

News from Home

HELEN
HENDERSON

Care Centre

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

January 2024

"This is the year I will be stronger, braver, kinder and unstoppable. This year, I will be fierce."

Humane Society

Our home raised \$122 for the Humane Society in Napanee last month. Good job!

New in 2024

We are increasing our night programs for men. We are also starting a new support group in February for care partners who have a loved one with dementia. Please watch the home's calendar for details.

Theme weeks

We have a LOT of fun activities planned for January including Alzheimer's Week, Hockey Week and Snow Much Fun Week. We also have five dress-up days. See details inside.

Congratulations...

Penny Cunningham for winning our Falls Prevention Quiz!



Wear your Hockey Gear Day

Jan. 24
at Helen Henderson Care Centre





Did you know?



January is the first 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. In Czech this month is called leden, meaning ice month. In Ukrainian it is січень meaning cutting or slicing perhaps referring to the wind.

Christmas campaigns

A special thanks to the Gibson family for the Days of Christmas giveaways last month. We'd also like to thank MyFM for the poinsettias they donated to our retirement lodge; Bath Legion for the beautiful Christmas gifts for our veterans; Plan A Kingston for the Christmas cards for our residents.

Hand hygiene is important

Help us prevent the spread of sickness through hand hygiene. Let's start the New Year with a resolution to *Just Clean Your Hands*.

Congratulations winners

Door Decorating Contest—Winner: Jessica Scalf—Ginger Bread House—Joyce Faye Terrace Resident Door Decorating Winners (3 Lodge Resident Door Decorating Winners): Joan Reid, Avis Weber and Joan Kolewaski.

Festival of the Tree Winners: People's Choice – Dining Room –Ginger Bread Theme—By the Kitchen Staff

2. Best Tree Theme – By the Hair Dressers Door – by the Housekeeping and Maintenance Department

3. Most Creative – Elf tree in Joyce Faye Terrace – by the JFT staff

Christmas Spirit Award and helping to make our home Christmas —Winner is Megan

Christmas Colouring Contest winner is Parker Lewis and Resident Linda Wellbanks.

"Always be a first-rate version of yourself instead of a second-rate version of someone else." Judy Garland

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

Did you know we purchased a **BOWLING RAMP** to enhance our bowling program for residents? (Pictured right.) Please watch the home's calendar for details.



Festive FUN

at Helen Henderson Care Centre



December 2024



Tree for those in need—We'd like to thank everyone who contributed warm clothes to our special tree for those in need. The donations almost covered the tree and were shared with the needy. Wow!

Pancake breakfast
at Helen Henderson Care Centre

Jan. 24
9 am | Fireside Room

Homemade
9 am



HELEN HENDERSON
Care Centre

Jan. 18
Noon | Fireside Room

Millennial Cooking Group
Spaghetti, salad, garlic bread

Resident Choice



HELEN HENDERSON
Care Centre



Everyone welcome

**Residents'
Council
MEETING**

Jan. 16

10:30 am | Fireside Room

Jan. 24

2:30 pm | Lodge Lounge

www.gibsonfamilyhealthcare.com



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!



**Jan.
24**

Volunteers making a difference

www.gibsonfamilyhealthcare.com



Happy Birthday STAFF

Colin W, Jan. 2
Aljon B, Jan. 4
Holly E, Jan. 4
Carrie-Lynn F, Jan. 5
Erika Jan. 7
Laurel G, Jan. 11
Sheila H, Jan. 12
Cassandra M, Jan. 18
Faith M, Jan. 23
Sharon P, Jan. 23
Karen M, Jan. 26
Renee K, Jan. 27
Tammy A, Jan. 28
Kelly T, Jan. 30
Angela R, Jan. 31
Andrea K, Jan. 31

Welcome STAFF

Andrea Schwartz, RN
Stephanie Delong, RPN
Melanie Brooks, RPN

Sometimes you
need to be alone
in order to reflect
on life. Take time
out to take care
of yourself.
You deserve it.

