

GEM HEALTH CARE GROUP NEWSLETTER

# SUMMER



# SUMMER ISSUE



Sunset at Yarmouth Heights in Yarmouth, NS Photo by Joy Sison

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Summer is the time to get outside and enjoy the weather. GEM Health Care Group staff at all facilities are always striving to make our residents' days as fulfilling as possible, and this summer is no different!

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# Champions visit their fans

**The Cumberland Pee wee AA hockey team** came to Centennial Villa to thank the clients for their sponsorship. The team won every tournament throughout the year and the last tournament the team and coaches won the title of Mainland Champions.

James Carr # 8 defense is the son of Jennifer Carr, our former DOC, and Ethan Rose #12 forward is the son of Jennifer Rose LPN. The team wanted to come and say thank you, shake hands and talk about their year.

The residents of Centennial Villa were very excited to see the kids, welcoming them with loud cheers and applause. Snacks and beverages were enjoyed as they chatted and had many laughs about how hockey has evolved.

Ron Hastings was quick to share a laugh with Sammi Maddison #2 about how Ron was a dangerous hockey player, as his first game on the ice, he scored on his own net. He stated " I don't think I ever played again, they wouldn't let me."

The kids enjoyed being able to visit and learn about the residents, they will definitely be back again to volunteer.

Thank you GEM Health Care Group for your support. Without this dedication, these kids may not have achieved their goal of Mainland Champions.



Bob Barnes with members of the team

# Apple Blossom Festival

The Annapolis Valley Apple Blossom Festival took place from May 23 to May 28 in Annapolis Valley, Nova Scotia.

Heart of the Valley, Middleton, NS



**H**EART OF THE VALLEY RECREATION DIRECTOR, TRACY FRAZIER TOOK THE RESIDENTS TO APPLE BLOSSOM TEA IN BERWICK ON MAY 24, 2018. Resident Shirley White, passed away just before the trip, so the group took an 8 x 10 picture of her

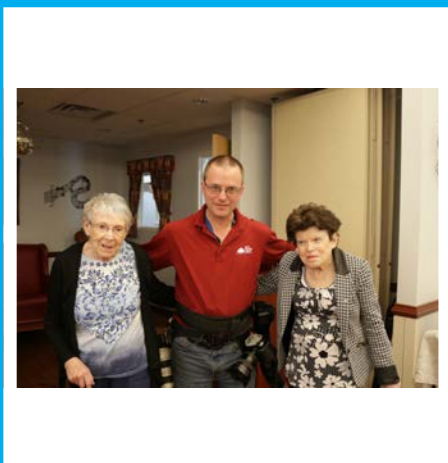
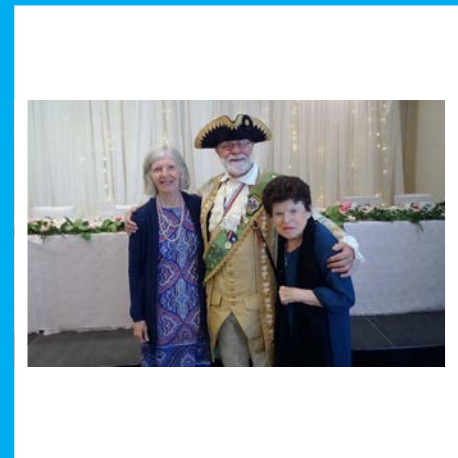
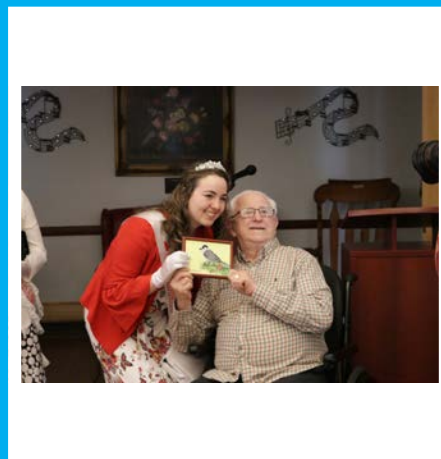
with them. The bus was provided by the Apple Blossom committee and the residents were thrilled!!!!!!



