



WELCOME TO MARCH

Upcoming Events

Friday, March 3rd
World Wildlife Day

Wednesday, March 8th
International Women's Day
Holland Travelogue

Sunday, March 12th
Daylight Savings Time Starts
Spring Forward High Tea

Friday March 17th
St. Patrick's Day Party

Monday March 20th
First Day of Spring
International Day of Happiness

Thursday March 23rd
We Can Build it Workshop

Saturday March 25th
Spring Fling Dance or Carnival

Tuesday March 28th
Social Worker's Appreciation
Lunch

Friday March 31st
Funny Money Auction
Spin The Wheel

SPRING FORWARD –When you go to bed Saturday, March 11th, remember to move your clocks ahead an hour!

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.



A Message from Our Family to Yours

March is a month that is full of both tempestuous weather and hope. Across Canada, the month blows in with a Lion's fierce roar of frigid cold, only to recede like the docile touch of a newborn lamb.

Along with the increasing number of daylight hours, earlier dawns and later sunsets, March is a busy month at All Seniors Care Living Centres. Beginning with [World Wildlife Day](#) on March 3rd and culminating in Funny Money Auctions on the 31st, our Health & Wellness Directors are pulling out all the stops to bring you Activity Calendars that are anything but tame.

In anticipation of the tulips that will soon be popping up in sunny corners, this month's travelogue on the 8th will take us to Holland. Then on the 17th, ASC goes green as we celebrate all things Irish before welcoming the first day of spring with a day dedicated to happiness.

While each community will host events and activities that speak to their own unique spirit, you can be sure that the memories made will be lasting and happy. We invite residents and their families to join us as we celebrate all the traditions and celebrations that welcome Spring!

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

— Charles Dickens, *Great Expectations*



Acts of Knit Kindness at Beacon Heights

Carrollynn came across the idea for worry worms on the internet. A resident at Beacon Heights in Ottawa for the last 5 years, she learned to knit as a young child.

"I used to watch my mother and older sister knit," she says. Then, when she was 6 or 7 years old, her mother handed her a skein of wool and needles – no instructions, just the tools. "Having to figure it out on my own actually helped me learn!"

When dementia touched the lives of Carrollynn's family and friends, she wanted to do something for them. Seeing the colourful fidget toys, she was inspired. Combining the best bits of a fidget spinner-type toy with the comforting reassurance of a warm sweater, the sensory items give people experiencing cognitive decline something to do with their hands. This can be a helpful way to help them relax.



"She is one of our talented Superstars," says Lynn Bowie, Director of Health & Wellness at Beacon Heights, "She taught herself by watching YouTube videos!"

A member of the BH Knitting Club, she started making the impressive worry worms, twiddlemuffs, and infinity cube for the residence's memory care. Her initiative has since inspired the Knitting Club to make scarves for charity. In fact, it is such a popular idea that Carrollynn has agreed to start a knitting class for others who wish to join in on the project.

The Beacon Heights Knitting Club meets every Thursday at 11 a.m. and everyone is welcome!

Summit Heights – Feels Like Home

Summit Heights Retirement Residence in Hamilton was featured on CHCH Morning live! The news network was impressed by the vibrant, home-like setting filled with friendly support staff and residents. Well done to Lisa Ranger, Executive Director, Nichole Ridehalgh, BLOSSOM Coordinator, and to Julie, a resident's family member!! Watch the fantastic showcase by clicking on the link!

<https://www.chch.com/summit-heights-is-a-retirement-residence-that-feels-like-home/>

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Coping With Change

Along with the changing seasons, change is one of the constants in life. Sometimes it can be positive. At other times it can be challenging.

While some people actively welcome change, for most it can be very unsettling and often highly stressful. Often the hardest changes are the ones that are unexpected and out of our control.

The good news is that becoming more resilient on an emotional level can boost your ability to cope with change, even the big ones.

