752 ext. 107







Music by Cowboy Mark

Birthday party at Carveth Care Centre



Sept. 28

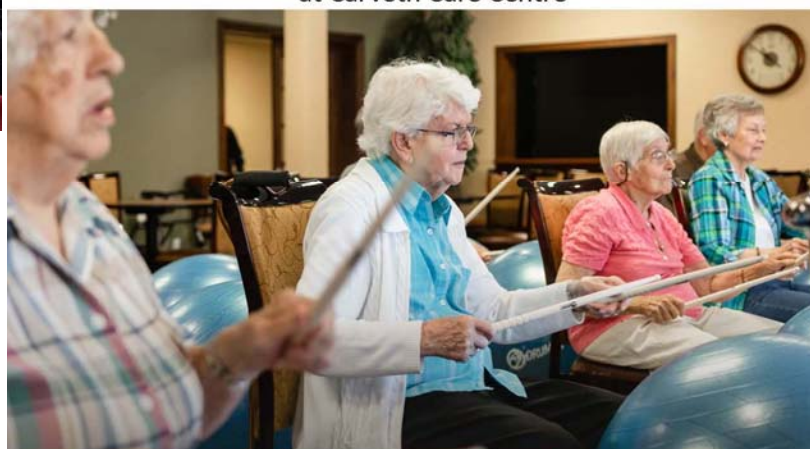
2 pm



www.gibsonfamilyhealthcare.com

www.gibsonfamilyhealthcare.com


Come *move* with us!
at Carveth Care Centre



IMPROVE
MEMORY

HAVE
FUN!

REDUCE RISK
OF INJURY

Sept. 14 | 10:30 am
Sept. 28 | 10:30 am

Terry Fox Run

Please join Carveth Care Centre for this year's Terry Fox Walk/Run at Town Park in Gananoque on Sept. 17. This incredible community event is raising money to find a cure for cancer - what a remarkable cause! The run is actually a 3km and 10 km walk/run and everyone is invited to participate. If you would like to support a participant, please consider donating to Brian Patterson of Carveth Care Centre who is leading the fight against this deadly disease. Donations can be made by contacting our Recreation Department at 613-382-4752 ext. 107. Donations in benefit of the Terry Fox Foundation. Thanks!

Terry Fox Run SEPT. 17 In support of Cancer research

Join Gibson Family Health Care at the
Terry Fox Run

www.gibsonfamilyhealthcare.com

Remember the dream



Carveth
Care Centre
HELEN
HENDERSON
Care Centre

In support of the Terry Fox Foundation

Register at <https://terryfox.org/run/>



Celebrating Barbie Pink Day
August 11, 2023



Crossword (answers on Page 12)

