



THE LATEST BUZZ



ANNUAL RESIDENT DEER HUNTING!

The best part of Christmas undecorating is Deer Hunting Day! Activity Coordinators transformed our Christmas trees into a forest, setting the stage for a day of post-holiday fun. Residents enjoyed a lively game of "deer hunting," taking aim at staff members dressed as frolicking deer with Nerf blasters.

A huge thank you to Jennifer Beals, Amanda Richard, and Jasmine Hebert for donning the deer costumes and bringing laughter and excitement to this creative activity. It was a memorable way to wrap up the holiday season while engaging residents and staff alike!



FEBRUARY 2026

Monthly Winners

HR Draw

GRAHAM DUNPHY
\$25 Cineplex Gift Card

FOR FEBRUARY DRAW
\$25 Walmart Gift Card

Staff Pay2Play Lottery
Winners

SONNY BARTON
January 8

TANASHA WATSON
December 25

Valentine's Day
Party

Friday, February 13th
2:00 PM
Friendship Centre



CONGRATULATIONS!



Congratulations to Fisayo Lala and Jude Okechukwu on obtaining their GPN license!

Congratulations to Jamie Roy on successfully completing the Prosci Certification in Change Management.

Jamie is now a Certified Change Practitioner, enabling her to support organizational change with a strong focus on the people side. This certification strengthens our ability to lead and sustain change effectively across the organization.



FREDERICTON COMMUNITY KITCHENS DONATION



A massive thank you to all the staff who contributed to the Friday Dress-Down Fund this past year. Your contributions raised over \$6,574 for the Fredericton Community Kitchens, in support of their Daily Meal, Student Hunger, and Community Outreach programs.

YCC is proud to support their vital mission addressing food insecurity as they feed Fredericton’s hungry.

BEST (ADP) DOORS UNDER REPAIR

Please be advised that when entering York Care Centre through the Adult Day Program (“Best Entrance”), the first door on the right-hand side is currently out of service and no longer operable as we await the installation of a new door.

We apologize for any inconvenience this may cause. Anyone requiring a wheelchair-accessible entrance is kindly asked to use the Main Entrance doors.

Thank you for your understanding and cooperation.



RESIDENT OF THE MONTH



**Doreen
Lawrence**

Doreen Lawrence was born in Ipswich, Suffolk, England in 1926. At the age of seven, Doreen and her family moved to Portsmouth, located 5 miles from the English Channel, which at the time was a naval base.

When the Second World War began in 1939, Doreen was thirteen years old. She remembers carrying a gas mask and identification card to school before leaving her studies to work in support of the war effort. Doreen joined the Women's Land Army, where she farmed to help feed the nation by picking potatoes, threshing grain, and worked the fields. After the war, Doreen received a letter of appreciation from the Queen Mother for her service, and in 2008 the Women's Land Army was formally recognized with a commemorative badge and letter from the Prime Minister of England.

During the war, Doreen met her future husband, G. Byron Lawrence, who served with the Fifth Field Regiment of the Royal Canadian Artillery and was stationed in England. They married in Chichester, England in 1943, and in 1945 Doreen traveled to Canada as a war bride, to her husband's hometown of Dumfries, New Brunswick.

Doreen and her husband raised four children, and today she is the proud grandmother of twenty-two grandchildren and five great grandchildren. In her spare time, Doreen enjoys oil painting and loved singing for many years. She sang in the St. Mary's Anglican Church choir for over sixty years and performed wartime songs with a war brides' choir. Having witnessed enormous change, Doreen says technology and computers have had the biggest impact on the world, particularly in replacing people in the workforce. While she enjoys living in Fredericton, Doreen still fondly misses England's open fireplaces and the coastal winds of the English Channel.



Doreen's advice for future generations:
We all have angels watching over for us,
when faced with adversity recite the Lord's Prayer.

CALL FOR CHOIR MEMBERS & PIANIST

We're putting out a friendly invitation to staff & volunteers who may be interested in joining the Wednesday Worship Service choir.

