

YORK CARE CENTRE 2025-2030 STRATEGIC PLAN



York Care Centre has launched its 2025–2030 Strategic Plan, our shared roadmap to becoming an even better place to work and an even better home for our residents. Over the past few months many of you have contributed through surveys, focus groups, and conversations that helped shape this plan. Your ideas, hopes, and commitment to excellence are reflected in every priority we have set.

The plan focuses on three key areas that will guide us forward:

- **Residence of Choice:** To be the preferred choice for individuals seeking high-quality living and care options.
- **Employer of Choice:** To build a workplace where staff feel valued, connected to purpose, and supported to grow in their careers.
- **Centre of Excellence:** To advance long-term care through education, research, and innovation. By fostering partnerships and sharing expertise, we will elevate care quality, enhance quality of life, and make a lasting impact within and beyond our community.

To learn more about York Care Centre’s 2025–2030 Strategic Plan, visit: yorkcarecentre.ca/strategic-plan-2025-2030

NOVEMBER 2025

Monthly Winners

HR Draw

MIKAYLA CLOWATER
\$25 ULTIMATE DINING GIFT
CARD

FOR NOVEMBER DRAW
\$25 REGENT MALL GIFT CARD

Staff Pay2Play Lottery
Winners

SANDRA TAYLOR
OCTOBER 2

TERRY GRANT
OCTOBER 16

MICHEL BOYER
OCTOBER 30

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) Laura Ingalls (DA), April Marcelo (DA), Vivian Umeosonwune (LPN), Chloe McKimm (DA), Jasmine Herbert (AC), Lisa Campbell (DA), Kirandeep Kaur (RA).

TOWER 2 MEMORY CARE CAMPAIGN DONATIONS

LAURIE SAVAGE FAMILY FOUNDATION

A heartfelt thank you to the Laurie Savage Family Foundation for their extremely generous donation to the Tower 2 Memory Care Campaign. On October 27th, Laurie and Glenna Savage presented the cheque to Gary Beattie, President of York Care Foundation, and Geri Geldart, President and CEO of York Care Centre, in support of creating a more home-like, comforting environment for residents living with dementia.



NASHWAAKSIS LIONS CLUB

Thank you to the Nashwaaksis Lions Club for their continued support and generous donation to the York Care Foundation's Tower 2 Memory Care Campaign. King Lion Chad Farrell, accompanied by Lion Dianna Pike (not pictured), presented a cheque to YCF president Gary Beattie and Jamie Roy, VP of Care Services & Quality at YCC, alongside residents and former Nashwaaksis Lions Club president Martin Mesman and Barbara Wilkins.



BUSINESS EXCELLENCE AWARDS

York Care Centre is proud to share that we won the Not-for-Profit Organization Award at the Fredericton Chamber of Commerce Business Excellence Awards on October 23! We're honoured to have such incredible staff, residents, families, and volunteers who make York Care Centre a trusted name in long-term care.





CONGRATULATIONS!!

Congratulations to Halle Glass and Cailey MacKay on passing the Canadian Practical Nurse Exam!!



YCC WILDLIFE

A big thank you to our neighbor Peter Duguid for sharing the osprey photo with us!

Peter often takes walks along the path behind our building, where it overlooks the pond. Earlier in the year, he spotted the osprey perched in a tree overlooking the pond. Peter shares “I wish I'd waited a few moments longer: immediately after I took the photo, the Osprey dived into the pond and caught a decent sized fish!”

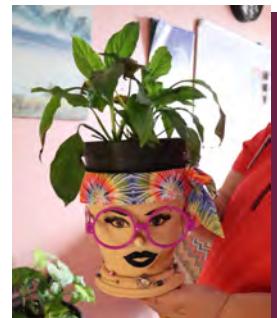


COFFEE DONATION

A massive thank you to JayCo Technologies Inc. for their extremely generous gesture, dropping off coffee for YCC staff on October 9th.

FLOWER POT HEADS

Kudos to Tiffany Newman for her creativity and talent in making her fun “flower pot heads”! She’s even made a few special orders for residents – and they absolutely love them!



STAFF APPRECIATION FALL MEAL

On October 8th, York Care Centre expressed heartfelt gratitude to our hardworking and passionate team members with a Staff Appreciation meal.

As a token of our gratitude for your hard work and the exceptional care you provide to our residents, all staff were treated to a delicious meal prepared by Comfort Catering featuring: roast beef & gravy, garden salad, garlic mashed potatoes, mixed vegetables and apple crumble!



HALLOWEEN COSTUME CONTEST

A big thank you to all the staff who participated in our Get Inspired Halloween Costume Contest! Your creativity and Halloween spirit made it so much fun.

Congratulations to our prize winners!

- 🏆 1st Prize - \$100: Tara Thibault as an ostrich
- 🏆 2nd Prize - \$50: Veronica Yerxa as a one night stand
- 🏆 3rd Prize - \$25: Pedro Serrano as a clown carrying a nurse

A special thank you to Chris Boyer for donating Halloween tumblers as extra draw prizes. Thank you all for joining in the fun and making Halloween at York Care Centre extra special!



