YORK CARE CENTRE
EXCELLENCE IN LONG-TERM CARE



THE LATEST BUZZ



TOWER 2
DONOR RECOGNITION EVENT

On October 7, York Care Foundation and York Care Centre had the privilege of welcoming our generous donors to a Tower 2 Memory Care Campaign Donor Recognition Event.

The evening was an opportunity to celebrate the incredible generosity of our donors and, most importantly, the difference their support is making in the lives of our Tower 2 residents. Guests had the opportunity to tour Tower 2 and see firsthand how their contributions have helped transform the space.

Upgrades include enhancements to the dining room, balconies and nurses' station, as well as new sensory boards, interactive nooks, photo wallpaper, virtual windows, interactive animals, a Tovertafel and improvements to the Snoezelen Room.

Each donation, large or small, has helped create a more engaging, comfortable and supportive environment for residents living with dementia. We are incredibly grateful to everyone who has contributed to this campaign and helped make these meaningful improvements possible.

Thank you for believing in the importance of creating spaces where our residents can feel at home, connected and supported.

NOVEMBER 2026

Monthly Winners

HR Draw

ALLEN DELA ROSA
$25 ULTIMATE DINING GIFT CARD
FOR NOVEMBER DRAW
$25 REGENT MALL GIFT CARD

Staff Pay2Play Lottery Winners

BENEDICT LAGUNDINO
OCTOBER 1

MELANIE CURRIE
OCTOBER 15

TRACEY DOBBELSTEYN
OCTOBER 29

Nashwaaksis Y Service Club
YORK CARE FOUNDATION
SUPPORTING EXCELLENCE IN LONG-TERM CARE

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! These talented individuals bring valuable experience and expertise, and we are thrilled to have them on board.

(left to right) Khushuir Kaur (PSW), Sarah Boucher (LPN), Oluwatosin Oke (PSW), Lily Estabrooks (LPN), Justin Precious (PSW), Tatiana Sylvester (EA).

HAWKINS MEMORIAL SCHOLARSHIP WINNERS

Congratulations to Shelley Saunders, Shalley Perocho and Rose Chase, the first three recipients of the Hawkins Memorial Nursing Certification Scholarship!



Made possible through the generosity of the Hawkins family in memory of Florence Hawkins and Susan Hawkins Ross, this scholarship supports registered nurses at York Care Centre as they pursue CNA Specialty Certification in Gerontology or Hospice Palliative Care, two specialties that are central to the care we provide every day.

A heartfelt thank you to the Hawkins family for their generosity and for supporting the continued learning and professional development of our nursing team.

Please join us in congratulating Shelley, Shalley and Rose and wishing them every success as they pursue certification in Gerontology. Their commitment to professional growth helps strengthen the knowledge and expertise our team brings to providing high-quality, person-centred care.

THE DOWNTOWN BLUES BAND



On October 23, the Downtown Blues Band put on an amazing show for our residents with great music and plenty of energy!

A special thank you to Carol Randall for making the connection and helping bring this fantastic performance to YCC.

RESIDENT OF THE MONTH



Martin Mesman

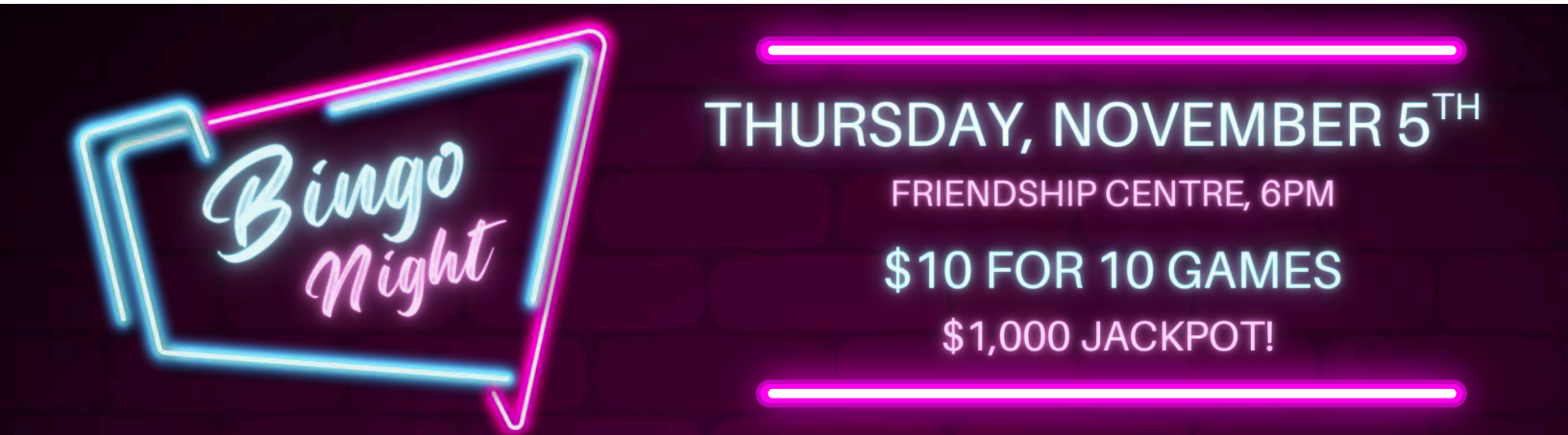
Martin Mesman grew up in Chesterville, Ontario, with his 10 siblings. He attended school until Grade 8, then headed to work on the family dairy farm. He learned the value of hard work early, a quality that stayed with him throughout his life.

