



## THE LATEST BUZZ

### CONGRATULATIONS TO THE 2025 SCHOLARSHIP WINNERS!



We are thrilled to announce and celebrate the achievements of our 2025 scholarship recipients. A big congratulations to Joseph Ramos, who has been awarded the Judy Yeaman's Scholarship, courtesy of the York Foundation, and Kimberly Grantham, the recipient of York Care Centre's General Scholarship!

We wish Joseph and Kimberly the best of luck in their studies and are proud to support their educational journeys.

AUGUST 2025

### Monthly Winners

HR Draw

**ANGELA LYONS**

*\$25 CORA'S GIFT CARD*

**FOR AUGUST DRAW**

*\$25 Walmart Gift Card*

Staff Pay2Play Lottery  
Winners

**DAVID BASS**

**JULY 10**

**BRENDA LYN ESQUEJO**

**JULY 24**

**GoodLife  
FITNESS**

Discount for YCC  
staff - details  
on page 11!

## WELCOME TO CANADA!

We are pleased to welcome Sharon Nocum and family to Canada and the York Care Centre family!

Sharon is the most recent Internationally Educated Nurse (IEN) candidate to arrive 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) Roxanne Brewer (EA), Cailey MacKay (GPN), Brooklyn Godin (RA), Abigail Godin (RA), Qian Sun (GPN), Joelia Whitlock (DA). Missing from photo: Michael Fitzgerald (EA), Maelle LeBlanc (EA).*

## VOLUNTEER APPRECIATION

We are incredibly grateful to Marg Stafford for her 31 years of volunteer service at York Care Centre.

Thank you Marg!



## WELCOME TO THE YCC BOARD OF DIRECTORS



Join us in welcoming Jane Matthews-Clark and Tim Boone to the York Care Centre Board of Directors.

Tim brings valuable insight from his former role as Director of Facility & Infrastructure Services at YCC, while Jane brings a wealth of experience in communications, community development, strategic planning, and policy analysis.

## YCC AUGUST EVENT CALENDAR

### Thursday

August 7 | 6:30 pm  
Bingo Night in support  
of York Care Foundation  
Friendship Centre

### Monday

August 18 | 6:30 pm  
Summer Concert Series  
Town Cats  
YCC Front Parking Lot



# RESIDENT OF THE MONTH



**Donna  
Young**

Born on a dairy farm in Wisconsin, Donna was one of nine siblings. She met her husband, Donald, at the University of Wisconsin, where she earned her degree in Home Economics. The couple married in 1956 and eventually settled in New Brunswick, where Donald worked as a Research Scientist with the Agriculture Canada Research Station. Together, they raised three children—two girls and a boy.

Donna built a career around her love for food and education. She taught Home Economics, describing teaching as “an elegant job,” and considered her teaching style to be strict but fair. Her passion for food extended beyond the classroom—she hosted a food segment on CBC Radio and co-authored *New Maritimes Seasonal Cooking*, a cookbook featuring over 200 light and healthy takes on traditional Maritime dishes.

Donna also travelled extensively and lived in places around the world, as her husband’s work took their family across the globe.

Outside of work, Donna gave back through volunteer efforts with Meals on Wheels and served on the NB Power Board of Directors. A gifted quilter, she won the New Brunswick Contemporary Quilt Award in 2011 for her piece *Railways in a Northern Land*.

Donna’s advice for future generations:

**“Study hard, take a year off, travel, figure out what you want to do,  
try it out before committing.**

**I worked hard and always enjoyed what I did.”**



**THURSDAY, AUGUST 7<sup>TH</sup>**

**FRIENDSHIP CENTRE, 6PM**

**\$10 FOR 10 GAMES**

**\$1,000 JACKPOT!**

## LEAH TRAVERS TO REPRESENT NB AT 3X3 NATIONALS

Congratulations to Leah Travers, our Junior Volunteer Coordinator Summer Student, whose team won the 3x3 Women's Basketball U23 New Brunswick Qualifiers! Leah and her teammates will now represent Team NB at the 3x3 Canada Hoops National Finals in Toronto, August 9–10!



## YCC TASKMASTER

On July 18<sup>th</sup>, we hosted our version of the game show Taskmaster, titled York Care Taskmaster, in the Friendship Centre!

Residents teamed up with junior volunteers to complete fun and creative tasks to earn points in hopes of winning the York Care Taskmaster trophy.

A big shout out to Jennifer Beals and her team for creating the tasks and organizing the gameshow – it was a big hit with both the audience and participants!





