



THE LATEST BUZZ

J.T. CLARK FAMILY FOUNDATION TOWER 2 DONATION



We are incredibly grateful to the J.T. Clark Family Foundation for their support and generosity, matching donations made to the Tower 2 Memory Care Campaign before October 31st.

On November 26th, Jim and John Clark, from the J.T. Clark Family Foundation, visited York Care Centre to present a cheque for \$75,000 to York Care Foundation President Gary Beattie and York Care Centre CEO Geri Geldart.

We cannot thank the J.T. Clark Family Foundation enough for their commitment to improving the lives of older adults in our community. Their support will help create a warmer, therapeutic, and engaging environment for residents living with advanced dementia. Every dollar raised through this campaign will make a lasting and meaningful difference in the daily experience of our Tower 2 residents.

DECEMBER 2025

Monthly Winners

HR Draw

HEATHER MCKINNON

\$25 REGENT MALL GIFT CARD

FOR DECEMBER DRAW

\$25 PETER'S MARKET GIFT
CARD

Staff Pay2Play Lottery
Winners

MARJOLEIN JELLEMA

NOVEMBER 13

EMILY SPARKES

NOVEMBER 27

DID YOU KNOW?

There are 32
decorated
Christmas trees
throughout York
Care Centre!



TOWER 2 MEMORY CARE CAMPAIGN DONATION

Y SERVICE CLUB

Thank you to the Nashwaaksis Y Service Club for their continued support and generous donation to the York Care Foundation Tower 2 Memory Care Campaign!

Club members André Ouellette and Kelly Piers visited York Care Centre today to present the cheque to YCF President Gary Beattie & Jamie Roy, VP of Care Services & Quality at YCC.

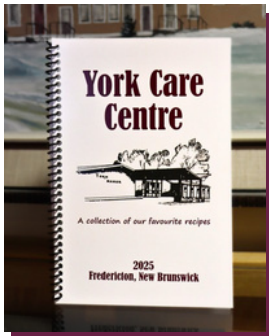


CONGRATULATIONS!

Congratulations to Melanie Williams on the birth of her baby girl, Amy, on November 24th.



COOKBOOKS ON SALE NOW!



The 2025 York Care Centre Cookbook is now on sale!

Cookbooks are available for \$20 each, with a limited number of copies printed. All proceeds support the York Care Foundation, helping enhance programs and services for our residents. They also make a great stocking stuffer for the holiday season!

If you'd like to purchase a copy, please stop by front reception or email communications@yorkcarecentre.ca, available while quantities last!

HOPE CITY HAWKINS HOUSE VISIT

Thank you to the members of HopeCity Fredericton for stopping by Hawkins House this week to share some holiday cheer! Your thoughtful gifts and warm festive spirit brought joy to our Hawkins House community.



CALL FOR PHOTO SUBMISSIONS

CALL FOR PHOTOGRAPHY SUBMISSIONS

If you have photos that you think might be a good fit or are willing to take photos, please contact communications@yorkcarecentre.ca with:

- Your name,
- Contact information
- Image(s) you can provide
- Your cost to use the image(s)

Submission deadline: Friday, December 12th

We are seeking local photographers interested in partnering with us to provide high-resolution PNG or JPEG images, to be enlarged and used for wall paper. We are looking for photos, past or present, that capture New Brunswick scenes, including:

1. Train & tracks - Anywhere in New Brunswick
2. Bleachers and large score clock
3. Fredericton Waterfront - Including the Playhouse, City Hall, Lighthouse, Walking Bridge
4. Farmhouse - With a tractor, a vegetable garden or a clothes line
5. Boyce Farmer's Market - Looking down the aisles with vendor stands on each side
6. Wild Flowers - In a garden with a field in the background
7. Nashwaak River - With people fishing or a boat in the water
8. Farm Animals - Large farm scene
9. Walking Trail/Green/ Wooded Trail - With people in the distance running, walking a dog, or biking
10. O'Dell Park - Trees, duck pond, trails
11. Killarney Lake - Beach in the summer
12. Apple Orchard
13. Open Submission - A New Brunswick scene you feel would be meaningful or comforting for residents living with dementia

We are seeking local photographers to partner with us by submitting high-resolution images that can be enlarged and used as wallpaper for the Tower 2 renovation.