Martin wore many hats during his career. He worked as a farmer and milkman before moving into the mining industry in Timmins, Ontario, Schefferville, Quebec, and Labrador City. In 1972, he started his own business in Labrador City and later owned several successful businesses. He continued working until 2018 and was often happiest when he was busy; he often had a little skip in his step while working, which made his family smile to see how content he was.

Martin and his wife met in Chesterville and shared more than 65 years of marriage. Family has always been important to Martin. He has six children, 10 grandchildren and six great-grandchildren. His daughter recalls how he always got up with the children in the morning to help them get ready for school and took them to church on Sunday when they were young.

Martin and his wife also loved to dance. In their early years, they attended barn dances, and their waltzes became a family favourite. Always in sync, they would often be among the last couples on the dance floor.

Martin has always enjoyed the outdoors, especially snowmobiling, fishing and hunting. He is a talented gardener with a natural knack for growing flowers and vegetables and helping things flourish.



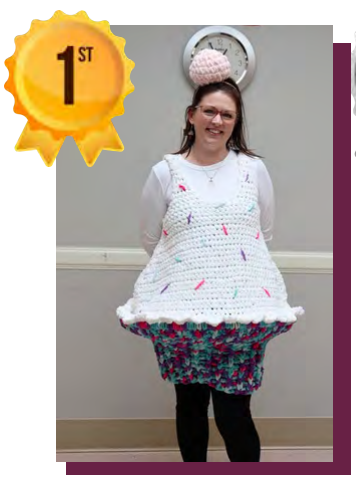
HALLOWEEN COSTUME CONTEST

A big thank you to all the staff who participated in our Get Inspired Halloween Costume Contest! Your creativity and Halloween spirit made it so much fun.

Congratulations to our prize winners!

🥇 1st Prize - $100: Christa Scott as a Cupcake
🥈 2nd Prize - $50: The Recreation Team as the Wizard of Oz
🥉 3rd Prize - $25: Elly Mae Boucher as Dr. Geminator

Thank you all for joining in the fun and making Halloween at York Care Centre extra special!







HALLOWEEN PARTY

Our Resident Halloween Party was a frightfully fun time! Residents enjoyed lively music by The HAT Band, festive decorations, and an assortment of delicious Halloween treats.

A huge thank you to everyone who dressed up and brought the Halloween spirit!



TRICK OR TREAT

On October 29th, we welcomed over 75 trick-or-treaters, friends and family of our residents and staff, for a spooktacular evening of fun at YCC!

Our residents loved handing out treats and seeing all the amazing costumes. A huge thank you to everyone who joined the fun and to our incredible staff and volunteers who made it all happen!



YCC NOVEMBER EVENT CALENDAR

Wednesday	Thursday	Friday	Thursday	Saturday	Friday
November 4 | 2:00 pm Remembrance Day Service Friendship Centre	November 5 | 6:30 pm Bingo Night in support of York Care Foundation Friendship Centre	November 6 | 2 pm Kevin's Lil Ole Country Show Friendship Centre	November 12 | 10:30 am Nasis Middle School Friendship Centre	November 14 | 8 am Nashwaaksis Y Service Club Community Breakfast supporting YCF Willie O'Ree	November 27 | 10:15 am Preschool Visit Friendship Centre

GET Inspired
Growth. Empowerment. Teamwork.

CHRISTMAS CARE PACKAGE

This YCC tradition started 12 years ago...

The Christmas season is upon us, and the GET Inspired team wants to spread some holiday cheer by handing out care packages to staff who may find this time of year difficult.

If you know of a co-worker who could use a little pick-me-up or a helping hand, please contact ext. 3111 or email getinspired@yorkcarecentre.ca.

Any nomination of staff will be kept confidential & if you nominate someone, your nomination will be kept private as well. Care packages will be distributed in a private manner.

The deadline for nomination is: Friday, November 27th, 2026



YCC STAFF CHRISTMAS PARTY



The York Care Centre staff Christmas Party will be held on Friday, November 20th from 6 - 10:30 pm at the Ramada Hotel.

Tickets are on sale for $10 each until Thursday, November 5th. Please advise when purchasing tickets of any dietary restrictions.

There will be delicious food, a DJ, dancing and lots of door prizes! This is a 19+ event, no children permitted.



President's Corner

By Geri Geldart

From Gratitude to Remembrance

If October had a theme at York Care Centre, it was gratitude — and getting ready.

