

# News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

## JUNE 2026

*"If a June night could talk, it would probably boast it created romance."* - Bernard Williams

### Congratulations

To the graduates of GSS who walk the stage this month! We can't wait to see who wins the Gibson Family Health Care Nursing Scholarship.

### Welcome surveyors

Our long-term care home is receiving a visit this month by Accreditation Canada. Welcome Donna Michaels and Susan Veenstra.

### Staff SPOTLIGHT

This month, we featured Rachel Wilson, RN. Please see details on Page 3.



**Happy Father's Day (June 21)** - The idea of a special day to honour fathers and celebrate fatherhood was introduced in the United States. There, a woman named Sonora Smart Dodd, was inspired by the American Mother's Day celebrations to plan a day to honour fathers. In the USA, Father's Day has been celebrated in June since 1910.



# Did you know?

No one told you, but we thought you might like to know...

- A dime has 118 ridges around the edge.
- Tennis was reintroduced into the Olympic Games in 1988.
- If you started with \$1, it would take just 20 straight wins of double or nothing to win more than \$1 million.
- Almost three million tons of pasta is produced in Italy each year.
- There are more than 600 pasta shapes.
- Shakespeare invented the words: accused, addiction and advertising.
- Computer chip giant Intel's first year revenue was only \$2,672. It's revenue in 2013 was more than \$52 billion.
- The word "democracy" does not appear once in the US Constitution.
- ... \_ \_ \_ ... is SOS in Morse code.
- The tapeworm parasite can grow up to 30ft long inside the human intestine.
- In Iceland, folklore says that if you bathe naked in the morning dew on the morning of June 24, you are supposed to keep aging at bay for longer.

## June is Seniors' Month

We love seniors and we're delighted to spend the month celebrating their past, present and future. See inside for a list of activities.

### Computer service

Are you a resident of our home who needs help with their computer or iPad? Mike Bannister can help with all of your computer needs (for a fee). He can be reached at 613-840-5005 or [mike@bannistersolutions.com](mailto:mike@bannistersolutions.com)

### Nursing Week 2026

Nursing Week last month was an incredible success. Thank you to everyone who participated in our games and meals. We appreciate our frontline health care workers. Thank you for everything that you do for our residents!

### Family Council Week

We're proud to celebrate the hard work of Family Councils during Family Council Week June 8-12. Please contact our Recreation Department to join the Carveth Family Council: 613-382-4752 ext. 107.

### Fun facts about this month

June's birthstone is the pearl and flower is the rose. It is a popular name for girls.

*"Spring, being a tough act to follow, God created June."* - Al Bernstein

### Tell us what you think

Do you have a story idea or feedback? Contact Catherine Reynolds at 613-382-4752 ext. 114 or [catherinereynolds@gibsonfamilyhealthcare.com](mailto:catherinereynolds@gibsonfamilyhealthcare.com)



## Visit our website

SCAN ME



SCAN ME

# Staff SPOTLIGHT

Compassion, dedication and an unwavering commitment to residents have earned Rachel Wilson the title of Employee of the Month for June 2026 at Carveth Care Centre.

A Registered Nurse at the home since January 2025, she has quickly become known for her passionate approach to nursing, her strong advocacy for residents and her ability to connect with everyone she meets.

“I love nursing and caring for others,” attests the friendly young woman. “Although not every nursing intervention will heal certain health conditions given their trajectory, knowing I provided the best care possible and prioritized my patients’ needs is what is most important to me in striving for being a good nurse.”

Colleagues describe Rachel as someone who consistently goes above and beyond to ensure residents receive the highest quality care possible. She says she never leaves a concern unresolved and is always searching for solutions to improve outcomes for residents and families alike.

“If there is something I feel my patient is lacking as part of their care, I will not allow myself to complete my shift without a solution or resolution,” she explains.

Rachel’s caring nature extends far beyond clinical care. Known for her warm personality and love of conversation, she enjoys spending time with residents, hearing stories about their lives and building meaningful relationships with families.

“I’ve been told I have an ‘old soul,’” she says kindly. “I love sparking conversations with our residents and hearing their perspectives of life from a different time.”

Her journey into nursing was deeply personal. Diagnosed with Type 1 Diabetes as a child, Rachel spent much of her early life interacting with healthcare professionals who inspired her to pursue a career in nursing.

“Living with a chronic illness myself, I always wanted to give back to others from a perspective of understanding what it feels like to be the patient,” she said. “That knowledge helps guide the care I provide as a nurse.”