HALLOWEEN PARTY

Our Resident Halloween Party was a frightfully fun time! Residents enjoyed lively music by Out & About, festive decorations, and an assortment of delicious Halloween treats.

A huge thank you to everyone who dressed up and brought the Halloween spirit!



More Halloween photos on page 10...

RESIDENT OF THE MONTH



**Loretta
Doak**

Born in Newcastle, New Brunswick, and raised in the small community of Boiestown, Loretta Doak grew up surrounded by family and hard work. Her family owned a country store and canteen, where Loretta often helped out as a child. In school, she stayed active playing basketball and volleyball, though cheerleading was her preferred pastime.

After high school, Loretta went straight into the workforce, beginning her career with the Department of Youth and Welfare before deciding to follow her passion for hairstyling. Becoming a hairdresser turned out to be the perfect fit, she loved the work, the people, the creativity, and being her own boss. Loretta opened her own salon on York Street and continued to work independently throughout Fredericton. She also shared her knowledge by teaching hairdressing, sitting on the provincial exam board, and making history as the first winner of New Brunswick's ladies' hairdressing competition.

Loretta is the proud mother of two daughters and a devoted grandmother to three grandchildren. A resident of York Care Centre since 2021, she stays busy knitting dishcloths, enjoys cooking activities, and participating in active programming. Loretta enjoys chatting with friends and family on the phone and has a great sense of humour, she's enjoys a good joke.

Loretta's advice for future generations:
"Do what the heart tells you to do."



THURSDAY, NOVEMBER 6TH

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!

TRICK OR TREAT

On October 23rd we welcomed over 100 trick-or-treaters, friends and family of our residents and staff, for a spooktacular evening of fun at YCC!

Our residents loved handing out treats and seeing all the amazing costumes. A huge thank you to everyone who joined the fun and to our incredible staff and volunteers who made it all happen!



STAFF FLU SHOT CLINIC



YCC mobile flu shot clinic for all staff on November 10 & 11, from 2:00 PM to 4:00 PM. Our clinic team will visit each nursing station during these hours, announcing overhead each time we move to a new location. Staff from all departments are welcome and encouraged to attend.

Check your email for the consent form needed for your flu shot. Please bring a completed copy with you when you come for your vaccine.

YCC NOVEMBER EVENT CALENDAR

Wednesday

November 5 | 2:00 pm
Remembrance Day
Service
Friendship Centre

Thursday

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

November

November 17-21
Christmas
Decorating Week

CHRISTMAS DONATIONS



CALL FOR DONATIONS

We are accepting donations for resident Christmas Gifts and items for our resident Christmas Country Store!

- Shampoo, 2 in 1, dry shampoo, body wash, deodorant & body lotion – limited scent products (male and female)
- Grippy fuzzy socks & gender base socks
- Kleenex
- Small throw blankets
- New stuffed animals
- Jewelry
- Calendars
- Coffee mugs
- Stationery
- Magazines
- Soft chocolates & cheezies – Sweet treats!
- Diabetic chocolates
- Gift bags
- Seasonal decorations, regular home decor, & door hangers

Have Donations?
Please connect with any of the
Activity Coordinators
OR
drop off donations at Front Reception

DONATIONS WILL BE ACCEPTED UP TO FRIDAY, NOVEMBER 28TH



CHRISTMAS CARE PACKAGE

This YCC tradition started 11 years ago...

The Christmas season is upon us and the GET Inspired team wants to spread some holiday cheer by handing out care packages to staff who may find this time of year difficult.

If you know of a co-worker who could use a little pick me up or a helping hand, please contact ext. 3111 or email getinspired@yorkcarecentre.ca.

Any nomination of staff will be kept confidential & if you nominate someone, your nomination will be kept private as well. Care packages will be distributed in a private manner.

Deadline for nomination is: Sunday, November 30th, 2025





STAFF CHRISTMAS OPEN HOUSE

You're invited to York Care Centre's Staff Christmas Open House on Saturday, December 6th from 2-4 pm in the Friendship Centre!

Bring your family for games, cookie decorating, and festive fun. Santa will be joining us for photos, keep an eye out mid-November for the sign-up sheet to reserve your photo time!

STAFF FAMILY SWIM

You're invited to York Care Centre's Staff Family Swim on Sunday, November 30th from 4:45-5:45 pm at the Fredericton Indoor Pool!

Due to limited capacity, sign up will be done on a first come first serve basis, and you must list each person attending. A sign up sheet will be posted in mid November.



LUNCH & LEARN

Amber Lavigne and Melinda Warren led an informative session on the NB Long-Term Care Program and took time to answer all our questions.

The next Lunch & Learn is on Thursday, November 6th at 1:00 pm, a digital information session on Parkinson's disease.



HALLOWEEN PAINT N' SIP

On October 28th Nursing Home Without Walls hosted a Halloween Paint N' Sip! Clients had a fantastic time painting under Heather's guidance and sipping artisanal mocktails crafted by Emmett.



