

February 2025

“In February, there is everything to hope for and nothing to regret.” - Patience Strong

Valentine’s Day fun

Remember to order your Candy Grams by Feb. 10. Each candy gram is \$2 and pick-up is Feb. 12. We’re also celebrating Valentine’s Day with a party, games and chocolate covered strawberries for residents and staff. Find Cupid & win a prize.

Happy Family Day

Monday, Feb. 17 is Family Day in Ontario. Thank you for being a part of the Helen Henderson family.

Anti-Bullying Day

Please help us bring attention to bullying on Anti-Bullying Awareness Day on Feb. 26. Wear pink and show the world how kindness is one size fits all.

Staff SPOTLIGHT

This month, we talked to James Blackley, a host & dishwasher. Please see Page 3 for details about this dedicated worker.



Happy Valentine's from HHCC

Valentine’s Party with Reg Corey at 2:30 pm in Fireside Room with specialty drink.

Find Cupid and win a prize.

Chocolate covered strawberries for residents and staff.

Reminiscing/history of the day. at Helen Henderson Care Centre

FEB. 14

Join us for a day of fun

www.gibsonfamilyhealthcare.com



LOVE is a ripe plum growing on a purple tree. Taste it once and the spell of its enchantment will never let you be. Love is a bright star glowing in far southern skies. Look too hard and its burning flame will always hurt your eyes. Love is a high mountain stark in a windy sky. If you would never lose your breath, do not climb too high. —Langston Hughes



Happy Groundhog Day Feb. 2

Groundhogs are famous for predicting spring. According to legend, if the groundhog comes out of its burrow and does NOT see its shadow, then spring will come early. If the groundhog SEES its shadow, then it goes back into its burrow, winter will last six more weeks. The largest **Groundhog Day** Celebration on Tuesday, Feb. 2 is in Punxsutawney, Pennsylvania. At Helen Henderson Care Centre, watch for a game, and the movie Groundhog Day. We'll also have a special visitor.

February is Therapeutic Recreation Month

We are extremely proud of our recreation team which consists of Patricia, Cassandra, Natalie and Rosie who work hard to keep everyone active and living life to the fullest. Please join us on Monday, Feb. 24 at 10:15 am for a lifelong learning session on *What is Recreation*. Healthy refreshments will be served. Everyone welcome!

“When it rains, look for rainbows. When it’s dark, look for stars.”

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

Valentine’s Day FACTS

It comes around once a year and is usually touted as a corporate scheme, but **Valentine's Day** is way more than just a Hallmark holiday.

It has some pretty dark roots. Historians believe Valentine's Day actually began in Ancient Rome as a pagan fertility festival called *Lupercalia*, which included sacrificing animals and whipping women with animal skins until they bled, signifying their fertility. So romantic.

In the 1300s, it officially became a holiday associated with love and romance. The holiday was Christianized — no more animal sacrifices! — and was celebrated in mid-February because many believed that birds started their mating season Feb. 14, which is why doves are often associated with love.

Saint Valentine wasn't just one person. In fact, he might have been two or three. But the most common "founder" of Valentine's Day was the Saint Valentine who defied Emperor Claudius II. At the time, Claudius had banned marriage because he thought it distracted young soldiers. Valentine felt a bit differently — he illegally married couples until he was caught. After he was sentenced to his death, young couples would visit his cell and give him flowers and cards. And the day he actually died? Feb. 14. Allegedly.

The first valentines were sent in the 15th century. But not until the 17th century did people start exchanging cards and letters. And Valentine's Day cards weren't mass-produced until the 1840s.

Today, it's pretty big business. About 55 per cent of North Americans celebrate Valentine's Day and spend more than \$18.2 billion a year, including more than \$1.7 billion on candy alone. On average, men spend \$150 on Valentine's Day. And the women? Just \$74.

The most popular gift on Valentine's Day is flowers. Followed by chocolate and then jewelry. Millions of couples will get engaged on Feb. 14. (February is the second most popular month after December for proposals.)

Staff Spotlight

Working quietly in the kitchen at Helen Henderson Care Centre in Amherstview is a man who loves every aspect of his job.