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*



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 & oxygen and the colours will brighten up a dull day outside.



Friday night
BINGO
 at Helen Henderson Care Centre

2 0 2 4

Jan. 19 & 26
 6:30 pm
 Fireside Room

HELEN HENDERSON
 Care Centre



HELEN HENDERSON
 Care Centre

EUCHRE TOURNAMENT
 at Helen Henderson Care Centre

Jan. 21 2 pm
 Lodge Lounge

Euchre
 tournament



Manicures & Music
 at Helen Henderson Care Centre



Jan. 4
 Fireside Room
Jan. 11
 Lodge Lounge

HELEN HENDERSON
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Live MUSIC
 by the Manning Brothers
 2:30 pm

LIVE MUSIC
 at Helen Henderson Care Centre



Happy Hour
LODGE LOUNGE

JAN. 26

www.gibsonfamilyhealthcare.com

★ ★ ★
 January

What's new in our home

We will be working with Loyalist Township Recreation Department on a Pen Pal Program. What a fun way to spend our free time!

THANK YOU to the families who donated food and gifts to residents and staff last month. We also loved your contributions to our Door Decorating Contest. It made working over the holidays a LOT more fun.

Also, a special thanks to students at Fairfield Public School who brought us homemade lap blankets to keep us warm this winter. And, students at Mount Carmel Public School for the Christmas cards.

Thanks residents and staff for participating in our holiday programs, Christmas card program and our tree lighting ceremony with carol singing.

Get comfortable, it's ...

Pajama Day!



HELEN
HENDERSON
Care Centre

Be happy

at Helen Henderson Care Centre

JAN. 31

Hockey Jersey Day

(or tee shirt) at Helen Henderson Care Centre



JAN. 22

www.gibsonfamilyhealthcare.com

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Winter Sweater Day

at Helen Henderson Care Centre

JAN. 30

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On Dec. 20, we surprised our residents with a ride on the Kingston Tour Trolley and their smiles were a mile wide as they enjoyed the Christmas lights. They enjoyed warm drinks and fellowship when they returned to Helen Henderson Care Centre. It was a perfect Christmas at our home... we even had a tree lighting ceremony with a REAL tree.



Reception 3

Live music by Pat Kennedy

Jan. 19 | 2:30 pm
at Helen Henderson Care Centre



Live music
by Jennie



Jan. 5

Reception 3

2:30 pm | Helen Henderson Care Centre

**Welcome
2024**

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°C .

Brrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr

The lowest temperature ever recorded in Canada and North America was in the Village of Snag, Yukon which registered at -63°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.



CANADIAN WINTERS

In Eastern Canada it's not a season, its an occupation.

10/ MotivatedPhotos.com

Canada's coldest city?

A tie between Saskatoon and Regina with -50 C recorded on Feb. 1, 1893 and Jan. 1, 1885 respectively. The most recent sub- 40 C temperature recorded in a Canadian city was Sherbrooke, Quebec at -41.2 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

43.3 C 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 40.6 C (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 -19°C to 22°C in just ONE HOUR. **Wow!**

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

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.

AGING

Blessed are they who understand my faltering step and shaking hands. Blessed are they who know my ears must strain to catch things they say. Blessed are they that seem to know my eyes are dim and my wits are slow. Blessed are they who looked away as I spilled my coffee at the table today. Blessed are they with a cheery smile who took the time to chat for awhile. Blessed are they who know the ways to bring back memories of yesterdays. Blessed are they who make it known, I am LOVED, RESPECTED and not ALONE.

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!

