

Keeping Connected

Saint Vincent's Nursing Home Resident Newsletter

May 2020 Vol 1 Issue 1

Welcome Spring!

The sun is brighter and warmer, the birds are singing, flowers are blooming, but we're not out of the woods yet! We still have to be cautious and keep one another safe. Even though we may be distant, we do not need to be isolated! Over the past weeks we have used creative ways to stay in touch! **This new monthly newsletter will be another way to stay connected!** Every month it will feature resident birthdays, resident and staff news & updates, photos from around the building and much more! It'll keep us up to date and connected with one another and what's happening around our Saint Vincent's community!



Spring Bonnets on 5th Floor!

In This Issue

- Looking Back on April
- May Birthdays!
- Resident of the Month!
- Welcome Baby Brody!
- Contest: Name Our Newsletter !

April Highlights!

April was quite the month! We navigated some challenging Covid-19 precautions, and said good-bye to many lost in our province. Yet, we also had much to celebrate! Whether it was adjusting to new social and physical distancing, having a happy Easter, sending well wishes and thanks to our volunteers, making spring bonnets and having ice cream, letting others know they are in our thoughts and prayers, or just having a good time, in April, Saint Vincent's showed that we know how to look after one another while still sharing lots of smiles, laughter and fun!



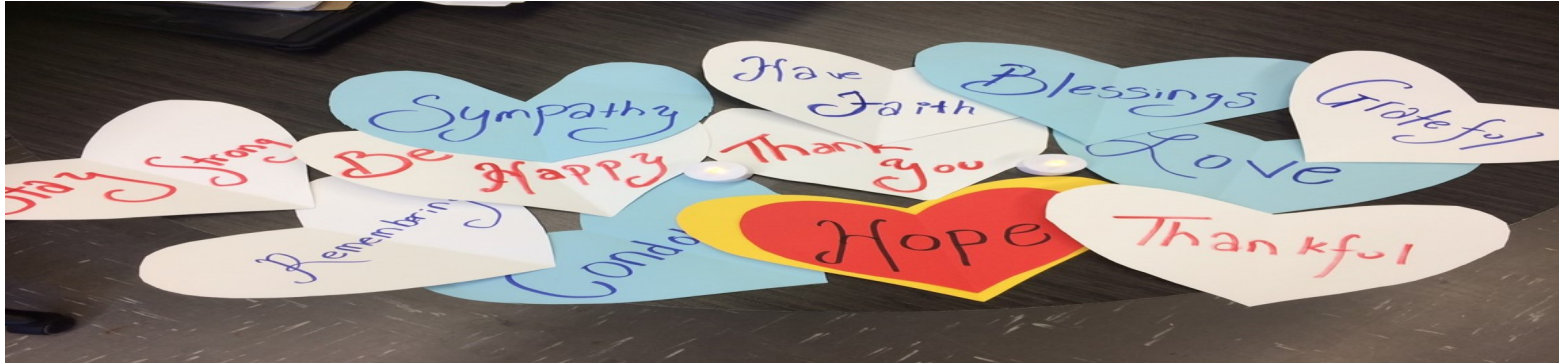
Flexing our Muscles Against Covid-19!



Sending "Thanks" to our dearly missed volunteers for International Volunteer Week!



Celebrating Easter and sending Happy Easter Messages to all our Loved Ones!



Residents and staff made "Hearts for Nova Scotia." Our building windows became messengers of hope, heartfelt condolences and well wishes to our community!



Residents and staff teamed up to make paper plate spring bonnets! After showing off our hats, we celebrated with a ice cream social! Welcome Spring!

May Birthdays!

Happy Birthday:

- May 4: John (5)
- May 5: Betty (5)
- May 8: Tom (2)
- May 12: Sheila (5)
- May 15: Jenny (2)
- May 16: Judy (6)
- May 18: Kay (2)
- May 19: Peggy (100 years old! 4)
- May 22: Cecil (4)
- May 23: Lajune (6)
- May 31: Betty (6)



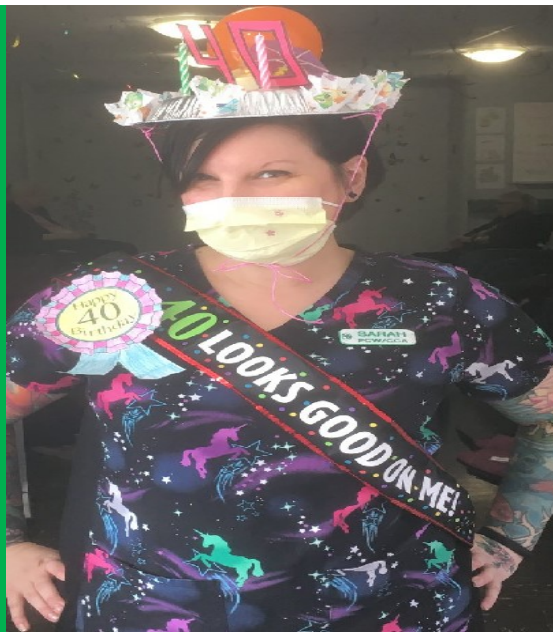
May Birthstone: Emerald

Symbolizes the renewal of life in Spring

Other Significant Dates:

May 10: Mother's Day

May 18: Victoria Day



Happy Birthday to all residents and staff born in May!