ACROSS

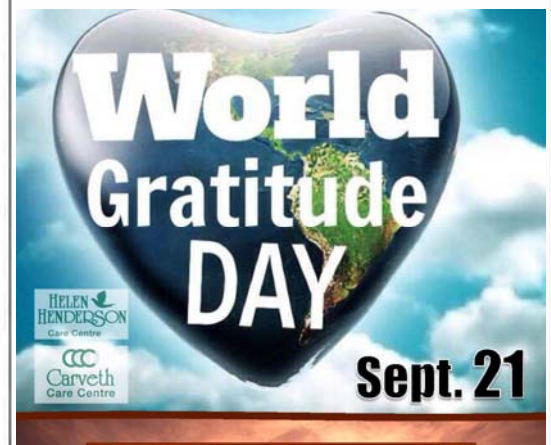
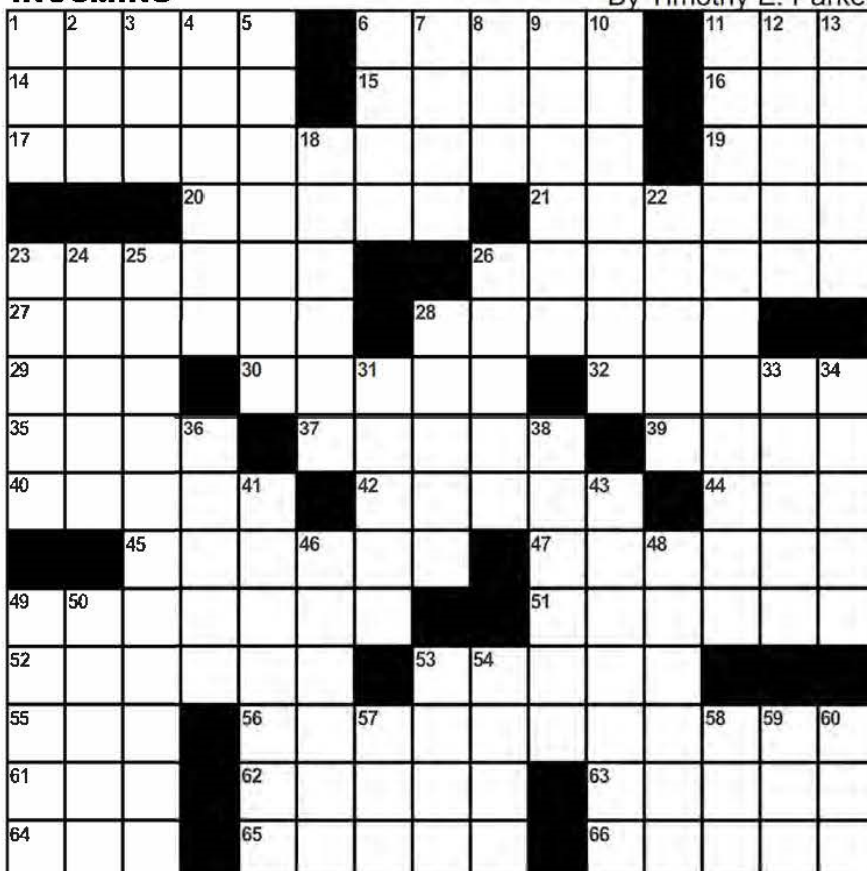
- 1) Kind of arrest or step
- 6) Cricket sound
- 11) Emulating a fox
- 14) Scottish families
- 15) Vibes from people
- 16) Athletic supporter?
- 17) Entry on a tax form
- 19) Egg cells
- 20) Legendary actress Bette
- 21) Tile setter's time-saver
- 23) Chromosome container
- 26) Listen, old-style
- 27) Worshiper, essentially
- 28) Globetrotter's home?
- 29) PC linkup acronym
- 30) Portly
- 32) Hitches
- 35) Large copiers?
- 37) Throat ailment, for short
- 39) Arduous journey
- 40) Phonograph needles, e.g.
- 42) Some car parts
- 44) Popular pond fish
- 45) Hal of "Barney Miller"
- 47) Withdraw, as from a union
- 49) Man "for hire" in a '80s TV show
- 51) On top of the world
- 52) Crave
- 53) Slangy potato
- 55) Do a summer's work?
- 56) Balance provider, for short
- 61) "Adolescent" lead-in
- 62) Entanglement
- 63) Items on a busy one's list
- 64) "Always" poetically
- 65) Yukon carriers
- 66) SUV part?

DOWN

- 1) TV monitor?
- 2) In the fashion of
- 3) Something you stand to lose?
- 4) Baseball Hall-of-Famer Duke
- 5) Subjects of wills
- 6) Colombian city
- 7) "Kisses" partner
- 8) Bank offering
- 9) Aggressive poker player
- 10) Foreign correspondents?
- 11) It has its ups and downs
- 12) Riverside embankment
- 13) Be wistful
- 18) Heads off
- 22) "Looks ___ everything"
- 23) Some grand opening events
- 24) Assimilate
- 25) Pawnbroker, e.g.
- 26) Abominates
- 28) Second largest of the Great Lakes
- 31) Word with "worldly" or "woman"
- 33) Crystal-lined rock
- 34) Did half a biathlon
- 36) Creep furtively
- 38) Former Spanish currency
- 41) Web victims?
- 43) Culls
- 46) Lose track?
- 48) Drive-in employee of old
- 49) Good thing to get into
- 50) Man with a mission
- 53) Sound of a fall
- 54) Intensifies (with "up")
- 57) Perceive
- 58) Ringing endorsement?
- 59) "Neither rain ___ sleet ..."
- 60) Plus-or-minus fig.

INCOMING

By Timothy E. Parker



Home honours National Day for Truth and Reconciliation

Carveth Care Centre is wearing orange shirts on Sept. 30 to honour Indigenous communities. Also known as **Orange Shirt Day**, this national day of remembrance was created as an observance in 2013, and is designed to educate and promote awareness about the Indian residential school system and the impact it has had on Indigenous communities for more than one-century.