Outside of work, Rachel enjoys spending time with family and friends, travelling between visits with loved ones, walking her dog and staying active through weight training and exercise.

Her long-term goals are rooted in making a difference in the lives of others.

“If I can make one person smile in my day, I feel I’ve done a good job,” she explains. “It creates a healthy mindset for me and makes a difference not only for someone else, but also for myself.”

Rachel also dreams of travelling the world and continuing to expand her health care knowledge, potentially pursuing advanced nursing education in the future.

When asked what she would change if she could rule the world for a day, Rachel focused on addressing poverty, food insecurity and the housing crisis — issues she believes are closely tied to overall health and wellbeing.

Carveth Care Centre congratulates Rachel Wilson on being named Employee of the Month and thanks her for the compassion, positivity and excellence she brings to residents, families and colleagues every day.



*Rachel Wilson*

THE  
*Redevelopment*  
OF  
**CARVETH CARE CENTRE**



HAPPY  
**FATHER'S**  
DAY

from Gibson  
Family Health Care

HELEN HENDERSON  
Care Centre

Carveth  
Care Centre

**June**  
**21**  
**2026**

Join Gibson Family Health Care at the

**WALK TO END ALS** 

**KINGSTON**  
10:30 AM - JUNE 20  
LAKE ONTARIO PARK

*Proud Sponsor*

Carveth Care Centre HELEN HENDERSON Care Centre

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

*Live Music*

FEATURING  
**MICHAEL TREMBLAY**

*An Afternoon of Great Music*

THURSDAY  
**JUNE 11**  
2 pm

LTC MAIN DINING ROOM

  
Carveth  
Care Centre

Join us for an entertaining afternoon of live music!  
— Everyone welcome! —

*Live Music  
Good Times  
Great Company*



Our nursing staff enjoyed games, food and fun last month during Nursing Week 2026.

**“DAD SHOULD KNOW I’VE ALWAYS HAD A TEMPER.”**

**THERE’S NO EXCUSE FOR ELDER ABUSE.**

**JUNE 15**

**World Elder Abuse Awareness Day**  
Show your support — Wear Purple

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

## Ontario breaks Ground on Carveth Care Centre Redevelopment

On May 15, the Province of Ontario joined community leaders, staff, residents, families and partners to celebrate the groundbreaking of the redevelopment project at Carveth Care Centre.

The redevelopment will bring 104 modern long-term care beds to the Gananoque community and will be completed in four phases, with construction expected to finish in early 2029. The upgraded home will feature larger resident rooms, improved common areas, enhanced staff spaces, an upgraded kitchen and



expanded amenities designed to support residents, families and staff.

The project is expected to create or support approximately 215 jobs, including construction positions and permanent roles in nursing, personal support work, nutrition services, programming and administration.

“This redevelopment is about more than a new building — it is about creating a home for residents, a supportive workplace for staff, and a welcoming gathering place for families for generations to come,” said Lisa Gibson-Burgess of Gibson Family Health Care. “Our grandparents first envisioned quality long-term care in this community more than 65 years ago, and we are proud to continue that legacy by investing in a modern, state-of-the-art home that will meet the evolving needs of residents and families across Gananoque and the surrounding area.”

Carveth Care Centre extends sincere thanks to the Government of Ontario, the Town of Gananoque, project partners, staff, residents and families for their ongoing support as this exciting new chapter begins.

## Canada is a mixture of beauty, wonderful places and odd history

Canada has an exclusive combination of beauty, wonderful places, and odd history. Did you know... Manitoba had the second hottest **summer** on record in Canada at 44.4 °C. This happened on July 11, 1936 at St. Albans and Emerson, Manitoba. The highest temperature recorded according to Environment **Canada** was in 1937 in Midale and Yellow Grass, Saskatchewan (45 °C).

Canada covers 9,093,507 square kilometers of land. It is the world’s second largest country right after Russia.

Canada is the world’s most educated country. Kraft Dinner is the top-selling grocery item in Canada.

John Cabot was the first traveler to reach Canada in 1497. Canada has more lakes as compared to other countries. Canada’s lowest recorded temperature was -62.8 degree Celsius in 1947.

In Canada, prostitution is legal.

Canada consumes more cheese and macaroni than any other country in the world. Canada has the world’s largest coastline. The highest mountain in Canada is Mount Logan.

