



THE LATEST BUZZ



LILWAY PETTING ZOO AT YORK CARE CENTRE

We had some very special visitors at York Care Centre in September!

A big thank you to Lilway Petting Zoo for bringing a whole crew of furry and feathered friends for our residents to enjoy, including ducks, chickens, a pig, goats, sheep, bunnies and a turkey!

Our residents and Adult Day Program loved the opportunity to get up close, hold and pet the animals.



OCTOBER 2026

Monthly Winners

HR Draw

RHEA ELUMERAG

\$25 CINEPLEX GIFT CARD

FOR OCTOBER DRAW

\$25 ULTIMATE DINING GIFT CARD

Staff Pay2Play Lottery
Winners

TRACEY DEMERCHANT
SEPTEMBER 3

SONNY BARTON
SEPTEMBER 17

SAVE THE DATE

**Nashwaaksis Y Service
Club Community
Breakfast in support of
York Care Foundation**

**Nov 14 | 8-10:30 am
Willie O'Ree Place**



WELCOME TO THE YORK CARE CENTRE FAMILY!

Join us in welcoming the newest members of the York Care Centre (YCC) family!

(left to right) Gracie Hobbs, DA & Olumide Ademoyewa, DA

NEW PALLIATIVE CARE INITIATIVE FOREVER IN OUR HEARTS

Beginning October 13th, the Palliative Care Committee will host a quarterly remembrance drop-in for residents and staff to take a quiet moment to remember and honour those who have passed. The chapel will be open from 8 am - 4 pm for reflection, sharing memories and connection, with facilitators available from approximately 2:00 to 4:00 p.m.

STAFF APPRECIATION FALL MEAL

We are pleased to provide this Staff Appreciation Fall Meal as a small expression of our gratitude for each and every staff member of YCC.

As we enter the Thanksgiving season, we are reminded of the importance of being grateful for what we have and extending that gratitude to those around us. We want to sincerely thank all our staff for the many contributions, big and small, and for the meaningful ways you help make our residents feel special, valued, and cared for. Every role and every contribution matters. Together, your dedication, compassion, and teamwork are an important part of YCC's success.

Thank you for all that you do and for the difference you make each day!

Wednesday, October 14 - Lunch (12-2 pm) and supper (5:15-6:30 pm) will be served through Dave's Café, and take-out containers will be available for night staff.

Menu: Tuscan chicken (creamy sauce, sun-dried tomatoes & spinach), garlic mashed potatoes, carrots, broccoli, blueberry salad with maple dressing, and lemon cake with cream cheese icing for dessert.

*Thank you for
going above
& beyond.*

RESIDENT OF THE MONTH



Heather Smith

Heather Smith was born and raised in Fredericton. She grew up on the Northside in Nashwaaksis with her younger brother. Some of Heather's favourite childhood memories involve family vacations with her nanny, travelling to Prince Edward Island for years before eventually making the White Mountains area in New Hampshire their annual destination. Heather loved New Hampshire so much that she says she would have lived there. Heather took another memorable trip at 14, saving all her hard-earned babysitting money to pay for a school trip to Paris.

After graduating from Fredericton High School in 1993, Heather attended UNB and competed on the varsity swim team in butterfly and freestyle. She travelled with the swim team to Boston, where they competed against Harvard. Heather went back to school in 2000, earning a Human Service Counselling diploma from NBCC, and later returned to UNB, earning an Honours Bachelor of Arts in French with advanced oral proficiency, followed by a Bachelor of Education.

Heather's passion for swimming led to a career as a lifeguard and swimming instructor for the City of Fredericton, as well as an Aquafit instructor. She also enjoyed working for the Provincial Archives, providing French translation services.

Heather comes from a musical family. Her father used to play guitar with the Downtown Blues Band, and her brother played guitar and trumpet. Heather is getting back into playing guitar. She has two guitars: an electric named Blue Bell and an acoustic named Dolly. Heather also enjoys boxing and played varsity softball in high school as a left-handed first baseman. At age 10, Heather ran the bases at Fenway Park after a stadium cleaner let her onto the field.

Heather's advice for future generations:

Don't be afraid to try anything.
You never know how long you are going to have your health.

TURTLES, TURTLES, TURTLES!

After months of waiting, baby turtles hatched on the grounds of York Care Centre!



