

# APRIL 2024

"A gush of bird-song, a patter of dew, a cloud, and a rainbow's warning, suddenly sunshine and perfect blue -- An April day in the morning." Harriet Prescott Spofford

## Support group

Please watch for an Alzheimer's Support Group on the last Thursday of every month at 2 pm in the Gibson Room.

## Gardening together

Our home is known for its beautiful gardens and we can't wait to see them in bloom over the next month or two. When the warm weather arrives, you can find us in the garden.

## Eclipse glasses

Join us for a total solar eclipse at 3:20 pm on April 8! Our glasses have been donated by Promotional Apparel Sales and the Amherstview Library.

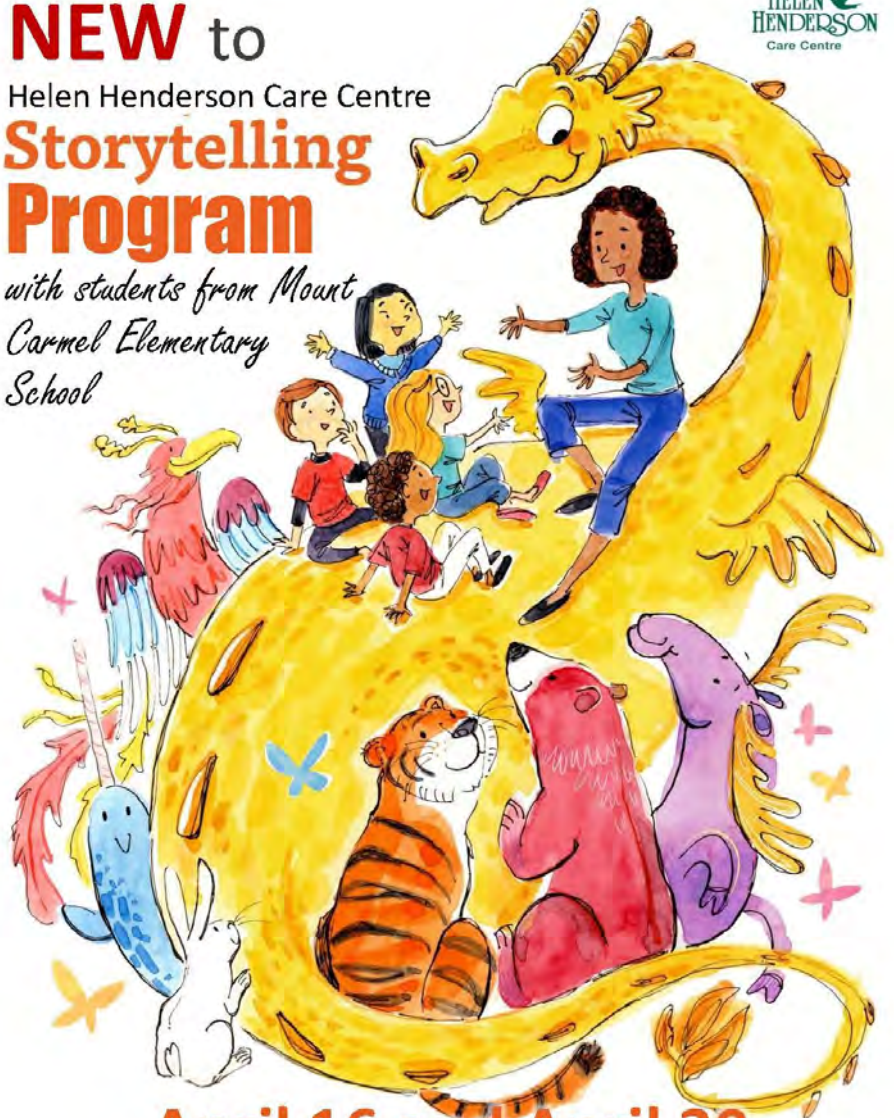
## Staff SPOTLIGHT

This month, we featured Gracie Locke and Nic Sparkes who are going to the Skills Ontario Competition in Toronto this May. Read more on Page 3.