The Yonge Street is the longest street in the world with 1,896 km. Canada declared war on Japan before the U.S. did after the attack on Pearl Harbor during WW2. The Canada/U.S Border is the world’s longest international border.

1-800-O-CANADA is Canada’s official phone number.



## Happy birthday staff

Kayleigh L, June 1

Michelle F, June 8

Kim W, June 12

Debbie H, June 14

Przemyslaw S, June 15

Mark C, June 16

Krista S, June 20

Jennifer D, June 22

Sandeep T, June 27

Komalpreet K, June 29

Sheena A, June 30

Heather W, June 30

## Welcome Staff

Helna Sony, PSW

Melissa Bell, PSW

Pritimi Gurung, PSW

Sarah Dennison, Residential Aide

Elizabeth Lafortune, Recreation Aide

Karina Makaju, PSW

Paramdeep Kaur, PSW

Vanshika Dogra, PSW

Miles Richardson, Grounds

Maintenance Summer Student

Sergio Gutierrez, Grounds

Maintenance Summer Student

## Happy birthday volunteers

Betty B, June 5

Pam W, June 24

Micheline M, June 30

Elsa (Pet Therapy), June 6



St. Joe's Craft Club enjoyed time with us last month.

# June is Men's Health Month



Listen up guys, whether you like it or not, regular trips to the doctor are important. So is watching what you eat and getting more exercise which is why this month is about YOU. The goal of Men's Health Month is to raise awareness about preventable health problems and to encourage early detection and treatment of disease among men and boys.

### Quick facts:

- Women are 100 per cent more likely than men to visit the doctor for annual exams and preventive services.
- In 2000, there were fewer than 80 men for every 100 women by the time they reached 65-74.
- One in two men is diagnosed with cancer in his lifetime, compared to one in three women.
- The number-one threat to men's health is heart disease. Contributing factors are high blood pressure, obesity and high cholesterol.

### Three important tips:

1. **Eat Healthy**—Experts recommend starting with small steps such as portion control (no super sizing) and remember to eat a healthy breakfast. A diet high in lean protein sources will help keep your appetite satisfied throughout the day. In addition, opt for plenty of low-sugar, high-fibre fruits, non-starchy vegetables and healthy fats.
2. **Get Moving.** Regular exercise helps maintain a healthy body weight and supports cardiovascular health. Other benefits include a better mood and improved sleep. Aim for at least 30 minutes of exercise a day, five times a week.
3. **Make Prevention a Priority.** Because many health conditions can be prevented or detected early with routine checkups from a health care practitioner, men are encouraged to get regular screenings for blood pressure, cholesterol, blood sugar, prostate health and more.



## Tom Cruise Word Search (Answers on Page 12)

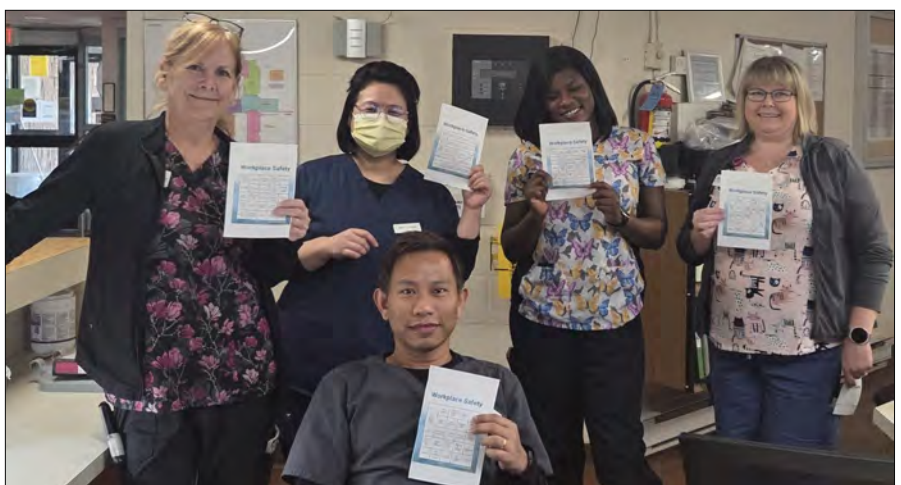
J	S	S	E	N	I	S	U	B	Y	K	S	I	R
A	C	K	E	A	I	L	O	N	G	A	M	T	J
C	Y	O	I	A	O	H	V	G	E	T	N	R	E
K	O	A	C	A	N	A	A	T	T	H	V	O	R
R	B	E	N	K	L	R	G	G	O	E	A	P	R
E	L	T	C	K	T	E	U	T	P	F	N	I	Y
A	I	M	Y	R	L	A	E	A	G	I	I	C	M
C	V	R	R	A	O	L	I	L	U	R	L	T	A
H	I	E	I	I	S	R	P	L	N	M	L	H	G
E	O	I	L	N	L	E	G	E	N	D	A	U	U
R	N	O	I	M	E	J	C	A	F	N	S	N	I
C	O	L	L	A	T	E	R	A	L	R	K	D	R
G	S	E	I	N	I	L	H	A	C	C	Y	E	E
S	I	E	S	I	U	R	C	M	O	T	I	R	O

