

Keeping Connected

Saint Vincent's Nursing Home Resident Newsletter

September 2020 Vol 1 Issue 5

Autumn is here and summer is officially over! But that won't stop us from remembering all of our summer fun! Especially those summer days in August! We took full advantage of the "dog days of summer," and were out in our garden as often as possible. We were frequently treated to live music by our summer student, Harrison. We also shucked corn in the garden and enjoyed a delicious corn and hamburger lunch. When not in the garden, we used our art skills to make butterfly crafts and lighthouse paintings! We also continued to keep up with our teams in the NHL! Now we are looking forward to fall and all that season brings!



Good-bye summer, hello fall!



Music with Harrison in the garden!

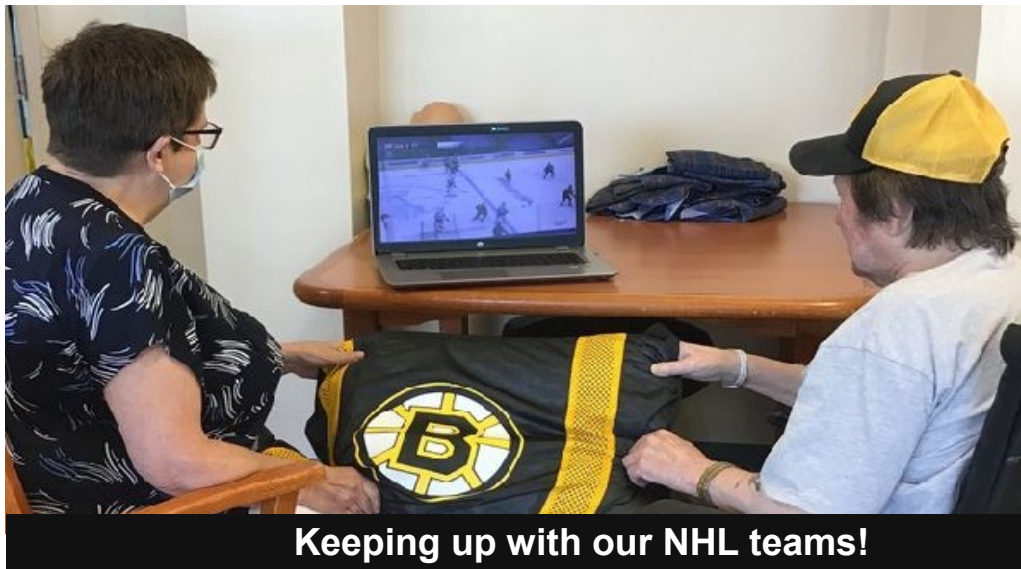
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August Highlights!



Enjoying the “food” of our labour: Corn shucking followed by a corn lunch!



Keeping up with our NHL teams!



Loving the Garden!

September Birthdays!

Happy Birthday:

Sept 8: Katie (5) & Carolyn (6)

Sept 10: Ron (5)

Sept 12: Raymond (4)

Sept 17: Ralph (2)

Sept 21: Rita (4)

Sept 23: Patricia (5)

Sept 26: Julie (4)

Sept 29: Grace (2)



September Birthstone: Sapphire

Other Significant Dates:

Sept 7: Labor Day

Sept 11: Patriot Day (USA)

Sept 13: Grandparents Day

Sept 18: Rosh Hashanah

Sept 21: International Day of Peace

Sept 27: Yom Kippur

Sept 29: World Coffee Day

Resident of the Month: Katie (5th Floor)!



Katie's advice to us was "be straight-do things right!" She has certainly lived by that advice!

