



Y SERVICE CLUB COMMUNITY BREAKFAST!

The Nashwaaksis Y Service Club hosted a community breakfast on Saturday, September 27th at Willie O'Ree Place in support of York Care Foundation.

The event was a great success, raising over \$2,300 for the Tower 2 - Memory Care Campaign. Thanks to the generous support of the Clark Family Foundation, this donation will be matched, along with all donations made to the Campaign before October 31st.

We are deeply grateful to all the volunteers who made the breakfast possible and to everyone who attended to show their support. Together, our community is making a meaningful difference for residents at York Care Centre.



OCTOBER 2025

Monthly Winners

HR Draw

FLORENZ LOMUGDANG
\$25 SUPERSTORE GIFT CARD

FOR OCTOBER DRAW
\$25 ULTIMATE DINING GIFT CARD

Staff Pay2Play Lottery
Winners

DEBORAH FORREST
SEPTEMBER 4

DAVID BASS
SEPTEMBER 18





CONGRATULATIONS!!



Congratulations to Lalith Kuragoda on passing the Canadian Practical Nurse Exam and Cailey MacKay on obtaining her GPN License. Great additions to our LPN team!

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) Olivia Donovan (EA), Charmaine Conimiguez (EA), Roger Viernes (EA), and Bayonle Suara (EA).

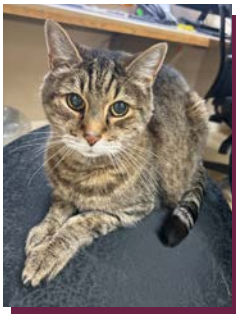
STAFF APPRECIATION FALL MEAL

We are pleased to provide the staff with a 'staff appreciation meal' this fall. We want to thank everyone for their contributions to making YCC a great place to live for our residents. Everyone's contributions play an important role in the success of our team at YCC.

Wednesday, October 8 - Lunch and supper service will be through Dave's Café and take-out containers for night staff.

Menu: garden salad, roll, roast beef & gravy, garlic mashed potatoes with mixed vegetable medley, and crumble for dessert.

*Thank you for
going above
& beyond.*



FAREWELL BUTTONS

This past month we said goodbye to Buttons. Buttons moved into Birch Grove in 2007, when he was just two years old, and for the past 18 years, he has been a wonderful companion to residents, staff, and families alike. His gentle presence has brought joy, comfort, and countless special moments to our YCC community. Buttons will forever be remembered, immortalized in the Birch Grove murals.

TURTLES, TURTLES, TURTLES!

After months of waiting, over 60 baby snapping turtles hatched on the grounds of York Care Centre! A huge thank you to the staff who helped the tiny turtles safely cross the staff parking lot, ensuring they made it closer to the water.



RESIDENT OF THE MONTH



**Sandra
Ekstrom**

Born in Windsor, Ontario, Sandra Ekstrom moved to the small town of Amherstburg at age of 11. There she spent much of her childhood, enjoying gymnastics, skating, and babysitting for local families. She was especially close to her grandparents, who taught her how to cook and would take her for fish & chips.

At 13, Sandra left school and began working in a nursing home, starting in laundry and gradually taking on more responsibilities. Sandra met and married her husband at 19, in Petawawa, Ontario, while he was serving in the military, and eventually moved to New Brunswick. During her time living in Germany, she worked at a pizza bar and quickly became known for making the best pizza. Sandra eventually went back to school and proudly earned her GED at the age of 37.

Family has always been at the heart of Sandra's life. She is the proud mother of two, grandmother of seven, and great-grandmother of three. She passed on her love of cooking to her grandson by teaching him how to make chili and has many fond memories of doing arts and crafts with her children.

Today, Sandra enjoys caring for herself, including her daily makeup routine, and values the friendships she has made at York Care Centre. When asked what she likes most about York Care Centre, she replied, "The people and the staff."

YCC OCTOBER EVENT CALENDAR

Thursday

October 2 | 6:30 pm
Bingo Night in support
of York Care Foundation
Friendship Centre

Thursday

October 9 | 6:30 pm
Lions Club Event
Music
Friendship Centre

Thursday

October 23 | 6:30 pm
Trick or Treating Event
Resident & Staff Families
York Care Centre

Friday

October 31 | 10:15 am
Preschool Centre Visit
Friendship Centre

Friday

October 31 | 2:00 pm
Halloween Party
Friendship Centre

ADULT DAY PROGRAM END OF SUMMER PARTY

The Adult Day Program wrapped up summer with a party in the Friendship Centre, celebrating the season and saying goodbye to Activity Aide Heather MacCara. The immensely talented Mike Bravener entertained with lively music and storytelling while everyone socialized and enjoyed pizza and cake.



CONGRATULATIONS SHYANNE!



We are thrilled to welcome Shyanne as the new Activity Aide for the Adult Day Program!

Many will recognize her from her previous role as a Personal Support Worker within ADP. Born and raised in Fredericton, she's a proud mom to her three-year-old son and loves spending her free time making memories with him.

Shyanne brings creativity, enthusiasm, and valuable experience working with both older adults and children, and we're excited to see her thrive in this role.

Celebrating
Spiritual & Religious Care Week
October 19-25, 2025

YCC CHAPEL CELEBRATING 10 YEARS

This September, York Care Centre's chapel celebrates 10 years since opening on September 22, 2015, made possible by the generous contributions from donors.

