

# GEM NEWSLETTER

FALL 2018



*gem*  
HEALTH CARE GROUP

# FALL ISSUE

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DOLL THERAPY

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FALL CARNIVAL

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HALLOWEEN

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IN LOVING MEMORY





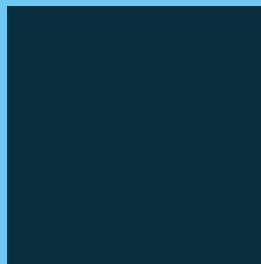
**Nabila Sufyani, Accounts Payable Clerk at GEM, is having a baby boy!**

This November everyone at head office celebrated the exciting news with a baby shower. It was a great time with good food, lots of laughs and of course cake!

We can't wait to meet the newest member of the GEM family!



**Nabila with Becky Sanford,  
Network Support Technician**



**Nabila with James Balcom,  
Director of Operations**

# Doll Therapy

This Fall, residents at Gables Lodge in Amherst, NS participated in doll therapy.

Doll Therapy is a useful tool that has benefits such as decreasing stress and agitation, as well as creating warm, nurturing feelings of once again caring for a young child.

A doll or teddy bear that is introduced by allowing the resident to take responsibility rather than giving them the doll to play with, can bring structure to their lives.



# What's New?

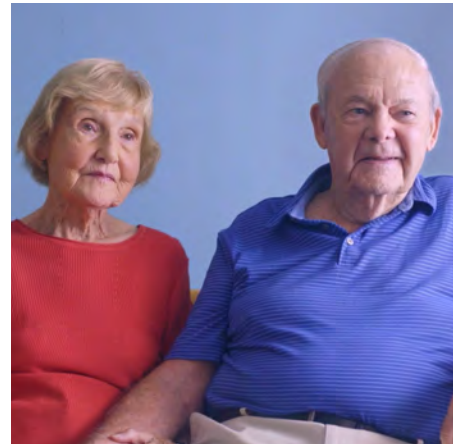
## Exciting new projects are on the horizon at GEM!

Over the upcoming months, GEM is rolling out new commercials AND a new website!

Three 30 second commercials are set to air on CTV starting on December 17, 2018. They will run across the Nova Scotia area and star our very own residents at Melville Heights in Halifax, NS.

The commercials and website highlight **GEM Retirement Living** and our three locations that offer retirement living: Melville Heights (Halifax, NS), Centennial Villa (Amherst, NS), and Yarmouth Heights (Yarmouth, NS).

If you're not located in Nova Scotia, don't worry! You can watch the extended interviews on our website at [gemretirementliving.com](http://gemretirementliving.com).



# Joggin's Fossil Center



(left to right) Bruce Hicks, Murray Rushton and LPN Ashley Theal



# Fall Fashion Show

Centennial Villa  
Amherst, Nova Scotia



◀ Audrey Fillmore and her escort Russell Brown

Julie Roach and her escort Austen Rose ▶



Margaurite Cameron and her escort Lennie Lowther ▶



# Fall Carnival



(left to right) Rene Raftus, Administration Assistant, Anne Downes and a volunteer

## Melville Gardens Halifax, Nova Scotia



(left to right) Bernadette Irons and Michelle Mason, Director of Recreation

Melville Gardens had their first ever carnival in September!

There were a ton of carnival games and treats! Residents enjoyed paying Penny Toss, Go Fish, Toilet Paper Toss, Punch a Hole, Ring Toss and more! There was Cotton Candy, Mozza Sticks, Funnel Cake, Nachos, and other carnival treats.

Residents were able to choose prizes from the prize station with tickets they earned from the games and Alyssa Lynch, the Music Therapist at Melville Gardens, played music all afternoon. It was a fun event!



▲ Norman Wilson



◀ Ann MacLean



## Heart of the Valley

Middleton, Nova Scotia

Heart of the Valley has created a calendar for 2019, titled **Blast from the Past**. It features fabulous photos of their residents dressed up!

All of the proceeds will go to the recreation department. Residents had a ton of fun with this project and were thrilled with the end results!

Take a look!



# Halloween



The Management Team

## Halloween at Centennial Villa!



(left to right) Ruth Smith, Estelle Larson, Austen Rose and Julie Roach



(left to right) Eleanor Prentice, Evelyn Brown, Blanche Andrews and Gloria Dickinson



## Heart of the Valley

The residents at Heart of the Valley had their annual Halloween party and fashion show!

The center photo seen below is of a resident and his family, who all dressed up for the fashion show. The other photos are of residents having a great time at the Halloween party!

The event has been a big hit for the last four years and the residents really look forward to dressing up.





◀ Elmer & Gerry carving pumpkins

Lynn & Jim posing with Jim's carved pumpkin ▶



The Management Team

## The Mira Halloween Festivities!

Festivities began with pumpkin carving the day before Halloween. Residents at The Mira were busy carving 15 pumpkins!

On Halloween Day they had an afternoon party filled with Halloween bingo, candy toss, and a creepy crawly mystery box. All followed by some spooky snacks!