- VALKYRIE
- TROPIC THUNDER
- JERRY MAGUIRE
- RAIN MAN
- LEGEND
- RISKY BUSINESS
- TOM CRUISE
- VANILLA SKY
- MAGNOLIA
- JACK REACHER
- COCKTAIL
- OBLIVION
- TOP GUN
- THE FIRM
- COLLATERAL

We wrapped up Nursing Week May 15 with a Years of Service Presentation celebrating the dedication and commitment of our amazing nursing staff. Congratulations to the team members who were recognized.



Gananoque Lions Club generously donated coffee and delicious doughnuts to the nursing staff at Carveth Care Centre during Nursing Week, last month. Thank you!



Staff enjoyed various activities during Health and Safety Week, last month.

# Carveth Crossword Puzzle (Answers on Page 10)

## Themeless Sunday 185

By Willa Angel Chen Miller (© Andrews McMeel Syndication)

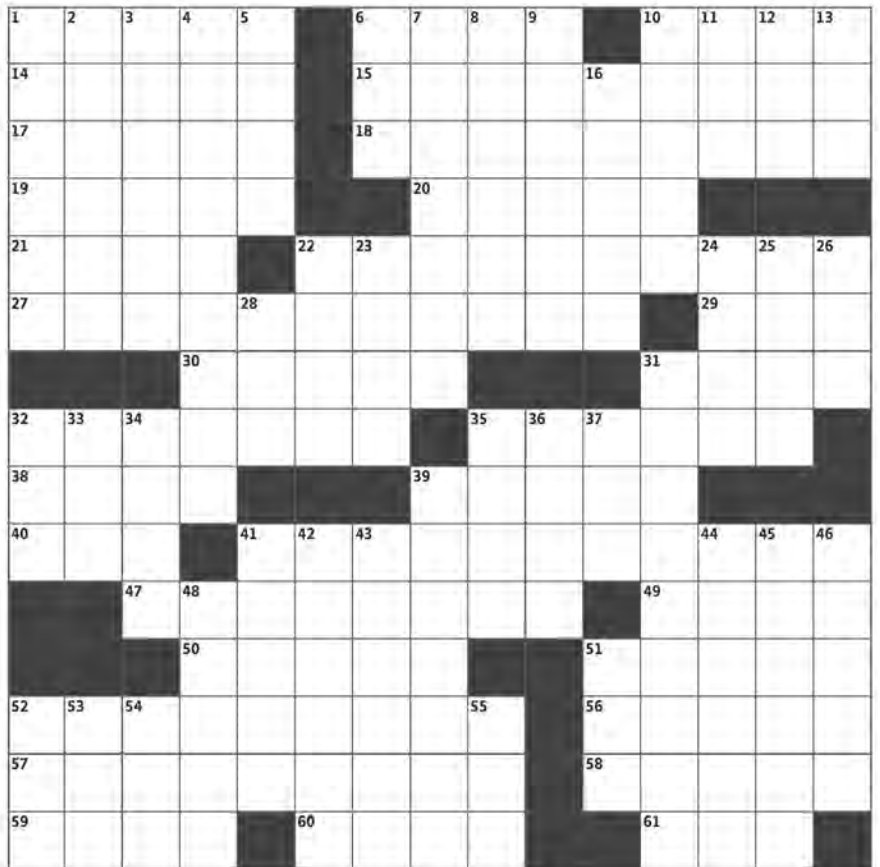
Edited by Taylor Johnson  
Universal Crossword