**T**HE APPLE BLOSSOM CORONATION AT ACADIA UNIVERSITY TOOK PLACE ON MAY 25. Two Heart of the Valley Residents - Rita Winger and Barbara Fretwell - were invited on stage to present flowers and sashes to The First and Second ladies in waiting. The two girls said it was a thrill and honor to be chosen to do this. Barbara said she had tears in her eyes when she was on stage. We would like to thank all the Candidates and Apple Blossom committee for laying out the red carpet for a great Apple Blossom week.



The girls would like to thank the Apple Blossom photographer, Justin, for all of his help getting them accessibility to Acadia Hall. Tracy said if it wasn't for him, she would have been piggy-backing all of them in. Thanks so much Justin!



# Groves Park gives back

## WALK AND ROLL-A-THON

At Groves Park Lodge Long Term Care Centre in Renfrew, Ontario, on May 30, 2018, 15 Grade 7 and 8 students and 2 teachers from **Renfrew Collegiate Institute** participated in a Walk and Roll-A-Thon fundraiser for the Dementia Society.

Students walked with and pushed residents to help with mobility issues so that all could participate!

A warm thank you to the students and teachers of Renfrew Collegiate Institute!

## PROM FASHION SHOW

In conjunction with Seniors' Month, Groves Park Lodge hosted a Prom Fashion Show inviting **Bonnechere Manor, Renfrew Victoria Hospital Activity Department, Bonnechere Manor Day Program** and **Quail Creek Retirement Home**





to come and enjoy the show. Once again they partnered with Renfrew Collegiate Institute and their graduating students that attended the prom the weekend before came in their finery and did a fashion show for the residents and answered the residents' questions on what it was like to go to Prom in 2018.

#RENFREW  
COLLEGIATE  
LEARNING



# Time to Grow!



*Melville Heights' Garden*





Jean Way

# Melville Gardens

Residents at Melville Gardens in Halifax, NS take part in a gardening program where the residents spend the afternoon planting flowers, fruit and veggies. They have two new beautiful raised gardening beds, and the residents take all responsibility for daily water and maintenance. When the fruit and veggies grow they are going to make meals and desserts for the residents to enjoy!



Georgette Larade & Gail Hughes



Leona Delvallet



Georgette Larade & Pearl Goodman

# Hatfield Farm

**Hatfield Farm** visited Melville Gardens on June 22!



**BABY DONKEY**  
Mother donkey kept a close eye on her baby donkey, who was only four days old!!

Administrator Tara Deveau and resident Ann MacLean

**SO MANY ANIMALS!**  
There were goats, donkeys and a zeeboo. Residents enjoyed feeding the animals with feed provided by the Farm.

Georgette Larade & Nicole Hauer, Recreation Programmer





Audrey Doy &  
Jessica Korn, NSM



Barry  
Fenerty

**WHAT IS A  
ZEEBOO?**  
A Zeeboo is a hybrid  
between a Cow and a  
Zebra.



Dianne  
Maxwell



Janet Martin



Virginia  
Drover

# Summer Fun

Residents at Gables Lodge in Amherst, NS enjoyed riding the adapted seniors' bike they were able to borrow for a few weeks from **Cumberland County**.



RESIDENTS  
LOVE  
GETTING OUT  
AND ENJOYING  
THE WEATHER



# Heart of the Valley in Middleton, NS

16 residents went on a bus trip to **Pearl's in Paradise**, an ice cream parlor. They also stopped into Recreation Director, Tracy's home and took a tour around **Bridgetown Regional Community School**. A great time had by all.



## DIY

RECREATION DIRECTOR, TRACY FRAZIER, PICKED THIS OLD BIKE UP AT A YARD SALE AND SPRAY PAINTED IT RED. THE RESIDENTS HELPED DECORATE IT AND PLACED IT IN ONE OF THE GARDEN AREAS. THEY FOUND A SECOND BIKE, WHICH THEY PAINTED BLUE, FOR THE OTHER END OF THE BUILDING.