In the evening they welcomed about ten children for trick or treating!



Flossy the angel



◀ Basil & Gladys, the silly couple

Artie displaying his work of art ▼

## Halloween at Gables Lodge!



# Fall at Downsview

## Goodbye Summer, Hello Fall!!

Autumn is one of our favourite seasons here at Downsview! And really....what's not to love? The leaves are changing; the warm sweaters and blankets are coming out of the closets and let's not forget the aroma of the recreation team baking away... yummmm!!

Every September, one of our greatest traditions is tomato canning with our residents. Not only do we prepare, pack and seal them, but we sell our proud homemade canned tomatoes at our annual Christmas Bazaar!

In October, the recreation team creates an elaborate walk-in haunted house for all of our residents, staff and families. An ordinary rec room gets turned into an eerie spooky maze that seems to go on for miles!!! The residents and let's not forget the staff have an absolute great time...once they stop screaming that is!



# Downsview

North York, Ontario

**WindReach Farm**  
A Centre for Inclusion and Personal Achievement  
For People of All Abilities



## Easy Brownie Recipe

1 1/4 cup Nutella  
1/2 cup all-purpose flour  
1 large egg  
Bake at 350 F for 25-30 mins

Yummmmmm!!!



# Remembrance Day



Two members from the **Royal Canadian Legion Amherst Branch 10**, Wayne Dupuis (left) and Dave Harrison (right), joined the Remembrance Day Service at Centennial Villa in Amherst, NS.

Residents enjoyed spending time talking with the two Legion members and posing for photos afterwards.



Seen from top left to bottom left: Veteran Bob Barnes, Veteran Pearl Triff, Veteran Gearld Dumelie, Veteran Emile Melanson, and Veteran Russell Brown is seen below.



*Lest We Forget*



# Farm Days



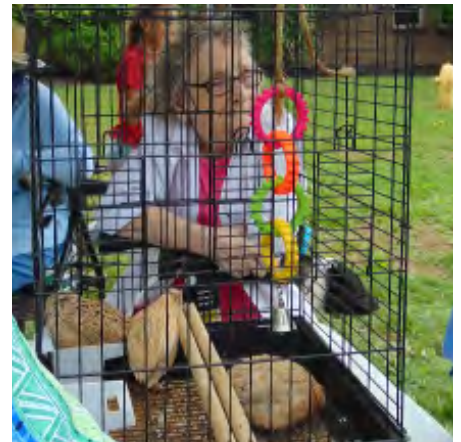
**Gables Lodge**  
Amherst, Nova Scotia



The residents at  
Gables Lodge joined  
in the Farm Day fun  
at Centennial Villa!



**Centennial Villa**  
Amherst, Nova Scotia



# Mock Evacuation

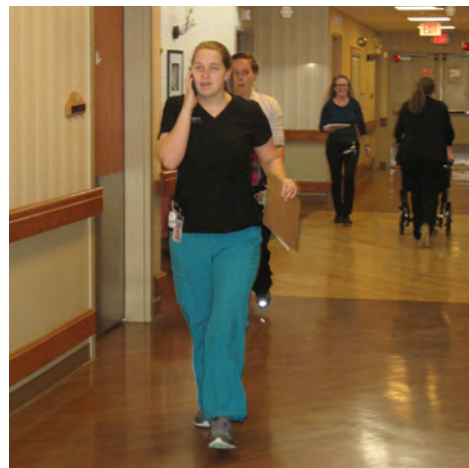
The Groves Park Lodge Mock Evacuation happens every three years. Our Clinical Supervisor, Cathy Tubby, coordinated the whole event and sets up all the emergency response teams.

The local **St Joseph's High School's Health Care Class** students come in and play the residents in the Mock Evacuation.

Our scenario is a night shift disaster. The staff play out the scenario as it would happen in real time and it is critiqued by the emergency services teams (fire, police, ambulance), so that we are continually growing and getting better!



**Groves Park Lodge**  
Renfrew, Ontario



**In Loving  
Memory of**

# **Cecile Adair**

11.22.1945- 11.10.2018



It is with much sadness that we inform you that Cecile Adair, former Administrator at Melville Gardens in Halifax, passed away in BC on the morning of November 10th 2018, after a short illness. Cecile worked for us for many many years first at Glades Lodge, then at Melville Gardens.

Cecile could be a little crusty and determined. But she had a heart of gold. She put in much effort to be there for her residents. To be their advocate. She put in the effort, worked hard, and gave of herself even with all of her physical challenges. Work just became too much for her, and she decided to retire. Cecile only retired about a year and a half ago in February 2017.

Those that knew Cecile may remember that she retired and moved out west to be with her daughter Steff and her grandson. She loved them both so much, and was so proud of them too! Her daughter the professor, and her grandson who had so many acting roles at such a young age.

Cecile will be remembered at the upcoming memorial service at Melville Gardens, that is held quarterly to remember those that have gone.

Thank you Cecile. We will remember you.



*Retirement Living that Feels Like Home*

**GEM Health Care Group**

[www.gemhealth.com](http://www.gemhealth.com)