## 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](mailto:communications@yorkcarecentre.ca) or scan the QR code to submit your entry.

York Care Centre Christmas  
Cookbook Submission Form



## SUMMER CONCERT SERIES

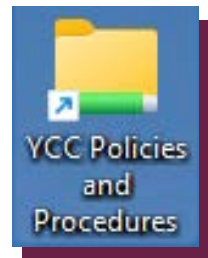
Thank you to everyone who joined us last night for the second show in our Summer Concert Series! We're grateful the rain held off – just a few drops and then a beautiful rainbow as Country Classics filled the air with fan favourites. Mark your calendars for the final concert in the series on Monday, August 18th at 6:30 PM, featuring The Town Cats.

The Summer Concert Series is presented by York Care Centre, in partnership with Business Fredericton North, and sponsored by York Care Foundation.



## YORK CARE CENTRE POLICIES

In 2024, York Care Centre had 628 policies, with some dating back over 15 years. As part of our ongoing three-year project, 270 policies were reviewed during the 2024–2025 fiscal year, and over 100 updated policies are now available on the desktop of all YCC computers and in the shared folder under YCC Policies and Procedures. Staff are reminded to check this folder regularly on YCC computers to ensure you're referencing the most up-to-date information.



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STAFF KARAOKE NIGHT



AUGUST 9

YORK COUNTY CIDER

38 MAIN STREET, FREDERICTON

6 PM - 10 PM

SPACE IS LIMITED  
ONLY 60 SPOTS

SIGN UP AT THE STAFF  
ENTRANCE!



Staff Summer

Party

Games . Snacks . Prizes

August 21 | FREE! | 2 - 5 pm

Killarney Lake Lodge | 1600 St. Mary's ST

Bring your family and go for a swim in the lake, pack a picnic to enjoy on the beach, or bike/walk the trails at Killarney. Stop by the Killarney Lake Lodge for some fun games, grab & go snacks, and a chance to win an amazing door prize!



## SAVE THE DATE: EASTERN COLLEGE MASSAGE CLINIC

Eastern College will be back at York Care Centre on Monday, September 15<sup>th</sup>, from 1-5 PM, offering complimentary 20-minute massages in the Friendship Centre!

The sign-up sheet will be posted at the employee entrance in mid-August.



# Chicken Broccoli Rice Casserole

## *Featured Recipe*

### Ingredients

2 Tablespoons butter	10.5 oz. Condensed Cream of Chicken Soup
2 boneless, skinless chicken breasts (or 2 cups diced rotisserie chicken)	½ cup milk
1 teaspoon Italian Seasoning	½ cup sour cream
Salt/Pepper (to taste)	2 cups shredded cheddar cheese (separated)
2 ½ cups chicken broth	½ teaspoon dried thyme
1 Tablespoon olive oil	½ teaspoon garlic powder
1 ¼ cups white long-grain rice (uncooked)	1 cup Ritz crackers (crushed)
2 cups fresh broccoli florets (uncooked)	2 Tablespoons melted butter

### Directions

- Preheat oven to 350°F
- Cut chicken into bite-sized pieces, season with Italian seasoning and desired amount of salt and pepper.
- Heat butter in a large pot over medium heat until melted. Add the chicken and cook until golden brown on all sides, about 5 minutes. Remove the chicken and set it aside. Note: This step is not needed if using a cooked rotisserie chicken.
- Add chicken broth, olive oil, and rice to the pot and bring to a boil, then reduce heat to a simmer. Cover tightly and cook for 6 minutes.
- Add the broccoli and replace the cover. Cook for 9 more minutes, or until no liquid remains in the pot and the rice is cooked through.
- Turn off the heat and leave the cover on. Let the rice stand for 10 minutes, do not stir.
- Add the cooked chicken, cream of chicken soup, milk, sour cream, optional seasonings, and half of the cheddar cheese to the pot of rice.
- Add to a lightly greased 9 x 13 casserole dish and top with remaining cheese. Cover and bake for 15 minutes.
- Add the Topping and cook uncovered for another 10 minutes
  - Melt butter and crush the crackers. Combine to form the topping and sprinkle over the casserole.
- Let stand for 5 minutes prior to serving.



# President's Corner

By Geri Geldart

As we move through the heart of summer, I wanted to take a moment to reflect on some important developments and express my gratitude for the dedication each of you brings to our mission every day.