Boosting Resilience

To maintain balance during stressful times, try these tips for shifting into a positive outlook and bolstering your resilience:

Call out your anxiety or anger so that you are aware of how it might be distorting your thoughts. Then look for practical advice about what to do next. By doing so, you'll zero in on the problems you can solve, instead of lamenting the ones you can't.

Evaluate your level of control to build opportunities for self-empowerment. Sometimes it's easy to become fixated on events, or people, over which we have no power. To evaluate your level of control, you can ask yourself, "What can I take responsibility for in this situation?" When you look for the things that are under your control, you build opportunities for self-empowerment.

Focus on your values instead of your fears. Reminding yourself about what you value can create a surprisingly powerful buffer to anxiety.

Be actively grateful. We can also boost our resilience by engaging in actively being grateful for things we do have.

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

Meet Our Behind-the-Scenes Expert



Rachel Shiu is celebrating 12 years at ASC! Congratulations, Rachel!

A Property Accountant at Head Office, Rachel moved to Canada in 2010 from Brunei – a country on the north coast of the island of Borneo in Southeast Asia, with her husband and four children. She joined ASC in 2011.

At work, Rachel is known for both her strong work ethic and focused style. Always willing to lend a helping hand, Rachel loves to share her knowledge with Junior Property Accountants who are new to the job.

While she is known to take her job seriously – don't let that fool you! As her coworkers will tell you, she has a wicked sense of humour and loves to laugh. In her spare time, Rachel enjoys reading, watching movies, cooking, baking, and entertaining with her family.

Currently watching: Succession and Your Honour

Most proud of: "Of my kids."

Personal motto: "Always give your best."

ASC Highlights from February

The month may have been short, but it was also sweet! Some of the many highlights at ASC residences: Taste of Japan, Super Bowl Sunday, and Chef's Table Presentations, even Renoir's Birthday Paint Nights! Galantine and Valentine Days were celebrations of True Love with Buddy Holly's Big Top taking centre stage. To see more photos and videos from our residences, please visit our social media page at www.allseniorscare.com/social-media.



Fox Hollow's Custom Memory Care Doors



In February, Fox Hollow Retirement Residence in London, ON announced the completion of their new Memory Care door. Perhaps the most transformative enhancement for memory care communities, the "diversion doors" are designed to reduce agitation.

People living with dementia often look for doors. This is called "exit-seeking," and it can create safety issues as well as agitation for people. But if a door looks like a bookshelf filled with books and other familiar items, people with cognitive impairment will pass it by and not try to exit.

Introducing the ASC Retirement Lifestyle Show!

ASC is proud to announce the launch of two Retirement Lifestyle Shows in March!

Designed to highlight the ways in which seniors can age well, these one-day events are a fantastic opportunity to explore the senior living and lifestyle services that are available in your area.

Lakeridge Heights Whitby, ON

This exciting exhibition officially launches at Lakeridge Heights residence in Whitby, ON on *Thursday, March 2nd* from 10 a.m. to 3 p.m. [Follow this link for details.](#)

College Park I Retirement Residence in Regina, SK

Join us at College Park on March 22nd for an immersive experience that includes presentations from a variety of senior support services such as:

- City of Regina
- National Personal Care
- Stapleford Rehab Clinic
- [Art Therapist Jeff Nachtigall](#)
- A mobile dentist, audiologist, and more!

Area seniors and their families are invited to spend the day exploring exhibitors, and experiencing everything that the vibrant, caring neighborhood of College Park has to offer.

For more information, contact Clair Michel, Lifestyle Director at 306-501-3550.

Thursday, March 22nd from 10 a.m. to 4 p.m.

Spotlight on Manitoba's Shaftesbury Park!

On March 17th, Shaftesbury Park will be celebrating two milestone birthdays! Oscar A. and Anne N. are joining the Centenarian Club!!

These amazing individuals will take their places of honour at a Mad Hatter 100th Themed Birthday party. Happy 100th Birthday, Oscar and Anne!!

This year, the Winnipeg, Manitoba residence will be celebrating **seven** 100 birthdays!

