



THE LATEST BUZZ

SUMMER CONCERT SERIES THE TOWN CATS



Thank you to everyone who joined us for the final show in our Summer Concert Series with The Town Cats. It was a great evening of music and dancing, and we look forward to seeing everyone back again next summer!

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



SEPTEMBER 2025

Monthly Winners

HR Draw

NICOLE STEWART
\$25 WALMART GIFT CARD

FOR SEPTEMBER DRAW
\$25 SUPERSTORE GIFT CARD

Staff Pay2Play Lottery
Winners

WILFREDO RODRIGO
AUGUST 7

BRENDA LYN ESQUEJO
AUGUST 21



CONGRATULATIONS!



Congratulations to Railene Penney, Sun Qian, and Sydney Martin on passing the Canadian Practical Nurse Exam and to Halle Glass on obtaining her GPN License.

Great additions to our LPN team!



WELCOME TO THE YCC BOARD OF DIRECTORS



Join us in welcoming Rob Doyle and Lee Mitchell to the York Care Centre Board of Directors.

Rob brings a strong background in real estate appraisal, along with experience in board governance and strategic planning. Lee brings extensive experience in both for-profit and not-for-profit organizations, with expertise in finance, governance, and risk management.

LAST CHANCE: YCC COOKBOOK CALL FOR RECIPES

This is your last chance to submit a recipe for the YCC Cookbook! 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.



YCC EMPLOYEE GYM



As part of our commitment to providing an environment that promotes health and well-being, a reminder to all York Care Centre employees of their free access to our on-site fitness centre (located just beyond the Birch Grove unit).



SUPPORT SERVICES WEEK

SEPTEMBER 7-13

RESIDENT OF THE MONTH



**David
Johnson**

David Johnson was born and raised in Fredericton, NB, as one of eight children. He met the love of his life, Dorothy, while still in school, and the two are celebrating 50 years of marriage. Together they raised four children and now delight in the joy of 10 grandchildren.

David worked as the Service Manager at Wood Motors Ford in Fredericton, following in the footsteps of his father, who also worked there. Outside of work, David was always active. He was an excellent hockey player and a top-tier defenseman in local leagues. He also loved camping with his family, often traveling in their trailer, taking road trips, biking, and visiting the YMCA.

At York Care Centre, David appreciates the people and the sense of community. He is described as thoughtful and kind, traits that have never changed. Known for his sweet tooth and his love of animals, David continues to bring warmth and positivity to those around him.

YCC SEPTEMBER EVENT CALENDAR

Thursday

September 4 | 6:30 pm
Bingo Night in support
of York Care Foundation
Friendship Centre

Friday

September 12 | 2:00 pm
Kevin's Lil Ole
Country Show
Friendship Centre

Friday

September 26 | 10:15 am
Preschool Visit
Friendship Centre

Saturday

September 27 | 8:00 am
York Care Foundation
Breakfast Fundraiser
Willie O'Ree

YCC BOARDWALK CARNIVAL

On August 7th, the Friendship Centre was transformed into a lively carnival for our residents, complete with interactive games, face painting, temporary tattoos, and tasty treats – including homemade cotton candy!

Kudos to our amazing Recreation team for organizing another fantastic event, and to our wonderful junior volunteers for helping porter residents and run the game booths.



SEPTEMBER 15 - 21
REHAB WEEK!



FAREWELL TO YCC SUMMER STUDENTS

A big thank you to our incredible summer students for an amazing summer!

We will miss you and wish you all the best in your studies: Leah and Kylee as they head back to UNB, Molly as she enters her final year at LHHS, Emiliana as she heads back to STU after completing her third internship with us, Curtis as he begins Grade 11, and Aylish as she returns to Brock University!



JUNIOR VOLUNTEER END OF SUMMER PARTY

This summer, we were fortunate to have an incredible group of junior volunteers spend their time with us, making a huge impact on the lives of our residents. To celebrate and thank our amazing Jr volunteers, we hosted an end-of-summer party with delicious food, exciting games and prizes. Thank you to all our volunteers, we look forward to seeing you again next summer!





Y SERVICE CLUB BREAKFAST

We're excited to once again partner with the Y Service Club for their Community Breakfast Program!

Join us on Saturday, September 27, 2025, at Willie O'Ree Place from 8:00–10:30 a.m. for a delicious breakfast in support of the York Care Foundation.



EASTERN COLLEGE MASSAGE CLINIC

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

The sign-up sheet can be found at the employee entrance, sign up for your massage today!



CALL FOR NEW MEMBERS

The Get Inspired Committee is looking for new members! Get Inspired plays a key role in planning health, wellness, and social events that enhance workplace culture at YCC.

If you are creative, team-oriented, passionate about wellness and fun, we want to hear from you! Contact getinspired@yorkcarecentre.ca if you are interested in joining the Get Inspired Committee!

Requirements: Serve a minimum one year term, attend monthly meetings, and support special events outside of work hours.

SAVE THE DATE: UPCOMING EVENTS

- York Care Centre Staff Christmas Party - Saturday, November 22 | 7:00 - 10:00 pm | Picaroons
- Staff Family Christmas Event - Saturday, December 6 | Friendship Centre

President's Corner

By Geri Geldart

Hello everyone,

Hard to believe we're already into September! Summer seemed to fly by, but it was a good one for us at York Care Centre. We managed to keep our staffing levels steady through the summer months, which meant our team members could actually take their vacations without a lot of scrambling to cover shifts. That's not always easy to pull off in long-term care, so I'm grateful to our staff for their flexibility and to everyone involved in staffing for making it work. And the weather cooperated too—we had three very successful summer concerts without a drop of rain!

