



THE LATEST BUZZ

THANK YOU YORK CARE CENTRE VOLUNTEERS!



On April 23rd, York Care Centre's Friendship Centre was transformed into a tropical beach paradise as staff and residents gathered to celebrate the Centre's dedicated volunteers during their annual Volunteer Appreciation Event.

With a fitting "Making Waves" theme, the event highlighted the profound impact every volunteer has—whether through small gestures or decades of service. From first-year volunteers to those marking an incredible 66 years of giving back, each contribution was recognized as part of a growing wave of positive change within the community.

Adding a local touch to the celebration, volunteers were gifted coffee from Saltwinds Coffee Company to keep the ocean vibes—and the gratitude—flowing.

York Care Centre expressed heartfelt thanks to all volunteers for their time, energy, and unwavering commitment to enriching the lives of residents every day.

More photos on page 12

MAY 2025

Monthly Winners

HR Draw

ANGELA LYONS

\$25 Scott's Nursery Gift Card

FOR MAY DRAW

\$25 Cineplex Gift Card

Staff Pay2Play Lottery
Winners

TERRY GRANT

April 3

KATLYN FITZGERALD

APRIL 17



BIRTH ANNOUNCEMENT



Congratulations to Courtney Coffey who welcomed baby boy Hazen to their family on April 11th!



WELCOME TO CANADA!

We are pleased to welcome Gia Faith Caballero, Mary Joy Taingson, Grace Sermonet and Princess Viernes and family to Canada and the York Care Centre family!

Gia Faith, Mary Hoy, Grace and Princess are Internationally Educated Nurse candidates who arrived from the 2024 Recruitment Mission in the Philippines.



WELCOME TO THE YORK CARE CENTRE FAMILY!

Join us in welcoming the newest members of the York Care Centre (YCC) family! These talented individuals bring valuable experience and expertise, and we are thrilled to have them on board.



(left to right) Gia Faith Caballero (RA), Mary Joy Taingson (RA), Grace Sermonet (RA).



(left to right) Sonia Ormonde (DA), Burmun Damisa (EA), Princess Viernes (RA), Heather MacCara (DA).

YORK CARE CENTRE COOKBOOK: CALL FOR RECIPES



The York Care Centre Cookbook is back! We're collecting recipes and favorite Christmas memories, stories, or traditions from residents, families, volunteers, staff, and friends of York Care Centre. Share your festive favorites by emailing communications@yorkcarecentre.ca or scan the QR code to submit your entry.

RESIDENT OF THE MONTH



Suzette
F a c i n i

Born in Fredericton at the old Victoria Public Hospital, Suzette is proud to call the city home. The middle child in her family, she grew up with two brothers and is a proud aunt to three nephews.

Throughout her life, Suzette held a variety of roles, including working in food service and housekeeping at the hospital. She also worked at Woolco, where she could be found on cash or assisting customers in the ladieswear department. It was during her time at the hospital that she met her partner of 19 years!

A creative spirit, Suzette enjoys crafting—especially ceramics—and is a regular at Bingo. She also loves games that test her musical knowledge. A champion of Name That Tune, Suzette shines when it comes to 1980s country and pop lyrics. Her all-time favourite song is Don't Close Your Eyes by Keith Whitley, with Kylie Minogue's Locomotion as a close second.

When asked what she enjoys most about York Care Centre, Suzette didn't hesitate to say: all the people and the wonderful staff.

Suzette's advice for future generations:
"Get an education - finish school."



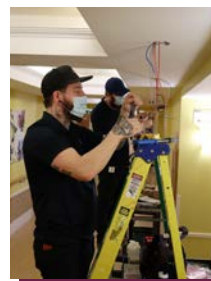
Care Services Week May 12 - 18, 2025



NURSE CALL REPLACEMENT PROJECT UPDATE

We're happy to share that the Nurse Call Bell Replacement Project is nearing completion!

Thank you to all staff, residents, and families for your patience during this important work. A big thank you as well to the incredible teams from DC Electrical and QSA for their expertise and professionalism throughout the project.



GOLF FORE CARE



Registration is now open with only a handful of spots left for team registration! Join us on Thursday, June 5, 2025, at West Hills Golf Course for York Care Foundation's 14th annual Golf Fore Care charity golf tournament!

Contact communications@yorkcarecentre.ca to get a team registration form.