## NEW to Helen Henderson Care Centre Storytelling Program

*with students from Mount Carmel Elementary School*



## April 16 and April 30

10:30 am in Fireside Room

**Always marry an April girl**—Praise the spells and bless the charms, I found April in my arms. April golden, April cloudy, gracious, cruel, tender, rowdy; April soft in flowered languor, April cold with sudden anger, Ever changing, ever true -- I love April, I love you.— Ogden Nash



## 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."*

## Fundraiser by residents

This month, residents are planting vegetable & flower seeds. When they are mature, the plants will be sold to raise money for the Canadian Cancer Society. We expect them to be ready for pick-up by the third week of May. We are also selling draw tickets (\$2 each) for a spring basket that will be located in the Tuck Shop.

## NEW programs

Watch for an education session via Zoom in our Fireside Room with the Lennox and Addington Library at 6:30 pm on April 2 re: the upcoming solar eclipse. Also, please join us on April 4 in the Fireside Room for a new program called Hey Google—Ask Any questions! Jeanette is hosting a new baking class in the Fireside Room on April 6 at 2:30 pm, April 9 at 2:30 pm, April 16 at 6:30 pm and April 29. Our other new programs are Let's Get Active Education with a Hydration Station and a seated exercise called Climb the Mountain.

*"April is the cruelest month."* TS Eliot

## Tell us what you think



Do you have a story idea or feedback?  
Contact Catherine Reynolds at 613-384-4585 ext. 251 or [catherinereynolds@gibsonfamilyhealthcare.com](mailto:catherinereynolds@gibsonfamilyhealthcare.com)



## Earth Day and energy conservation

Earth Day is a worldwide event (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](http://www.EarthDay.org)

Wear **GREEN** and **BLUE**

*Help us plant a tree in courtyard!*

# Staff SPOTLIGHT

A long-term care home in Amherstview is proudly watching the accomplishments of two student workers who are headed to a provincial skills competition this spring.

Speaking from Helen Henderson Care Centre where they work as Dietary Students, Nic Sparkes, 17, and Gracie Locke, 17, are representing their respective schools at the Skills Ontario Competition in Toronto this May.

The competition is for students enrolled in elementary and secondary schools in Ontario. There are nine categories at the elementary level and approximately 67 categories at the secondary level which range from aircraft maintenance to welding.

Representing Bayridge Secondary School in Kingston, Gracie is competing in baking. Nic is part of a four-person team from Ernestown Secondary School competing in home and team building.

"I'm kind of nervous; I don't know what to expect," says Gracie about the upcoming competition where she will be judged on food safety, presentation, taste, and texture. Gracie won her school category with a chocolate sponge cake, eclairs, cookies, bread, and buns. For three weeks leading up to the competition, she baked every day.

"I bake for fun, and I was happy to win baking at my school," she explains. "This provincial competition is going to be a lot harder."

"I'm pretty excited we won the competition," says Nic about his effort to qualify for the provincials after building a 4 X 4 shed at St. Lawrence College. "I practiced twice to perfect the roof. We were judged on craftsmanship," he explains. "We were the first group in 15 years to finish the entire project."

To prepare for the competition at the Toronto Congress Centre on May 6 and 7, Gracie has been baking cakes, cookies, buns, bread, and choux pastries. When she arrives, she will be told to bake a specific item and provided a theme and ingredients. Nic will work with three other students to build and finish a shed. The competition is organized by Skills Ontario which works to build Ontario's skilled trades and technologies workforce.

Speaking on behalf of the home, Food Nutrition Services Manager Shaun Stephenson notes, "When I found out that Gracie and Nic had won their respective skills competition, I wasn't at all surprised. Both of them seem to take their education seriously and excel in their student positions here at Helen Henderson Care Centre."

"The Skills Ontario Competition offers a unique opportunity for top students to demonstrate that they are the best of the best in their field," explains Skills Ontario. "Over the two and a half days, they turn the heads of their educators, family, friends and prospective employers."

"Skills gives exposure to the possibilities of different career paths that are available that speak to the individual that they might not have been aware of," says a teacher about the benefits of competing. It also allows for them to take pride in skill sets that they have, just like they take pride in the ability to participate in a sport or a given art. Participating against your peers can show where your skill set is in relation to others. The value this brings to the skilled trades is immense. Getting more eyes and ears on the trades is the best way to promote them, through the future workforce in our students."