Yarmouth Heights  
Residents ♥ Officers



## Yarmouth Heights

Yarmouth Heights in Yarmouth,  
NS elected their Resident  
Officers:

President : Mary Roberts

Vice President : Brenda Coolen

Secretary : Maud Robichaud

Treasurer : Alphonsine  
d'Entremont

Campaign Manager : Sherly  
Sherman

Peace Officer : Ernest  
Robichaud and  
Jeanette Ruth Gavel (Mother in  
law of Debbie Gavel  
of Heart of the Valley - Director  
of Care)

# Reaching One Hundred

## At Centennial Villa

THERE'S A BIRTHDAY SONG  
THAT HAS A LINE THAT GOES  
"I HOPE YOU LIVE TO BE 100",  
BUT FOR MOST PEOPLE,  
THAT'S A PRETTY AMBITIOUS  
GOAL. HOWEVER, MANY RES-  
IDENTS AT GEM HEALTH CARE  
GROUP'S FACILITIES HAVE  
REACHED 100 YEARS OF AGE  
OR OLDER!

PICTURED BELOW ARE (L TO R)

Eva Reid- 100 years old,

Molly Allen- 101 years old

Minnie Dawson- 101 years old

Daphne Cullen- 100 years old



AT CENTENNIAL VILLA IN  
AMHERST, NOVA SCOTIA FIVE  
RESIDENTS ARE 100 YEARS OR  
OLDER.

Below is another resident who recently celebrated her 100th birthday at Centennial Villa - Helen Ripley. Sadly, Mrs. Ripley passed away shortly after reaching this milestone. Helen was known for her love of music, her smile and wonderful sense of humor. She didn't hesitate to let everyone know that she was 100 years old. She will be missed by all that knew her.



## Groves Park Lodge

At their Volunteer Appreciation luncheon, Groves Park Lodge in Renfrew, Ontario thanked volunteers for their support over the past year.

Pictured above is the recipient of the Community Volunteer Award, Bob Garneau, along with his family.

Pictured below is Terry Smith, accepting the Resident Volunteer Award on behalf of Dolly Dagenais, who passed away before the luncheon.

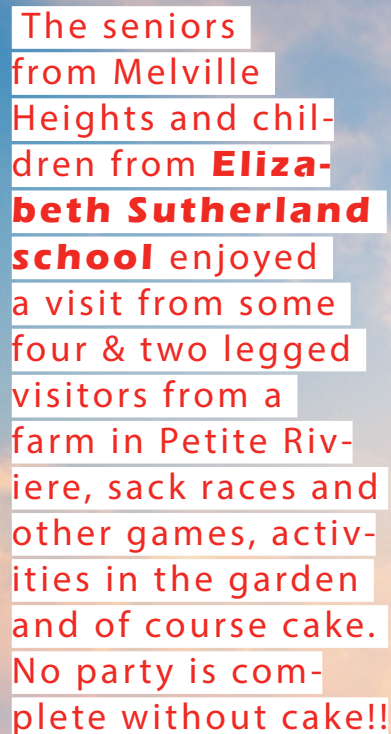


# school farm

# day



On June 7th, 2018, residents of Melville Heights Retirement Residence in Halifax, Nova Scotia spent the day at the **Urban Farm** in Spryfield. They were delighted to be a part of such a great community project.



The seniors from Melville Heights and children from **Elizabeth Sutherland school** enjoyed a visit from some four & two legged visitors from a farm in Petite Riviere, sack races and other games, activities in the garden and of course cake. No party is complete without cake!!



HRM **Councillor Steve Adams** & MLA Halifax Atlantic **Brendan Maguire** joined in on the fun as well.