WORLD CAFÉ

Earlier this month, we had the pleasure of hosting a World Café event, welcoming staff, as well as friends and family members of our residents, to share their ideas and perspectives. The focus of the event was to gather valuable input as we shape York Care Centre's 2025–2030 Strategic Plan.

We are incredibly grateful to everyone who took the time to attend and participate in the discussions. Your feedback was thoughtful, honest, and inspiring. It is clear that our community cares deeply about the future of York Care Centre, and your input will play a key role in ensuring our future direction reflects what is truly important to all of us.



INTERGENERATIONAL PROGRAMMING

April was filled with intergenerational activities as we welcomed young visitors to York Care Centre! A big thank you to the Grade 3/4 and Grade 5 classes from Royal Road School, who joined our residents for lively games of Bingo, and to the Preschool Centre children, who sang songs and created beautiful bookmarks with residents.



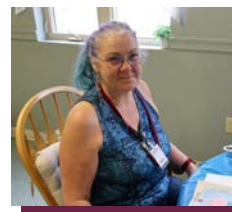
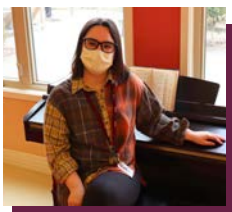
YORK CARE FOUNDATION'S MEMORY CARE CAMPAIGN

If you've noticed the fresh new paint colours in Tower 2, you're seeing the start of something exciting! It's all part of York Care Foundation's Memory Care Campaign, working to enhance spaces for residents living with dementia by creating a more comforting and engaging environment.

This is just the first step — stay tuned for more updates and ways you can get involved in supporting this amazing project!



SPRING STUDENT PLACEMENTS AT YCC



Welcome to the wonderful students who have been working with us this spring: Nicole Gonzalez-Garcia and Zoe Gotell are joining us from the Master of Social Work program at St. Thomas University, completing a 12-week placement with us! Paige Isherwood and Ginette Harvey are here for 3 weeks from the Social Service Community Worker program at NBCC!

We are so excited to have these bright and passionate students as part of our team. Your dedication to learning and caring for others makes a meaningful difference, and we're thrilled to have you at York Care Centre!

President's Corner

By Geri Geldart

Although it's been a bit of a cold and rainy spring, I am confident that we will soon be enjoying warmer and sunnier weather... and maybe complaining about the heat. 😊

As we welcome the warmth of May, I'd like to take this opportunity to reflect on our recent achievements and express my gratitude for your continued dedication.

Strategic Planning: Your Voices Matter

First, I want to extend my sincere thanks to everyone who participated in our World Cafe strategic planning session. I was particularly impressed with the energy and thoughtfulness you brought to these discussions. I would like to thank Jennifer Vos and Tara Thibault for their incredible efforts in organizing the event. We heard numerous innovative ideas and gained valuable insights into what you believe should be our priorities for the next five years. Your input has provided us with a clear sense of direction as we move forward. The baton now passes to our Board of Directors, who will establish the final plan. We anticipate sharing this completed roadmap with all of you in July, and I'm excited to see how your contributions will shape our future trajectory.

Nurse Call System: The Finish Line Is in Sight

I'm pleased to report that we're approaching the completion of our Nurse Call System replacement project. The success of this project is due, in part, to your flexibility and cooperation. Our contractors have commented on how seamlessly they were able to work in your areas, and I've received numerous compliments about the collaborative spirit demonstrated by all involved. Thank you for your patience during the inevitable disruptions and for your commitment to maintaining excellent service throughout the transition.

Welcoming New Team Members

Over the past few months, we've been fortunate to welcome several new colleagues to our organization. To our newest team members: we're delighted to have you on board, and we look forward to the fresh perspectives and talents you bring. To our existing staff: your welcoming approach and willingness to mentor new colleagues has not gone unnoticed. The supportive environment you create makes the onboarding process significantly smoother and reflects the compassionate culture that defines our organization. Thank you for embodying our values in such a meaningful way.

Celebrating Mental Health Awareness Month

May is Mental Health Awareness Month, and I'd like to take a moment to acknowledge its importance. The past few years have challenged us in unprecedented ways, both professionally and personally. I encourage everyone to utilize our employee wellness resources. Remember, taking care of your mental health isn't just beneficial for you—it enhances our collective ability to care for those we serve. We are committed to fostering a workplace where conversations about mental health are normalized and support is readily available.

