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LONG TERM CARE RESIDENCE



AIMING HIGH
TOGETHER™



February

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WHAT IS VALENTINE'S DAY?

At first, it seems like an odd question to ask. Almost everyone knows about this occasion. Yet, have you ever wondered about its meaning or origin? It is a longer story than the title "the celebration of love".

If you are curious about the truth behind the birth of this special occasion, you've come to the right place! Here are some interesting facts about the occasion for you to discover.

WHAT IS VALENTINE'S DAY ABOUT?

Needless to say, all of us know the answer to the question what is the date of Valentine's day? It's February 14th. Almost all nations around the world have adopted the tradition of this celebration of love. Valentine's Day is a special occasion to express affection and admiration to our loved ones.

When mentioning this date, most people will immediately think of it as a sweet holiday, especially for couples. Sadly, the history of Valentine's Day seems far less romantic. It's a story of romance celebrated discreetly and a heartbreaking tragedy at the same time. Let's take a trip back to the very beginning and see how things transpired.

THE HISTORY OF VALENTINE'S DAY

The Origin Of St. Valentine

Although the true origins of Valentine's Day are still a question mark, the most well known stories of how it all started come from ancient Rome. There are three legends about the patron saint Valentine or Valentinus recognized by the Catholic Church.

In the beginning, there was a priest named Valentinus who lived in Rome in the third century. During this era, the emperor Claudius II (a pagan Catholic) introduced laws that forbade marriage. He argued that Christians must focus on paying tribute to Rome instead.

Despite this absurd prohibition, the priest Valentinus still secretly held a wedding ceremony for a young couple. Unfortunately, he was discovered and executed.

Another version of this story suggests that the priest left a letter to his lover (probably the jailer's daughter) signed "From your Valentine" before his death.

The last story claims that the bishop of Terni was martyred for trying to free Christians from prison.





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

Your efforts have not gone unnoticed.

They are greatly appreciated.





MESSAGE FROM CHAPLAIN JOSEPH

Well happy February to everyone! I cannot believe January has come to an end! Thinking of how quickly the month went has reminded me of something so important. Time waits for no one and that if we sit around and wait, time will pass no matter what. My brothers and sisters we must make every moment, every second of our day count. It is so important that if we have those dreams and those hopes that we do not wait for that perfect time. We must always carry out our dreams and visions no matter how old we are and no matter how big or small our visions are.

Isaiah 41:10 says: *'Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.'* We must remember that we do not ever need to feel anxious about the dreams and hopes we have. We do not have to feel as if it is too big for us to climb. Isaiah reminds us that we do not have to fear because God is with us every step of the way. We can wait for that perfect time or that perfect moment but, my brethren, we will always find that moment where we say it is not yet.

The time is now, and the time is always perfect timing to start going forward with your dreams, and making those phone calls to remind our loved ones that we love them so much. Often, we think that things have to be in a specific time or a specific date to honour our loved ones or to gather up the things we are wanting.

Anytime is the right time to hug your beloved family, friend or to start a new adventure. We must remember that God is with us always and He will guide us through everything. We must keep this in mind because, time goes by so quickly and we do not want to miss out on the wonderful things that life truly has to offer us.

There are moments where we may feel shy, or unsure about the things we are hoping for. That is when we must rely on our family, friends and, most of all, God. Not only our friends and family will guide us and help us but God most of all will be right there with us. We must take our vision and put it into reality because there is nothing more amazing than to see your vision come to reality.

As Walt Disney once said: "All our dreams can come true, if we have the courage to pursue them."

God Bless you all! May you put your dreams into action this month!

Rev. Chaplain Joseph DiFrancesco / Spiritual Advisor

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MESSAGE FROM SOCIAL WORKER

Signs, Symptoms and Effects of Depression in the Elderly People

Unless you know what to look for, it isn't always easy to recognize depression in older adults. That's particularly true for the physical effects of depression, which can masquerade as other health conditions. So, it's important to keep a full range of possible symptoms in mind, understanding that red flags may be hidden behind inaccurate assumptions about how depression is "supposed" to look.

