



WELCOME TO OCTOBER

Important Dates



Each residence has a unique calendar full of fantastic programs and activities, so be sure to check with your Health and Wellness team for details.

Sunday, October 1st
International Day of Older Persons

Monday, October 9th
Thanksgiving Lunch

Thursday, October 12th
Pumpkin Patch Outing

Monday, October 16th
Fall Bus Tour

Sunday, October 22nd
Pumpkin and Lobby Decorating Day

Saturday, October 28th
Funny Money Auction + Spin The Wheel

Tuesday, October 31st
Halloween Monster Mash Social



We've Conjured Up a Few Treats for You This Month!

As the leaves turn brilliant shades of red, orange, and gold, we can't help but feel the welcoming embrace of fall here at All Seniors Care. From International Day of Older Persons to Halloween, this month, we embark on a journey through a kaleidoscope of events and happenings that promise to make your October memorable.

No matter which province you call home, it's the perfect time to don your coziest sweaters, grab a hot cup of cider, and venture out to see the vibrant hues of autumn, starting with a Pumpkin Patch outing. Whether you're planning to carve a spooky face or craft an artistic masterpiece, a trip to choose your favourite gourd promises laughter and memories to cherish.

Throughout the month, residences are gearing up for Halloween festivities! Get ready for spooktacular costume contests, eerie decorations, and the sweetest treats. It's a time when imagination knows no bounds, and we can't wait to see the creativity that unfolds in the residences.

Follow the ASC Social Media pages for regular updates as we celebrate the beauty of October. And remember, as the world around us transforms, so too does our calendar of events so be sure to check your local Activity Calendar for full details!

Carving Out the Time to Say Thank You



Of course, October wouldn't be complete without Thanksgiving, a time to gather, give thanks, and relish in the company of loved ones. Our communities are buzzing with excitement as we prepare delicious feasts and create an atmosphere of gratitude and togetherness.

Traditions, family recipes, and sharing stories from holidays past are just some of the Thanksgiving highlights at All Seniors Care. Many residences set up a gratitude tree and decorate it with notes that make us pause, live in the moment, and reflect upon the things for which we feel grateful.

Wishing you love and laughter as you make memories with your loved ones this holiday.

BLOSSOM Corner

For those experiencing cognitive decline, living in an inclusive environment is important to their quality of life. Seeing the positive impact that BLOSSOM Living has on residents is heartwarming. We love hearing from families! This is one testimonial we received in September.

“We were aware of the availability of the Blossom Program early on in our mother’s residency at Summit Heights. However, based on the extra cost and the description of the program, we did not think our mom would benefit from involvement in the program because of her dementia. Once we understood the nature of the program—and that our mom could undergo a free 2 week trial period—we had nothing to lose. While our mom cannot remember specifically—or express to us personally how she feels about the Blossom Program—we know she’s kept busy and she seems happier.

We too, are happy knowing that our mom is enjoying extra social, cognitive, and experiential outings and activities which contribute positively to her well being. We look forward to the weekly updates—often accompanied with pictures—which clearly depict our mom enjoying herself. Thank you, Nichole & Natalia, for enriching our mother’s life each day. ❤️”

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

International Day of Older Persons

International Day of Older Persons 2023 is on Saturday, 1st October 2023. Established by the United Nations in 1990, the day honours the contributions older people make to society. In October, they encourage “countries to draw attention to and challenge negative stereotypes and misconceptions about older persons and ageing, and to enable older persons to realize their potential to build a life of dignity and human rights.”

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. How can you contribute to awareness and mark the day?

Discover your past. Share stories about the changes you or your loved ones have seen throughout the years.

Journal. Write down accomplishments and how they’ve made a positive difference during your life. This is a great project for students or volunteers. They can help residents record their stories in person or through virtual visits!

Celebrate. Take stock of what makes your community a great place to grow older, as well as the integral role older people have in making home and world a better place.

Share longevity secrets. With the rising number of centenarians, why not ask them how they stay vibrant and healthy. Post tips and tricks to social media using the hashtag #secretstoalonglife.



For more health tips and tricks ASC’s [Senior Living Advice](#). It is published every Friday on our website.

McCarthy Place Housekeeper Appreciation



On September 14th, **McCarthy Place**, together with 40 residents, honoured and recognized all their housekeeping staff for their hard work and dedication.