### ACROSS

- 1 Unexpected obstacles
- 6 Bath bar
- 10 Cattle calls?
- 14 Lead-in to "cotla" or "incognita"
- 15 On wrong, like a shirt
- 17 Navigation aid
- 18 "Try what I just cooked!"
- 19 Play setting?
- 20 German camera maker
- 21 Sell
- 22 No-strings-attached declaration?
- 27 So pretentious
- 29 \_\_\_ World Trade Center
- 30 Surgery after which you may wear eye shields
- 31 Actress Miller whose first name is a contraction backward
- 32 Umbrella that isn't designed for rain
- 35 "What a scorcher!"
- 38 Tiny "building block" of matter
- 39 Extent
- 40 Anti-trafficking org.
- 41 What a security camera may provide a homeowner
- 47 Overall-wearing YouTuber for tots
- 49 Even once
- 50 Impulsive hurry
- 51 Fittingly
- 52 "FINALLY!"
- 56 \_\_\_ and effect
- 57 "This is literally too much for me to process"
- 58 Ann \_\_\_, Michigan
- 59 "I'm up for that!"
- 60 Foxx of "Sanford and Son"
- 61 Role for Simu Liu or Ryan Gosling in "Barbie"

### DOWN

- 1 Exercise-tracking app
- 2 Not as far
- 3 Passionale
- 4 Feat for a tennis or baseball player
- 5 Country music singer Evans
- 6 Plop down
- 7 For kicks and giggles backward
- 8 State confidently
- 9 Feels sorry for
- 10 Material spelled with five letters in "material"
- 11 "I'm tickled!"
- 12 French agreement
- 13 Lines on city maps: Abbr.
- 16 Roof
- 22 "Assuming that's the case ..."
- 23 Postal delivery
- 24 U2 frontman
- 25 "I'll do that now!"
- 26 Pro vote
- 28 "Go get 'em, queen!"
- 31 Super Nintendo World, e.g.
- 32 Nursing \_\_\_ (bra insert)
- 33 Had a bite
- 34 Wander
- 35 Slurpee alternative
- 36 Item in a shed
- 37 Beach lotion abbr.
- 39 Plotted
- 41 "The Super Mario Bros. Movie" voice actor Chris
- 42 Lamb cake's spring holiday
- 43 Up and running
- 44 ICU conduit
- 45 Humanitarian Mandela
- 46 Appliance that tumbles
- 48 Steers clear of
- 51 2010 health law, for short
- 52 Feel crummy
- 53 Ancient date letters
- 54 Grain in some cookies
- 55 Finale



**A spring party with Giddy Up N Go Ponies**



# Strawberry SOCIAL

at Carveth Care Centre  
LTC MAIN DINING ROOM

LIVE MUSIC by *Scott Carson*

2 pm  
Thursday, June 25

Join us for an AFTERNOON OF Great Music, Sweet Treats & GOOD COMPANY!

## Crystal Clean

Enjoy clean glasses by the Crystal clear cleaning crew at Carveth Care Centre

**June 22**  
10:30 am

Carveth Care Centre

Live Music by *Vicki Spurrell*

2 pm • Thursday, June 18  
Dining Room at Carveth Retirement Lodge

# June SENIORS' MONTH 2026

BUILDING STRONGER TOGETHER

## Fit, Active and Healthy Seniors

PROUDLY SUPPORTED BY

Carveth Care Centre  
HELEN HENDERSON Care Centre

### Gibson Family Health Care

- WELLNESS**  
Supporting physical and mental well-being.
- SOCIAL CONNECTION**  
Building friendships and stronger communities.
- EDUCATION**  
Lifelong learning and staying informed.

Together, we build a stronger tomorrow!

**-STRONGER TOGETHER AT EVERY STAGE**

1	2	3	4	5	6	7	8	9	10	11	12	13		
S	N	A	G	S	S	O	A	P	M	O	O	S		
14	T	E	R	R	A	I	N	S	I	D	E	O	U	T
17	R	A	D	A	R	T	A	S	T	E	T	H	I	S
19	A	R	E	N	A	L	E	I	C	A				
21	V	E	N	D	I	M	A	R	E	A	L	B	O	Y
27	A	R	T	S	Y	F	A	R	T	S	Y	O	N	E
30	L	A	S	I	K									
32	P	A	R	A	S	O	L	I	T	S	H	O	T	
38	A	T	O	M	S	C	O	P	E					
40	D	E	A	P	E	A	C	E	O	F	M	I	N	D
47	M	S	R	A	C	H	E	L	E	V	E	R		
50	H	A	S	T	E									
52	A	B	O	U	T	T	I	M	E	C	A	U	S	E
57	I	C	A	N	T	E	V	E	N	A	R	B	O	R
59	L	E	T	S	R	E	D	D	K	E	N			