Looking Ahead: Summer Staffing

As we approach the summer months, our HR team is finalizing our seasonal coverage plans. I appreciate your patience and flexibility as we work to ensure adequate staffing while also accommodating well-deserved vacation time.

In closing, I continue to be inspired by your dedication and compassion and it's an honor to lead such an exceptional team.

With gratitude,
Geri Geldart
CEO, York Care Centre



**NICOLE
STEWART**

Nickname: **NIKKI**

Designation: **REHAB ASSISTANT**

Hometown: **TAYMOUTH, NB**

Can't Live Without: **CHIPS! LAYS KETCHUP AND
PLAIN MIXED TOGETHER**

What Did You Want To Be When You Grew Up?

**TEACHER OR BABYSITTER (ACCORDING TO
CHILDHOOD JOURNALS)**

EMPLOYEE SPOTLIGHT



Nicole Stewart has been a valued member of the York Care Centre team since June 2016, working as a Rehab Assistant. Her passion for helping residents stay active and engaged shines through in her commitment to the Walking Program. This program not only supports residents' physical health, but also gives Nicole the chance to build meaningful connections through conversation and shared stories.

Her path to a career in rehabilitative care was shaped by a personal experience—her mother suffered a stroke 13 years ago. Seeing firsthand the impact that physiotherapists had on her mother's recovery inspired Nicole to pursue a career where she could make a similar difference. After exploring her options, she enrolled in an Occupational Therapy/Physiotherapy Assistant program within a month and never looked back.

Nicole has faced the challenges that often come with team transitions. When she first joined York Care Centre, she worked alongside a long-time staff member nearing retirement. Over the years, the team has seen changes through part-time roles, maternity leaves, and student placements. Despite the shifting faces, Nicole feels fortunate to now be part of a close-knit and supportive team.

Before starting her career in healthcare, Nicole worked at Staples for seven years. What started as a short-term job while she was in school turned into a longer commitment, thanks to a flexible schedule that helped her balance work and studies.

Outside of work, Nicole dreams of one day travelling to Africa or Asia to experience a safari and visit an elephant sanctuary. Locally, she enjoys spending time at MacTavish's for all things sports, indulging in her favorite meals at Mama's Pub and Cannons, and grabbing smoothies at the Fredericton Farmers Market with her kids on sunny summer mornings.

YCC MAY EVENTS CALENDAR

Thursday

May 1, 6:30 pm
Friendship Centre
BINGO in support of
York Care Foundation

Thursday

May 8, 3:00 pm
Dave's Café
Mother's Day Event
Seating #1
RSVP Required

Thursday

May 8, 6:00 pm
Dave's Café
Mother's Day Event
Seating #2
RSVP Required

Friday

May 23, 2:00 pm
Walk outside YCC

Walk for Alzheimer's

Thursday

May 29, 10:15 am
Friendship Centre
Celebrating
**Intergenerational Day w/
Preschool Centre Visit**



Ground Beef Teriyaki Stir Fry

Featured Recipe

Ingredients

Teriyaki Sauce

- 1 cup beef broth
- ¼ cup soy sauce
- 3 tbsp brown sugar
- 2 tbsp honey
- 3 garlic cloves - minced
- 1 tsp fresh ginger (grated or minced)
- 2 tbsp corn starch
- 1 tbsp orange zest
- ½ tsp black pepper
- ¼ - ½ tsp red pepper flakes

Stir Fry

- 2 tsp sesame oil
- 1 lb ground beef
- 3 cups broccoli florets (fresh or frozen)
- 1 cup shredded carrots
- 4 - 5 green onions (chopped)
- Sea salt to taste
- Sesame seeds (garnish)

Directions

- Whisk together all of the teriyaki sauce ingredients and set aside. Chop and prepare the vegetables.
- Heat a large skillet or wok to medium-high heat. Add the sesame oil to the skillet. Add in the ground beef and heat until fully cooked (internal temperature 160°F), about 6-8 minutes.
- Add in the broccoli, green onion and carrots and cook until heated through and tender. Change the heat to low and stir in the Teriyaki sauce. Simmer for several minutes until ready to serve and allow the sauce to thicken.
- Serve over rice or as desired! Store leftovers in the refrigerator for 3-4 days or freeze for up to 3 months.



THURSDAY, MAY 1ST
FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES
\$1,000 JACKPOT!



LUNCH & LEARN

A big thank you to Nicole Leary from the Alzheimer Society of NB for joining us and delivering an insightful session on “What is Dementia”—the first part of our two-part educational series!