We are looking for photos, past or present, that capture New Brunswick locations, landmarks, and landscapes. These images will help create a space that supports physical and mental engagement and encourages reminiscence and connection.

If you have suitable photos or are willing to take new ones, please email communications@yorkcarecentre.ca with your name, contact information, the images you can provide, and any associated cost.

The submission deadline is Friday, December 12.

UPDATE TO ROGERS CABLE INFRASTRUCTURE



Rogers has confirmed the update to their cable services at York Care Centre will begin on Tuesday, December 9th.

The current Rogers digital box and corresponding remote will be removed from resident rooms to be returned to Rogers.

How this update will affect residents:

- Cable service will be temporarily unavailable while the infrastructure updates are completed. Exact dates will be shared as soon as they are confirmed.
- Residents will need to use their original TV remote or a universal remote once service is restored.
- All residents will have access to the same standard channel package, as customized channel options will no longer be available.

REMEMBRANCE DAY SERVICE

In honor of Remembrance Day, we held our annual service on November 5th, a meaningful gathering led by Pastor Norm to pay tribute to those who have served and sacrificed.

We would like to recognize and extend our heartfelt gratitude to our two resident veterans at York Care Centre, your courage and service will never be forgotten.

Thank you to the children from Kids Korral Daycare for their recital of In Flanders Field, reminding us of the legacy we honour today.

We also acknowledge the ceremonial placing of memorial wreaths, with Chief Warrant Officer Garry Deeley taking the salute, Bruce Allen representing Resident Veterans, Jean Colwell on behalf of the Widows of Veterans, Paul Urquhart on behalf of YCC residents, and Tammy David representing YCC staff.



UPDATED CONTACT INFO | SENIOR'S ADVOCATE OFFICE



- We step in when your rights or interests are being ignored, especially if you feel unsafe, dismissed, or treated unfairly.
- We work with government and service providers to help them do better.
- We help remove barriers to the services you're entitled to.
- We speak out with you and for you when you're feeling alone or unheard.

☎ 1-833-453-8653
 ✉ advocate-defenseur@gnb.ca
 🌐 www.defenseur-nb-advocate.ca

Contact Us



RESIDENT OF THE MONTH



**Darrell
Collicott**

Darrell Collicott was born in Fredericton at the Victoria Hospital and grew up with one brother. At age five, his family spent a year in England after his father received the Beaverbrook Teachers' Overseas Scholarship. They travelled by boat to Liverpool in 1965 during peak Beatlemania, and Darrell still remembers wearing a school uniform and returning home with a slight English accent.

Darrell attended Mount Allison University, studying fine arts and worked as a figure model. He also enjoyed singing and was a member of the Mount Allison choir, which recorded music and travelled to Newfoundland for competitions. He later completed his Bachelor of Arts at St. Thomas University in 1987, focusing on philosophy and religious studies.

Darrell worked for 25 years as a taxi driver in Fredericton, a job he enjoyed for its variety and the social connections it provided. Over the years, he also took on many other roles, including a baker at Tim Hortons, staff at the STU Alumni building, and election work with the Conservative Party. Darrell also served in the military reserves and enjoyed training at Base Gaagetown, though he was unable to pursue full military service due to colour blindness.

Darrell has volunteered at the food bank and soup kitchen, taken ballroom dancing lessons, fostered children through World Vision, and supports others whenever he can. He enjoys reading academic work, especially on existential philosophy, staying socially active, and barbecuing a good steak.

**Darrell's advice for future generations:
"Treat people well. People are all there is."**

STAFF HOLIDAY MEAL

Join us on Wednesday, December 10th, for our Staff Holiday Turkey Meal.

Sitting times are noon - 2:00 pm and 5:30 - 7:00 pm.

Meals will be placed in each of the staff fridges for night staff.

STAFF HOLIDAY GIFT CARDS

We will begin distribution of the Holiday Gift cards on December 10th, during the staff meal. Following, gift cards can be picked up at Reception/HR.



THANK YOU, JOURNEY FITNESS!