**Crossword puzzle answers**  
(Puzzle on Page 9)



## Dates to Remember

*June is Seniors' Month*

### Long-term care

June 4, 11 and 25...DrumFIT at 10:30 am

June 4...Music by Tim Hallman at

2 pm in LTC Main Dining Room

June 11...Music by Michael Tremblay at 2 pm in LTC Main Dining Room

June 17 & 18...Lumberjack Breakfast for dads at 9 am

June 18...Birthday Diners' Club at noon in Fireplace Room

June 21...Father's Day

June 22...Crystal Clear Cleaning Crew at 10:30 am

June 23...Sheba's Haven visit at 2 pm

June 25...Strawberry Social with music by Scott Carson at 2 pm in LTC Main Dining Room

### Retirement Lodge

June 11... Music with Fiddle Earth at 2 pm in Lodge Dining Room

June 18...Birthday Diners at noon in Fireplace Room and music with Vicki Spurrell at 2 pm in Lodge Dining Room

June 21...Father's Day

June 22...Crystal Clear Cleaning Crew at 10:30 am

June 25...Strawberry Social with Neil Carter at 2 pm in Lodge Dining Room



**LIVE MUSIC**  
Join Us for an Afternoon of Music & Fun!

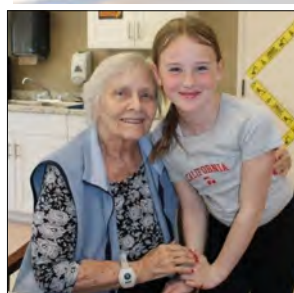
♪ by Tim Hallman ♪

**June 4 • 2 pm**  
Carveth Care Centre  
LTC Main Dining Room

*Enjoy live music!*  
Good company and a joyful atmosphere.  
*All are welcome!*

**LIVE MUSIC by**  
*Fiddle Earth*  
At Carveth Retirement Lodge

**Thursday, June 11**  
**2 PM**



**CARVETH CARE CENTRE**  
**ETHICS COMMITTEE**  
*Supporting Thoughtful Decisions in Care*

  
**Facing a Difficult Decision?**

In care environments, we all encounter situations that require careful thought, respect, and balance.

The Ethics Committee is here to help residents, families, staff, and volunteers work through ethical dilemmas and reach thoughtful, person-centred decisions.

(Based on Gibson Family Health Care's Ethical Framework & Six-Step Process)<sup>1</sup>

**What We Help With**

You can bring forward situations such as:

-  A resident choosing to live at risk
-  Declining recommended treatments
-  Disagreements between families & care teams
-  Questions about autonomy, consent, or quality of life
-  Any situation that "just doesn't feel clear"

**Our Ethical Approach**

 **CORE PRINCIPLES**

-  Respect for the person (Autonomy)
-  Do no harm
-  Promote good
-  Fairness & Justice

 **OUR 6-STEP PROCESS**

- 1 Get the story straight
- 4 Choose best option
- 2 Review values & ethics
- 5 Take action
- 3 Explore solutions
- 6 Reflect & evaluate

**Your Voice Matters**  
 "YOUR VOICE, YOUR CHOICE"  
 Every perspective is important. Every concern deserves to be heard.

**How to Refer an Ethical Concern**

You can refer a situation to the Ethics Committee by:

-  Speak with your Charge Nurse or Manager
-  Submit a Referral Form Across from Nursing Station 1



# Avoid dehydration this summer

Blue skies and hot, humid days are a favourite time of year for most people. It is also a time when many seniors suffer from dehydration.

Carveth Care Centre has a dehydration plan. The goal is to have cool drinks and treats always available—in addition to the drinks and snacks featured on our Nutrition Carts.

According to the health unit, hot and humid temperatures increase perspiration to maintain constant body temperature. Normally, as a person perspires, their body cools. This process comes with a loss of body fluids which can lead to dehydration over a long period or intense exposure. High humidity prevents cooling through perspiration and increases the risk of becoming overheated. These two factors, combined with the heat of the sun, can create a dangerous situation. Take the time to drink at least six to eight 8oz glasses of fluid throughout the day.