President's Corner

By Geri Geldart

Trick or Treat Success

I have to admit, I was really disappointed to miss our Trick or Treat event in person, but the photos that have been circulating more than made up for it! The creativity and effort that went into organizing this event, and the enthusiasm of everyone who participated, really shone through. The costumes were absolutely precious, and it's clear that our residents, families, and staff had a wonderful time together. A big thank you to everyone who helped make this event such a success. These moments of joy and community are what make York Care Centre so special.

Another Award for York Care Centre

So, the reason I missed Trick or Treat....We were attending the Fredericton Chamber of Commerce Business Excellence Awards—and I'm thrilled to share that by the end of the evening, York Care Centre was named the winner in the Non-Profit Sector category!

It was truly an honour to accept this award on behalf of our entire team. While I may have been the one standing on stage, this recognition belongs to each and every one of you. This award celebrates the many years of exemplary service you provide to our residents day in and day out. Your compassion, professionalism, and dedication don't go unnoticed—not by our residents and their families, not by our community, and clearly not by the Chamber of Commerce. I am so proud of this team and absolutely thrilled that your outstanding work is being recognized in this meaningful way.

All Staff Meeting - Thank You!

Thank you to everyone who made it out to our recent All Staff Meeting. It was great to see so many familiar faces in the room!

This gathering gave us a chance to share our progress on several key initiatives and talk about the priorities we're currently pursuing as an organization. I hope the presentation was thought provoking. I welcome your questions and suggestions. Through dialogue we can ensure we're all moving forward together with clarity and purpose.

A Reminder About What Matters Most

As we move deeper into the fall season and the holidays start coming into view, I want to take a moment to remind everyone about the importance of maintaining a healthy work-life balance. The work we do here is demanding and meaningful, but it shouldn't come at the expense of time with your loved ones.

Family time—whether that means gathering around the dinner table, attending your child's hockey game, or simply enjoying a quiet evening at home—is what sustains us and gives our work deeper meaning. When we take care of ourselves and nurture our relationships outside of work, we come back as better versions of ourselves, more capable of providing the exceptional care our residents deserve.

As we head into the busy holiday season, please remember to protect that precious time with family and friends. Set boundaries, take your breaks, and don't hesitate to lean on your colleagues when you need support. We're a team, and that means looking out for one another's wellbeing as much as we look out for our residents.

Thank you for all you do, and thank you for being part of the York Care Centre family.

With gratitude and pride,
Geri Geldart

HEALTH & WELLNESS TIP

Break Those Bad Habits | *Written by Homewood Health*



Learn how to break bad habits by identifying triggers, understanding the need behind them, and replacing them with healthier behaviours. We might not like to admit it, but most of us have at least one bad habit that we'd like to change.

What is a habit?

A habit is any action that we have performed so often that it becomes almost an involuntary response.

While it can be hard to break bad habits, it is possible. But first you have to become aware of the habit. Since we all perform habits automatically, or without thinking, the first thing you have to do is to bring those habits into your consciousness. Identify the habit and how it's affecting you or others around you. Then determine what need this habit fills; in other words, figuring out why this habit exists in the first place.

Some questions you can ask yourself are:

- What triggers my habit?
- What is the habit?
- What craving or need does the habit satisfy?

Now that you've identified the bad habit and understand what need it fills, you must decide if breaking your bad habit is important to you, and worth the effort involved. Then you must decide how you will replace it with new behaviours that fulfill the need. For example, giving up your nightly social media scroll might mean you need to find a new way to unwind before bed, socialize, or get information. You're not just eliminating your habit, you're replacing a bad habit with a good habit that provides a similar benefit. Keep in mind that your environment makes your bad habit easier and good habits harder. If you keep your phone on your nightstand, it's easy to pick it up and scroll. Changing your environment can help change the outcome of breaking your habit.

You must be determined to do whatever it takes so that you can break your habit. Write down the reasons for making the change and what you are now committed to doing. This action creates clarity by defining, in very specific terms, what the change means, and it keeps you committed since it's harder to dismiss a promise printed in front of you.

HEALTH & WELLNESS TIP CONTINUED...

It's important to focus on changing just one habit at a time. You must take consistent daily action in order to build a new habit. If you do backslide, don't label yourself as having failed. Get out your list of reasons for changing and begin again. Ask for support from family and friends.

If you're sticking to your new behaviours then you deserve a reward. Just make sure that the reward doesn't interfere with your new behavior (for example, if you're making changes to your diet, your reward should not be food-related). A reward may be watching your favorite TV show, going out with friends or buying that new book that you've been wanting to read. Don't wait for a week or a month, but reward yourself as soon as you've taken the first few steps.

There will be times when you question whether it's all worth it. Keep reminding yourself that you're moving closer to your goal. Talk to yourself about how you're going to avoid triggers that can send you off track throughout the day. Enlist a friend or family member for support. Perhaps you can work on breaking the same bad habit together. Even if your friend doesn't have any habits they want to break, they can still offer support by encouraging you and remind you of your goal if they see you slipping back into old habits.

Changing your life for the better should be fun! Remember, you're making changes that will give you more time, joy and fulfillment in the future.

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

