

GOLDEN YEARS

INSIDER

February 2024

peopleCare
communities

704 Eagle St. N. Cambridge, Ontario
N3H 1C3 519-653-5493

peoplecare.ca

Celebrating February

Black History Month

2nd - Groundhog Day!

10th - James Skarnikat
entertains 2pm

11th - Superbowl Sunday

11th - Hairdresser is in

13th - Shrove Tuesday

14th - Valentines Day

14th - Luncheon
(sign up req'd)

21st - Shopping trip
(sign up req'd)

27th - Residents Council
10:30am

Refer to your February
activity calendar for all
scheduled activities!



VALENTINE'S CHOCOLATE BOUQUET RAFFLE

TICKETS ON SALE
STARTING
JANUARY 23RD

TICKETS:
\$5.00 EACH

DRAW DATE - FEB. 14TH AT 2PM

SEE ELIZABETH IN THE BUSINESS OFFICE TO
PURCHASE TICKETS

From the desk of the Executive Director - February 2024

As we collectively solidify our New Year resolutions, encompassing endeavors such as fitness, healthy eating, improved sleep, or increased visits to our homes for cherished moments with loved ones, we extend a warm welcome to the month of Love and Kindness. With February 14th marking Valentine's Day, we are delighted to announce the availability of tickets for a Valentine Edible Chocolate Bouquet raffle, priced at \$5 per ticket, with the winner to be drawn on Valentine's Day. Elevate your celebration by purchasing a ticket and surprising your loved ones with this exquisite custom-made Edible Chocolate Bouquet, expressing the depth of your affection. Kindly contact Elizabeth, our Office Manager, to secure your tickets before February 14th.

Additionally, on Saturday, February 17th, join us in participating in the Random Act of Kindness initiative, a noteworthy opportunity to make a positive impact within our community. I challenge each one of you to embrace this occasion by extending small gestures of kindness, such as a smile or a friendly greeting, fostering a spirit of goodwill that extends beyond this day as we live out our employee code of conduct characteristics. Your commitment to spreading kindness not only on February 17th but throughout each day will certainly contribute to creating a more harmonious and joyful for our residents.

As a continuous commitment to ensuring the well-being of our residents throughout the colder months, we would like to go over the importance of adhering to public health infection control measures. We kindly remind all visitors to observe diligent hand hygiene practices, including washing hands upon entry, during the visit, and upon leaving the premises. Additionally, we request that visitors wear a new, clean mask upon arrival and appropriately dispose of it upon leaving. To maintain a healthy environment and mitigate the risk of infection spread, we urge everyone to adhere to passive screening protocols and refrain from visiting if feeling unwell. We appreciate your cooperation in upholding these essential measures for the safety and health of our community.

The Family Council plays a vital role in fostering a purposeful living environment for our residents. We extend a warm invitation for you to become an active member of our committee this year, where we collaboratively discuss shared ideas and address the day-to-day needs of both our residents and the broader community we serve. Your participation is valuable in contributing to the enhancement of our residents' well-being. For further details, please feel free to contact Jason, our Director of Programs, at extension 108. We look forward to the prospect of your involvement in our shared commitment to creating a supportive and enriching living experience.

Yours Truly,

Stella Annan, Executive Director.



Residents' Council Representative



Gus M.

***Residents Council ***

The next Resident's Council meeting will be held February 27th at 10:30am in the Cafe.

Council is open to all residents, and you are encouraged to attend!



Resident Transportation

Transportation is an unfunded service in Long Term Care Homes in Ontario. The accompaniment and costs of taxis, ambulances and other transportation services are not covered in the accommodation fees at peopleCare Golden Years.

We encourage all families and residents to be aware of the costs for transportation, especially when returning from hospital, it can be expensive, and it is something that should be discussed and planned for.



