



THE LATEST BUZZ

YCC EMPLOYEE SCHOLARSHIP OPPORTUNITIES



YCC Scholarship Opportunities

Judy Yeaman's Scholarship

Judy Yeaman Scholarship is offered to a employees enrolled in Nursing Diploma or Degree Program (Personal Support Worker, Licensed Practical Nurse or Registered Nurse).

Eligibility:

1. Must have a strong academic record; and
2. Must be a permanent employee at YCC who has completed the probationary period; and
3. Must be enrolled in Nursing program (PSW, LPN, RN).

General Scholarship

General Scholarship is offered to an individual enrolled in any faculty to obtain a Degree or Diploma this Fall.

Eligibility:

1. Must have a strong academic record; and
2. Must be a permanent employee at YCC who has completed the probationary period

Application deadline: Monday, June 15, 2026
Any questions, please contact
Jennifer Geneau: jgeneau@yorkcarecentre.ca

APPLY NOW!

We are excited to announce the York Care Centre Employee Scholarship Program, which offers two scholarships available:

- **Judy Yeaman's Scholarship** - Offered to an employee enrolled in a Nursing Diploma or Degree Program (e.g., Personal Support Worker, Licensed Practical Nurse, or Registered Nurse).
- **General Scholarship** - Offered to a deserving employee enrolled in any faculty on their journey to obtaining a Degree or Diploma this Fall.

Eligible applicants must meet the following criteria and submit a complete application package to be considered for a scholarship:

- Must have a strong academic record
- Must be a permanent employee at YCC who has completed the probationary period
- Must be enrolled in post-secondary education

The deadline to apply is Monday, June 15th. Please check your staff email for the application package. Award recipients will be announced by July 15th. For questions, please contact Jennifer Geneau at jgeneau@yorkcarecentre.ca.

Don't miss this opportunity to further your education and advance your career! Good luck to all applicants!

MAY 2026

Monthly Winners

HR Draw

ANDREA SAVAGE

\$25 Regent Mall Gift Card

FOR MAY DRAW

\$25 Scott's Nursery Gift Card

Staff Pay2Play Lottery
Winners

KALYN FITZGERALD

April 2

SANDRA TAYLOR

April 16

CHRISTA BREWER

April 30



**Mother's Day
Event**

Thursday, May 7

Seating 1 - 2:30pm

Seating 2 - 6:30pm

VOLUNTEER APPRECIATION



We are honoured to celebrate the incredible volunteers who bring warmth, joy, and connection to life at York Care Centre. April 19-25 marked National Volunteer Week in 2026, the International Year of Volunteers. We want to express our deepest gratitude to the remarkable individuals who give their time, energy, and compassion to our community.

Our volunteers make a meaningful difference every single day. Whether they are providing entertainment, portering residents to and from events, assisting with activities, offering companionship, or lending a helping hand wherever it's needed, their impact is felt in every corner of our home. York Care Centre relies on the dedication of these generous individuals, and we are truly fortunate to have such a committed and caring team of volunteers.

To all our volunteers, past, present, and future, thank you! You help create moments of support, enrichment and meaningful interaction that elevate the quality of life for our residents.

SUPERVISED CLINICAL PLACEMENT FOR INTERNATIONALLY EDUCATED NURSES



We are pleased to announce a partnership with NBCC and the Department of Health with regard to the provision of a facility for Internationally Educated Nurses to complete their 600 hours of Supervised Clinical. NBCC hired Jessica Chisholm to instruct and facilitate this supervised clinical. IEN's began their supervised clinical hours within the Dixon unit on April 9.

SUMMER JUNIOR VOLUNTEER PROGRAM

We're excited to share that our Summer Junior Volunteer Program is returning this July and August! Open to youth ages 12-18, this program is perfect for those interested in volunteering at York Care Centre.

We're looking for mature, enthusiastic young people who want to make a difference. It's a great chance to build skills, connect with others, and brighten our residents' days. To register, please contact communications@yorkcarecentre.ca.



NEW STANDER!

The Rehab Department is excited to introduce our new stander, designed to help residents safely and comfortably transition from sitting to a standing position, reducing strain while promoting independence and improving overall quality of life.

BEAVER PHOTOS

A pair of local beavers were spotted by neighbour Peter Duguid beside the pond behind our buildings, happily chewing on small sticks.



