



THE LATEST BUZZ

LIEUTENANT GOVERNOR'S AWARD FOR EXCELLENCE IN AGING

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Nomination form

April 10

Deadline/ date limite





**The Lieutenant Governor's Award for
Excellence in Aging**

We want to honour those who improve
the lives of older adults in New
Brunswick.

Nous voulons rendre hommage à ceux
qui améliorent la vie des personnes
âgées au N-B..

**Le prix du lieutenant-gouverneur
pour l'excellence dans le domaine du
vieillessement**

yorkcarecentre.ca

Nominations are being accepted from individuals, businesses, not-for-profit organizations and communities for the Lieutenant-Governor's Award for Excellence in Aging. The deadline for application submission is Friday, April 10, 2026.

This award was established in 2012 by the then-Lieutenant Governor, Hon. Graydon Nicholas, to acknowledge and honour those who recognize the value and contribution of older adults in our communities. The award recognizes New Brunswick citizens, organizations, and communities that have had a unique and positive impact on the way people age in New Brunswick.

New Brunswick has thousands of engaged citizens, professionals, activists, and organizations who work diligently every day to support the aging experience. The passion demonstrated by both individuals and groups has the power to make significant impacts in communities across our province.

The Honourable Louise Imbeault, Lieutenant-Governor of New Brunswick, will present the 2026 awards on May 13th, 2026, at the New Brunswick Association of Nursing Homes Annual General Meeting and Conference. The conference will take place at the Delta Hotel in Fredericton.

If you know a person or an organization that has had a unique and positive impact on the way people age in New Brunswick, you're invited to complete a nomination form available on our website: yorkcarecentre.ca/lieutenant-governors-award-for-excellence-in-aging/

APRIL 2026

Monthly Winners

HR Draw

CARRIN PASION

\$25 Ultimate Dining Gift Card

FOR APRIL DRAW

\$25 Regent Mall Gift Card

Staff Pay2Play Lottery
Winners

ANGIE CHAPMAN

March 5

GAIL PETERSON

March 19

Golf Fore Care

Team registration

now open!

**June 4th at West Hills
Golf Course**





CELEBRATING ACHIEVEMENTS

Congratulations to Jude Okechukwu on passing the Canadian Practical Nurse Exam. Welcome to the LPN Team!

STRESS MANAGEMENT WORKSHOP

Presented by the Canadian Mental Health Association

Tuesday, April 28

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.

ST. PATRICK’S DAY

Residents celebrated St. Patrick’s Day in style with a festive party in the Friendship Centre. They enjoyed delicious treats and lively music from Reg Hayes. It was fun to see so many staff and residents dressed in green to celebrate the occasion!



WELCOME TO THE YORK CARE CENTRE FAMILY!



Back row (left to right) Jillian Geneau (DA), Kennedy Pitre (LPN), Deidre Rourke-Adams, (Accounts Receivable/ Resident Trust Administrator), Kevin Bell (EA), Jess Duncan (Cook), Stanley Ukwuije (RA), Nolan Bass (DA). **Front row (left to right)** Keira Fitzgerald (DA), Heizle Dela Rosa (RA), Amy Pineo (RA), Muskan (RA).

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.

Their dedication and passion for making a difference in the lives of others are already creating a positive impact. As YCC continues to grow, we are grateful to welcome compassionate professionals who share our commitment to excellence in care.

Welcome to the team!



GOLF FORE CARE

Registration is now open for team registration! Join us on Thursday, June 4, 2026, at West Hills Golf Course for York Care Foundation's 15th annual Golf Fore Care charity golf tournament!

Register online at yorkcarecentre.ca/york-care-foundation-golf-fore-care or contact communications@yorkcarecentre.ca to get a team registration form.

Bingo
Night

THURSDAY, APRIL 2ND
&
THURSDAY, APRIL 30TH
FRIENDSHIP CENTRE, 6PM
\$10 FOR 10 GAMES
\$1,000 JACKPOT!