***Funny February Jokes ***

**Can February
march?**

No, but April may



**What is a frog's favourite
month?**

February. It has a Leap Year



James C. 5th
Teresa M. 7th
Peter C. 13th
Linda P. 24th

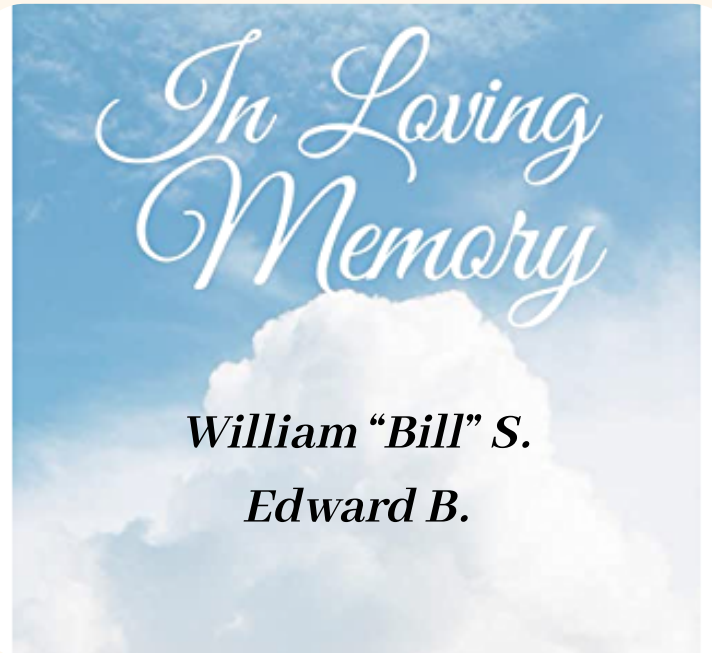


Volunteer Opportunities

The Recreation Department is looking for volunteers to help with a variety of programs from outings, entertainment, card games, socials or 1:1 visits. If you would like to help out, please speak with the Director of Programs or a staff member in the Recreation Department



Les P.
Janos E.
Bill D.



Our deepest thoughts and sympathies go out to their family and friends.

"He spoke well who said that graves are the footprints of angels."
~Henry Wadsworth Longfellow




Chaplain Chit Chat...

What the world needs now is love, sweet love;
It's the only thing that there's just too little of.
What the world needs now is love, sweet love,
No not just for some, but for everyone!




The year is 1965...


 world population is almost 4.5 billion people


 a 1st class postage stamp costs 5 cents

 Lester B. Pearson is Prime Minister of Canada

 Montreal Canadiens defeat the Chicago Black Hawks to win the Stanley Cup

 Dr. Zhivago, The Sound of Music and My Fair Lady are the top films

 UNICEF is awarded the Nobel Peace Prize

 American civil rights movement is very active - Martin Luther King Jr. is arrested along with 2,600 others for demonstrating against voter registration rules

 War has broken out in Vietnam

No wonder the song quoted above struck a nerve with so many people. We still need that message today, and each of us can do our part to spread the love. 😊❤️

February Observances

2nd - Candlemas: Celebrated 40 days after Christmas and marked by the blessing of all candles to be used by a church during the coming year, this day observes the birth of light.

8th - Lailat al Miraj: Muslims celebrate Muhammad's pilgrimage from Mecca to Jerusalem, after which he ascended into Heaven.


14th - Ash Wednesday: For Christians, the 40-day period of prayer and fasting leading up to Easter, called Lent, begins.

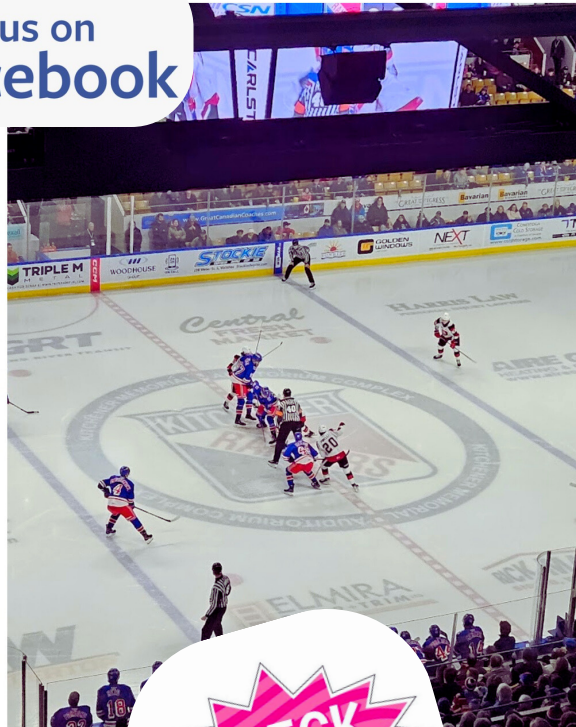
15th - Parinirvana: Mahāyāna Buddhists commemorate the Buddha's death and his attainment of final nirvana.

26-29th - Ayyam-i-ha: This celebration and period of fasting celebrate giving back to the community and giving gifts to loved ones, which honours the Divine Essence of God. This celebration marks the start of the fasting month, where Bahá'í followers 15 years and older abstain from food and drink between sunrise and sunset.

Continued blessings to you and yours... **Chaplain Daria**


January...

 Find us on
Facebook



CHECK US OUT!