Resident of the Month: Peggy (4th Floor)

Margaret Shaw, "Peggy," was born in Timmins, Ontario, 1920! She's a lifelong lover of Scottish music and dance, and was trained in choir singing. In 1943 she married Eric Ormston, a man who gave her such love that the memory of it is her greatest joy. Eric's and Peggy's Moms were close. One day, her Mom told her that Mrs. Ormston was sick, so Peggy went over to help cook for the family. Eric returned home from work one night, and Peggy served him supper. They talked until 10pm, then went to the movies! They didn't get home until 2am, and that was their first date! One night after a dance, Eric walked Peggy home and asked her to marry him! Peggy always said that she won Eric over with her butter tarts. Sadly, Eric passed away at age 39. Peggy rose to the astounding challenge of raising five children alone. She pulled it off! And she still talks with Eric every day.

In the 1960s she became a computer operator, attending several training sessions as the only woman!

Peggy retired at age 60 and moved to Halifax. She travelled across Canada many times, and dashed to Mexico, Hawaii and Scotland. She learned how to make beautiful painted Easter eggs, which still decorate her family's homes. She was a tough and keen Scrabble player, then picked up Cribbage. The arrival at the age of 100 is so typical of her history of overachievement that she just keeps on surprising!

Peggy's life advice? "Just do whatever you want to do." Go girl, go!





Brody Don Daniel Parker

Welcome Brody!

A Message from Amy, Recreation

It's a BOY! Brody Don Daniel Parker was born March 27th at 8:20pm, weighing in at 9lbs 4ounces. Jackson loves his new baby brother and often asks to hold him. Brody falls fast asleep to the sound of the vacuum and running bath water, and has a very thick dark head of hair. Mom is doing well and could not be happier for the newest addition to our family! I miss everyone at Saint Vincent's and I can't wait to come visit everyone and show off our sweet boy!



Queen Victoria on her Wedding Day

Victoria Day Trivia!

- Celebrates the birth of Queen Victoria, the first Queen of Canada!
- In the 1900s, Victoria Day was called Empire Day, then Commonwealth Day before it became Victoria Day
- Canada used to celebrate on May 24, Queen Victoria's real birthday. It changed to the first Monday before May 24 in 1952
- Victoria Day is celebrated in Canada and Scotland, but not in England
- Queen Victoria was born in 1819. She took the throne in 1837 & ruled until 1901
- Given her status as Queen, Victoria proposed to her husband, Prince Albert- he could not propose to her
- She and Prince Albert married in 1840 & they had 9 children
- Queen Victoria started the tradition of a bride wearing white. Before, brides wore their best dress, regardless of colour

Some Good News:



Captain Thomas Moore

April 30 was the 100th birthday of Captain Thomas Moore—a WWII veteran who raised millions of dollars for healthcare workers fighting Covid-19.

Moore started walking around the his back garden with a goal of raising £1,000 before his 100th birthday. By his birthday, he had raised £32 million (\$40 million)!

In recognition of his achievement, Captain Moore was promoted to honorary colonel, had Royal Airforce planes fly by his home, and received more than 125,000 birthday cards, including one hand-written from Her Majesty Queen Elizabeth, Prince William and Duchess Kate!



CONTEST!

Our monthly resident newsletter needs a name! If you have a winning name, please submit your idea by Tuesday June 2!

Contact Recreation at:

loliver@svnh.ca

Phone: ext. 119

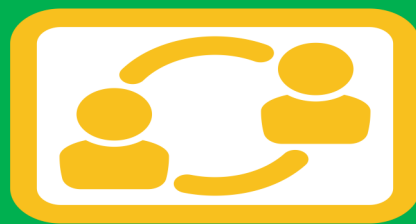
Or let your Recreation staff member know!

2nd & 4th: Marisa

3rd: Lindsay

5th: Ashlyn

6th: Victoria



SUBMISSIONS:

We're also accepting submission ideas, staff and resident news & updates etc! To include any updates or article ideas in next month's issue, please contact recreation by **Friday May 29!**