RESIDENT OF THE MONTH



**Ingrid
Ginson**

Ingrid Ginson was born and raised in Hartland, New Brunswick, where she grew up surrounded by a strong sense of community. She loved growing up in Hartland, there was always something to do. Whether it was going to the movies, attending baseball games, visiting the wading pool or baking with friends using an Easy Bake Oven. Birthdays were always a big celebration in the Ginson home and always included a money cake.

Ingrid comes from a close-knit family with two brothers. Her father owned a grocery store on Main Street, a well-known business in the community. In 2001 she moved to Fredericton to remain close to her brothers and quickly became known for baking cinnamon rolls, pies and cookies for social hours in her apartment building.

Throughout her career, Ingrid held a variety of roles. She began in an administrative position at a nursing home in Hartland and later worked as a secretary in the physiotherapy department at the Woodstock Hospital. She also gained experience with Easter Seals, the Hartland Library at Town Hall and volunteered with the Premier's Council during Disability Awareness Week.

In her spare time, Ingrid enjoys painting, making jewelry, puzzles, mystery shows like Criminal Minds and a good game of bingo. She also enjoys helping with laundry, folding towels in Dixon, and delivering newspapers to other residents.

Staff describe Ingrid as positive, optimistic, helpful and always willing to lend a hand.

Ingrid's advice for future generations:
Try to keep busy, keep going and don't give up.

**Administrative Professionals Day
Wednesday, April 22, 2026**

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!



UPCOMING STAFF EVENTS

- Thursday, April 2nd | Easter Cake | 12 - 1:30 pm | Dave's Cafe
- Wednesday, April 22nd | Earth Day Fruit Kabobs | Staff Rooms

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 received an incredible number of Shining Star nominations, and from that amazing pool of staff, we randomly drew 15 Shining Stars to receive a \$50 gift card as a token of appreciation for their dedication and hard work.



President's Corner

By Geri Geldart

Are We Really Listening?

Over the past two months, I have been thinking about what it truly means to care - for each other, and for our residents. We've talked about the small gestures that signal to a resident that they matter: using their name, knowing their preferences, pausing to share a moment. This month, I want to go a little deeper into one of the most fundamental of all caring behaviours - Listening. Not the kind of listening where we are mentally composing a response while someone is still mid-sentence. I mean real, genuine, attentive listening - the kind that says to another person: you have my full attention, and what you are saying matters to me.

This month, we are also focusing on two of our 20 Tenets of Culture - Tenet 1: Coachable and Tenet 2: Helpful. As I reflected on these three ideas together, something struck me: they are not separate concepts at all. Listening is the thread that runs through both. It is what makes coachability possible, and it is what transforms helpfulness from reactive to proactive.

Listening as an Act of Care

Research on caring behaviour consistently identifies "attentiveness" as one of the qualities of compassionate care. When we listen well, we are signalling that the person in front of us is worthy of our time, our focus, and our respect. For our residents, being truly heard can be a profound experience. They may face physical challenges, cognitive changes, or the quiet grief of losses large and small. They depend on others in ways they never anticipated. In that context, having someone sit down, make eye contact, and genuinely listen without rushing, without distraction is not a small thing. It is one of the most caring things we can offer.

Tenet 1: Coachable – Listening Turned Inward

Tenet 1 – Coachable is about embracing feedback as a growth opportunity rather than a threat. It means staying open and believing that there is always something more we can learn about how to do our work better. But you cannot be truly coachable without being a good listener first. When a supervisor offers feedback, when a colleague gently points something out, or when a resident tells us that something isn't quite right, our first instinct can sometimes be to defend, explain, or deflect.

That's human. But Tenet 1 asks us to practise a different instinct: to pause, to listen fully, and to receive what is being offered with openness and gratitude. The same quality of listening we bring to a resident who is trying to tell us something important is exactly the quality of listening we need when someone is trying to help us grow. Coachability is listening turned inward!

Tenet 2: Helpful - Listening That Moves You to Act

Tenet 2 asks us to be assertively helpful, not to wait to be asked, but to notice when someone needs support and to step in before the ask is even made. This is a great standard to hold ourselves to. But how do we know when someone needs help if we are not paying attention? This kind of helpfulness begins with attentive listening. It means noticing the resident who seems more tired than usual today. It means reading what is unspoken and responding not because we were asked, but because we were listening closely enough to know.