*Gracie Locke and Nic Sparkes*

## Happy Birthday STAFF

Sue R, April 5

Sarah L, April 12

Natasha M, April 15

Dakoda T, April 26

Huibert D, April 27

Katie C, April 27

Kevin A, April 29

Deanna B, April 30

## Welcome New Staff

Thresimma Joseph, PSW Student

See someone doing a **GREAT** job?  
Please inform the Administrator...  
and nominate them for **Employee of the Month**



An employee appreciation program by  
Gibson Family Health Care

## 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.

Winter blues, spring cleaning...  
can we have a season  
that isn't so depressing?



Maxine.com Facebook.com/maxine

# Memories of Mom



Once again, we are asking families to put a special note or memory (about your mother) in our May newsletter.

This special thought or memory will be a special feature that highlights fond memories and loving feelings for mothers.

Please give to Donna Joudoin by Friday, April 20.

Thanks!

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come. - Robert H. Schuller

## Solar eclipse viewing

at Helen Henderson Care Centre

*Food and fun*

View the eclipse at 3:20 pm  
(glasses supplied)  
Watch for more activities!

### April 8

**Wear  
yellow  
or black**

HELEN  
HENDERSON  
Care Centre

## Solar Eclipse Safety

April 8, 2024

As the moon aligns perfectly between Earth and the Sun, parts of Ontario will experience temporary darkness. Use the advice below to stay safe during the eclipse.



### Warning!

Looking directly at the uncovered Sun without protection can cause retinal burns, blurred vision, or loss of eyesight. There are no pain sensors in your retinas to tell you that your eyes are being damaged. Once symptoms begin, the damage is usually too late to reverse.

### Quick facts

- 1 The eclipse is expected to start just after 2:00 p.m. EDT with a full eclipse from approximately 3:20 p.m. and move eastward. The specific time and duration of the eclipse will depend on your location. Areas outside the path of totality will observe a partial solar eclipse.
- 2 Historically, eclipses have prompted mass movements of people to prime viewing areas.
- 3 Check your municipality's website for service changes and local closures.
- 4 For more information about viewing the eclipse in Ontario, visit [Destination Ontario's website](#).

### Travel tips

- 1 While driving, avoid looking at the eclipse. Keep your eyes on the road to safely operate your vehicle and avoid collisions.
- 2 Follow local directives and road signage as you travel on April 8. While travelling on highways, do not stop, take pictures, or get out of your car to view the eclipse.
- 3 Stay updated on road conditions before, during, and after the eclipse by visiting [511ont.ca](#).
- 4 Expect increases in traffic and road congestion. Plan ahead, fill your gas tank, and have snacks, water, entertainment, and first-aid supplies on hand.
- 5 If travelling to view the eclipse, plan to arrive at your destination 24 to 48 hours ahead of time.

### Eye safety

- 1 **It is not safe to look at the Sun without eye protection.** Looking at even a small sliver before or after the eclipse without eye protection can be harmful to your vision. Health impacts may include retinal burns, blurred vision, and loss of eyesight (immediate or delayed onset).
- 2 Glasses with specialized filters adhering to the **ISO 12312-2** international standard can be worn to prevent eye damage. Glasses should be inspected for wrinkles or scratches ahead of use and should not be used if damaged.
- 3 If appropriate eye protection is not available, alternative viewing strategies should be considered, such as an [eclipse box](#) or a live stream.

Visit the [Canadian Space Agency's website](#) for more information.



Ontario



Snapped around our home





**Visit our website**

SCAN ME



SCAN ME

SCAN ME

SCAN ME



Like our Facebook page

**LIKE**   
**SHARE**  
**& FOLLOW**

**April 11**  
Noon | Fireside Room

**Resident CHOICE**

**Millennial Cooking Group**  
*Hoagies*



Another fresh & delicious meal by Amherstview Lions Club

**Fish Fry by Mike Mundell**

**MAY 5**

5 to 7 pm  
at Amherstview Community Hall  
Call for advance tickets:

**613-453-6167**

\$20 per adult  
\$10 per child  
(8 and under)



**Take out available**

In support of the Amherstview Food Bank  
Fresh fish, French fries, baked beans, coleslaw, dinner rolls, dessert, beverages  
For information or transfers: [amherstviewlionsclub@gmail.com](mailto:amherstviewlionsclub@gmail.com)

HELEN HENDERSON Care Centre

**Taste of Cuisine**  
at Helen Henderson Care Centre

**Italian with wine**

**April 16**  
5 pm  
Dining Rooms

## DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?



It will rain when there is a ring around the moon. If dogs eat grass, there will be rain, maybe a storm. If a pig carries straw in its mouth, a storm is on the way. When crickets' chirps grow loud or strong, a storm is coming.