Leisha Becker, Activity Director at the **Stratford, ON** residence told us, “Our housekeepers love to make the residents laugh, and they arrived at the appreciation social fashionably late, literally, but in style!!”

During the event, residents took to the microphone to share their own appreciation: there were so many beautiful words and compliments about the housekeeping staff. There wasn’t a dry eye in the house!

The treats and words of appreciation were accompanied by donuts - because we “Donut know what we would do without them!”. Life Savers because they are literal life savers. And KitKat chocolate bars because they deserve a break!

To see more pictures of all the fantastic events and celebrations, check out McCarthy Place’s Facebook Page at www.facebook.com/McCarthyPlaceRetirementResidence

ASC Memories in the Making

September was a fun-filled month at All Seniors Care Living Centres! We celebrated the humble potato, drank a ton of beer for Oktoberfest, went apple picking, and celebrated Grandparents Day. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



Students Send Sunshine to Seniors

When a **Lakeridge Heights** dining room staff member saw the [viral TikTok video](#) about Sending Sunshine, they knew the idea would be a hit at the **Whitby, ON** senior living centre.

Founded by four friends, Sending Sunshine has one mission: To connect seniors living in Canada with people from around the globe through the power of the written word, while promoting volunteerism among youth.



In late September, Lakeridge received its first delivery of cards. Relishing the surprise, staff distributed the handmade cards on dining room tables for residents to find before their evening meal. Kayla Ellis, Senior Director of Health and Wellness, describes how residents reacted: “I was watching them read the cards and they were all laughing and smiling and sharing the messages with one another. It was wonderful to see!”

A registered charity, the Canadian group seeks to shine a ray of happiness in the lives of elderly people living in residences. They collect cards from all around the world and send them to seniors’ homes and/or seniors who live by themselves. Spreading love; one card at a time. You can find out more here: www.sendingsunshine.ca

Lakeridge Heights is now planning a letter writing party because so many people want to write back to the kids.



Oakville Estates on Savvy Seniors

If you live in Halton Region, be sure to tune in at 11AM on October 1st to watch Laurie Hunter from Oakville Estates speak about our newest development. During the Savvy Seniors series, hosts share their experience and speak with local experts on all things senior related. Savvy Seniors is on YourTV Halton & Cable 14 Hamilton!

Chapel Hill Super Fan



When Michael was gifted a Boston Red Sox jacket by the Boston Police Relief Association, he was surprised ... and extremely excited.

The Ottawa-born resident of Chapel Hill loves his city, but something about Boston caught his heart. "I love their fans. Boston has a lot of intense sports fans and I'm an intense sports fan, which kinda fits the narrative of who I am as a person", Michael explains. "I got the bug after visiting New England with my mother 25 years ago; it's the vibe, the way they cheer for their community."

In fact, Michael regards Boston's teams almost like family. When not watching sports, Michael enjoys meeting celebrities and famous people like Wayne Gretzky and Nav Bhatia, the Toronto Raptors Superfan.

A resident at Chapel Hill since 2019, Michael moved in after retiring from the University of Ottawa. His mother was already a resident in the Ottawa community, so he got a suite in the building. He loves participating in the activities, including the ASC Senior Games where he won a medal last year.

Shaftesbury Park Welcomes Back a New Mom



We're absolutely thrilled to welcome Anastasia back to Shaftesbury Park Retirement Residence after her incredible journey into motherhood. Congratulations on your baby boy, Jakob Philip Atkinson, who

has blossomed into a delightful 18-month-old since making his grand entrance on April 28th, 2022.

Anastasia's dedication to our community has been nothing short of extraordinary. She joined ASC in 2015, starting in the Recreation Department part-time and filling in for another maternity leave before deciding to stay on as a Recreation Facilitator, taking on the role of Health & Wellness Director in 2018.

"I love that I get to help our residents live their best daily lives while at Shaftesbury Park. The activities, outings & all other special events are a lot of fun to plan and be part of", says Anastasia. "The fact that we get to use our own creative ideas and work together with all the other ASC buildings makes my job so unique – I am proud to tell people about it. Most of all, the relationships I built with our residents are irreplaceable and very special, which makes loving my job very easy."

