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# *March International Women's Day*

“  
THERE IS NO LIMIT TO  
WHAT WE, AS WOMEN,  
CAN ACCOMPLISH.  
”

– MICHELLE OBAMA

“  
AS WOMEN ACHIEVE POWER, THE  
BARRIERS WILL FALL. AS SOCIETY SEES  
WHAT WOMEN CAN DO, AS WOMEN SEE  
WHAT WOMEN CAN DO, THERE WILL BE  
MORE WOMEN OUT THERE DOING THINGS,  
AND WE'LL ALL BE BETTER OFF FOR IT.  
”

– RUTH BADER GINSBURG

“  
I CAN PROMISE YOU THAT WOMEN  
WORKING TOGETHER — LINKED,  
INFORMED, AND EDUCATED —  
CAN BRING PEACE AND PROSPERITY  
TO THIS FORSAKEN PLANET.  
”

– ISABEL ALLENDE

“  
WE NEED TO ENCOURAGE GIRLS  
THAT THEIR VOICE MATTERS.  
I THINK THERE ARE HUNDREDS  
AND THOUSANDS OF  
MALALAS OUT THERE.  
”

– MALALA YOUSAFZAI



Thank you to all staff for your hard work and due diligence.

Your efforts have not gone unnoticed

It is greatly appreciated.





## MESSAGE FROM CHAPLAIN JOSEPH

1 Corinthians 2:4 “My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit’s power, so that your faith might not rest on human wisdom, but on God’s power.”

Brothers and sisters, we must keep seeking the wisdom of God and His power. We must always rely on the wisdom and words of God. As we start to rely on God’s power we start to remember just how loving God is and how He truly cares for us. When we look only towards wisdom other than God’s wisdom, we will only find deceit and foolishness.

Brothers and Sisters, we must continue to deepen our relationship with God and continue to draw onto God’s wisdom through the Holy Spirit. We are not alone in this journey nor have we ever been. Sometimes we may feel alone, or feel like we are never good enough. Brethren, when we rely on the wisdom of God we will notice that we are good enough and God made us good enough through Jesus Christ.

Jesus Christ died for our sins and because of that we are now made right in the eyes of God. We must keep on seeking to strengthen our relationship with Christ and the more we seek the more we will understand.

Warm Regards,

Rev. Chaplain Joseph DiFrancesco / Spiritual Advisor

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people focused. quality care



- Seniors who are depressed may mistakenly think that help isn't available.

## Help and Treatment for Seniors with Depression

Overcoming depression is more than possible. Most elderly patients with depression can be treated, and most are able to recover. So, regardless of your age, the potential to feel happy again is very real. Nobody should view depression as anything other than a treatable illness. But ignoring it can have serious consequences, including disability or premature death. Treatment is a must.

The earlier a senior's depression is recognized, the better. Many doctors routinely screen their elderly patients for depressive disorders; however, that isn't something you can always count on. You may have to ask. A doctor may order various lab tests such as a urinalysis, an EKG, or blood tests. Abnormal results can sometimes help diagnose a condition that may be linked to depression.

Mental health professionals are also good at recognizing the signs of depression in older people. Many communities have drop-in centers where seniors and their families can find experts and resources. They can be good places for initial screening and guidance.

*To be continued...*

Reference: Great Seniors Living 2022





## MESSAGE FROM FOOD NUTRITION MANAGER



The Dietary department is focusing on our themed weeks again. In February, the residents enjoyed a wonderful Valentine's meal prepared by our chefs. The dinner consisted of a three cheese filled heart shaped ravioli smothered in a rose cream sauce served with honey butter baby carrots, a garlic stick and strawberry cream pie for dessert. March is national Nutrition Month. We will be celebrating with a week filled with healthy smoothies and snacks.

We would like to share our recipe for our **Peach Pie Smoothie**  
Serves 2

### INGREDIENTS

1 cup of milk  
1 cup plain yogurt  
2 cups frozen peaches  
1/2 tsp vanilla extract  
2 Tbsp. honey  
1/4 tsp. ground cinnamon  
2 pinches of each nutmeg and ginger

### DIRECTIONS

1. Combine all ingredients in a blender and blend on high until smooth.
2. Pour into 2 glasses and garnish with a raspberry.



ENJOY!!!!

On February 21 we celebrated Shrove Tuesday with a Pancake and Sausage lunch. On March 17, in honour of St. Patrick, we will be offering Corn Beef and Cabbage for dinner.

Our Food Service Supervisor, Doris, will no longer be with us. Please welcome Mari as our new FSS.

A Food committee Meeting was held on February 2<sup>nd</sup>. Residents are pleased with the Fall/Winter menu and are looking forward to our theme days.

Thank you to all of our special caregivers for your ongoing support in the Home with your loved ones. We cannot thank you enough



LIFE ENRICHMENT  
creating smiles  
& touching hearts







## Residents' Council Meeting

Residents' Council is an open forum for residents to come together to share their ideas, express any concerns, offer suggestions or compliments and to keep abreast of what is happening in your home.

Get involved in your home. Become an ambassador for welcoming new residents.

Volunteer in your home. Be a friendly greeter. There's so much you can do to become a part of the community.

We encourage residents to participate in these monthly meetings. We want to know about any activities that you would like to have in the Home as well as choosing where you would like to go on an outing (e.g. - out to lunch, shopping, casino, legion, etc.). We want to be able to plan special events around your interests, likes and passions.

On our part, we will listen to what you tell us. We will keep you informed about any changes that are taking place regarding improvements, financial and any in-house and corporate updates.

Using your voice and participating in meetings is the way for positive changes and communication within the Home.

Next Meeting:  
Thursday March 2nd  
10:30 am  
Celebration Room



## Resident Program Meeting

The next Resident Program Meeting will take place on:

Thursday March 2nd @ 10:30 am  
in the Celebration Room



## FEBRUARY SPECIAL DAYS



ANGELO - 39 & HOLDING



MADDIE & CHESTER



PETER - GETTING READY FOR THE GAME!!



SUPERBOWL CART



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