Birds on a telephone wire predict the coming of the rain. If a rooster crows at night, there will be rain by morning. Dandelion blossoms close before a storm. The leaves of deciduous trees will often turn upward before a heavy rain.

## Spring has sprung

Spring is here and we need the help & support of family members and friends. Please go through your loved one's closets and drawers to remove articles of clothing unsuitable for the warmer weather. Winter coats, boots, heavy sweaters, etc. consume a lot of space and make it difficult for staff and residents to navigate around. *Thanks!*

**April 17**  
Birthday Party  
2:30 pm  
Fireside Room

**Music by Kevin Adams**  
at Helen Henderson Care Centre

HELEN HENDERSON  
Care Centre

**April 5**  
2:30 pm  
Lodge Lounge

**Happy Hour** at Helen Henderson Care Centre  
Live Music by Picket Fences | Pub Style Food | Dancing

HELEN HENDERSON  
Care Centre



**Live MUSIC**  
by Reg Corey  
2:30 pm



**LIVE MUSIC**  
at Helen Henderson Care Centre



HELEN HENDERSON  
Care Centre

**Lodge Lounge**

**April 19**  
Happy Hour



Happy Hour at Helen Henderson Care Centre  
*Barry Yeun and Trio*

**April 26** | 2:30 pm | Lodge Lounge

**April 18**  
at Helen Henderson Care Centre



**Resident Choice Luncheon**  
Noon in Lodge Lounge | Sign-up with Activation

**Birthday party**  
at Helen Henderson Care Centre  
featuring  
*Penny & Steve Lloyd*  
*Entertaining Music Lovers*

**April 18**  
2:30 pm  
Fireside Room



HELEN HENDERSON  
Care Centre

**Saturday morning**

**BINGO**

at Helen Henderson Care Centre

2024

**10:30am**  
Alternating:  
Fireside Room  
and Lodge Lounge

HELEN HENDERSON  
Care Centre

**Drive-In Movie**

**April 15**  
**April 29**  
6:30 pm

**Fireside Room**



## What to do when you have clinic appointments

by Sue Reynolds, Director of Care

Residents are required to pay for transportation costs. The home will arrange them, but the cost is to be covered by the resident. At present, agencies will *not* assist with the cost of transportation. The home participated in a transportation survey by Loyalist Township regarding a local wheelchair accessible bus. Currently, the Kingston Access Bus will travel as far as Coronation Blvd., to the east end of Amherst Drive.

Wheelchair taxis are the more economical of the available transportation, but availability is limited. For an additional fee, a company called Hulpr will provide a companion to assist.

## Road trip humour

While on a car trip, an old couple stopped at a roadside diner for lunch. The old woman left her glasses on the table, but didn't miss them until they were back on the highway. By then, they had to travel quite a distance before they could find a place to turn around. The old man wasn't very happy about the delay and complained and chewed the entire way back to the diner. They finally arrived back at the restaurant and as the woman got out of the car to retrieve her glasses, her husband said, "While you're in there, you may as well get my hat, too."



Come *move* with us! **HENDERSON**  
Care Centre



IMPROVE  
MEMORY

HAVE  
FUN!

REDUCE RISK  
OF INJURY

### Saturdays

Reception Three

2:30 pm

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)



Walk tall. Love deeply.  
Make a difference.

May  
11

at  
Helen Henderson Care Centre

2 pm



**WALK FOR  
ALZHEIMER'S**  
MAKE MEMORIES  
MATTER™

MAKE ALS TREATABLE. NOT TERMINAL. WALK FOR ALS.

# June 15

**Carveth**  
Care Centre

**HELEN HENDERSON**  
Care Centre

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)



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



Thank-you Loyalist Flowers for this beautiful bouquet of flowers last month to mark Women's Day.

*Your health and safety is our priority*  
**Health & Safety Week**  
**MAY 6-11**

Carveth Care Centre  
 HELEN HENDERSON Care Centre  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

**for Safety and Health at Work**

# April 1

## Happy April Fools' Day!!

from Gibson Family Health Care



**Watch for an April Fools' fun**  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

# Dedicated Hearts

Dedicated hearts like yours, are not so easy to find, it takes a special person to be so generous and kind.