We started by saying thank you the best way we know how: around a table. The staff appreciation meal was a chance to pause and recognize the people who show up, shift after shift, for our residents and for each other. A meal can't capture everything you give, but I hope you felt how much it is noticed. We also celebrated the donors who made the Tower 2 project possible at a special recognition event. It was a wonderful opportunity to showcase the hard work and creativity of the team of people who brought the concept to life.

Gratitude also looked like welcoming new faces. Recruitment and orientation kept many of the team busy this month, and to everyone who has joined us: welcome. You've chosen work that matters, and we're glad you're here. To the staff who are taking the time to orient, mentor and answer questions... thank you. That is how a culture gets passed on.

And like every good New Brunswick household in October, we got ready for winter. The outside gardens were cleaned up and put to bed, ready to rest until spring. Inside, we began a different kind of preparation: our accreditation self-assessment. It's careful, honest work, looking at what we do well and where we can be better.

It lays the groundwork for the year ahead. Thank you to everyone who is already rolling up their sleeves.

November asks something different of us. It asks us to remember. Here at YCC, on November 4th, we will pause to honour the men and women who served, and those who made the ultimate sacrifice, so that we could live in a peaceful country. It's easy to take that peace for granted. We go to work, raise our families, speak our minds and gather freely. Every one of those freedoms was paid for by someone. In long-term care, remembrance is close to home. Many of the people we care for lived through the war years. Some served. Some waited at home for letters. Some lost people they loved. Their stories are part of why this day matters — and part of why it matters that we listen. This month, I invite each of us to do a few simple things. Wear a poppy. Pause for the moment of silence. And take a few minutes to ask a resident what they remember. You may be surprised by what you learn, and by how much it means to them to be asked.

Gratitude and remembrance belong together. We are thankful because we remember, and we remember because we are thankful.

Thank you for everything you gave in October. Let's carry that same spirit into November.

Lest we forget.

CALL FOR CHRISTMAS DONATIONS



Nursing Home | Foyer de soins
WITHOUT WALLS | SANS MUR

UPCOMING EVENTS

Monday November 9th 2:00 pm	**GRAB A CUP, FEED A DUCK!** Come grab a hot drink from Picaroons and take an afternoon stroll through Carleton Park to feed ducks before they migrate for the winter months. *PLEASE RSVP BY NOV. 6TH Picaroons | 912 Union Street, Fredericton, NB
Tuesday November 17th 1:30 pm	**HOLIDAY DECOR CRAFT** Our Wellness Coordinators invite you to join them for a craft event fit for the upcoming holiday season: custom wooden decor made using decoupage! LIMIT OF 20 YCC Friendship Centre | 100 Sunset Drive, Fredericton, NB
Thursday November 26th 1:00 pm *DOORS OPEN AT 12:40PM	**LUNCH & LEARN - TAKING CARE OF YOUR BRAIN** Join our NHWW team and guest speaker, Melanie Michaud, for information on the brain and what you can do to continue to care for it as you age. *PLEASE RSVP BY NOVEMBER 19TH & NOTIFY US OF ANY DIETARY RESTRICTIONS YCC Friendship Centre | 100 Sunset Drive, Fredericton, NB
Friday November 27th 10:00 am	**HOT DRINKS & CHAT** Join us for a morning of sipping hot beverages and chatting at Stepping Stone Senior Centre! This is an excellent opportunity to get some social time in and experience our local senior centre. *PLEASE RSVP BY NOVEMBER 17TH | LIMIT OF 15 Stepping Stone Senior Centre | 303 O'Dell Ave, Fredericton, NB

WELLNESS CORNER

Personalized Service Recommendations: With Smart Care Navigation

Get matched to the right mental health and wellness support in minutes. Smart Care Navigation offers personalized, confidential guidance—no searching, no referrals.
Not sure where to start? Homewood's Smart Care Navigation tool is your personal mental health, wellness, and work-life guide, built into Homeweb as part of your Employee and Family Assistance Program (EFAP).

What is Smart Care Navigation?
A quick way to check in and get matched with the right support. After answering a short questionnaire, Smart Care Navigation recommends services that meet your current needs. From counselling, coaching, and self-guided programs like iCBT to articles and videos, Smart Care Navigation takes the guesswork out of getting help by guiding you to the support that fits your needs.

How It Works

1. From your Dashboard, under My Services, select "Smart Care Navigation." You can also access Smart Care Navigation by selecting "Ready? Build your Care Plan" from the following tabs:
    - Mental Health
    - Wellness
    - Work-Life
2. Answer a few short questions
3. Get personalized recommendations
4. Access and connect with support options that fit your needs

No referrals. No searching. Just guidance when you need it.

How It Helps
Smart Care Navigation uses clinical best practices to suggest care based on:

- What you're going through
- How it's affecting your daily life
- The kind of support you need (stress, relationships, parenting, etc.)

All recommendations are aligned with Homewood's EFAP Continuum of Care, from everyday support to deeper care when needed.

Your Privacy Is Protected. Everything you do in Smart Care Navigation is confidential and never shared with your employer.

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

MORE PHOTOS!

