



# THE LATEST BUZZ



MARCH 2026

## Monthly Winners

HR Draw

**GIA FAITH CABALLERO**  
\$25 Walmart Gift Card

**FOR MARCH DRAW**  
\$25 Ultimate Dining Gift Card

Staff Pay2Play Lottery  
Winners

**DAVID BASS**  
February 5

**MAIDA LAWAS**  
February 19

## VALENTINE'S DAY CELEBRATIONS

Residents had a fantastic time at the Valentine's Day celebration in the Friendship Centre on February 13<sup>th</sup>. Everyone enjoyed delicious heart-shaped cookies while Out & About kept the party lively and fun.

A huge thank you to New England Pizza Company for the incredibly thoughtful surprise of three pizza boxes packed with handmade Valentine's Day cards for York Care Centre and Hawkins House residents!



  
**St. Patrick's Day Party**  
 Tuesday, March 17<sup>th</sup>  
 2:00 PM  
 Friendship Centre  




## CELEBRATING ACHIEVEMENTS

Congratulations to Fisayo Lala on passing the Canadian Practical Nurse Exam!

## STRESS MANAGEMENT WORKSHOP

Presented by the Canadian Mental Health Association

Tuesday, March 24

1:45pm – 2:30pm in the Learning Centre – Open to all staff



Join us for this ‘mini session’ as we examine stress management. We will discuss the signs and symptoms that one may be experiencing when under stress, our reaction to stress, work/life balance and some coping tips.

## COUPLES HIGH TEA

This year, YCC hosted a Couples High Tea in the Friendship Centre in celebration of Valentine’s Day. Couples enjoyed a lovely afternoon with tea and coffee, assorted fruit, sweets, and sandwiches and music from Marty Hall.



# YCC MARCH EVENT CALENDAR

Thursday	Tuesday	Wednesday	Thursday	Thursday	Friday
March 5, 6:30 pm YCF Bingo Friendship Centre	March 17, 2:00 pm St. Patrick’s Day Party Friendship Centre	March 18, 6:30 pm Big Brothers Big Sisters Visit Friendship Centre	March 19, 6:30 pm GEMS Youth Group Musical Performance Dixon & Birch Grove	March 26, 6:30 pm GEMS Youth Group Musical Performance Tower 1 & Birch Grove	March 27, 10:15 am Preschool Centre Visit Friendship Centre



## BETTER CULTURE | 20 TENETS OF CULTURE



Better Culture’s 20 Tenets of Culture is a simple and effective development program designed for all employees. It starts with a quick self-assessment, which then delivers a yearlong series of coaching content straight to your inbox. This is your opportunity to invest in yourself, take charge of your growth, and enhance your success at work and in life. Check your email to register today for a chance to win!



## GOLF FORE CARE

Join us on Thursday, June 4, 2026, at the stunning West Hills Golf Course for York Care Foundation's 15th annual Golf Fore Care charity golf tournament! Mark your calendars, early registration for will open on March 30<sup>th</sup>, stay tuned for more information!

## DIGITAL SAFETY DATA SHEETS

Safety Data Sheets (SDS) have been digitized and are now easily accessible across York Care Centre. Instead of referring to SDS binders located in designated areas throughout the facility, staff can now access this information directly from any employee desktop. The SDS are available in the “Safety Data Sheets” folder.

**SAFETY DATA SHEETS** YORK CARE CENTRE  
**ARE NOW DIGITAL!**

Safety Data Sheets can be accessed from any employee desktop.  
 Open the 'Safety Data Sheets' folder to view the information you need.

Safety Data Sheets



THURSDAY, MARCH 5<sup>TH</sup>

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!

# RESIDENT OF THE MONTH



**Tracey  
Mitchell**

Tracey Mitchell was born in Toronto in the city's east end near Jones and Danforth. She spent her childhood between Toronto and Beaverdam, New Brunswick. Tracey remembers loving Toronto in the 1980s because there was always something happening and plenty to see and do.

Family has always been central in Tracey's life. She speaks fondly of her father, whom she describes as a true gentleman. He was known for tipping his hat to women and speaking in proper English, he was a kind and affectionate man. Fun fact, Tracey's step father was once a bank robber who, ironically, later in life worked as a crossing guard for the police.

Throughout her life Tracey worked a variety of jobs. One of her most memorable roles was helping Santa at the mall during the holiday season. Her favourite job was for the Nurses Association where she helped

prepare their quarterly newsletter for mailing around the world. She also spent time volunteering with Positive Heart Living and Transition House.