DOWNTOWN BLUES BAND

DOWNTOWN BLUES BAND

PERFORMING AT YORK CARE CENTRE



FRIDAY, OCTOBER 23
2:00 PM | FRIENDSHIP CENTRE

*Bingo
Night*

THURSDAY, OCTOBER 1ST

FRIENDSHIP CENTRE, 6PM

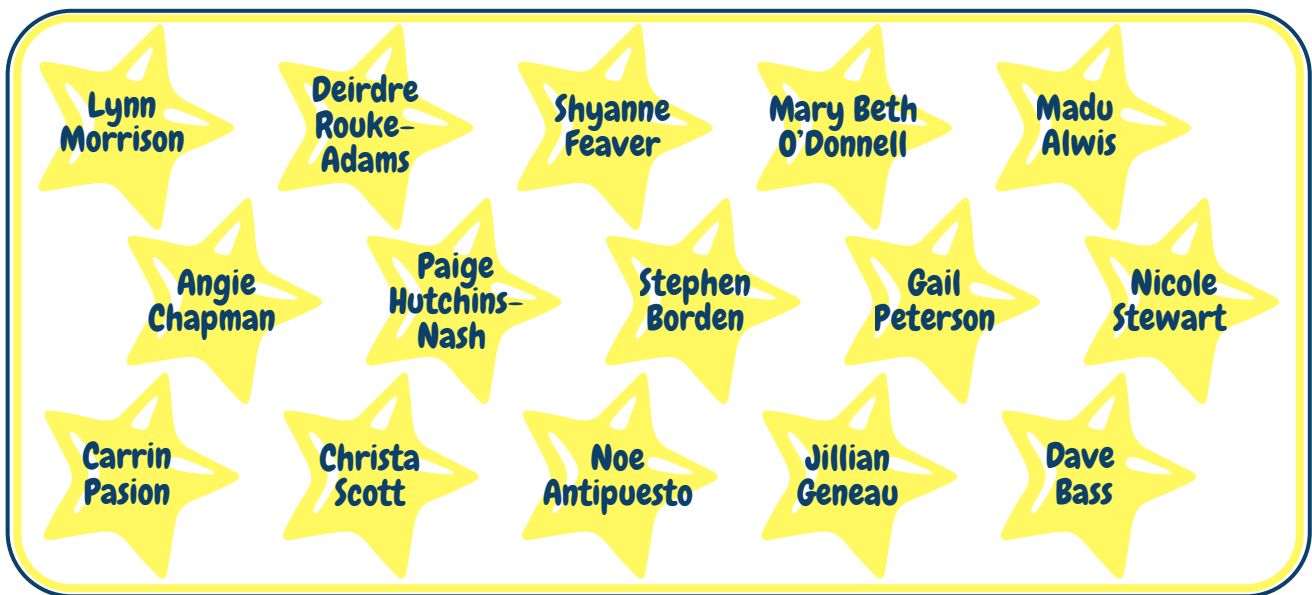
\$10 FOR 10 GAMES

\$1,000 JACKPOT!



CONGRATULATIONS TO OUR SHINING STARS!

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



FALL GIVEAWAY WINNERS

Congratulations to Peggy Jacques, winner of the GET Inspired Boo Basket filled with goodies!

Congratulations to all the \$25 gift card winners:

Jamie Roy | Breanne Purcell | Cal Davenport | Chloe McKimm | Norebelle Ferrer | Bill Whelan | Edith Salas | Honeyllie Duterte | Olivia Donovan | Andrew Hovey | Megan Fulton | Joshua Serrano | Alicia Stairs | Amber O'Brien | Jasmine Hebert

Celebrating
Spiritual & Religious Care Week
October 20-26, 2026



TRICK OR TREATING AT YCC

Resident families and staff are invited to bring their little ghosts and goblins for a spooktacular evening of trick-or-treating on Thursday, October 29th at 6 PM at York Care Centre.

Please remember to exercise caution, if you're feeling unwell or experiencing symptoms such as a cough, runny nose, or fever, we kindly ask that you stay home.

STAFF HALLOWEEN COSTUME CONTEST

Time to get creative and have some fun with the Staff Halloween Costume Contest on Friday, October 30th!

To enter, stop by the Friendship Centre on the 30th between 12 -1 pm to register and show off your costume. Judges will vote on their favourite; winners will be announced during the Resident Halloween Party at 2 pm in the Friendship Centre.

Prizes up for grabs: 1st place - \$100, 2nd place - \$50, 3rd place - \$25



SAVE THE DATE: YCC STAFF CHRISTMAS PARTY



The York Care Centre staff Christmas Party will be held on Friday, November 20th at 6 pm at the Ramada Hotel.