“It’s amazing, here,” replies James Blackley when asked about his job for the past three years as host and dishwasher. “I like it; the job, location and staff are great.”

Speaking from the home in mid-January 2025, James smiles brightly at the news he is the Employee of the Month for February. It is his first workplace award at the family owned and operated home.

“I like all aspects of my job, it keeps me busy,” the friendly man attests. “I used to work at Queen’s University, but the restaurants shut-down because of COVID-19.”

Known for his positive attitude, James lives around the corner from the home, which comes in handy on days like today when he’s working a 12-hour shift.

“If I wasn’t here, I’d be at home doing nothing,” he replies quickly when asked about his willingness to work overtime. “I don’t have any plans to leave anytime soon.”

Speaking on behalf of the home, Food Service Nutrition Manager Shaun Stephenson notes, “James is a very rare find and unlike anyone I’ve ever worked with. He has his own style and way about him that’s hard to describe, but you know it when you see it. He is genuine in everything he does. I think we’re very lucky to work with him”

When he’s not at work, James enjoys taking pictures and playing road hockey when the weather is better. He is the proud uncle of four nieces and nephews, and hopes to travel to Europe, someday.

“United Kingdom is where my grandparents are from,” he says with pride. “And, my photos make the news, occasionally.”

Questions for James

If you could rule the world, what would you do on day-one?

“I’d get rid of racism and intolerance.”

If you could have any superpower, what would it be?

“I’d get rid of winter.”

If you weren’t at your current job, what would you be doing?

“I’d be working in the legal industry.”



Changing lives,
Improving lives

Carveth
Care Centre

HELEN
HENDERSON
Care Centre

Going Home Checklist

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift: let it go
- Be proud of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave: are they OK?
- Are you OK? Your senior team are here to listen and support you
- Now switch your attention to home: Rest and Recharge



Have a fabulous February

Our February program calendar will help you fill your time with fun — even if it's a shorter month. We hope our program calendar will meet everyone's needs. We have planned some theme programs arts, crafts, recipes, parties, history, people, literature, movies, and much more.

Black History Month – A great opportunity to become familiar with history not just on the national level, but also that of your region or town. Join us on Monday, Feb. 3 for a Lifelong Learning Session in the Fireside Room at 10:15 am.

February is Heart Month – Join us on Monday, Feb. 10 at 10:15am in the Fireside Room for a Lifelong Learning Session on How to Take Care

of your Heart. We will be serving heart-healthy snacks this month and will be sure to do a little exercise, too. This month we encourage you and your family members to tend to their medical appointments as needed. We will also in the afternoon during our healthy doing a heart shape art and crafts class.

February is International Friendship Month – This is an ideal time to stay in contact with friends from other countries, either by letter, e-mail, or phone. And we will be celebrating friendship month by creating friendship bracelets. We will also be doing our pen pal letters to our friends at Queen's University to let them know how important they are to us.

February 2 – Groundhog Day – We find the annual tradition that takes place in Punxsutawney, PA, to be very amusing. We will be having our own contest here to see who the winner is—If we are going to have an early spring or not. Also, we will be enjoying our favorite movie, Groundhog Day. Look for a special visitor in your home today.

Humane Society Cupcake Fundraiser – Join us on Feb. 27 from 10 am to 3 pm at the Tuck Shop. Enjoy home made cupcakes and home-made dog treats. All cupcakes are \$2 each. Dog treats are \$2 a bag.

February 14 – Valentine's Day – Valentine Candy Grams – Order your Valentine Candy Grams by Feb. 10 for someone you love – candy grams are \$2 each. Pick-up is Feb. 12 Money will go to the Heart and Stroke Foundation. We will also be enjoying a Valentine Party, fun games and taste testing chocolate covered strawberries.

Popcorn Days – Come to the Fireside Room on Feb. 6 and 20 and enjoy a bag of popcorn at 2 pm; a fun activity for residents and staff!

February is Therapeutic Recreation Month – We are very proud of our recreation team here at HHCC. A special thanks to Patricia, Cassandra, Nathalie and Rosie who work very hard to keep everyone active and living life to the fullest. Join us on Monday, Feb. 24 at 10:15 am for a lifelong learning session on What is Recreation? Healthy refreshments will be served.