Tracey raised her children in Fredericton which she felt was the perfect balance between a large city and a small rural community. In her spare time, Tracey enjoys knitting and helping out around York Care Centre. She often assists with cutting out the birthday boards for Tower 1 and Tower 3 and folding towels and facecloths. Her greatest joy in life is her children and nine grandchildren.

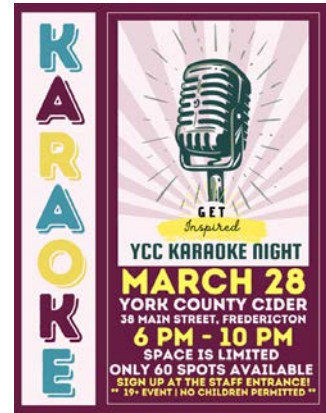
Tracey's advice for future generations:  
We need to back up a little bit and learn how to live off the land, be able to grow your own food, garden, bake, pickle food, make your own jam, etc.

**MARCH IS NUTRITION MONTH!**



## UPCOMING STAFF EVENTS

- Thursday, March 12<sup>th</sup> - Smoothies in Dave's Cafe
- Saturday, March 28<sup>th</sup> - Karaoke Night at York County Cider  
(Sign-up sheet to be posted mid March)



## GET INSPIRED STAFF SURVEY WINNERS

Thank you to everyone who took the time to complete the GET Inspired Staff Survey. We truly appreciate your feedback and ideas to ensure future activities reflect what matters most to our York Care Centre staff. Congratulations to staff members who won a \$25 gift card for completing the survey:

- |                      |                   |                  |                             |
|----------------------|-------------------|------------------|-----------------------------|
| • Allie Fraser       | • Suzanne Haines  | • Melanie Currie | • Jessica Patterson Eustace |
| • Abby Jackson       | • Jason Robin     | • Melanie Coburn | • Victoria Brown            |
| • Laura Ingalls      | • Angel Sam-Ogu   | • Jeremy Johnson | • Meaghan Holyoke           |
| • Elly Mae Kierstead | • Candace Purcell | • Emily Wright   | • Katelyn Murray            |
| • Taylor Stewart     | • Emmett Legare   | • Alanna Birch   | • Suissa Delos Santos       |

## GET INSPIRED RANDOM ACTS OF KINDNESS WINNERS

In the spirit of Random Acts of Kindness week in February, the GET Inspired Committee wanted to remind everyone that even small acts of thoughtfulness and compassion make a big difference. These small gestures align perfectly with the *Kind* tenet of our 20 Tenets of Culture: *Be kind. Be compassionate. Be thoughtful.*

Congratulate the winners of our all-staff random draw for four \$250 Visa gift cards:



# President's Corner

By Geri Geldart

## Caring in Action: What It Means for Our Residents

Last month, I wrote about the importance of caring for each other and the role that plays in building the kind of culture we want at York Care Centre. This month, I'd like to shift our focus to the people at the heart of everything we do – our residents – and what caring truly means in our day-to-day interactions with them. When we think about care, it's easy to focus on the clinical tasks, the routines, and the responsibilities that fill our shifts. Those things matter. They are essential. But caring goes beyond completing tasks well. It's about how those tasks are done, and more importantly, how people feel while they are receiving our care.

For our residents, this is their home. Every interaction – no matter how brief – shapes their experience of living here. Caring can be found in the smallest moments. It's knocking before entering a room. Taking an extra minute to ask how someone is feeling and really listening to the answer. Using a resident's preferred name. Explaining what you are about to do rather than rushing ahead. Making eye contact. Offering reassurance when someone is anxious or confused. These moments may seem small, but they carry enormous weight. They communicate dignity, respect, and humanity.

Caring also shows up in larger ways. It's advocating for a resident when something doesn't seem right. It's taking the time to learn someone's story – their preferences, their routines, what brings them comfort. It's working as a team to ensure consistency in care so residents feel safe and understood. And caring is not limited to those providing direct care. Every role at York Care Centre touches the lives of our residents. An Environmental Attendant who greets someone warmly in the hallway. A Dietary Attendant who notices when a resident isn't eating well and takes a moment to check in. Maintenance staff who respond quickly and kindly to concerns in someone's living space.

Admin staff who offer patience and compassion to family members. Residents and family members may not remember every task we complete, but they will remember how we made them feel.