Everybody affected by this condition displays a different combination of symptoms. Some of the most common signs of depression in seniors include:

- Persistent sadness or despair
- Lack of self-esteem
- Frequent self-loathing
- General apathy
- Insomnia
- Over-sleeping
- Frequent forgetfulness
- Inability to concentrate
- Slower-than-normal speech or movement
- Loss of interest in previously enjoyed activities
- Social withdrawal
- Persistently low energy
- Unexplainable aches and pains
- Poor appetite
- Neglect of personal hygiene
- Grumpiness and short temper
- More frequent use of alcohol or other substances
- Suicidal thoughts

When evaluating seniors who may be depressed, geriatric mental health professionals often ask several questions designed to illuminate the red flags. Older adults with depression often provide answers that show they suffer from many of the following things:

- Frequently feeling bored or experiencing a lack of excitement in life
- Rarely, if ever, feeling happy or in good spirits
- Having difficulty beginning new projects or abandoning favourite hobbies and interests
- Frequently feeling fidgety or high-strung
- Having difficulty making decisions
- Frequently getting angry over small stuff
- Feeling generally unsatisfied with life or believing that most people are better off than they are
- Avoiding social get-togethers or resisting getting out and trying new things
- Feeling that something bad is about to happen
- Feeling hopeless about the future, feeling empty or helpless
- Frequently feeling the urge to cry
- Frequently worrying about the past or future
- Having difficulty concentrating
- Feeling that right now is a bad time to be alive
- Disliking getting up each morning
- Feeling worthless to other people
- Experiencing troubling thoughts that won't go away
- Believing that they have more trouble with memory than most people



MESSAGE FROM FOOD NUTRITION MANAGER



The Holiday season was a success with our festive theme menus and exciting desserts. Below is our Christmas, New Years and special festive desserts that residents thoroughly enjoyed. The chefs are busy organizing a lovely Valentine's Dinner for our residents.

We would like to share our recipe for our...



Valentine's Day Parfait



Serves 2

INGREDIENTS:

16 oz heavy whipping cream
2 tbsp sugar-free Jello (any flavour)
3 tbsp maple syrup
1 tsp cinnamon
Pinch of sea salt
2 tbsp preferred nut butter
1 cup mixed nuts
2 cups whole oats
½ cup preferred dried fruit chopped
20 chocolate chips

DIRECTIONS:

1. In a bowl, using a mixer, whip cold cream until fluffy, reserve some for topping. Add Jello powder, mix until well combined, then refrigerate.
2. Preheat oven to 300° F. In a large bowl, combine maple syrup, cinnamon, sea salt and nut butter. Add nuts and oats, toss to combine. Pour onto parchment-paper lined, rimmed baking sheet, then press together before baking.
3. Bake just until granola starts to brown a little, about 15 minutes. Remove from oven, stir in dried fruit. Allow granola to cool.
4. Layer granola and then whip cream (X 2 layers each) into clear parfait cups. Top with dollop of whip cream and sprinkle with chocolate chips.



ENJOY!!!!



Due to the outbreak in January, we suspended our Theme week, but hope to resume all special events in February.

Just a reminder that we do have 2 registered dietitians in the facility - Elizabeth on Mondays and Thursdays and Chloe on Tuesdays and Fridays.

Thank you to all of our special caregivers for your ongoing support in the home with your loved ones during this difficult time. We cannot thank you enough :)



MESSAGE FROM LIFE ENRICHMENT



FEBRUARY SPECIAL EVENTS

- 1st - Bowling (CR) - 2:00
- 2nd - Resident Program Meeting (CR) - 10:30
- 8th - Heart Bingo (CR) - CR
- 12th - Travelling Super Bowl Cart - 2:00
- 14th - Valentines Day Social (CR) - 2:00
- 15th -- Bocce Ball - (CR) - 2:00
- 21st - Mardi Gras Social (CR) - 2:00
- 23rd - Bingo - (CR) - 2:00
- 25th - Table Top / Board Games - (CR)
- 28th - Travelogue - (CR) - 2:00

SPIRITUAL PROGRAMS

- 1st - Bible Study - (CR) - 10:00
- 3rd - Hymn Sing - (CR) - 10:00
- 8th - St. George's Church - (CR) - 10:00
- 10th - Catholic Mass - (CR) - 10:30
- 15th - Rosary - (CR) - 10:00
- 15th - Rosary - (LP) - 11:15
- 17th - Communion - 1st Floor - 10:00
- 22nd - Memorial Service - (CR) - 2:00



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.

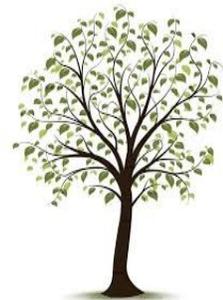
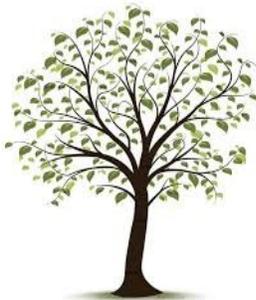
Next Meeting:
Thursday March 2nd
10:30 am
Celebration Room



Resident Program Meeting

The next Resident Program Meeting will take place on:

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



FEBRUARY SPECIAL DAYS



GROUNDHOG DAY - FEB. 2ND



VALENTINE'S DAY - FEB. 14TH



FAMILY DAY - FEB. 20TH



MARDI GRAS - FEB. 21ST



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