We’re already looking forward to Part Two: "Dementia: Behaviours" on May 15th, presented by Ben McLaughlin, Dementia Friendly Communities Coordinator with the Alzheimer Society of NB.



Aging rights are
human rights.

Participants wanted for a research study



agingrights.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

We are looking for participants for a research study on human rights. We are looking for older adults, organizations, industry partners and decision makers in your area.

Participation includes:

- Consent form
- A couple of surveys
- An interview (optional)
- Participate as little or as much as you'd like, and help create a new database of helpful resources

Interested participants are asked to contact CIRA at (506)444-3880 ext. 2562 or email communications@ycc-cira.ca

HEALTH & WELLNESS TIP



How to Increase Your Self-Confidence

When you're in a situation where you don't feel self-confident, simply making sweeping affirmations probably will not work. You won't be convinced, and nobody else will be either.

Being self-confident is closely related to how you perceive yourself. How you perceive yourself is related to what you think about yourself, and to how you talk to yourself. People who lack self confidence repeat all kinds of negative sentences to themselves. They focus on negative experiences and memories of weaknesses. By doing so, they feel good-for-nothing, and consequently miss great opportunities—chances for growth and enjoyment.

Know yourself—and be realistic. Being self-confident is about displaying behaviours that show you know yourself—that you know how important you are, and what you want. And at the source of these behaviours are your thoughts about yourself.

To help you have good thoughts about yourself, try this simple exercise.

1. Write down ten of your strengths

You don't have to list all ten today, but make sure you write down at least one.



2. Illustrate each strength with at least two specific examples

Examples are important because they represent immovable and realistic proof that even your most negative thoughts can't beat. Actually, the more examples you write, the more power you attribute to your strengths, and the more convinced you will become. People tend to focus on their weaknesses, and they have plenty of examples of these. If you want to have a realistic perception of yourself, you need to accumulate examples of your strengths. Most people lack self-confidence in certain situations, or at particular moments in their lives. Sometimes people feel they've lost a confidence they'd like to regain; sometimes they feel they've reached a point where they simply want to develop new strategies.

3. Take responsibility for finding your own strengths

People have probably praised you at one time or another for some of your strengths. Do you believe in these strengths because someone else observed them? You want to become the one who knows your own strengths, so you need to work on finding them for yourself. Asking a significant other about your strengths is strictly forbidden for this exercise.

4. Read your list of strengths and examples often (at least daily)

By doing so, you will keep those strengths in mind, ready for use when you need them. You may continue to add to the list. Some people post it on the fridge, on the bathroom mirror, or they carry it in their wallet to make sure they see it every day.

5. Rehearse your list before difficult situations, and when you don't feel self-confident

By doing so, you will recall your strengths in situations that are critical. For example, if you have to talk to a coworker with whom you usually feel less than self-confident, you might want to take a few minutes first to remember your list and its examples.

6. Take the responsibility for initiating your own changes

If you wait for others to make you feel self-confident, you remain dependent on external factors. Self-confidence is learned and comes from practicing your strengths.

7. Persevere

Personalize these strategies and persevere in applying those you find relevant to your situation.

Homewood Pathfinder - Your EFAP (Employee Family Assistance Program)

[Visit Homeweb.ca or call 1-800-663-1142. Access to confidential 24 hour service.](#)

How to register:

Step One: Visit www.homeweb.ca and click 'Sign Up'.

Step Two: Type your company name and click 'Find it!' Select the correct company from the list provided. Health Services Invitation Code: NBA552. Enter information into the required fields, choose an email and password, and click 'Next Step'.

Step Three: Let us know how you are covered by Homewood, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. employee, spouse, dependent, etc.). Submit the additional information required and click 'Sign Up' at the bottom of the page.

Some health counselling services include:

- Grief and Loss
- Addictions
- Workplace Issues
- Depression
- Culture & Identity
- Anxiety
- Relationship (Couples & Family)
- Life Changes



The 20 Tenets of Culture is a simple and effective development program designed for all employees. It starts with a quick self-assessment, which then delivers a yearlong series of coaching content straight to your inbox. **This is your opportunity to invest in yourself, take charge of your growth, and enhance your success at work and in life.**

Scan the QR code to register:



YORK CARE CENTRE VOLUNTEER APPRECIATION PARTY

... PHOTOS CONTINUED