As we continue our focus on care this year, I encourage each of you to reflect on this question: What does caring look like in my role? Not in general terms, but in the specific, everyday moments that make up your work. Where are the opportunities – small or large – to make a meaningful difference in someone's day?

I also want to remind everyone about our **20 Tenets of Culture** program. These tenets describe the kind of workplace we are striving to build together – one grounded in respect, accountability, and compassion. That culture is not separate from resident care; it is directly connected to it. When we work in a positive, supportive environment, we are better able to provide the kind of thoughtful, attentive care our residents deserve. If you haven't yet completed your self-assessment, I encourage you to do so before the March 7 deadline to be entered into the draw for a cash prize. More importantly, take the time to reflect honestly on your own contributions to our culture and the ways you can continue to grow.

Caring is not one single action. It is a mindset. It is a series of choices we make throughout the day – in how we speak, how we listen, how we respond, and how we show up for the people who depend on us. Our residents have entrusted us with their care, their comfort, and their home. That is both a privilege and a responsibility. Let's continue to honour that, one interaction at a time.

Warm regards,  
Geri Geldart  
CEO, York Care Centre



## CONGRATULATIONS HEATHER!

Congratulations to Heather MacCara for passing her National Activity Professional training course with an outstanding average of 98%! This achievement reflects her dedication, her talent for creating meaningful experiences, and her commitment to the people she supports through Nursing Home Without Walls.

## UPCOMING NHWW EVENTS

**Thursday**  
**March 5<sup>th</sup>**  
**2 PM**

### IRISH BINGO & COFFEE

Get ready for some bingo fun with Wellness Coordinators Emmett and Heather. Coffee and tea will be provided!

\*Please RSVP by March 4th

**The Unity Centre - 241 Canada Street, Suite #3**

(Large building behind Tim Hortons, enter through the side door by the large parking lot)

**Friday**  
**March 20<sup>th</sup>**  
**1:30 PM**

### MARCH INTO SPRING LUNCHEON

Wellness Coordinators Heather & Emmett invite you to join them in celebrating the first day of Spring with a nice meal.

\*Limit of 15 people, first come first served.

\*Please RSVP by March 13th

**Swiss Chalet - 961 Prospect St, Fredericton, NB**

**Thursday**  
**March 26<sup>th</sup>**  
**1 PM**

### LUNCH AND LEARN - ASK THE PHARMACIST

Join us for an 'Ask the Pharmacist' informational session with Haley Underhill, 4<sup>th</sup> year Doctor of Pharmacy student at Dalhousie University.

\*Please RSVP by March 19th

**At the YCC Friendship Center - 100 Sunset Drive, Fredericton, NB**

**Tuesday**  
**March 31<sup>st</sup> at**  
**10:30AM**

### MORNING WALK & TALK

Join Wellness Coordinator Heather at the indoor walking track at Willie O'Ree Place. This is an excellent opportunity to engage in light exercise and socialize.

\*Please RSVP by March 24th

**Willie O'Ree Place - 605 Cliffe Street, Fredericton, NB**

## WELLNESS CORNER



As the winter months bring shorter days and increased demands, many individuals can experience heightened feelings of grief, loss, and burnout—often intensified by seasonal affective challenges. Our EFAP services offer compassionate, confidential support to help navigate emotional strain, manage stress, and build resilience during this season. Whether coping with loss, low mood, or exhaustion, support is available to help individuals feel grounded and supported through the winter months. Grief and Loss Coaching and Burnout and Stress Solutions are part of the Life Balance Solutions.

How can these services help me?

Here are some reasons you might access Grief and Loss Coaching and Burnout and Stress Solutions. This is not an exhaustive list – if you are unsure if EFAP can help, contact Homewood Health.

Grief and Loss Coaching can support you if you:

- ✓ Are grieving the loss of a job or relationship
- ✓ Are grieving the loss of a loved one
- ✓ Are looking for support in guiding your children through grief
- ✓ Have questions about your emotional well-being due to a recent loss

Burnout and Stress solutions can support you if you:

- ✓ Are feeling overwhelmed with work and personal life responsibilities
- ✓ Are struggling with priority management
- ✓ Feel exhausted all the time
- ✓ Need self-care tips and exercises such as meditation and relaxation techniques

### Homewood Pathfinder - Your EFAP (Employee Family Assistance Program)

[Visit Homeweb.ca or call 1-800-663-1142. Access to confidential 24/7/365 service.](#)

How to register:

**Step One:** Visit [www.homeweb.ca](http://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