LION'S CLUB GLASSES DONATIONS

The Nashwaaksis Lions Club is currently accepting donations of eyeglasses and hearing aids as part of their Lions Recycle for Sight program.

If you have any unused glasses or hearing aids you would like to donate, please stop by front reception and place them in the collection box on the counter.



RESIDENT OF THE MONTH



**John
Lodge**

John Lodge was born and raised in London, England, where he grew up as an only child. He studied at the British Institute of Engineers and Technicians and became a skilled toolmaker and machinist engineer. In 1971, John moved to Canada to help establish Optyl Canada Ltd in Oromocto, a manufacturing plant producing eyeglass frames. He later continued working in the optical industry on Prince Edward Island before returning to Fredericton, where he worked with the Department of Business New Brunswick until his retirement.

John and Evann met through friends at a pub in Fredericton 25 years ago. He is a proud father to Jonathan and Kirsten and grandfather to three granddaughters.

John was known for his ability to fix anything. He spent many hours in his garage, equipped with a full machine shop, working on cars and creating parts for himself and friends. He also enjoyed home renovations and woodworking.

In his spare time, John loved travelling, especially trips to Europe, and sailing on the river with family and his sailing buddies. He had a deep appreciation for animals, particularly cats, and enjoyed reading biographies and books about the world wars. John likes music, especially opera, choral music, and Leonard Cohen, one of his favourites.



THURSDAY, MAY 28TH

FRIENDSHIP CENTRE, 6PM

\$10 FOR 10 GAMES

\$1,000 JACKPOT!

SMILE COOKIES

On April 29th, GET Inspired was busy spreading smiles with Smile Cookies from the King Street Tim Hortons in support of the Alzheimer Society of New Brunswick. Residents joined in the fun on April 30th, decorating their own Smile Cookies with help from Sarah from the Alzheimer Society.



ADULT DAY PROGRAM NOW ON FACEBOOK!

Great news, the Adult Day Program is now on Facebook! Visit their page and follow along at @AdultDayProgramYCC to stay connected with all the activities and updates from ADP.



Adult Day Program at York Care Centre

- 506-444-3880 Ext. 2522
- communications@yorkcarecentre.ca
- yorkcarecentre.ca/adultdayprogram
- 100 Sunset Drive, Fredericton, NB
- Monday through Friday 9 am - 3 pm




YORK CARE CENTRE
EXCELLENCE IN LONG-TERM CARE

GOLF FORE CARE: SPACES LIMITED FOR TEAM REGISTRATION



GOLF FORE CARE
YORK CARE FOUNDATION

SAVE THE DATE

THURSDAY | 4 JUNE 2026

WEST HILLS GOLF COURSE

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.



Care Services Week May 11 - 17, 2026



President's Corner

By Geri Geldart

Caring Enough to Be Excellent

Over the past few months, I have been encouraging you to consider what it means to be “caring”. In March, we explored the small, everyday gestures that tell our residents they are seen and valued. In April, we turned our attention to listening as an expression of our care. This month, I want to explore a dimension of caring that can sometimes be overlooked in conversations about culture and connection.

Competence - It might not sound as warm as small gestures or listening. But I see competence as essential to genuinely caring. When you commit to being excellent at what you do, you are making a statement to every resident in our care: “You deserve my very best”.

Competence is a Form of Respect - Think about what it means to be on the receiving end of competent care. When a nurse anticipates a change in condition before it becomes a crisis, when an RA assists someone with a transfer in a way that is safe, dignified, and reassuring, when a DA remembers not just an allergy but a preference these moments communicate something important. They say, “I have prepared myself to care for you well. I take this seriously. You matter enough for me to bring my full skill to this work.”

Three Dimensions of Competence in Care

I think of competence in long-term care as having three distinct but interwoven dimensions, and all three matter equally.

1. The first is clinical and technical competence – the knowledge, skills, and judgment that allow us to provide safe, effective, evidence-informed care. It is what our professional training and ongoing education develop.
2. The second is relational competence – the skill of building genuine trust with residents, families, and colleagues. This requires more than good intentions. It requires the practiced ability to interpret others charitably, to give people the benefit of the doubt, and to approach interactions with openness rather than assumption. This is what we mean by Tenet 3: Assume Positive Intent. It is not a passive attitude, it is an active choice that takes real skill to maintain, especially on a difficult day.