## Annual Inspection Results

Last month, we welcomed the Liaison Officers from the Department of Social Development for our annual inspection. I'm pleased to report that this was a successful review, with our team receiving numerous positive comments about the quality of care and services we provide to our residents. The inspectors noted the high quality of care and the positive environment they saw as they completed their review. While we did receive some infractions, I'm encouraged that these were fewer in number than in previous years, demonstrating our ongoing progress. These findings aren't setbacks—they're valuable guidance that will shape our quality improvement initiatives over the coming months.

Our focus areas will include enhancing the safety of our services and environment. This means ensuring medication carts and storage areas remain locked when unattended, maintaining food temperatures within established limits, and keeping all documentation current—from resident care plans to employee records. These may seem like small details, but they form the

foundation of the exceptional care we're known for. Each of us has a role to play in these improvements, and I'm confident we'll rise to meet these standards together.

## Employee Survey Response

I want to extend my sincere thanks to everyone who took the time to complete our annual employee survey. With just over 100 responses, we have valuable insights to work with as we analyze the results over the next few weeks. You can expect a comprehensive update on our findings in the fall. I recognize that survey fatigue is real—we all receive numerous requests for feedback in our daily lives. However, this survey remains one of our most effective tools for understanding what's working well and where we can improve. Your honest feedback helps us create a better workplace for everyone and, ultimately, enhances the care we provide to our residents.

## Looking Ahead

As we enjoy these warm summer days, let's carry forward the positive energy from our inspection success while remaining focused on continuous improvement. The work we do matters deeply—not just to our residents and their families, but to our entire community. Thank you for the professionalism and care that you show each day. Together, we're building something truly meaningful.

Geri





## LUNCH & LEARN

A big thank you to Pastor Norm for speaking at the July Lunch & Learn and sharing his inspiring We Are Young (WAY) experience! He spoke about his wish being granted—a memorable journey to Fromagerie Les Blancs D'Arcadie in Caraquet, where he learned the traditional art of handcrafting cheese alongside skilled cheese makers.

The next Lunch & Learn is Thursday, August 21<sup>st</sup>, with Chantale Arsenault, MAID Coordinator for Horizon Health, who will provide education on MAID (Medical Assistance in Dying).



We're saying goodbye to Kelsey Rusk, Acting Director of CiRA, as she embarks on her next adventure. Over the past five years, Kelsey has demonstrated leadership, dedication, and vision—playing a key role in the success of many important projects that have shaped both CiRA and the broader York Care Centre community.

Reflecting on her time with us, Kelsey shared:

"I was very excited to work at CiRA when I was still a student and was very fortunate to have an 18-month contract turn into 5 years of rewarding work with YCC and the community. Thanks for the memories, everyone!"

Thank you, Kelsey, for your meaningful contributions. You will be missed!

*Farewell & Best Wishes Kelsey!*

## HEALTH & WELLNESS TIP

### How to Break the Chronic Pain Cycle: Retrain Your Brain, Reclaim Your Life



<https://www.youtube.com/watch?v=fth5LHGPdGo>

### Homewood Pathfinder - Your EFAP (Employee Family Assistance Program)

[Visit Homeweb.ca](https://www.homeweb.ca) or call 1-800-663-1142. Access to confidential 24 hour service.

How to register:

Step One: Visit [www.homeweb.ca](https://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



# GoodLife FITNESS®

## NBNH Exclusive Discount | Rabais exclusif de l'AFSNB

Enjoy an exclusive 20% discount and waived sign-up fee until August 20<sup>th</sup>, 2025 (registrations after this date receive 15% off and \$0 sign up fee)

How to claim your discount:

1. Visit [corporate.goodlifefitness.com](https://corporate.goodlifefitness.com).
2. Type in New Brunswick Association of Nursing Homes under "What organization do you work for"
3. Your unique ID is your Itacit username\*\*

Profitez d'un rabais exclusif de 20 % jusqu'au 20 août (inscription après cette date vont recevoir un rabais de 15% - et aucun cout d'inscription)

Voici comment en profiter :

1. Visitez [corporate.goodlifefitness.com](https://corporate.goodlifefitness.com)
2. Entrez New Brunswick Association of Nursing Homes pour la question "pour quelle organisation travaillez-vous?"
3. Votre code unique est votre nom d'utilisateur de Itacit \*\*

\*\*If you do not remember your Itacit User ID please contact Melanie McCashion at 506-460-6262 or [mmccashion@nbnh.com](mailto:mmccashion@nbnh.com)

\*\* Si vous ne vous souvenez pas de votre nom d'utilisateur pour Itacit SVP contactez Melanie McCashion au 506-460-6262 ou par courriel [mmccashion@nbnh.com](mailto:mmccashion@nbnh.com)



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