Tickets go on sale soon, stay tuned for more details!

This is a 19+ event, no children permitted.

President's Corner

By Geri Geldart

Doing the Right Thing, Together: An Introduction to Our Ethics Policy

Every day at York Care Centre, collectively, we make hundreds of decisions. Most are routine: what time to offer a bath, which activity to suggest, how to set up a room. But some decisions are harder to make. For example, a resident refuses a treatment the care team believes they need. A resident with dementia wants to walk outside alone. Two residents form a close relationship, and a family is upset about it. A staff member sees something that doesn't sit right but isn't sure whether to speak up. These are ethical questions. They rarely have a single "correct" answer, and they often involve values that pull in different directions, such as a resident's right to make their own choices and our duty to keep them safe, or a family's wishes and a resident's privacy. They are also the moments that matter most to the people we serve.

Why Ethics Matters so Much in Long-term Care

Long-term care is not a place people visit. It is where they live. Our residents trust us with their daily routines, their dignity and their health. Many live with cognitive changes that make it harder for them to speak up for themselves. That places a special responsibility on each of us. Ethical decisions in our setting are not only made by managers in meeting rooms. They are made at the bedside, in the dining room, at the nursing station, and during conversations with families. That means every one of us, whatever our role, is part of how York Care Centre lives its values.

What the Ethics Policy does

Our Ethics Policy is designed to give us a shared way of approaching these hard situations. Its purpose is not to add paperwork or to take decisions away from the people closest to the

resident. Its purpose is to make sure that when we make hard choices, we make them thoughtfully, consistently, and with the right people involved. At the heart of the policy is an ethical decision-making framework which walks us through a series of questions. Using a framework like this does not guarantee everyone will agree. What it does is make sure we've asked the right questions, respected the resident's wishes and rights, and can explain our reasoning with confidence to residents, families, and each other.

When should you think "this is an ethics question"?

A good clue is that uneasy feeling in your gut. If you find yourself thinking "I'm not sure this is right," or "Both of these choices feel wrong," or "Whose decision is this, really?", you are likely facing an ethical question. The policy makes it clear that raising a concern is always welcome, and it outlines where to bring it and what support is available.

Coming soon to your unit

Over the coming months, we'll be bringing short education sessions to each unit. We'll talk through how to use the framework, what support is available, and how to feel more confident when the answer isn't obvious. I'd encourage everyone to come with questions and with examples from your own experience. In the meantime, you can find the full policy by clicking on the Policy and Procedure icon on your computer's desktop. This policy is simply a tool to help us do what we already care deeply about: doing the right thing for our residents, together.

With gratitude,
Geri

CALL FOR CHRISTMAS DONATIONS



CALL FOR DONATIONS

We are accepting donations for resident Christmas Gifts and items for our resident Christmas Country Store!

- Shampoo, 2 in 1, dry shampoo, body wash, deodorant & body lotion - limited scent products (male and female)
- Grippy fuzzy socks & gender base socks
- Kleenex
- Small throw blankets
- New stuffed animals
- Jewelry

- Calendars
- Coffee mugs
- Stationery
- Magazines
- Soft chocolates & cheezies - Sweet treats!
- Diabetic chocolates
- Gift bags
- Seasonal decorations, regular home decor, & door hangers

Have Donations?

PLEASE CONNECT WITH ANY OF THE ACTIVITY COORDINATORS OR DROP OFF DONATIONS AT FRONT RECEPTION

DONATIONS WILL BE ACCEPTED UNTIL THURSDAY, NOVEMBER 26TH





UPCOMING EVENTS

Wednesday October 7th 10:00 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 OCT. 6TH Willie O'Ree Place 605 Cliffe Street, Fredericton, NB
Thursday October 15th 1:30 pm	HALLOWEEN CRAFTERNOON You're invited to a crafting session fit for the season! The theme for this craftersnoon is "faux stained glass," a simple yet beautiful work of art. All are welcome; no prior experience is required. **ACTIVITY IS CURRENTLY AT CAPACITY** YCC Friendship Centre 100 Sunset Drive, Fredericton, NB
Thursday October 22nd 1:00 pm *DOORS OPEN AT 12:40PM	LUNCH & LEARN - PLANNING AHEAD An informational session on understanding funeral arrangements. This Lunch and Learn features guest speaker Theresa Barton, a licensed funeral director and embalmer at McAdam's Funeral Home. *PLEASE RSVP BY OCTOBER 15TH & NOTIFY US OF ANY DIETARY RESTRICTIONS YCC Friendship Centre 100 Sunset Drive, Fredericton, NB
Monday October 26th 1:30 pm	SOUPS ON! GROUP SOUP-MAKING Our Wellness Coordinators invite you to join them for some cozy soup-making! We will be working as a group to cook up soup to enjoy together. *PLEASE RSVP BY OCT. 19TH LIMIT OF 30 NOTIFY US OF ANY DIETARY RESTRICTIONS YCC Friendship Centre 100 Sunset Drive, Fredericton, NB