When we assume positive intent, we create the kind of psychological safety that allows residents to be honest about how they are feeling and colleagues to raise concerns without fear.

3. The third is what I would call courageous competence, which is the ability to have honest, caring conversations even when they are uncomfortable. In a workplace where people genuinely care about quality, there will be moments that call for what our Tenet 4 describes so well: Friendly Friction. This means having the skill and the courage to respectfully raise a concern, offer a different perspective, or name something that is not working.... not to create conflict, but because we care enough about the outcome to say the hard thing.

Excellence as a Cultural Commitment

One of the three pillars of our 2025–2030 Strategic Plan is Centre of Excellence. It is not just a designation or a program. It is a daily commitment, made by every one of us, to care well. To stay curious. To never stop asking how we can do this better. When we assume positive intent, we build the trust that makes excellent care possible. When we practice friendly friction, we strengthen the culture that sustains it. These are not soft skills. They are core competencies in a Centre of Excellence.. in York Care Centre’s Centre of Excellence.

20 Tenets of Culture

Please continue engaging with the coaching videos. Your participation in the 20 Tenets program is building the culture of excellence we are all working toward – and watch for your next draw opportunity!

A Challenge for May

This month, I invite you to reflect on one area of your own competence – clinical, relational, or courageous. Where would you like to grow? Caring enough to be excellent – that is the standard our residents deserve. And it is a standard I know this team is more than capable of meeting, every single day.

With gratitude,
Geri Geldart
CEO, York Care Centre



WELCOME MARY!

We are thrilled to welcome Mary Hallett to the Nursing Home Without Walls team as our student intern through the end of June!

Mary is currently completing her foundation year in the Master of Social Work program at St. Thomas University. She brings a rich academic background, having graduated from UNB with honours in psychology and sociology, after originally starting out in computer science. Born and raised right here in Fredericton's Northside, Mary brings a genuine passion for community support.

Outside of her studies, Mary considers herself a hobby hopper. Her latest passion is bedazzling, and she always enjoys a good book. Mary has two cats, Luna and Cookie and has a fondness for squirrels. She can also recite the alphabet backwards and can kind of juggle.



UPCOMING NHWW EVENTS

Wednesday
May 6th
10:30 am

MOTHER'S DAY BRUNCH

Wellness Coordinators Emmett and Heather invite you to join them for a celebration of mothers with a brunch hosted at STMR.36 located in the Delta.

*Limit of 15 people, you must RSVP to attend.

*Please RSVP by May 5th

The Delta | 225 Woodstock Road, Fredericton, NB

Friday
May 15th
2 pm

CRAFTERNOON - DECOUPAGE

Join Wellness Coordinators Heather and Emmett for an afternoon of crafting. We will be exploring the art of decoupage; a simple yet beautiful technique that we are excited to share with you!

*Please RSVP by May 8th

Fredericton Public Library | 12 Carleton St, Fredericton, NB

Thursday
May 21st
10 am

WILLEE O'REE 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 May 14th

At Willee O'Ree Place | 605 Cliffe Street, Fredericton, NB

Thursday
May 28th
1 pm

LUNCH & LEARN - PARKINSON'S

Join NHWW for an informational session on Parkinson's disease and resources in NB from the chair of the New Brunswick Parkinson's Working Group, Mark Taylor.

*Please RSVP by May 21st

At the YCC Friendship Center | 100 Sunset Drive, Fredericton, NB

WELLNESS CORNER HEALTH & WELLNESS TIP

When something traumatic occurs, whether you've been directly or indirectly impacted by the event, you may be left feeling distraught or devastated. The purpose of this article is to help you understand the reactions and feelings you may be experiencing and provide you with some suggestions to help you resolve the reactions and feel better.

What are the reactions?