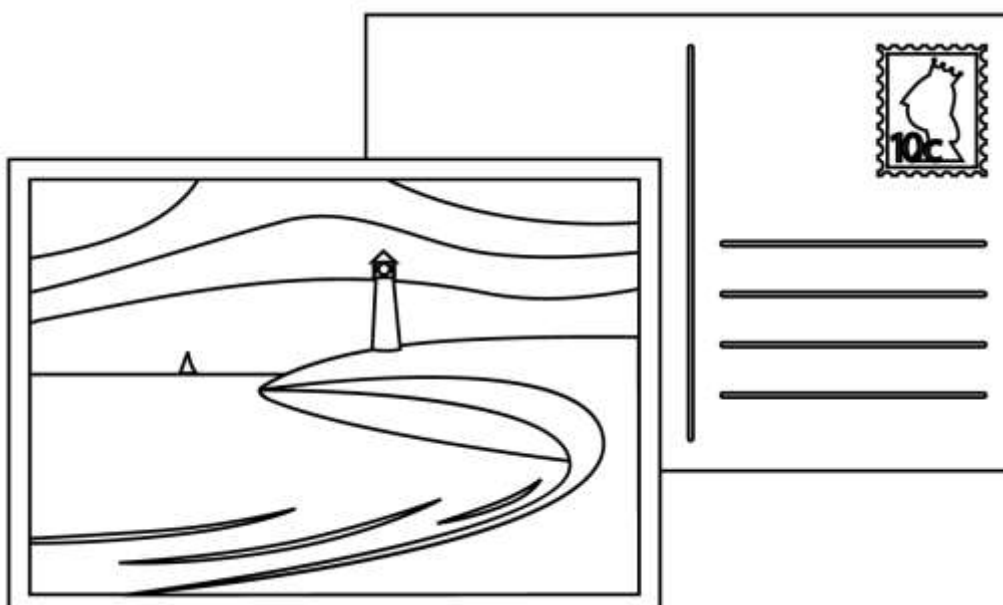
When not working – and sometimes while at work – Anastasia can be found dancing. She is a committed volunteer at the Folklorama Festival in Winnipeg, and her newfound enthusiasm for snowboarding highlights her adventurous spirit. Whether it's skating, hiking, camping, or exploring the great outdoors, her zest for life and fun shines through!

Interesting facts: Anastasia immigrated to Canada from Moldova at the age of 11 – something we think showcases Anastasia's resilience and adaptability, qualities we deeply admire. Also, Anastasia has never eaten a McDonald's hamburger!

Her personal motto: "Treat others as you would like to be treated".

International Postcard Week

Finding a postcard in your mailbox is pure joy! From carefully handwritten messages to the colorful images and stamps, postcards are little surprises that delight, inspire and connect us. Every year during the first week of October (October 1 - October 7), International Postcard Week celebrates these little cards that are delightful to receive despite going out of fashion. Why not send a postcard today?!



Happy Birthday Centenarians

Ethel G., Shaftesbury Park – Happy 101st Birthday!

Agnes K., Sturgeon Creek II – Happy 108th Birthday!!

Tillie B., Sturgeon Creek II – Happy 102nd Birthday!

Robert L., Chapel Hill – Happy 100th Birthday!

Rene R., Chapel Hill – Happy 100th Birthday!

Conrad L., Cite Parkway – Happy 100th Birthday!

Lola E., Courtyards – Happy 101st Birthday!

William H., College Park II – Happy 100th Birthday!

Train Your Brain

Rearrange the capital letters into a new word so the sentence makes sense!

1. The man piled his LEAPT with bacon and said to his wife "I must go on a diet".
2. Katie's cat is very MATE but it does'nt like strangers.
3. As the Autumn FLEA blew about in the wind, the girl thought it looked very pretty.
4. The tired boy curled up on his bed and went to PEELS.
5. The man DAME his son a set of wooden blocks for his birthday.
6. Now class" said the teacher, "I want you to DARE Chapter one of this book for homework."
7. The vineyard is known for its finest PAGERS.
8. The deer ran swiftly across the LAPIN.
9. The baker's bread SIRES best in the early morning.
10. At the harbor, ships were EDIT securely to the docks.

Answers:
1. Plate, 2. Tame, 3. Leaf, 4. Sleep, 5. Made, 6. Read, 7. Grapes, 8. Plain, 9. Rises, 10. Tied

September

