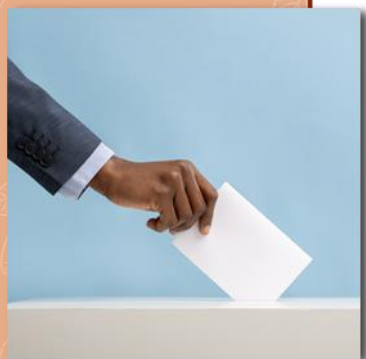


Notable Quotable

“Be kind whenever possible. It is always possible.”

~ Dalai Lama, spiritual leader



November Horoscopes and Birthdays

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else. Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds that crave new challenges.

Aishwarya Rai – Nov. 1, 1973
Will Rogers – Nov. 4, 1879
Vivien Leigh – Nov. 5, 1913
Bonnie Raitt – Nov. 8, 1949
Carl Sagan – Nov. 9, 1934
Tracy Morgan – Nov. 10, 1968
Prince Charles – Nov. 14, 1948
RuPaul – Nov. 17, 1960
David Ortiz – Nov. 18, 1975
Goldie Hawn – Nov. 21, 1945
Robin Roberts – Nov. 23, 1960
Charles Schulz – Nov. 26, 1922
Chadwick Boseman – Nov. 29, 1976

Sweater Weather Family Council

Its that time of year again to pull out the heavy sweaters, long pants, warm blankets and jackets. Layers are best for fall as the temperatures can fluctuate with sunny warm days to cooler nights. Recreation is still providing outdoor falls walks so make sure to bundle up and put on a warm hat! As always the home keeps the ministry standard temperatures throughout the building but wheelchair blankets or sweaters for a holiday gift are always a great buy for our residents in the home.

FAMILY COUNCIL:
ATTENTION FAMILY MEMBERS

Family council is currently recruiting new members. It is a peer lead council that has goals towards support, education, communication and improvements to the home. Meetings are held the second Wednesday of each month and are via zoom online. If you are interested please connect with our social worker Charlotte Scott 416-246-5239

Satisfaction Surveys

Its that time again for our annual Resident and Family Satisfaction Survey. This year we are fully online where eligible residents will get access and support to provide their answers online through our ipads and in home computers. Families are welcome to use our café computer or can participate from the comfort of their own home through this link that was sent our via the family communication email last week.

The surveys are a great tool to let us know areas we are doing well and items we can improve upon. We have been working very hard during our pandemic year to keep residents out of isolation with programs and 1:1 video calls to families, extra cleaning measures, updating the home with new projects, adapting meals to take out style and room delivery and much more.

Family - <https://survey.alchemer.ca.com/s3/50128892/Extencicare-Assist-Home-Family-Satisfaction-Survey-2021>

WEST PARK LTC

November 2021

Celebrating November

Native American Heritage Month

Adopt a Turkey Month

Dia de Los Muertos
November 1

Diwali
November 4

Resident Council Meeting
November 17
2:30pm

Veterans Day
November 11

Family Council Meeting
November 10
6:00pm

Game & Puzzle Week
November 21–27

Hanukkah
November 28–
December 6

NEWSLETTERS RESIDENTS, FAMILIES & STAFF



Remembrance Day Message

This year I'd like to highlight the Flanders Field poem to remember the brave men and woman who continue to serve and for those who paid the ultimate sacrifice.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Thank you to all our Veterans in the home, the families that supported them and the individuals still supporting us today.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Matt Lamb
Executive Director

In Flanders Fields

John McCrae - 1872-1918

In Flanders fields the poppies blow
Between the crosses, row on row,

That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.



Tongue Twisters

Serious speakers celebrate the second Sunday of November with especially circumlocutory spiels. Say that five times fast because November 14 is Tongue Twister Day!



Research shows that it is the brain, not the tongue, that gets "twisted" when reading a tongue twister.

Fundraising

Its that time again for Residents Council to ask your support in collecting items for our Books and Backpacks fundraiser. Residents will be packing up bags with school supplies, winter and gift items for local kids who have been identified in desperate need.

Last year we were able to send over 30 bags to children that were filled with scarves, hats, coloring and crafting items, books, snacks, games and school supplies. Our donation bins are at reception and on our backpacks for kids cart in the lobby. Due date for collection drop off is December 3rd, 2021.

Every bit helps and the residents always enjoy giving back to the local community and kids. Some of our residents have been interacting with the youth through out virtual programming in the home monthly. So the



Despite its nickname, the Spruce Goose was mostly made of laminated birch.

"A shot silk sash shop."

The most famous tongue twister of all, regarding Peter Piper and his peck of pickled peppers, first appeared in print in 1813 in, you may have guessed it, a textbook titled *Peter Piper's Practical Principles of Plain and Perfect Pronunciation*. determined that the most difficult tongue twister of all is "Pad kid poured curd pulled cod," usurping "The sixth sick sheik's sixth sheep was sick" as the world's toughest twister.

residents are happy to send them something to show their appreciation for all the time they share with them.

RESIDENT GIVING TREE



Starting in November each year we pull out one of our Christmas trees to add to the lobby. On this tree you will find tags that are assigned to an anonymous resident in need. Residents have been identified who do not have family, will not be receiving a gift for Christmas or are in need of items that they can not get on their own. If you take a tage please drop off the item no later than December 17th to the attention of Program Manager Elise Robertson.

New Music Therapist



Ashtar supposedly circles Earth in a mothership and communicates with Earthlings via mental telepathy.

Welcome Jack our new music therapist to our home. You wont miss this tall gentleman walking around with his guitar on the units. We want to thank Meg who was our previous MT and has left to move up in the company doing more management and education. Her smiling face will be back here and there supporting the home and ensuring a smooth transition.

Senior Of Year Winner 2021

This year our Resident Council voted and chose two winners out of our 16 Nominees posted in last months newsletter. Congratulations to Giovanna Marra and Pat Morgan who's full nomination stories are posted in the café lobby above our Piano. They received certificates, framed posting on our Senior Of the Year Board and will have a celebration party on their unit for all of their achievements.



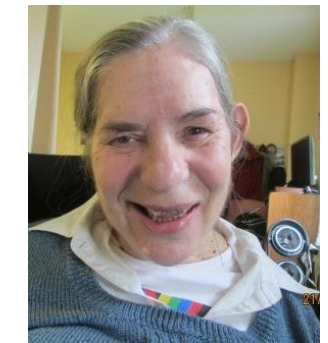
Giovanna Marra

Giovanna often porter's residents, waters the garden, grabs and puts clothing protectors on other residents. She gifts her finished colouring pages to residents and other staff especially in celebration of

Flu Clinic

Our Annual Flu Clinic has started up again. At the end of October we rolled out the flu cart and our lead nurse Alma began offering our residents and staff the opportunity to get their flu vaccine. As always it is a recommended layer of protection for our residents and staff that we advise each year to take to reduce the potential to get the flu or reduce effects.

mother's day and other special occasions. Giovanna has often told stories of her raising children in the orphanage she was living at. She encourages residents to do more exercise and to be healthy. Giovanna also brings a co resident from the same unit onto the patio where they share time together and being in each other's company.



Patricia Morgan

Patricia is always helping with the garden and being mindful of other residents. She often fosters relationships with other residents and sometimes buys and brings residents clothes who are in need.