## New Members Wanted



Join Carveth Family Council



Call today and make a difference

**613-382-4752 ext. 107**

J	S	S	E	N	I	S	U	B	Y	K	S	I	R
A	C	K	E	A	I	L	O	N	G	A	M	T	J
C	Y	O	I	A	O	H	V	G	E	T	N	R	E
K	O	A	C	A	N	A	A	T	T	H	V	O	R
R	B	E	N	K	L	R	G	G	O	E	A	P	R
E	L	T	C	K	T	E	U	T	P	F	N	I	Y
A	I	M	Y	R	L	A	E	A	G	I	I	C	M
C	V	R	R	A	O	L	I	L	U	R	L	T	A
H	I	E	I	I	S	R	P	L	N	M	L	H	G
E	O	I	L	N	L	E	G	E	N	D	A	U	U
R	N	O	I	M	E	J	C	A	F	N	S	N	I
C	O	L	L	A	T	E	R	A	L	R	K	D	R
G	S	E	I	N	I	L	H	A	C	C	Y	E	E
S	I	E	S	I	U	R	C	M	O	T	I	R	O

Word Search (Puzzle on Page 8)

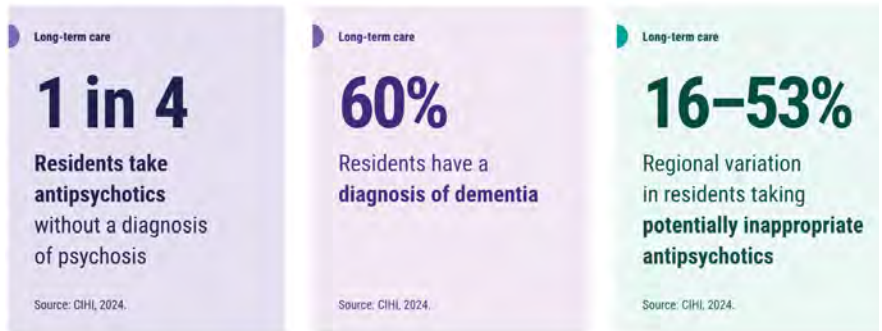
# Carveth recognized for appropriate use of antipsychotic drugs

Carveth Care Centre is proud to celebrate an outstanding achievement in resident-centred care and quality improvement. According to the latest Canadian Institute for Health Information (CIHI) data for 2024–2025, Carveth Care Centre achieved a risk-adjusted rate of just 7.3 per cent for the potentially inappropriate use of antipsychotic medications — significantly below the national target of 15 per cent recommended for long-term care homes in Canada.

This result places Carveth Care Centre well ahead of provincial and national averages, with Ontario reporting 19.7 per cent, the East Region at 20.0 per cent, and Canada overall at 24.4 per cent. The home was recognized for “above average performance” in this important quality indicator.

The indicator measures the percentage of long-term care residents receiving antipsychotic medications without a diagnosis of psychosis. Lower rates reflect a stronger focus on individualized care, non-pharmacological approaches and minimizing medication-related harms.

Antipsychotic medications can carry serious risks for older adults, including increased chances of falls, fractures, strokes and other adverse health outcomes. At Carveth Care Centre, staff work diligently to understand the root causes of responsive behaviours and support residents through compassionate, person-centred approaches whenever possible. This achievement reflects the dedication and collaboration of the entire Carveth team, especially the home’s in-house Behavioural Supports Ontario (BSO) team, whose expertise and resident-focused care have been instrumental in helping the home achieve this honour. Carveth Care Centre remains committed to enhancing quality of life, promoting dignity and delivering excellence in care every day.



## We did it! Carveth Care Centre exceeds Canada’s target for appropriate use of antipsychotics!

We are proud to share that Carveth Care Centre has achieved a rate of **7.3%** for potentially inappropriate use of antipsychotics—well below Canada’s target of **15%**. This means we are among the leading long-term care homes in Canada minimizing medication-related harms and supporting resident-centred care.

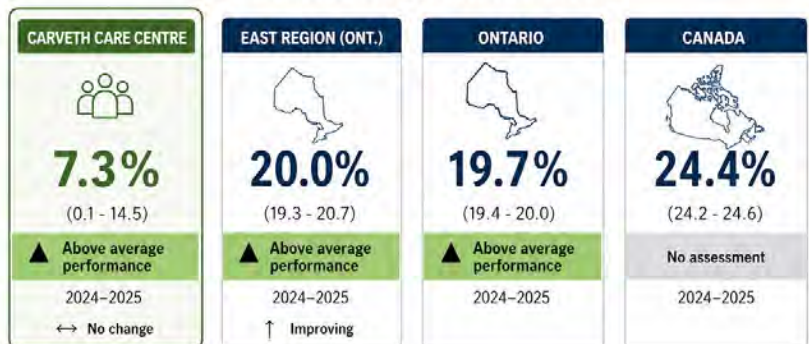


### Why this matters

Antipsychotic medications can carry serious risks for older adults, including increased chances of falls, fractures, strokes and even death. Lower use of these medications—when not needed for psychosis—reflects our commitment to understanding the root causes of responsive behaviours and using person-centred, non-pharmacological approaches whenever possible.