Happy Birthday STAFF

Jake W, Feb. 1
Amanda V, Feb. 1
Tracey K, Feb. 3
Alex L, Feb. 8
Jasmine J, Feb. 4
Lindsay G, Feb. 8
Christina N, Feb. 11
Regine T, Feb. 11
Jennifer H, Feb. 13
Aaron M, Feb. 15
David M, Feb. 24

Welcome STAFF

Dayna Hopper, Residential Aide
Elizabeth Cook, Residential Aide
Aimi Lamptey, Residential Aide



Stay active this winter



We know: Baby, it's cold outside! But it's important to stay active and healthy. Here are seven tips to make winter more enjoyable:

Change your mind. Winter isn't just about cold weather, it's a whole new season! Embrace the time of year.

Go out and play! If you can't seem to muster the energy to work out this time of year, try "playing" instead.

Take up a winter sport. If you're a competitive type, why not try a winter sport? From skiing to snowshoeing, there are many great options that burn mega calories and put a whole new twist on your cold-weather workout plans.

Get creative at home. Sure, getting to the gym can be more of a hassle when it is cold outside, but never use snowy weather as an excuse to miss your daily exercise. Instead, work out at home, where's it's cozy and warm.

Try something new. There's nothing like signing up for a virtual class or joining an online book club to keep you connected and stimulated.

Set a big goal—and some little goals. If winter weather leaves your motivation to exercise colder than an icicle, heat things up with a challenging new goal.

Get excited. If you've never been a winter fan, start focusing on what you *do* love about it and how this time of year provides new opportunities for your fitness and health.



Tips for good mental health

Value yourself. Treat yourself with kindness and respect. Avoid self-criticism. Take care of your body: Taking care of yourself physically can improve your mental health. Surround yourself with good people. Learn how to deal with stress. Quiet your mind. Set realistic goals. Break-up the monotony.

Live MUSIC

by Reg Corey
2:30 pm

LIVE MUSIC

at Helen Henderson Care Centre

Fireside Room

Feb. 14

Valentine's Day
Happy Hour



HELEN HENDERSON Care Centre

Live music

at Helen Henderson Care Centre

featuring Anthony & friends

NEW

Feb. 15

2 pm | Fireside Room

Find the LOVE of your LIFE

at Helen Henderson Care Centre

Feb. 27

\$2 each

Donations to bake sale appreciated
Please leave at home day before sale



Cupcake Sale

and homemade dog treats
in support of Lennox & Addington Humane Society
10 am to 3 pm at Tuck Shop

Catholic Mass

at Helen Henderson Care Centre

Feb. 19

11 am



Chapel | Blessed Sacrament Church

HAPPY Popcorn DAY

Feb. 6 & 20

at Helen Henderson
Care Centre

HELEN
HENDERSON
Care Centre



Enjoy fresh popcorn
in the Fireside Room at 2
pm. For residents & staff.

The Joyce Faye café

Feb. 24

10:30 am

Reception 3

Baking Group Muffins



Happy Hour

w/ Jonathon McLurg
at Helen Henderson
Care Centre

HELEN
HENDERSON
Care Centre



Feb. 28

2:30 pm
Lodge
Lounge



Family day

Feb. 17

Helen Henderson Care Centre presents
Armchair travel
and Taste of Cuisine
Reception 3

HELEN HENDERSON
Care Centre

Feb. 12

Destination: Taiwan
 10:30 am



Birthday PARTY

2:30 pm | Lodge Lounge

**Feb.
20**



**with
Steve &
Penny**

HELEN HENDERSON
Care Centre



Join the Helen Henderson
**Tailgate
Party**
Feb. 9

HELEN HENDERSON
Care Centre

2:30 pm
 Fireside Room

Win a prize
**Guess the winning
team and the
combined score
for both teams**



HELEN HENDERSON
Care Centre

**Happy
Groundhog
DAY**

from Helen Henderson
Care Centre



Enjoy the movie: Groundhog Day
 Groundhog painting class
 Win a prize...
 Find Wiarton Willie contest
 Groundhog Day word search contest

FEB. 2

www.gibsonfamilyhealthcare.com

This Valentine's Day at Helen Henderson Care Centre
 Wear red/pink and white **FEB. 14**



*Happy
VALENTINE'S DAY*
 HELEN HENDERSON
Care Centre



Feb. 16

2 pm

Join Helen Henderson Care Centre at the
Amherstview Jets Hockey Game

Be kind to your heart, you need it

Heart disease is our nation's #1 killer which means it's vital to be heart-smart.