If you have 30 minutes to spare, we would love to have you join us on Wednesdays from 2:00–2:30 pm in the Friendship Centre to help bring music and joy to our worship service. All voices and skill levels are welcome! If you're interested or would like more information, please contact Stephanie at extension 3111 or by email at sseymour@yorkcarecentre.ca.



M2M DISCOUNT CARD



Stop by Dave's Café to pick up a Chamber of Commerce - Member 2 Member (M2M) discount card!

This card allows you to receive discounts on products and services from participating Chamber of Commerce member organizations, such as York Dental, The Joyce Pub, Moco Downtown, Precision Pilates, Surface Float, Scott's Nursery, Hotchkiss Home Furnishings, Downtown Optometry Clinic, Covey Basics, Dooly's, Algonquin Resort, Comfort Inn, Fredericton Delta, Hilton Garden Inn Fredericton, and so much more!

SUMMER CONCERT SERIES | SAVE THE DATE!

York Care Centre, in partnership with Business Fredericton North and sponsored by York Care Foundation, is excited to announce dates for the 2026 Summer Concert Series!

Join us on June 15, July 20, and August 17 at 6:30 PM in the front parking lot for evenings of live music and community fun. Stay tuned for musician announcements!



YCC FEBRUARY EVENT CALENDAR



Thursday	Tuesday	Friday	Thursday
February 5, 6:30 pm YCF Bingo Friendship Centre	February 10, 2:00 pm Couples High Tea By Invitation Friendship Centre	February 13, 2:00 pm Valentine's Day Party Friendship Centre	February 19, 6:30 pm Lions Club Event: Musical Evening Friendship Centre

GOLF FORE CARE | SAVE THE DATE

Mark your calendar - Thursday, June 4th, 2026, at the stunning West Hills Golf Course for York Care Foundation's 15th annual Golf Fore Care charity golf tournament! Stay tuned for more updates.



UPCOMING STAFF EVENTS

- February - Shining Star!
- February 6th - GET Inspired Staff Survey closes. Complete the survey for a chance to win one of 20 \$25 gift cards!
- Week of February 6-13th - Valentine's Day treats in staff rooms & staff draws! GET Inspired will be giving away four \$250 gift cards!
- Thursday, March 12th - Smoothies in Dave's Cafe
- Saturday, March 28th - Karaoke Night at York County Cider (Sign-up sheet to be posted in March)

POPCORN DAY!



On January 20th GET Inspired handed out freshly popped popcorn and gave away 12 Cineplex gift cards! Congratulations to the winners: Jenny Lita, Lynne Morrison, Kirandeep Kaur, Crystal Stewart, Peter Colobong, Christopher Ramos, Jeremy Pugh, Eric Ingram, Sherry Holder, Breanne Purcell, Shelley Saunders, Terry Grant.



THURSDAY, MARCH 5TH

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!

President's Corner

By Geri Geldart

Care Starts With Us: Building the Culture We Want

Last month, I introduced our year-long exploration of care – what it means and how it shows up in everything we do at York Care Centre. This month, I want to focus on something fundamental: we cannot provide exceptional care to our residents unless we first care for each other.

A caring culture doesn't happen by accident. It isn't created by policies, mission statements, or directives from leadership. It's built one interaction at a time, by individuals who make the choice – every single day – to show up with compassion and respect for their colleagues. It starts with small moments. Checking in with a coworker who seems overwhelmed. Choosing to assume positive intent when someone makes a mistake. Saying thank you. Offering help without being asked. Speaking respectfully even when frustrated. These aren't grand gestures – they're daily choices that each of us makes about how we treat the people we work alongside.

Long-term care asks a lot of us – physically, emotionally, and mentally. On the hardest days, when we're tired or stressed or dealing with challenges beyond these walls, it can be tempting to focus solely on the tasks in front of us and forget about the people around us. But that's when choosing compassion matters most.

We can have beautiful facilities and excellent clinical care but if people don't feel valued, supported, and cared for by their colleagues, we cannot truly be a Residence of Choice or a Centre of Excellence. The quality of care we provide to residents flows directly from the quality of care we provide to each other.

This month, we're relaunching our 20 Tenets of Culture – guiding principles that describe the attitudes and behaviors that make a strong and positive culture. These tenets aren't rules to be enforced. They're invitations. They describe the culture we aspire to build together, one choice at a time, one person at a time.