WELLNESS CORNER

The Importance of Gratitude in the Workplace

As we prepare to celebrate Thanksgiving with family and friends, many of us take time to reflect on what we are thankful for. Gratitude is an important part of living positively day to day, yet many of us are not in the habit of expressing it on a daily basis.

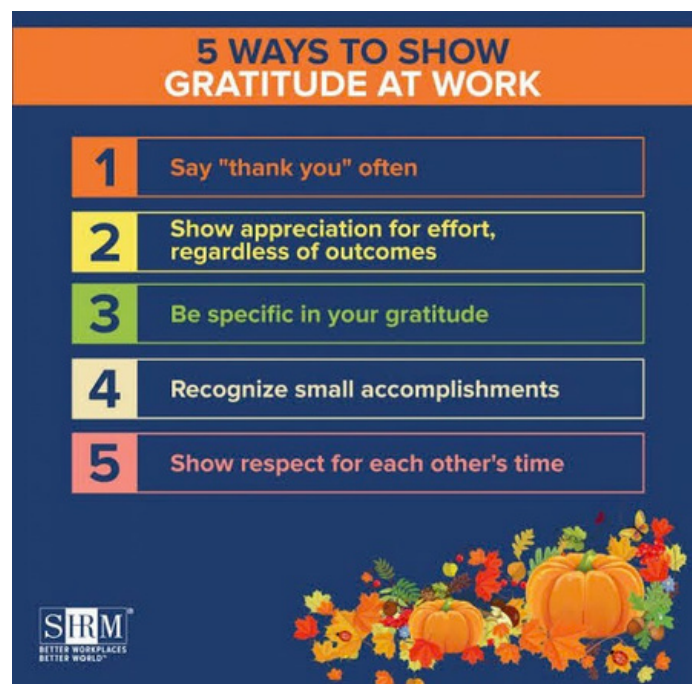
Gratitude in the workplace is equally important. Gratitude at work is the actionable way of showing appreciation for others – recognizing their work, their efforts and their value as team members. When people feel appreciated, they are more likely to feel happy, productive, motivated, and connected to those around them.

Why giving thanks is important: The research is clear: gratitude is good for you, says the Harvard Business Review. It can improve our sense of well-being, reduce stress, and build resilience. Gratitude has also been associated with greater patience and may contribute to better sleep, improved heart health, and fewer feelings of anxiety. It can even make you more patient. By thanking others, you acknowledge in yourself that someone has had a positive impact on your life. Expressing appreciation benefits the person giving thanks as well as the person receiving it. Who doesn't like to be recognized for their efforts to support others? Most people come to work each day committed to doing their best, often without expecting recognition or applause. They understand that their work is important and valuable. However, hearing a sincere "thank you" reminds them that their efforts are noticed and appreciated – by their colleagues and the residents.

Gratitude Can Create a Ripple Effect: A single **thank you** can start a chain reaction. When we receive appreciation and recognition for our efforts, we are more likely to carry that positive feeling forward and share it with someone else. Those small moments of appreciation can create a ripple effect throughout our workplace, strengthening relationships, encouraging teamwork, and contributing to a more positive environment for everyone.

This Thanksgiving season, let's take a moment to recognize the people around us and express our appreciation.

Think of a co-worker who has made a difference, gone the extra mile, offered support, or simply brightened your day – and take a moment to say **thank you**. A few words of appreciation can make a bigger difference than we realize.



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

Thursday	Thursday	Tuesday
October 1 6:30 pm Bingo Night in support of York Care Foundation Friendship Centre	October 8 6:30 pm Lions Club Event Music Friendship Centre	October 13 2 pm Music with NB Country Hall of Fame Friendship Centre
Friday	Friday	Thursday
October 16 2 pm Movie Matinee Hocus Pocus Friendship Centre	October 23 2 pm Downtown Blues Band Friendship Centre	October 29 6 pm Trick or Treating Event Resident & Staff Families York Care Centre
Friday	Friday	Friday
October 30 2 pm Halloween Party Friendship Centre		