Thank you to the Journey Fitness Studio community for collecting thoughtful donations for our residents. Contributions included everything from blankets and warm socks to personal toiletry items and sweet treats. Your generosity brings warmth and joy to York Care Centre during the holiday season.



Invite your friends and family!

Special Edition CHRISTMAS BINGO!

THURSDAY, DEC 4 | FRIENDSHIP CENTRE, 6PM



CONGRATULATIONS TO OUR SHINING STARS!

Department heads, managers, and team leaders were asked to nominate staff who go above and beyond—those who are true stand-out stars in their roles. We awarded 15 Shining Stars, each receiving a \$50 Walmart gift card as a token of appreciation for their dedication and hard work.



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. Sign up at the staff entrance to reserve your photo time!

CHRISTMAS UNIT DECORATING CONTEST

The Get Inspired Unit Christmas Decorating Contest is back again this year, and we can't wait to see how your creativity transforms our spaces into festive wonderlands!

Judging Date: Friday, December 19th

Prize: The winning unit will receive \$150!

Start planning your designs, and let the decorating begin!



President's Corner

By Geri Geldart

As we close out 2025, I find myself reflecting on what's become clear to me over this past year—and what it means for where we're headed.

Just in the past few days, I've heard from several families expressing gratitude for our staff. From comments about how supportive staff have been for a resident who has recently moved into York Care Centre to a very heartfelt message of gratitude from a family following the passing of their parent, these aren't isolated incidents—they're reflections of what happens here every day. Our people genuinely care, and it shows in the countless small moments that make someone feel seen, valued, and special.

This is exactly why our new strategic plan centers on three interconnected pillars: Residence of Choice, Employer of Choice, and Centre of Excellence. That last one—Centre of Excellence—might sound abstract, but it's really about honouring the expertise and commitment I see in those thank-you notes and messages. It means creating an environment where evidence-based practices, continuous learning, and research support the exceptional care our staff already provide. It means being intentional about capturing what works, sharing it, and building on it.

Which brings me to Tower 2. Our campaign to renovate and enhance our dementia care environment isn't just about updated spaces—though that matters enormously.

It's about creating an environment designed around what we know works best for people living with dementia: better lighting, reduced confusion, spaces that support independence and dignity. Thanks to the many generous donors and the incredible matching commitment from the JT Clark Family Foundation we are well on our way to making this vision come to life. This is our opportunity to translate excellence into the physical environment where care happens.

As I look toward 2026, I'm energized by how these pieces connect. The staff member who takes time to make a resident feel special is the same person who will benefit from dementia care education. The family who writes a thank-you note is noticing the culture we're building together—one where people choose to work here, choose to live here, and choose to be part of something that's always getting better.

We've got important work ahead: completing the Tower 2 project, building new research partnerships and continuing to strengthen our culture of recognition and support. But we're not starting from scratch. We're building on a foundation of people who already show up with heart every single day.

Thank you for being part of this journey.

Geri Geldart



WINTER WREATH MAKING

Wellness Coordinator Heather hosted a full house for our winter wreath making activity, where participants created their own seasonal wreaths to take home. Everyone enjoyed the chance to be creative and prepare something festive for their doors.



UPCOMING NHWW EVENTS

WEDNESDAY
DECEMBER 3
AT 1:30 PM

Christmas Card Making

Join Wellness Coordinators Emmett and Heather in making holiday cards for the season. No prior experience required.

***Please RSVP by Tuesday, Dec. 2nd**
In the YCC Learning Centre

SATURDAY
DECEMBER 13
AT 12:30 PM

Movie Theatre Outing

Join Heather at Cineplex to enjoy a movie on the big screen!

***Please RSVP by Dec. 5th**

Cineplex Cinemas at the Regent Mall (Chapters Entrance)
1381 Regent Street, Fredericton, NB

MONDAY
DECEMBER 15
AT 2 PM

Coffee, Tea, and Charcuterie

Enjoy a hot beverage and tasty charcuterie with Heather. We will also be watching videos featuring stand-up comedian Nate Bargatze.