The Difference Between Hearing and Listening

Hearing is passive. Listening is a choice and it is not always easy. Our work is demanding, and our to-do lists are long. But when a resident is trying to tell us something, or a colleague is reaching out, the quality of our listening in that moment shapes everything that follows. This month, I invite you to practise what I'd call a listening pause. Once each day, when a resident, family member, or colleague begins to speak to you about something that matters to them, set aside whatever is competing for your attention. Make eye contact. Don't interrupt. Don't problem-solve until they are finished. Just listen. Truly listening is an act of caring.

In the months ahead, we will explore the other dimensions of caring behaviour - compassion, competence, presence, and communication. Each one can deepen our understanding of what exceptional care looks and feels like at York Care Centre. Each one, I suspect, will circle back to listening in some way. Thank you for the care and commitment you bring to your work every day. It does not go unnoticed.

Warm regards,
Geri Geldart
CEO, York Care Centre



WELCOME MARIBETH!

We're excited to welcome Maribeth O'Donnell as the new Navigation Support Specialist with Nursing Home Without Walls. She'll support client intakes and help individuals connect with services and resources in our community.

A retired educator, Maribeth taught at Ridgeview Middle School and later served as the district's Mental Well-Being Lead. She holds a BEd and an MEd in Counselling Psychology from UNB, bringing valuable experience and compassion to our program.

Outside of work, Maribeth enjoys reading, creative writing, waterfall-hunting around New Brunswick, and spending time with her dogs, Tracker and Lacey.



UPCOMING NHWW EVENTS

<p>Thursday April 9th 2 PM</p>	<p>GUIDED YOGA Join Wellness Coordinator Heather for a seated guided yoga session in the YCC Friendship Centre. No prior experience required! *Please RSVP by April 7th At the YCC Friendship Center - 100 Sunset Drive, Fredericton, NB</p>
<p>Monday April 13th 2 PM</p>	<p>SPRING WREATH-MAKING Spring is in full swing, and Wellness Coordinators Heather & Emmett invite you to join them in making spring-themed wreaths to decorate your space for the season. *Please RSVP by April 7th At the YCC Friendship Center - 100 Sunset Drive, Fredericton, NB</p>
<p>Friday April 17th 1 PM</p>	<p>LUNCH AND LEARN - VISION LOSS REHABILITATION Join us for an informational session presented by Julie Sirois, a Clinical Service Lead & Certified Low Vision Therapist with Vision Loss Rehabilitation Canada. *Please RSVP by April 10th At the YCC Friendship Center - 100 Sunset Drive, Fredericton, NB</p>
<p>Monday April 20th 10 AM</p>	<p>TIMMIES SOCIAL Wellness Coordinators Heather and Emmett are hosting a morning Tim Hortons social on the Southside, stop by for a hot drink and a chat! *Limit of 10 people, please RSVP to secure your spot. *Please RSVP by April 13th Tim Hortons - 375 Smythe Street, Fredericton, NB</p>

WELLNESS CORNER

Homewood Pathfinder - Your EFAP (Employee Family Assistance Program)

[Visit Homeweb.ca](http://www.homeweb.ca) or call 1-800-663-1142. Access to confidential 24/7/365 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 APRIL EVENTS CALENDAR

Thursday

April 2, 6:30 pm
Friendship Centre
BINGO in support of
York Care Foundation

Wednesday

April 15, 6:30 pm
Friendship Centre
Big Brothers
Big Sisters Event

Thursday

April 23, 6:30 pm
Friendship Centre
Volunteer Appreciation
Event (RSVP Required)

Friday

April 24, 10:15 am
Friendship Centre
Preschool Centre Visit

Friday

April 24, 2:00 pm
Friendship Centre
Kevin's Lil Ole Country
Show

Thursday

April 30, 6:30 pm
Friendship Centre
BINGO in support of
York Care Foundation