

# NEWSLETTER

WINTER ISSUE



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# RESIDENT SPOTLIGHT

**Pat Skinner**, a resident at Centennial Villa in Amherst, NS, wrote a letter to the Town of Amherst requesting a crosswalk from the end of the facility's driveway to the Pharmasave next door. The residents felt rushed and unsafe crossing there and Pat knew something had to be done.

In October 2014, the Town replied with an answer of 'NO', due to traffic regulation and the close proximity of another crosswalk. Pat, along with **Susan Collins**, Administrator at Centennial Villa, continued meeting with **Ian Naylor**, Chief of Police and the Traffic Authority.

2016 brought changes to the pedestrian crossing control guide. Knowing that Pat was a strong-willed lady and would not drop the issue, the Chief of Police took another look at the crosswalk. There were several meetings with Chief Naylor and with the new mayor, **David Kogan**, in the spring of 2017. Finally, Chief Naylor approved the crosswalk and the town took it to a council meeting, where it was **approved!!!** :)

The new crosswalk was installed in the fall of 2017, and the official ribbon cutting ceremony took place on December 12. When asked what this event meant to Pat, she said "It means the world to me; it is one of my happiest days." Congratulations Pat !



In the photos: Councillor Darrell Jones, Susan Collins, Deputy Mayor Shelia Christie, Pat Skinner, Mayor Dave Kogan, Councillor Terry Rhindress and below, in the back row, Ian Naylor- Chief of Police.



## MELVILLE HEIGHTS

On December 12, 2017, residents of Melville Heights in Halifax, NS performed "Twas the Night Before Christmas" in Melville Heights' ballroom.

# 'T WAS THE NIGHT BEFORE



# GARDEN PARTY

## MELVILLE GARDENS

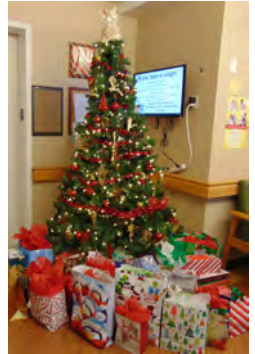
Melville Gardens in Halifax, NS had two wonderful Christmas parties with games, a photo booth, Santa visits, entertainment and lots of food.

The staff also did up stockings for each of our residents! They received the stockings on Christmas Eve and we did a gift opening on Christmas morning.



"CHRISTMAS COMES BUT ONCE A YEAR"

They received many donations for the stockings from families, **Lawtons** and **Cox & Palmer Lawyer and Legal Services**.



# 'TIS THE SEASON

## THE MIRA

Truro, Nova Scotia



## ADMIRAL

Admiral in Dartmouth, NS celebrated with live entertainment by **Mort Lohnes**, a musician well known to GEM Health Care Group.

Staff and residents also had a visit from Santa Claus and Mrs. Claus!



# A CHRISTMAS MESSAGE FROM DOWNSVIEW

IN TORONTO, ONTARIO

For the past 6 years, we have been hosting our annual Resident Christmas Gala Dinners for our Residents and their Families. All management and front line staff all volunteer for four nights to show our Residents how much we care especially during the holiday season.

This is the one time a year we can all come together for great food, music and most of all company. The Recreation and Dietary team organize not only a delicious menu but fantastic live entertainment. This year we were lucky to have introduced a photo booth as a complimentary gift for the residents, family and staff.

Although it is a long four nights, it is definitely worth seeing the smile and gratitude from not only the residents but their loved ones as well. We are looking forward to doing it all again next year!!! Happy Holidays from your friends at Downsview Long Term Care Centre!