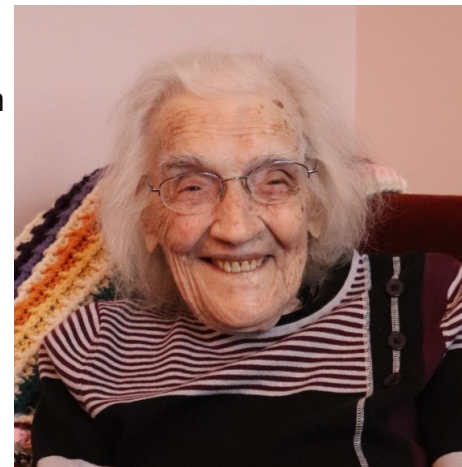
Born on September 8, 1920, Katie turned 100 years old! Katie says she had a "good life" growing up in Dominion, Cape Breton. "My mother was good to me. There wasn't much to it." Katie spent a lot of time with her father and developed a similar love for licorice and chocolate. Katie did very well in school, "I graduated and won a prize!" After high

school, Katie took an accounting course. She worked at various places, her first job was at L.H Cann Company Ltd. in Louisbourg, then at Acadia University, and the Cape Breton Hospital. Katie met her future husband, Howard while working at her first job. They married in 1947 and had two sons. Katie has 5 grandchildren and 1 great granddaughter!

Katie enjoys being busy and social. She also loves dancing, curling, swimming and cards. She used to play cards every week, especially 45s and cribbage. Katie travelled to the New England states to visit her sisters. Katie was also part of a bowling team. She recalls that "sometimes I did good, sometimes I did bad!" Katie also kept busy with her flower garden and had a dog at home, dogs are her favourite animal. She eventually moved to Halifax after her husband passed away. The move allowed Katie to be closer to her son and grandchildren. After moving to Bedford, she met a group of lovely ladies that she would go on trips with and who were involved in many senior social groups. Katie's active social life with the girls kept her son very busy trying to track her down. Katie also learned to use the computer at the age of 75 to be able to play games and keep in touch with family and friends.

Now that she is here at Saint Vincent's Katie enjoys listening to her TV and reading the newspaper in her favourite chair.

Hope you had a very happy 100th birthday Katie!!





Welcome Taylor!

Taylor joined us this September as a Recreation Therapy Intern! She is in her last year of studies at Dalhousie. She will be with us for 4 months (until the end of December) studying Recreation Therapy under Marisa! Once done her internship, Taylor plans on writing her National Council for Recreation Therapy Certification Exam! She'll then be a Certified Recreation Therapy Specialist (CTRS)!

Taylor says, "Hello! I am beyond grateful for the opportunity to complete my internship here at Saint Vincent's! While I am here I am going to be learning and growing my therapeutic recreation skills! I enjoy drinking tea and coffee, spending time outside and doing puzzles. If you ever see me around, please don't be shy, and say hello as I love to chat!"

Thanks for joining us Taylor!



Congratulations Georgina!

On September 26th, 2020, Georgina Gallant became a Great-Nana for the second time to a beautiful baby boy, Rylan Michael McLeod! Rylan is the son of Shannon and Brandon McLeod (Georgina's granddaughter), sister to Aislinn (Georgina's Great Granddaughter), grandson of Denise and David Carrigan (Georgina's daughter), and nephew to Ian Carrigan (Georgina's grandson). Rylan is settling wonderfully into life at home, and is loved deeply by his family. Rylan and Aislinn wish to send their Great-Nana love from Ontario, and look forward to lots of FaceTime calls and visits in the future!





Winter Fair

Our annual Fair is going virtual this year! We'll be launching a Crafty Cronies store, hosting an online silent auction, online scavenger hunt and featuring Resident and staff recipes!

We're in need of **items or talents for our silent auction**. We are also looking for **vendors interested in selling product** on our soon-to-be launched virtual store! If you have any items to donate for the silent auction / if you or anyone you know make or sell any product, please contact us.

We'd would also love **your favourite fall / winter / holiday** recipes.

All proceeds made from the Fair will go to purchasing resources to help Residents maintain quality of life and wellness throughout a potential pandemic winter.

Please contact Lindsay in Recreation: loliver@svnh.ca or come say "hi" to us at the Rec Office!

We would like to hear from you!

Please send us any feedback, news, or submission ideas for next month's issue!

Contact Recreation at:

loliver@svnh.ca

Phone: ext. 119

Or let your Recreation staff member know!

2nd & 4th: Marisa

3rd: Lindsay

5th: Ashlyn

6th: Victoria