What is winter—It is really queer the way the way the weather goes. What spring will bring no one knows. One day you'll freeze, right to your toes. The next you'll burn, so cover your nose. One day there's snow up to your chest, and then the grass is at its best. The snow has melted away with whispers, of spring on its way. This is winter? What is winter anymore? Is anyone keeping score? *Helen Henderson Care Centre Poetry Club*



HELEN HENDERSON
Care Centre

Sign up with Activation

Jan. 23
In Fireside Room

Jan. 25
In Lodge Lounge



Resident Choice Luncheon
Noon at Helen Henderson Care Centre

Birthday party

at Helen Henderson Care Centre
featuring

Penny & Steve Lloyd
Entertaining Music Lovers

Jan. 18

2:30

Lodge Lounge

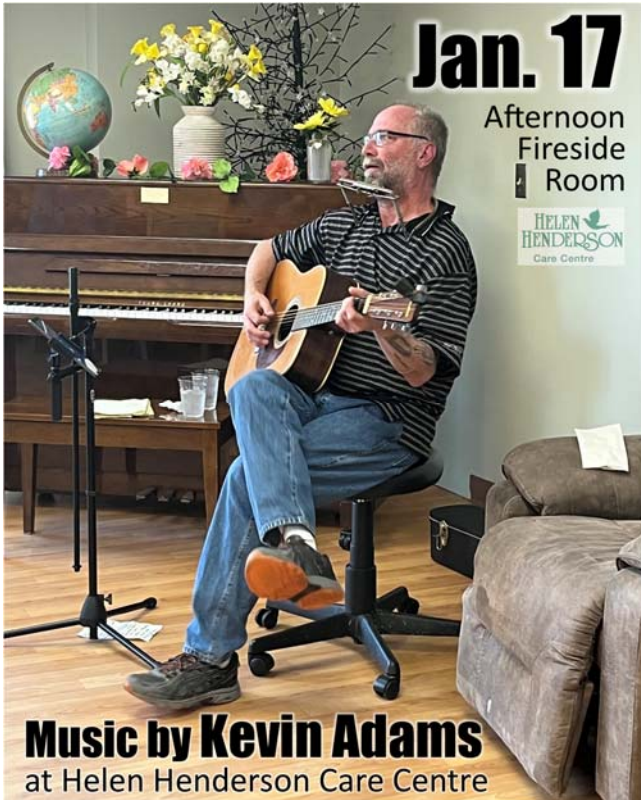


HELEN
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Jan. 17

Afternoon
Fireside
Room

HELEN
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Care Centre



Music by Kevin Adams
at Helen Henderson Care Centre

HAPPY HOUR

with the Manning Brothers

HELEN
HENDERSON
Care Centre

LIVE MUSIC

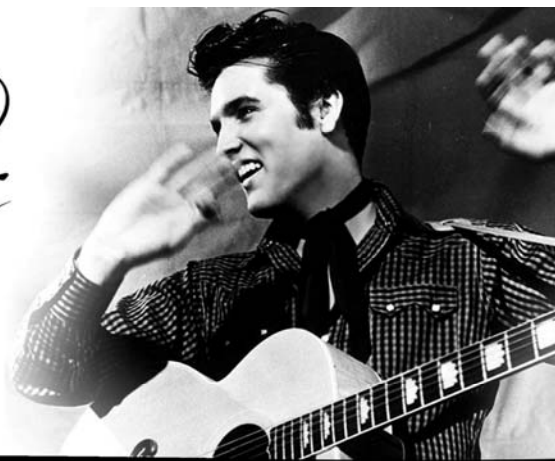
Presented by Helen Henderson Care Centre

Jan. 26 | 2:30 pm | Lodge Lounge

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Elvis

HELEN
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In the Fireside Room

Tribute to Elvis

JAN. 6

2 pm | Helen Henderson Care Centre

Pub Night

with Chris Murphy

Jan. 10

7 pm

Lodge Lounge at Helen Henderson
Care Centre

HELEN
HENDERSON
Care Centre

**Live
Music**



Chris Murphy

Finally Coming Home

HAPPY HOUR in Lodge Lounge
with Diane and Al Pilon

LIVE MUSIC

HELEN
HENDERSON
Care Centre

Presented by Helen Henderson Care Centre

Jan. 5 | 2:30 pm

www.gibsonfamilyhealthcare.com

If you belong to a Family Health Team (FHT), they will

provide **SMOKING CESSATION**

counselling along with up to 26 weeks of NRT support.