Everyone reacts differently in response to traumatic or difficult events; however, the following are the most common reactions after experiencing or witnessing a difficult event:

- **Physical reactions:** Headaches, loss of appetite, insomnia, persistent heart palpitations, fatigue, gastrointestinal problems (e.g., heartburn, nausea, vomiting or diarrhea).
- **Emotional reactions:** Fear, anxiety, distress, anger, irritability, sadness, mistrust, guilt.
- **Behavioural reactions:** Tearfulness, being overly cautious, withdrawal or isolation, increased tendency to blame or criticize people close to you, increased use of substances, such as coffee, alcohol, cigarettes or medication.
- **Mental reactions:** Loss of concentration, forgetfulness, indecisiveness, vivid memories or visualizations of the event.

These reactions are completely normal; they're normal reactions to an abnormal situation. Research has shown that when you acknowledge these stress reactions and take care of them, they usually disappear within a few weeks.

Do these reactions always occur right after the event?

Not always. Most individuals experience these reactions immediately, but for some, these reactions may occur later. Whether they're immediate or delayed, these reactions are experienced by almost everyone who goes through an abnormally stressful situation.

Is there any way to avoid these types of reactions?

You can never avoid them completely. Even individuals who are well-informed and well-prepared have acute stress reactions in such situations. Police officers, emergency medical technicians (EMTs), paramedics, first-aid workers, firefighters and physicians may have strong stress reactions to emergency situations, despite their training and experience. Remember that these are normal reactions.

What can you do?

- Focus more attention on your feelings and reactions than on the event itself.
- Don't judge or blame yourself. Don't criticize yourself for having these reactions. Be patient with yourself. Think about how you'd talk to a friend in this situation, and then treat yourself the same way.
- Try to reduce other sources of stress in your life for a while.
- Take the time to talk about your physical, behavioural and emotional reactions to someone close to you (friend, partner, relative). You can also turn to coworkers, particularly if they experienced the same event.
- Within twenty-four hours of the event, get some physical exercise, no matter how light it is.
- Find something that will help you forget the event for a while. Some people find it helpful to keep busy (leisure activities, hobbies, manual activities, warm baths, physical exercise, etc.), while others find it helpful to relax or go out with friends.
- Take time to rest.
- If you find you're getting mental images of the event or other fears, remind yourself that you're safe now and that you no longer have to be on high alert. Then direct your attention to something else.
- Many people will be curious and ask you questions about the event. If you don't feel like answering, it's perfectly appropriate to explain politely that you prefer not to talk about it. For example, you can say, "I understand that you'd like to know more about what happened, but I'd rather not talk about it. I hope you understand."

WELLNESS CORNER

What should you do if your stress reactions don't diminish from week to week?

It's better not to keep the problem all to yourself. People close to you don't always know how to help, despite wanting to provide advice or help. In order to make sure you are dealing with your feelings in the best way, contact your Assistance Program to receive some counselling.

What have you gained from your experience?

Once things have calmed down, it can be useful to ask yourself, "What have I gained from this experience?" After a difficult event, most people learn something about themselves or others, or about what matters most to them. Take some time to think about this and reflect. You may make some interesting discoveries.

Source: Homewood Health. HomeWeb.

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



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous



FINDING AND ACCESSING HELP

Suicide Crisis Line (24/7 Text/Call)	988 // 988.ca
NB Mental Health Line (24/7)	1-866-355-5550
Kids Help Phone	1-800-6868 Text "CONNECT" to 686868
NB Bridge the Gapp	NB.bridgethegapp.ca
CMHA of NB Bounceback	cmhanb.ca/bounceback
211 New Brunswick	211 // 211.ca

YCC MAY EVENTS CALENDAR

Friday
May 1, 1:30 - 4 pm
Friendship Centre
Municipal Election

Thursday
May 7, 2:30 pm
Seating 1
Friendship Centre
Mother's Day Social
RSVP Required

Thursday
May 7, 6:30 pm
Seating 2
Friendship Centre
Mother's Day Social
RSVP Required

Wednesday
May 13, 6:30 pm
Friendship Centre
YCC Movie Night

Friday
May 22, 2:00 pm
Around YCC
Walk for Alzheimer's

Monday
May 25, 2:00 pm
Friendship Centre
The Nova Tones

Thursday
May 28, 6:30 pm
Friendship Centre
BINGO in support of
York Care Foundation

Friday
May 29, 10:30 am
Friendship Centre
Preschool Centre Visit

Friday
May 29, 2:00 pm
Friendship Centre
Kevin's Lil Ole Country
Show

PHOTOS