 Find us on
Facebook

Valentine's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD

--	--	--	--	--	--	--

HAETR

--	--	--	--	--

OLCHAOTEC

--	--	--	--	--	--	--	--	--

DICPU

--	--	--	--	--

MOEP

--	--	--	--

LSWROFE

--	--	--	--	--	--	--

BOLEDEV

--	--	--	--	--	--	--

ANDCY

--	--	--	--	--

ORSSE

--	--	--	--	--

EOEVNPLE

--	--	--	--	--	--	--	--

RRABYUFE

--	--	--	--	--	--	--	--

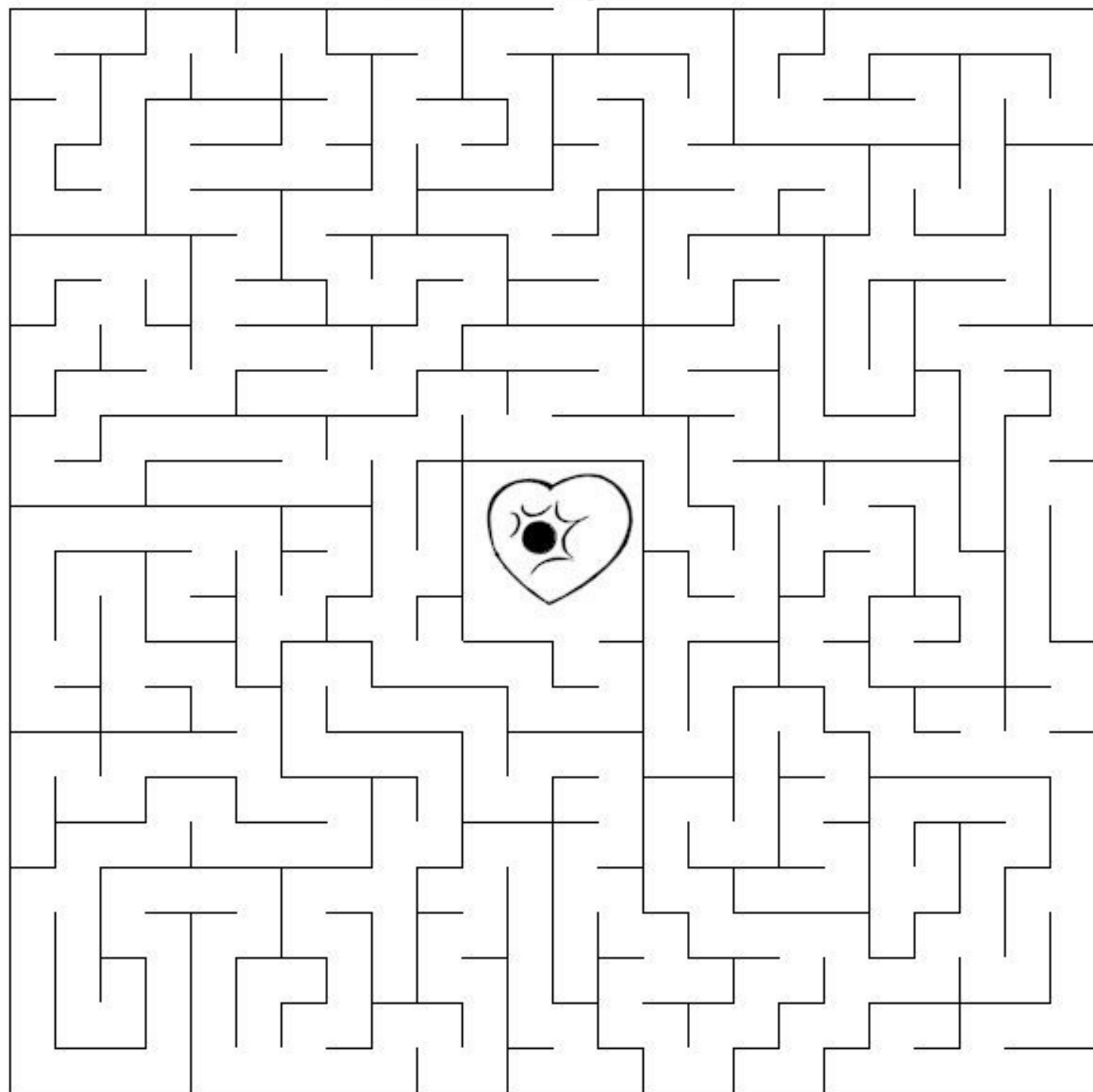
What did the boy bear say to the girl bear on Valentine's Day?



*Valentine's
Day*



maze



Groundhog Day

Word Search

L K Y E N W A T U S X N U P W E V E
P J P N F O Y R A U R B E F T Q I L
G X F L W D K W Y D U O L C S T W A
H R O C I A Y O B M U M W P A T J M
P Z O M R H D I O L P M W E C B P M
G L U U P S U G S P R I N G E W V A
D O E J N U Q T R E S G L Y R K L M
A W D U N D E R G R O U N D O S S S
Y A D I L O H E M E R G E E F T B S
S Y A D Q L L O P R E D I C T I O N
I S S F V Y K H G K C V W O R R U B
X B E A W I Z M R O D E N T X D N P
T E T A N R E B I H A R E T N I W L
E E P W E E U E I F W E A T H E R I
J S P E N N S Y L V A N I A M J V H
S E H L G O E Y E O Y Z F R T S Y P
X K B I T J R Y V X H J P X C Y G U
L K S I H K O P O B Q E X Z Z O H C

burrow
cloudy
cold
day
emerge
February
forecast
groundhog

hibernate
hole
holiday
mammal
Pennsylvania
prediction
Punxsutawney Phil
rodent

shadow
sign
six weeks
spring
underground
weather
winter