That calls for:

- Exercising on most days of the week.
- Choosing foods low in cholesterol, saturated and trans fat.
- Watching your weight (especially



around the waist).

- Getting medical exams on time.
- Managing chronic conditions such as diabetes.
- Avoiding the use of tobacco and exposure to tobacco smoke.

To be heart smart, visit the Heart and Stroke Foundation at www.heartandstroke.ca

Reduce the strain on your heart

Mishaps and unexpected changes are just part of life, although sometimes it might feel like an entire week has been non-stop frustrations. But, whether you have an occasional bout of stress, or if it seems to creep into your life almost everyday, there are things you can do to help cut those negative feelings and reduce the strain it puts on your heart.

“There’s always going to be stress in your life,” says Dr. Brian Baker.

“But if it starts to get to you, then you have to have techniques to deal with it.”

Feeling stress? Let’s talk!
Your health care team



FEB. 14 is Valentine’s Day which is why February is called the Month of Love. **Did you know...** The official world record for the longest marriage for a living couple belongs to Herbert and Zelmyra Fisher, who were married for a total of **86 years and 290 days**, before Mr. Fisher died.

Helen Henderson Care Centre
presents

Intergenerational Storytelling Program

with Our Lady of Mount
Carmel Elementary
School



HELEN
HENDERSON
Care Centre

Feb. 5 & 26

10:15 am in Fireside Room | Sign-up required

Happy Hour

with Scott Carson

at Helen Henderson
Care Centre



Feb. 21

2:30 pm
Lodge Lounge

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HENDERSON
Care Centre

Feb. 7

2:30 pm
Lodge Lounge

*The Melody
Makers*



Live MUSIC

with Diane and Al Pilon

MUSIC

at Helen Henderson
Care Centre

HELEN
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Care Centre



Feb. 7

Happy Hour
2:30 pm

Reception 3

Music by Kevin Adams
at Helen Henderson Care Centre



Feb. 5 & 19

Music therapy
with Elizabeth

HELEN
HENDERSON
Care Centre

Reception Three

10 am

and bell choir



Valentine's Day to

"Friends are medicine for a
wounded heart, and vitamins
for a hopeful soul." – Steve
Maraboli, Author

Meet a manager at Helen Henderson Care Centre



Faith McGee loves advocating for people who are vulnerable.

Speaking from Helen Henderson Care Centre where she has worked as a Care Coordinator for the past four years, Faith is a voice of compassion for the 104 residents in long-term care.

“I really love what I do,” explains the friendly 44-year-old from her office at the popular family owned and operated home in mid-January 2025. “I feel like I’m making a difference in this role. Some days are more stressful than other, but all-in-all, the work is meaningful and fulfilling.”

As the home’s Care Coordinator, Faith is responsible for Infection Prevention and Control (IPAC), building care plans and tracking the health care needs of residents (RAI), and acting as the lead for Behavioural Supports Ontario (BSO).

The work is a stark contrast to the six years she spent working on the floor as a Registered Practical Nurse (RPN).

“Every day is different as a frontline health care professional,” Faith explains about her easy transition to Care Coordinator. “This role is perfect because I can still go from one thing to another, every day is different.”

Laughing at the idea of enjoying constant change, she notes, “I don’t know why, but it’s how my brain works. I like to challenge myself; I feel like I have accomplished something.”

The proud mother of two young children, Faith likes to spend her free time with her husband and children. She also is studying to advance from an RPN to Registered Nurse (RN).

“I’m working on my getting my RN degree,” she confirms.

Looking back at her work as Care Coordinator, Faith says with an easy smile, “I’m pretty proud of what I’ve accomplished, here. I feel like I’m implemented a lot of changes since I entered this role such as creating a new digital Treatment Assessment Record and moving to three levels of care.”

Visibly modest, Faith doesn’t mention how well the home is managing a respiratory outbreak declared a few days before this interview, and still in place.