A New Strategic Plan

Now that September is here, we're getting back into our regular rhythm. The big news I want to share is that we'll be rolling out our new strategic plan in mid-September. We've been working on this for months—talking to residents, families, and staff about what's working well and where we can do better. This isn't about making dramatic changes to how we operate. We're pretty happy with our care standards and the relationships we've built here. But we do want to make sure we're planning ahead properly and staying on top of new opportunities to serve our community better. I'll have more details to share once we officially launch the plan, but the main focus is on strengthening what we already do well while being smart about future growth and improvements.

The Tower 2 Project

Our Foundation is continuing their dedicated work, raising money and holding events to benefit our residents. Their current focus is the Tower 2 Project, and I'm excited to report that the Foundation has already hit 30% of their target!

With their support, our team has already made some great improvements. The unit has been painted throughout with a softer colour palette, and the balconies have undergone a complete makeover incorporating elements to stimulate the senses and create an environment of peace and relaxation. There's more to be done, and the Foundation needs our support to make this happen. If you'd like to be part of this project, your donation—small or large—is welcome. And if you make your donation before the end of October, it will be matched by the Clarke Foundation, effectively doubling your contribution.

You can donate in a number of ways 1) via our website, 2) by sending an e-transfer to foundation.admin@yorkfoundation.ca, or simply by dropping by the Administration Offices with your donation. Your support for this project demonstrates to our community the importance of creating the best possible environment for our residents. And...as an added incentive, **for every dollar you donate before the end of September, you will receive one entry in a draw for a \$100 gift card!** So take a moment to make your donation and create a better environment for our Tower 2 Residents and their families.

Summer may be winding down, but I'm feeling optimistic about what's ahead. Our team is strong, our residents are doing well, and we've got some good plans in the works.

Thanks for your continued support and everything you do to make York Care Centre a Centre of Excellence in Long-term Care.

Geri



LUNCH & LEARN

A big thank you to Chantale Arseneault, Regional MAID Coordinator at Horizon, for her informative and thoughtful presentation on Medical Assistance in Dying (MAID) at the August Lunch & Learn.

The next Lunch & Learn is Thursday, September 18th at 1:00 pm, with Daneen Dymond, who will be speaking on Stress Management & Mindfulness.



WELCOME EMMETT!

We're thrilled to introduce Emmett Legare as the new part-time Wellness Coordinator with Nursing Home Without Walls!

Originally from Perth-Andover, Emmett is a 2025 graduate of St. Thomas University with a double major in Gerontology and Psychology. Emmett brings valuable experience from two internships with Nashwaak Villa in Stanley, where he now serves on the Board of Directors.

When Emmett isn't supporting older adults in the community, he's busy creating art with polymer clay, watercolour, and digital design.



THURSDAY, SEPTEMBER 4TH

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!

HEALTH & WELLNESS TIP

10-Minute self-care ideas for the morning:

1. Make your bed
2. Do a few jumping jacks to wake up your body
3. Step outside barefoot and practice grounding
4. Watch the sunrise
5. Have a 10-minute dance party
6. Write a gratitude list
7. Write down 3 positive affirmations and say them out loud



New Wellness Corner



The NBANH (New Brunswick Association of Nursing Homes) Wellness Corner is now accessible on Itacit! This is another resource available to our employees that is confidential and free!

You can access this great resource when you log into your Itacit account. This brand new Wellness Corner is your one-stop hub for Physical, Emotional, Financial, Occupational, Social, and Spiritual wellness resources.

Explore helpful articles, videos, free webinars, and tools designed to support your well-being at work and beyond which is updated monthly. You can find it under the drop-down menu or through the launch post, which includes direct links to each wellness category.

Homewood Pathfinder - Your EFAP (Employee Family Assistance Program)

[Visit Homeweb.ca](http://www.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

Suicide Prevention Day - September 10

If you or someone you know is struggling with suicidal thoughts, please call 1-800-663-1142 for free and immediate crisis support.

Other resources: Call or text 988 for bilingual, trauma-informed, and culturally appropriate suicide prevention support:

When to get help: If someone is thinking or talking about suicide or death, or has a plan to end their life, it's important to seek help. It's important to know that asking someone if they're thinking about suicide won't increase the risk. Asking can lead to important conversations.

Suicide is the result of many complex factors and these may be different from person to person. Although it's very difficult to predict who might end their life, signs and behaviours that suggest someone may need help include:

Feeling:

- depressed
- that they are a burden
- like they have no purpose in life or reason for living
- trapped or that there's no other way out of a situation
- hopeless about the future or like life will never get better

Behaviours such as:

- being agitated
- changing eating habits
- changing sleeping habits
- giving away their possessions
- increasing substance use, like drugs, alcohol and inhalants
- withdrawing from family, friends or activities they normally enjoy
- saying goodbye or talking about what will happen after their death
- anxiety or significant mood changes, such as anger, sadness or helplessness
- talking about being a burden to someone or about being in unbearable pain
- increasing high risk behaviours such as reckless driving, dangerous sports or activities

Gestures of kindness and compassion can have a powerful impact.