As I've been reflecting on these tenets, I've had to look honestly at my own contributions to our culture. If I'm asking each of you to consider what kind of colleague you want to be, I need to do that work too. And here's what I know I need to improve: assuming positive intent. Too often, when a colleague brings me a concern or a challenge, I find myself jumping to judgment before I've really listened. I make assumptions about motives or fill in gaps with my own interpretations instead of taking the time to truly understand what they're trying to communicate. It's a habit born from busy days and competing priorities, but it's not the kind of leader – or colleague – I want to be.

So my commitment this year is to slow down. To listen more carefully. To ask clarifying questions instead of assuming I already know. To give colleagues the benefit of the doubt and trust that we're all doing our best with the information and resources we have. It won't be perfect – old habits are hard to break – but it's the work I need to do if I want to contribute to the caring culture we're trying to build.

No one person can create this culture alone. But each one of us has the power to contribute to it – or to undermine it. Every interaction is an opportunity. Every day is a fresh start.

As we move through February, I invite you to reflect on this question: What kind of colleague do I want to be? Not what kind of workplace do I want, but what am I willing to contribute to creating that workplace? Because culture isn't something that happens to us. It's something we build together, through our daily choices about how we treat each other.

The heart of care begins with us. Let's make it strong.

Warm regards,
Geri Geldart
CEO, York Care Centre



WELCOME REBECCA!



Say hello to Rebecca, who’s joining us two days a week for the next couple of months as a Student Intern from the St. Thomas University Social Work program.

Originally from Glace Bay, Cape Breton, Rebecca hopes to pursue a career in social work, working in a hospital after graduation. In her free time, she enjoys thrifting and going for walks, with the Walking Bridge being one of her favourite spots in Fredericton. She played rugby at St. Thomas University and used to be a cheerleader.

UPCOMING NHWW EVENTS

<p><i>Friday February 6th 2PM</i></p>	<p>TEA & TOAST</p> <p>Join Wellness Coordinators Heather and Emmett, along with a special guest, at YCC’s Learning Centre. This is a social event complimented by hot beverages, toast, and various spreads!</p> <p>*PLEASE RSVP BY FEB. 4TH York Care Centre - Learning Centre</p>
<p><i>Thursday February 12th 2PM</i></p>	<p>PAINT & SIP</p> <p>Wellness Coordinators Heather and Emmett invite you to join them for an afternoon of painting & sipping on non-alcoholic beverages. *No prior experience in painting is required</p> <p>*PLEASE RSVP BY FEB. 5TH York Care Centre - Friendship Centre</p>
<p><i>Friday February 20th 1PM</i></p>	<p>LUNCH & LEARN - FIRE SAFETY</p> <p>Join us for an informative session on Fire Safety provided by Charles Burns, a Fire Prevention Officer with the Fredericton Fire Department.</p> <p>*PLEASE RSVP BY FEB. 13TH York Care Centre - Friendship Centre</p>
<p><i>Monday February 23rd 2:30PM</i></p>	<p>CARDS & CONVERSATION</p> <p>Join Wellness Coordinator Heather in Dave’s Cafe to play some card games and socialize. There will be a variety of card games to enjoy.</p> <p>*PLEASE RSVP BY FEB. 16TH York Care Centre - Dave’s Cafe</p>

WELLNESS CORNER



Sentio by Homewood Health

Looking for a way to improve your mental health? Need help with depression or anxiety? Sentio is online cognitive behavioural therapy (CBT). It helps to improve your mental health, and reduce symptoms of depression and anxiety with proven CBT methods. Created by clinical professionals and based on research and clinical practice, Sentio contains over 20 treatment goals and a wealth of tools and resources to assist you.

Cognitive behavioural therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (“cognitions”), feelings and behaviour. Your thoughts lead to feelings. Your feelings lead to behaviours. Your behaviours can, in turn, positively or negatively influence your feelings. Sentio's CBT helps you recognize how those thoughts, feelings and behaviours mutually impact each other, and give you tools to improve how you deal with these in your day to day life.

You can access this service through your EFAP program.



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