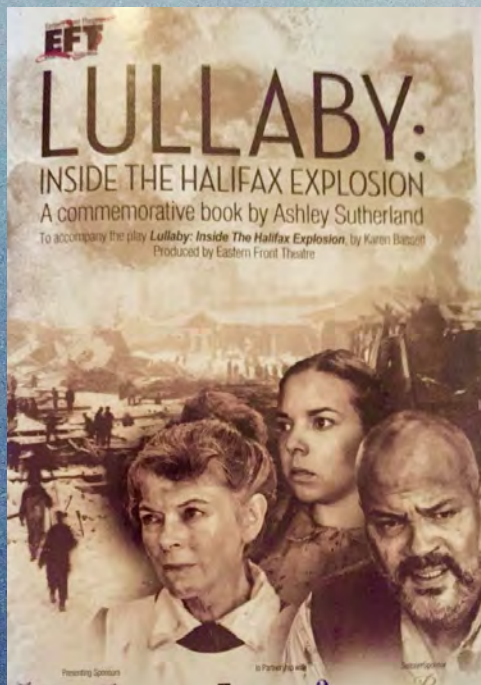
# A VERY CENTENNIAL CHRISTMAS



CENTENNIAL VILLA, AMHERST, NS



# REMEMBERING THE HALIFAX EXPLOSION



## THE HISTORY

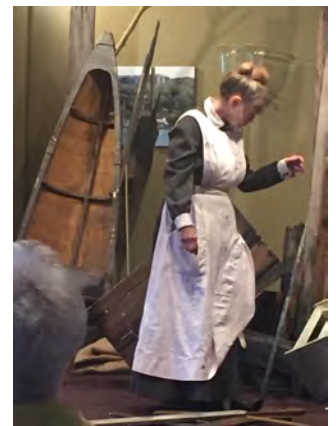
In December, 1917, two ships, the **Mont Blanc** and the **Imo**, collided in the Halifax Harbour, resulting in the largest man-made explosion of its time.

This past December marked the 100th anniversary of this devastating event.

Melville Heights was pleased to present "Lullaby: Inside the Halifax Explosion" on November 14th, 2017, performed by actors from Eastern Front Theatre & Neptune School.



90 PEOPLE  
ATTENDED THE  
PRODUCTION



# MELVILLE LODGE WELCOMES SPECIAL GUESTS

On December 14, 2017, staff and residents of Melville Lodge in Halifax, NS welcomed some very special guests into the facility. In partnership with **Home Instead Senior Care**, Melville Lodge provided gifts to deserving residents.

The day began with a few words from Halifax mayor, **Mike Savage**, who entertained the crowd with his sense of humor and kind words.

Next, The Deputy Chief of Police, **Robin McNeil**, took to

the floor to share his thoughts on Christmas and the spirit of giving .



Mayor Savage, and Deputy Chief McNeil were joined by members of the Halifax Regional Police Force to give out gifts to the chosen residents. Also getting into the spirit of giving was CTV Morning Live's **Cyril Lunney**, who spoke to Melville Lodge's Recreation Director, **Lauren Delalis** about the event and helped hand out the gifts.



## SPECIAL GUESTS

Gift Recipients:

**Dorothy Wilson**

**Rita Leblance**

**Molly Perry**

**Peggy Bursey**

**George Martin**

**David Kiley**

**Evelyn Sakins**

Community

Leaders:

**Mayor Mike Savage**

**Deputy Chief of  
Police Robin  
McNeil**

**HRP constables**

Our Partners:

**Home Instead  
Senior Care**

**CTV Morning Live**

GEM COO:

**Mrs. Gloria  
Hussain**

"FOR IT IS IN  
GIVING THAT  
WE RECEIVE"

There were a lot of smiling faces as the guests mingled with the residents.

**Jeanie Burke**, President of Home Instead Senior Care, and **Natalie Smith**, Marketing & Communications Coordinator, were also in attendance, as were staff members from Melville Lodge, including Administrator **Shelley Noonan**, and GEM Health Care Group COO **Gloria Hussain**.



# SEASON OF GIVING



# FUN WITH FRIENDS

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In Halifax, NS, Melville Heights are keeping up with current trends by learning to pose for SELFIES!!

At their annual Christmas Tree Decorating which was held on November 28th, 2017 in the Ballroom & Lobby, volunteers and around 30 residents helped to decorate 3 trees in 2 hours - one was 12 feet!!



# WOULD YOU LIKE TO BUILD A SNOWMAN?

**Ann Wood**, resident at Melville Lodge in Halifax, NS, is originally from England.

Recreation Director, **Lauren Delalis**, knew that Ann was sad due to the passing of her brother, Derek Spencer, and decided to take her out in the snow to cheer her up!

Ann took off her gloves and traced a 'D' in the snowman and sat for a minute thinking about him. As she rested her hand on the snowman, she shed a tear and told Lauren she had never made a snowman before and enjoyed it very much.



It's never too late to try something new!



# HERE COMES THE JUDGE!

Staff at GEM's Home Office in Halifax, NS participated in a window decorating contest on December 20. Everyone was given a few weeks to come up with a theme and decorate their office windows any way they wanted to.