Over the past decade, it has become a welcoming space for residents and families, hosting monthly Anglican, Protestant, and Catholic Communion services. The chapel also provides a meaningful setting for baptisms, memorials, and funeral services, offering a quiet space for reflection, faith, and togetherness.



KEVIN'S LIL OLE COUNTRY SHOW

Kevin's Lil' Old Country Show had the Friendship Centre buzzing in mid-September! Residents sang along and soaked up the lively energy, proving it's always a party when Kevin and his band play.



THURSDAY, OCTOBER 2ND

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!



TRICK OR TREATING AT YCC

Trick-or-treating at York Care Centre is back!

Resident families and staff are invited to bring their little ghosts and goblins for a spooktacular evening of trick-or-treating on Thursday, October 23rd from 6:30–8:00 PM at York Care Centre.

Please remember to exercise caution, if you're feeling unwell or experiencing symptoms such as a cough, runny nose, or fever, we kindly ask that you stay home.

STAFF HALLOWEEN COSTUME CONTEST

Time to get creative and have some fun with the Staff Halloween Costume Contest on Friday, October 31st!

To enter, stop by the Friendship Centre on the 31st between 12 - 2 pm to register and show off your costume. Judges will vote and winners will be announced during the Resident Halloween Party.

Prizes up for grabs: 1st place - \$100, 2nd place - \$50, 3rd place - \$25



SAVE THE DATE: YCC STAFF CHRISTMAS PARTY



The YCC Staff Christmas Party will be held on Saturday, November 22nd at 7:00 PM at the Picaroons Roundhouse.

Free to attend! This year's party includes delicious catering from 540 North (drinks not included), casual evening filled with fun, games, and plenty of prizes—including awards for the most festive outfits!

RSVP required – Please email getinspired@yorkcarecentre.ca or call ext. 2523 with your name, your guest's name, and any dietary restrictions.

Please note: this is a 19+ event; no children permitted.

President's Corner

By Geri Geldart

A Season of Gratitude

September certainly lived up to its reputation as a whirlwind month! Between kids returning to school, sports teams kicking off their seasons, and the general rhythm of fall routines taking hold, I know many of you have been juggling multiple demands. Thank you for managing it all with grace while continuing to provide exceptional care to our residents.

Is there any more beautiful place than the City of Fredericton in the fall? I drive across the Westmorland Street bridge twice each day, and the beauty of the river and the trees never fails to impress. As the leaves turn to the pretty reds, oranges, and gold, this is the season to take time to express gratitude for our blessings and the people who make our lives better. In that spirit, I want to express my deepest gratitude to each and every one of you. Day after day, you show up with compassion, professionalism, and genuine care for our residents and their families. You are the heart of everything we do, and we don't take that for granted.

To show our appreciation in a tangible way, we're hosting a special **Staff Thank You meal on Wednesday, October 8th**. I hope you'll join us for lunch or dinner, as we celebrate you and the incredible contributions you make. Watch for more details, and please mark your calendars. You deserve to be recognized and celebrated!

Tower 2 Project Updates

The York Care Foundation has been hard at work advancing the Tower 2 Project, and there's exciting momentum to share. Last Saturday, they held a successful fundraising breakfast in partnership with the Nashwaaksis Y Service Club. To everyone who attended and supported this event—thank you! Your presence and generosity make a real difference in bringing this important project to life.

And...the fundraising efforts continue! On **Wednesday, October 22nd, we'll be hosting a special Café Fundraiser**, with all proceeds from café sales going directly to the Tower 2 Project. This is a wonderful opportunity to support our project while enjoying a special BBQ lunch. I encourage everyone to plan to buy your lunch at the café that day. Every purchase, no matter how small, contributes to creating an environment of care on Tower 2. And... all funds raised before the end of October will be matched by the Clark Family Foundation!

Looking Ahead

Stay tuned for an important announcement coming soon regarding an All Staff Meeting where we'll be sharing our new strategic plan. This plan represents months of thoughtful work and reflects input from many of you. It will chart our course for the future and outline how we'll continue to grow and enhance the care we provide. I'm excited to share this with you and look forward to embarking on this next chapter together.

Thank you for being part of the York Care Centre family. Your dedication makes all the difference. With appreciation,

Geri.



LUNCH & LEARN

A big thank you to Daneen Dymond from the Centre of Excellence for Health for leading such an engaging and informative Lunch & Learn on Stress Management and Mindfulness!

The next Lunch & Learn is Friday, October 17th at 1:00 pm, featuring Amber Lavigne and Melinda Warren presenting on the Long-Term Care Program in NB.



WELCOME HEATHER!

We're thrilled to introduce Heather MacCara as the new full-time Wellness Coordinator with Nursing Home Without Walls!

Heather has been part of the York Care Centre family for the past 2.5 years as the Adult Day Program Activity Aide. She brings with her over a decade of experience as an Arts & Crafts Instructor with the Canadian Red Cross Society in Halifax.

With a diploma in Early Childhood Education, a Personal Care Certificate, and current enrollment in the Activity Coordinator Network course, Heather is passionate about creating meaningful, engaging experiences that foster well-being and connection.



HEALTH & WELLNESS TIP

10-Steps to Achieving Work-Life Balance:

Work-life balance is an individual measurement and may vary daily, monthly, and over extended periods of time. The right balance will differ as your lifestyle changes. The right equation differs because each individual has different priorities, goals and lives.



<https://youtu.be/38smQvEyscQ?si=gI6gxHzrl7mmx6i>



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