If you are not part of a FHT here are other options:

1. **Kingston Community Health Centre** at 263 Weller Avenue in Kingston.

-you do not need to be one of their clients -they do both counselling and Nicotine Replacement Therapy (NRT) free up to a 26-week supply -you need to make an appointment call 613-542-2949, ext. 4 -they did not have a wait list as of March 2018

2. **Pharmacies**—Some pharmacists do smoking cessation, it varies among pharmacies:

-provide counselling

-will discuss medication and prescribe (Zyban/Champix) or some over the counter medications, NRT

- the meds and counselling may be free if: you are under age 25, aged 65+, on disability or Social Services, have a private or work health plan -some pharmacists require an apt or some take walk-ins

3. **KFL&A Public Health**—STOP study in Kingston is every month -it is a three-hour group information session and five weeks of free NRT, but you must meet eligibility criteria. Call 613-549-1232 ext. 1333 and leave phone number to call.

4. **Smoker's Help Line** 1-877-513-5333 or on-line at www.smokershelpline.ca -anyone can access at any time - support by phone, e-mail or text -quit coaches, tools and resources -they sometimes have free product or vouchers for cheaper NRT etc.

5. **Family doctor-support and counselling** -they may prescribe pills (Zyban/Champix) so if you have health benefits through work or privately or are under 25, age 65+, on disability or social services it may be covered as well as the NRT (sometimes).

6. If you live near **Napanee** or **Deseronto**, the Hastings & Prince Edward Public Health Belleville has a drop-in on Wednesdays from 9 am to 1 pm 179 North Park Street -counselling and discount NRT (\$5) (up to six-week supply).



Kick the Habit

Save time, money and your life!





Helen Henderson Care Centre
presents

Winter Fun & Games

- Stacking Snowman Marshmallows Game: Jan. 29
- Winter Accessories Day: Jan. 29
- Winter Sweater Day: Jan. 30
- Comfy Pajamas Day: Jan. 31
- Snowball toss at 2:30 pm in Fireside Room: Jan. 31

Jan. 29 to Feb. 2

much fun
SNOW WEEK

Emotional wellbeing in the Chapel
at Helen Henderson Care Centre

- Jan. 9 & 23 Ecumenical Service with Rev. Morrison 1:30 pm
- Jan. 9 Rosary Group
- Jan. 17 Catholic Mass 11 am

Spiritual Care

Jan. 7 - 12
Reduce the risk of Alzheimer's discussion in Fireside Room Jan. 10

Helen Henderson Care Centre
presents

Alzheimer's Week

ALZHEIMER'S

Dementia:
Can we reduce the risk?



Look after
your heart



Be physically
active



Follow a
healthy diet



Challenge
your brain



Enjoy social
activity

Helen Henderson Care Centre

Hockey Week

at Helen Henderson Care Centre

Resident hockey tournament
Jan. 24 & 26

Jan. 22 - 26

Hockey sports night on Jan. 24
6:30 pm
Fireside Room

Helen Henderson Garden of Love

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

Welcome

Chris Davis
Jack Morehouse
Donald Haig
Barry Snider

Birthdays

Irene F, Jan. 2
David R, Jan. 5
Constance F, Jan. 10
Jay B, Jan. 16
Sylvia S, Jan. 18
William O, Jan. 20
Freda M, Jan. 21
Harold M, Jan. 22
Diane A, Jan. 22
John N, Jan. 23
Betty L, Jan. 31

In memory

Connie Fanset
Rudy Kyek
Helen Woodley
Mike Smith
Joan Whalen