***Please RSVP by Dec 11th**
In the YCC Learning Centre

HEALTH & WELLNESS TIP

Stop Being So Busy | *Written by Homewood Health*

Being constantly busy helps us feel involved and relevant, which is nice up to a point. For many of us, however, this point is reached quite quickly. We may not even realize we're too busy until we can't stand it anymore. You won't stop feeling too busy until you plan for and deliberately take time for solitude.

Consider the following reflections

It's easy to get caught up in a self-propelling whirlwind, powered by the expectations of our culture. Does living in a busy frenzy prove you're valuable and in demand?

Many people make a lot of demands on us, and many of us make heavy demands on ourselves. It's seen as a sign of success to always be busy. Consider how even children, especially children of active parents, go from one scheduled activity to another, leaving little time for breaks to be alone.

Recognizing the benefits of solitude

You've probably heard stories of how imagination and creativity emerge from "down" time. An understanding of gravity came to Newton as he lounged under a tree. Einstein had the idea for his theory of relativity during a dream. Think of past experiences when you've had good ideas while spending time alone, while feeling relaxed. Recall the feeling of solitude and the places that enable solitude for you.

Build a mental file of your own great moments of solitude. Many places in nature inspire us with a profound feeling of solitude. Think of what it's like to walk on a beach without expectations. Do you remember the stillness of a forest, or the freshness of a flower garden? Perhaps you recall sitting in a park and watching the squirrels.

Some people also experience very peaceful moments in houses of worship.

You must change the things you do before you can expect to change the way you feel. If you crave more solitude in your life, plan the changes you want, then make them.

Prioritizing activities and tasks and saying "No."

Just as we can "declutter" our home or desk, we can declutter our task list. Make a list of all the tasks that you have on your plate and remove what's not essential. Focusing on the important tasks will help you give your undivided attention to those tasks. The extra time you've freed up can be used on self-care and solitude.

Instead of trying to multitask or rushing through your task list to get to the end, use the limited time you do have to focus on quality work. This will help prevent you from doing the same task twice due to mistakes.

Choose to say "no" more often. We often have a hard time saying no because we don't want to disappoint our friends, family or colleagues. Saying no can be perceived as being impolite or an inability to accomplish tasks. But saying no creates space in our schedules to rest and recharge, allows us to engage in activities that align with our goals, and it sets boundaries with our family, friends and colleagues.

Saying no is an important part of self-care and frees up time for solitude.

Block space in your calendar for meaningful tasks. Booking time for things that really matter to you (e.g., reading, learning something new, writing or daydreaming) is sometimes the only way you'll make the time.

Remember that everyone is unique. Review your priorities and identify what's working for you and what's not.