Mrs. Lois Laprise



Councillor Steve Adams



MLA Brendan Maguire / Halifax Atlantic



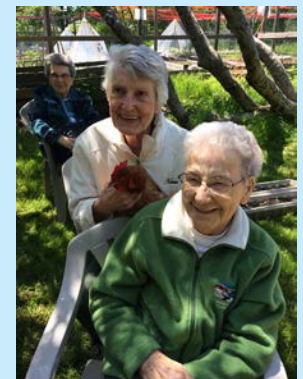
Mrs. Marie Skerry



Mrs. Gloria Sullivan



Mrs. Eva Mae Gray & Great Nephew Cai



Mrs. Emily Ivey

# just the two of you



Clifford & Eileen Marriott

74 years. That is how long Clifford and Eileen Marriott have been married, and they are still going strong. The couple live together at Melville Lodge in Halifax, Nova Scotia, and have lived a busy and successful life together.

Clifford worked in the Halifax shipyard for 40 years supporting his family, while Eileen stayed home with their 14 children. Yes, you read that correctly. 14 children.

In 2014, they moved into Melville Lodge and receive daily visits from their very supportive family, which includes 85 grandchildren, great grandchildren and great great grandchildren. Eileen is very happy to be able to stay with her husband in their community after 74 years of marriage.

We are privileged to have this wonderful couple at Melville Lodge, and we advocate for couples to be able to move into long term care together



HAPPY  
74TH  
ANNIVERSARY  
CLIFFORD AND  
EILEEN!

Eileen is now 91 years of age and Clifford is 96. What is the secret to keeping their marriage alive? "When you have 14 children, there's no time to get into arguments," says Eileen.



Resident Andrea Walsh and her mom, Patricia Walsh

### ADMIRAL OPEN HOUSE

On July 18, 2018, Admiral Long Term Care Centre in Dartmouth, Nova Scotia, held an Open House for residents, family and friends.

41 residents

22 family

8 community members/  
persons

3 volunteers; and the management team attended.



### HAPPY FEET

The Mira was the proud recipient of 68 NEW PAIRS OF SHOES for their residents!

A huge thank you is extended to **Happy Feet Fit It Forward**....and more specifically, Eugene Murphy who partnered with **Aerobics First** to donate shoes to those in need!

THANK YOU!



From L to R: The Mira Administrator, Pat Falconer; Amy Decoste; and Marisol Aggabao.

# Downsview does summer!

Residents and staff at Downsview Long Term Care Centre in North York, Ontario, enjoyed many activities during the summer months.



On July 11th, we had a FUN evening with our annual Bon Fire Night at Downsview Long Term Care Centre!

The Residents and Staff had a great time roasting hotdogs and making s'mores. Summer is way too short to not spend some fun time outdoors!!





June 2018 marked the 34th annual Seniors' Month.

Throughout the summer months, municipalities and community organizations are encouraged to hold Seniors' Month events including award ceremonies, recognition events, socials and seniors' information and active living fairs. Downsview Long Term Care Centre invited their community partners in celebration of seniors month with a Young at Heart Carnival. Everyone had a great time filled with tasty treats, live entertainment!!! The carnival ended with a Watermelon Eating contest and their infamous **WATERBALLOON FIGHT!!** So much fun!!

*Growing OLD is inevitable...  
Growing UP is optional! 😊*





# CANADA DAY AT YARMOUTH HEIGHTS

Residents at Yarmouth Heights in Yarmouth, NS, sported their red and white colours in honour of Canada Day. They took advantage of the lovely weather to sit outside and enjoy delicious food and a Canada Day cake!



Ernest, Sherlie and Alphonsine with Ruth Gavel and Client Assistant, Kristy Trefry.



Cooks, Keenan Woo and Elizabeth Gaudet



Brenda & Clark Coolen



Mrs. Iva Burris, Mrs. Sherlie Robichaud and Mrs. Alphonsine d'Entremont



Mrs. Alphonsine d'Entremont



Mr. Ernest Robichaud

# Grandma Knows Best!



"Do not get married: Men are too much of a hassle. However, if you choose to, the right one will probably drive you crazy...but will be worth it."

Sweet  
Ride  
Barb!



Heart of the Valley resident Barb Fretwell driving through the Tim Horton's Drive Thru in Middleton, Nova Scotia!



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