On December 20, **Shelley Noonan**, Administrator at Melville Lodge and Judge Extraordinaire, came in to judge the windows and chose the winners, appropriately attired in a Santa hat, Christmas sweater and Christmas elf boots with bells on!



Left photo: from left to right, 3rd place **Manali Dutta**, 1st place **Pam Wilkie**, Judge **Shelley Noonan**, and 2nd places **Samantha Smith** and **Bijan Majumder**.

Right photo: Home Office staff from left to right, Jim Balcom, Bijan Majumder, Manali Dutta, Becky Sanford, Judge Shelley Noonan, Lorna Moore, Pam Wilkie, Dev Nath, Michelle Zhai, Nabila Sufyani and Samantha Smith.



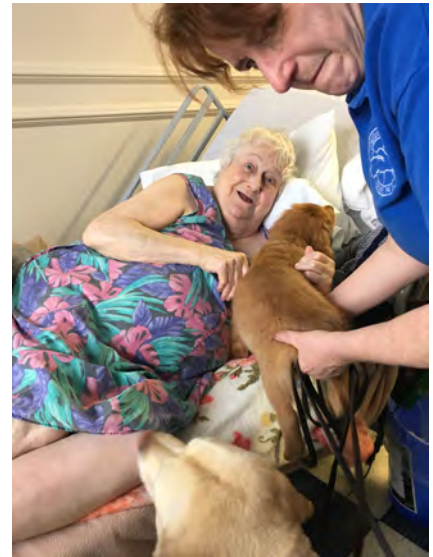
# FURRY FRIENDS

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THE MIRA, TRURO, NS

There are always smiling faces when our four-legged friends come visit at The Mira!

Golden Lab, Maple, and puppies, Ember and Fire, came from Cobequid Dog Club and always have the best time with our residents!



# ALIVE INSIDE



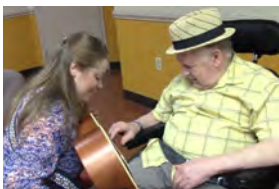
GEM Health Care Group is very pleased to announce the return of music therapy to Melville Lodge and Whitehills. GEM Health Care is thrilled to be partnering with **Heartsparks Music Therapy, The Mental Health Foundation of Nova Scotia**, and the **Nova Scotia Health Authority** Seniors Mental Health Team, to bring music therapy back to those facilities.

Music therapy is a purposeful activity in which therapists work with individuals or groups, using music and the memories, feelings, and the sensations it evokes. Music is a pathway to one's unconscious emotions and inner feelings. These feelings can be so strong, they're meaningful even if patients cannot remember who they are, or where they are. The residents can express themselves and recall the memories that music sparks and stimulates. *Music sparks the heart!* By listening to live music and being involved in live music-making experiences, a greater quality of life is possible. We believe that this program can empower those residents to emerge from the isolation imposed by Alzheimer's disease and dementia. It can be a very positive experience for residents, their families, and for the staff.

**"I feel that music touches our residents in a positive way; they are happier,"** says Shelley Noonan, Administrator at Melville Lodge. **"Watching people with Dementia singing and laughing and knowing all the words is enjoyable for me."**

Music therapists, **Brandon Mooney** and **Paige Morrissey** will start the new round of music therapy March 1st, 2018.

This program had great reviews in the past and we are looking forward to even better things in the future.



Pictured here is, left to right, **Anna Plaskett**, Owner of Heart Sparks Music Therapy; **Shelley Noonan**, Administrator at Melville Lodge; and **Paige Morrissey**, Music Therapist at Heart Sparks.

# IN THE COMMUNITY

The hockey team volunteered to serve Christmas Dinner at the Centennial Villa's Family Christmas Party.



GEM Health Care Group sponsored the Cumberland Peewee AA Ramblers this year.

The team took part in a hockey tournament this weekend of January 12-14 in New Brunswick and **won the title of champions!**

Two of the players are sons of employees of Centennial Villa in Amherst, NS.

Congratulations to the Cumberland Peewee AA Ramblers!

*Grandma Knows Best!*



"If you have a stain on your clothing, move around a lot; no one will be able to notice it!"



**GEM Health Care Educational Nursing Foundation**

Helping to Build a Better Future

Deadline to apply for one of GHCENF's bursaries is May 15, 2018!

For more information, or to apply, please visit [www.gemhealth.com/educational-foundation.html](http://www.gemhealth.com/educational-foundation.html)

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