HEALTH & WELLNESS TIP

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



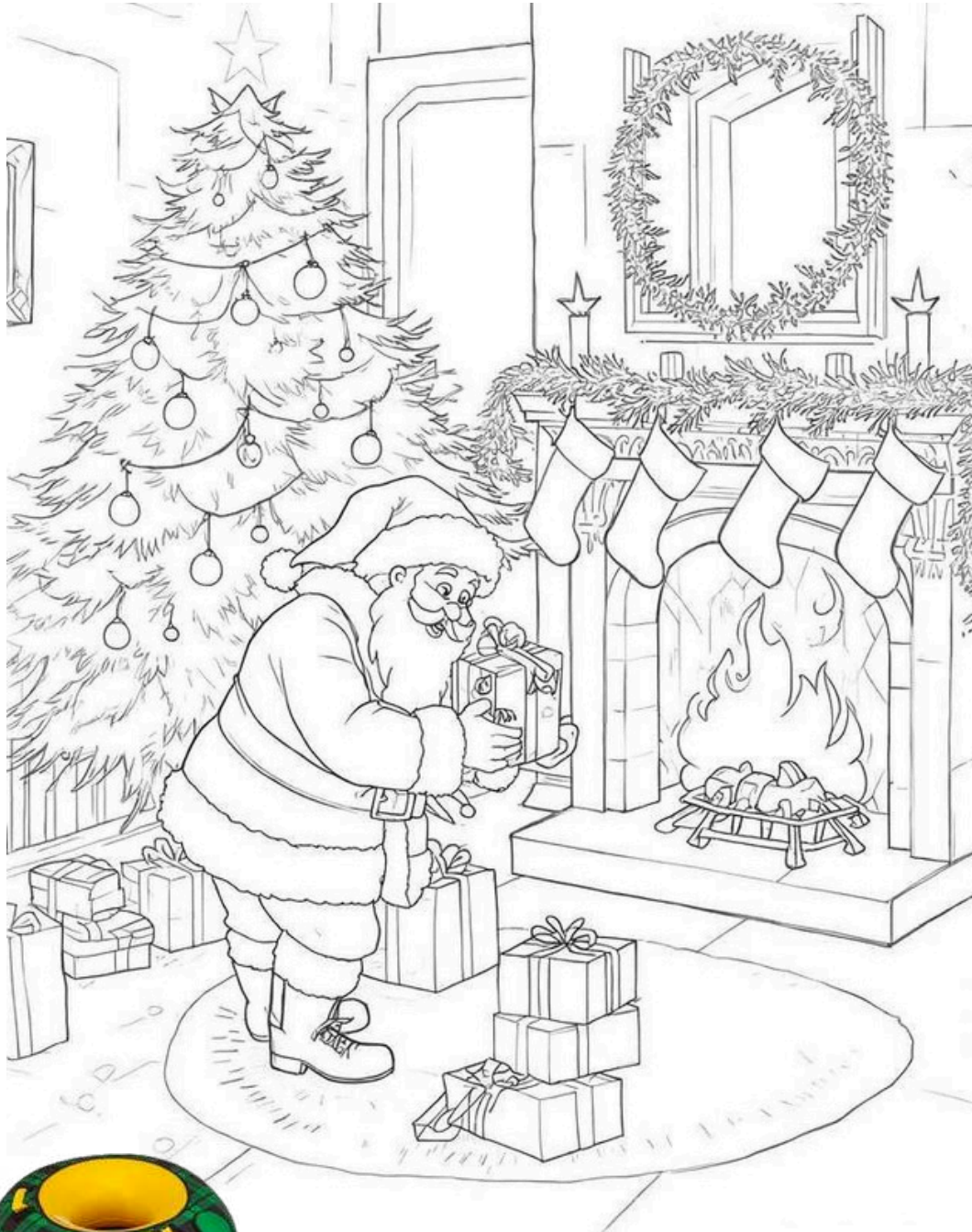
YCC CHRISTMAS EVENTS CALENDAR

<div>Thursday</div> <div>December 4 2:00 pm</div> <div>YCC Christmas Parade</div>	<div>Thursday</div> <div>December 4 6:30 pm</div> <div>YCF Christmas Bingo Friendship Centre</div>	<div>Friday</div> <div>December 5 2:00 pm</div> <div>Kevin’s Lil Ole Country Show Friendship Centre</div>	<div>Saturday</div> <div>December 6 2:00 pm</div> <div>Staff Christmas Open House Friendship Centre</div>	
<div>Wednesday</div> <div>December 10</div> <div>Staff Holiday Turkey Meal</div>	<div></div> <div>December 11 & 12</div> <div>Resident Christmas Country Store</div>	<div>Wednesday</div> <div>December 17 6:30 pm</div> <div>Resident & Family Christmas Party</div>	<div>Tuesday</div> <div>December 23 2:00 pm</div> <div>Christmas Worship Service Friendship Centre</div>	<div>Wednesday</div> <div>December 31 2:00 pm</div> <div>Resident NYE Party with Daisy! Friendship Centre</div>

NBANH COLOURING CONTEST



Contest page



Win 1 of 3 Yukon Charlie's Snow Tubes!

NAME of the ARTIST
NURSING HOME

AGE
TEL#

sponsored by



click here

- Open to children and grandchildren aged 5 to 11.
- Color the Santa Claus scene using your favorite colors.
- Take a picture of your artwork and send it to info@nbanh.com by **December 19th.**
- Be sure to include the artist's name and age, along with the **name of the nursing home and it's contact information.**
- Three lucky winners, selected by random draw, will each receive a **Yukon Charlie Snow Tube** valued at approximately \$150 ea.
- The winners will be announced in the **January 8th, 2026**, edition of the INSIDER.

*Santa's Elves
Color Palette*