“I know we’ll be okay,” she says without hesitation. “Our staff are really good about what to do when going into outbreaks and wearing the appropriate Personal Protective Equipment (PPE).”

Speaking on behalf of the home, Director of Care Sue Reynolds notes, “Long-term care is always changing to ensure the safety of residents. That, along with the best quality of life, is our home’s top priorities: safety and comfort. Faith has jumped in headfirst, into the ever expanding and demanding role of Care Coordinator.”

Reflecting on her role, Faith is excited to be one of the main points of contact in the home.

“I know I can develop a good rapport with our residents’ family members and give them peace of mind through good communication,” she explains. “I’m a liaison - a constant here, and I like to follow-up with residents, family and staff. I see my job as maintaining people’s quality of life and their comfort. Being an advocate and being their voice is what I feel is most important.”



Faith McGee, Care Coordinator

Happy Hour!



Reception 3

Live music by Pat Kennedy

Feb. 28 | 2:30 pm

at Helen Henderson Care Centre



Feb. 27
2 pm
Gibson Room
 Helen Henderson Care Centre
 presents
Alzheimer's
Family Support Group

All families welcome!

ALZHEIMER'S PROGRAM



MUSIC LIVE
Monthly Birthday Party
 at Helen Henderson Care Centre

Entertainment
 by Lynwood Forgave
Feb. 12
 2:30 pm
 Fireside Room



Pub Night
 with Chris Murphy
Feb. 19
 7 pm
 Lodge Lounge at Helen Henderson Care Centre

Live Music

Chris Murphy
 Finally Coming Home



Snow

It's not
for everyone.

Show your love of snow this
February in our **Guess the
Day it's Going to Snow**
Contest.

Enter the date *it's going to
snow* and amount of *snow*
we're going to receive on the
calendar outside the Fireside
Room.

Closest guess wins a PRIZE

HELEN
HENDERSON
Care Centre



Keeping residents engaged and connected
at Helen Henderson Care Centre
www.gibsonfamilyhealthcare.com

Everyone welcome
**Residents'
Council
MEETING**

Feb. 27

1:30 pm in Fireside Room

Feb. 26

2:30 pm in Lodge Lounge
...with refreshments
www.GibsonFamilyHealthCare.com



Reception Three

BINGO

at Helen Henderson Care Centre

2 0 2 5

Feb. 27
2:30 pm

HELEN HENDERSON
Care Centre

HOW SWEET IT IS TO KNOW YOU!

Show them
your appreciation this
Valentine's Day
with a **CANDY-GRAM**
at Helen Henderson Care Centre

**\$2
each**

Order yours today!
through Activation
or buy at Tuck Shop

FEB. 10
10 am to 3 pm
In support of
Heart and Stroke



HOMEMADE DOG TREATS

In support of
the SPCA/Humane
Society

at Helen Henderson Care Centre

Reception 3

Feb. 20
2:30 pm

HELEN HENDERSON
Care Centre



Snapped around our home





Fun & Games @
Winterfest Week



Feb. 13
 NOON

Lunch in the Fireside Room

Grilled cheese on French Bread | Tomato soup | Beverage



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



Tim Horton's Sweetshop

at Helen Henderson Care Centre

Lodge Lounge JFT

Sweetshop at 2:30 pm

Feb. 17



Feb. 5

Volunteers making a difference

www.gibsonfamilyhealthcare.com

Helen Henderson Garden of Love

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



Welcome

Audrey MacDougall
Ernie Houle (Lodge)
Elva Leary (Lodge)
Jon Boddeveld
Jennavie Voteary

Birthdays

Wilma V, Feb. 2
Leonard L, Feb. 3
Reginald L, Feb. 6
Eva-Ann W (Lodge), Feb. 9
Audrey M, Feb. 14
George H (Lodge), Feb. 17
Dinah K, Feb. 17
Margherita R, Feb. 20
Elsie H, Feb. 21
Jean L (Lodge), Feb. 24
Cecilia M (Lodge), Feb. 25
Mona A (Lodge), Feb. 27

In memory

Joan Shaw
Yula "Viola" Moon
Marie "Irene" Firlotte
Nikolai Gravonic