Thank you so much for all your hard work, and to bear witness to your passion was a wonderful perk. We never could have asked for a more dedicated volunteer, and words cannot express how grateful we are to have you here. It is a pleasure and privilege to work with you. Thank you!

## 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



[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

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



**April 25**  
at Helen Henderson Care Centre



Captain George's  
**Fish & Chips**



Gibson Family Health Care supports

**AUTISM**  
awareness



**AUTISM** World Autism Day  
2nd April



**Resident Choice Luncheon**  
Noon in Fireside Room | Sign-up with Activation

**EUCHRE TOURNAMENT**  
at Helen Henderson Care Centre



**2:30 pm**

**April 18**  
Fireside Room  
**April 27**  
Lodge Lounge

**April 25**  
at Helen Henderson Care Centre  
**2:30 pm**  
Fireside Room

**Banana Split Social**




*Keeping residents engaged and connected  
at Helen Henderson Care Centre  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)*




*Everyone welcome*

**Residents' Council MEETING**

**April 23**

10:15 am in Lodge Lounge  
2:30 pm in Fireside Room

**Yoga with Rosie**  
Every Wednesday  
2:30 pm | Lodge Lounge




at Helen Henderson Care Centre

**Helen Henderson Care Centre**

*Presents Happy Hour*

**April 26**

2:30 pm



**Reception 3**

*by Brad Torrens*



Join the Helen Henderson Care Centre

**FAMILY Council**



If you would like to attend a meeting, please contact:

Donna Joudoin at 613-384-4585 ext. 224

2 pm

Gibson Room  
*Everyone welcome*



**April 24**

*Volunteers making a difference*  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)



Helen Henderson Care Centre presents  
**Armchair travel**  
*and Taste of Cuisine*

**Reception 3**

HELEN HENDERSON Care Centre

**April 11**

Destination: African Safari  
2:30 pm



Helen Henderson Care Centre presents

LET'S GO **BLUE JAYS**

**Wear your gear!**

**NEW! Blue Jays Party and Game at 1:30 pm on April 14 in Fireside Room!**

HELEN HENDERSON Care Centre

at Helen Henderson Care Centre

**April 8**

**7 pm Blue Jays game opener**

Dear Administrative Staff,  
Thank you for your attention to detail.  
We are stronger and better because of you.  
Love,  
Gibson Family Health Care



## Happy Administrative Professionals Day



April 24

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

## Ooey Goey Bread Boat Dip

### Ingredients:

- One loaf of French bread
- Two cups of sour cream
- One (8-ounce) package of cream cheese, room temperature
- Two cups of shredded sharp cheddar cheese
- One cup of chopped ham
- One tablespoon of hot sauce
- One teaspoon of Worcestershire sauce
- Bread or crackers for serving

### Ingredients:

1. Preheat oven to 350 F
2. Cut the top off the French bread and remove the soft inner bread to create a boat.
3. Combine sour cream, cream cheese, cheddar cheese, ham, hot sauce and Worcestershire sauce in a medium bowl.
4. Pour mixture into the bread boat. Wrap in foil and bake 45-50 minutes.
5. Unwrap bread boat from the foil and place on a serving dish. Serve with bread slices or crackers.

Makes 12 servings.



Released by Gibson Family Health Care

# Painted Lady Butterflies

# Spring 2024



HELEN HENDERSON Care Centre

Carveth Care Centre



# April 17

## 9 am

Fireside Room

HELEN HENDERSON Care Centre



Maple Month

# Pancake Breakfast

at Helen Henderson Care Centre

Pancakes, Sausages, Home fries, Toast, Real Maple Syrup

# Positive Space



This is a place where human rights are respected and where Two Spirit, lesbian, gay, bisexual, trans and queer people, and their friends and allies, are welcomed and supported.

[www.RainbowHealthOntario.ca](http://www.RainbowHealthOntario.ca)



*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



# Helen Henderson Garden of Love

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



## Welcome

Yula "Viola" Moon'  
Jon Hauch

## Birthdays

Arthur I, April 2  
Eunice H, April 3  
Ivy B, April 4  
Eileen S, April 5  
Roy P, April 10  
Barry S, April 11  
Hans B, April 14  
Leo G, April 18  
Nancy E, April 20  
Edna B, April 22  
Shirley C, April 29  
Frances D, April 30

## In memory

Rose Mercer  
Gordon "Rick" Gamble  
Morris McCalpin