This special day is held in memory of the remains of more than 1,000 Indigenous children found at residential schools. Please wear an orange shirt on Sept. 30 and remember the victims of the Canadian Indian residential school system.



www.gibsonfamilyhealthcare.com

EVERY CHILD MATTERS

ORANGE SHIRT DAY
SEPTEMBER 30

Helen Henderson Care Centre

Carveth Care Centre

EVERY CHILD MATTERS **ORANGE SHIRT DAY** September 30

Sept. 14

Carveth Care Centre

Musical Hour with Colleen
2 pm | Carveth Care Centre

Crossword answers from Page 11

INCOMING

By Timothy E. Parker

1	F	A	L	S	E		6	C	H	I	R	P		11	S	L	Y				
14	C	L	A	N	S		15	A	U	R	A	E		16	T	E	E				
17	C	A	P	I	T	A	18	A	L	G	A	I	N		19	O	V	A			
						20	D	A	V	I	S		21	S	P	A	C	E	R		
23	G	A	M	E	T	E						26	H	E	A	R	K	E	N		
27	A	D	O	R	E	R					28	H	A	R	L	E	M				
29	L	A	N			30	S	T	O	U	T		32	S	N	A	G	S			
35	A	P	E	S		36				37	S	T	R	E	P		38				
40	S	T	Y	L	I		41			42	H	O	S	E	S		44	K	O	I	
					45	L	I	N	D	E	N		47	S	E	C	E	D	E		
49	S	P	E	N	S	E	R					51	E	L	A	T	E	D			
52	H	A	N	K	E	R				53	T	A	T	E	R						
55	A	D	D			56				57	C	A	S	H	M	A	C	H	I	N	E
61	P	R	E			62	T	I	E	U	P			63	T	O	D	O	S		
64	E	E	R			65	S	L	E	D	S			66	S	P	O	R	T		

The Carveth Garden of Love

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

Welcome

Rosemary Mitchell

Wilhelmina Kaiser

Thomas Cassell, Lodge

Joan Jeroy, Lodge

Birthdays

Betty J (Lodge), Sept. 3

Wilma H (Lodge), Sept. 10

John "Robert" L (Lodge), Sept. 26

Angela F, Sept. 3

Betty B, Sept. 6

Wilhelmina K, Sept. 10

Shirley G, Sept. 21

In memory

Mildred Serson

Nancy McCormick

Bill Vanderscheer

Vera Ikaunieks

Bob DeRue



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September 2023</h1>						
3 10:30 Virtual RC Service 2:00 Virtual Worship Service	4 <u>Labor Day</u> 10:30 Crystal Clear Cleaning Crew 2:00 <u>Back to School Bingo & Photo Contest</u>	5 10:30 Floral Therapy 11:00 RC Mass 2:00 All About Me Bios	6 Music Therapy 10:30 Bible Study w/Betty 2:00 Busy Bodies & Functional Fitness	7 11:00 Grace United 2:00 <u>Entertainment by Tom Valliguet</u>	8 10:30 Manicures 2:00 Bingo	9 10:30 News & Views 2:00 Movie of the Week
10 Grandparents Day 10:30 Virtual RC Service 2:00 Virtual Worship Service	11 10:30 SAL with Betty & Ann 2:00 Bingo	12 10:30 Seeley's Bay Holiness 2:00 Teamific Virtual Quiz	13 Sheba's Haven Outing 11:00 Christ Anglican Church 2:00 Music & Movement	14 10:30 Drum Fit 2:00 Musical Hour with Colleen Monaghan 6:30 Card Bingo	15 10:30 Manicures 2:00 Bingo	16 10:30 News & Views 2:00 Movie of the Week
17 <u>Terry Fox Run</u> 10:30 Virtual RC Service 2:00 Virtual Worship Service	18 10:30 Boldt Boogie Dance 2:00 Bingo	19 10:30 Floral Therapy 11:00 RC Mass 2:00 All About Me Bios	20 <u>BOAT CRUISE</u> Music Therapy 10:30 Bible Study w/Betty 2:00 Busy Bodies & Functional Fitness <u>Support Staff Week</u>	21 10:30 Apple Baking 2:00 <u>Happy Hour w/ Vicki Spurell</u>	22 10:30 Manicures 2:00 Bingo	23 10:30 News & Views 2:00 Movie of the Week
24 10:30 Virtual RC Service 2:00 Virtual Worship Service	25 10:30 SAL with Betty & Ann 2:00 Bingo	26 10:30 Every Child Matters Craft 2:00 Apple Grapple Game 6:30 Card Bingo	27 10:30 Growing Older & Wiser with Jean 2:00 Music & Movement	28 10:30 Drum Fit 2:00 <u>Birthday Party with Cowboy Mark</u>	29 10:30 Manicures 2:00 Bingo <i>Residents' Council</i>	30 <u>Orange Shirt Day</u> 10:30 News & Views 2:00 Movie of the Week