### How we compare

This quality indicator shows the percentage of long-term care residents receiving antipsychotic medications without a diagnosis of psychosis. Lower is better.



### A heartfelt thank you!

This achievement is a reflection of the dedication, collaboration and compassion of our entire team. We are especially grateful to our in-house Behavioural Supports Ontario (BSO) team, whose expertise and unwavering commitment have been instrumental in helping us reach this important milestone.

Together, we continue to enhance quality of life for the residents who call Carveth home.

**Thank you for making a difference every day.**

# Welcome Accreditation Canada



**ACCREDITATION  
CANADA**

We are pleased to share that Carveth Care Centre will be welcoming Accreditation Canada surveyors for our on-site Accreditation survey June 22 to 25.

Accreditation Canada is a nationally recognized organization that partners with health and social service providers to promote excellence in quality, safety, and resident-centred care. For more than 65 years, Accreditation Canada has supported organizations across the country through comprehensive assessment programs led by experienced peer surveyors.

During the survey, we are pleased to welcome surveyors Donna Michaels and Susan Veenstra to our Home. Throughout their visit, they will learn more about the care and services we provide by reviewing policies and procedures, observing daily operations, and speaking with leadership, staff, residents, and families.

Surveyors may ask questions about your experiences and the work we do at Carveth Care Centre. Your participation and feedback are greatly appreciated, and there are no “right” or “wrong” answers. The purpose of the Accreditation process is to celebrate strengths, identify opportunities for improvement, and support our ongoing commitment to providing high-quality care and services.

Thank you in advance for your support, participation, and warm welcome during this important process.

[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

**Visit**  
— with —  
**Sheba's Haven**

**Carveth Care Centre**

**June 23 at 2 pm**

**BIRTHDAY**  
*Diners' Club*  
at Carveth Care Centre  
Noon on June 18

THIS GOURMET MEAL  
BY CHRIS

*Chris will be serving:*

- Caprese Salad
- Homemade 4 Cheese Agnolotti Pasta With Marinated Beet Carpaccio and Herb Brown Butter
- Homemade Lemon Torte with Raspberry Gelato

Celebrate Your Special Day  
GOOD FOOD, GREAT COMPANY, WONDERFUL MEMORIES

**teamific**

**TEAMIFIC  
QUIZ!**

**TIME: 10:30 AM**

**DATE: JUNE 15**

**LOCATION: CARVETH CARE CENTRE**

Join us for fun,  
friendly competition  
and great prizes!



The women in our home enjoyed Breakfast at Tiffany's last month in honour of Mother's Day.

**Strawberry Social**

Join us for an afternoon of sweet treats, great company and live music!

LIVE MUSIC BY  
**Neil Carter**  
— Classic Hits Music —

**2 PM**  
— THURSDAY —  
**JUNE 25**

IN THE  
**LODGE DINING ROOM**



Keeping residents engaged and connected at **Carveth Care Centre**  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

**Residents' Council MEETING** *Everyone welcome*

**June 16**

**2 pm**

*For residents, by residents!*

[www.GibsonFamilyHealthCare.com](http://www.GibsonFamilyHealthCare.com)

# The Carveth Garden of Love

*The rose speaks of love silently in a language known only to the heart*



## Welcome

June Humble  
Ronald Arellano  
Alan Warwick (lodge)

## Birthdays

Eileen W, June 6  
Hilda N, June 7  
Bessie S (Lodge), June 10  
Michael D, June 11  
Rita B, June 12  
Elaine W, June 19  
Edward "Ted" F (Lodge), June 21  
Ann M (Lodge), June 24  
Gerald J, June 24  
Gwendolyn S, June 27  
Douglas "Buddy" D, June 30

## In-Memoriam

Gary Wheeler  
Shirley Lajoie

**CODE ANGEL** in our home means someone has died. Please join us to say goodbye. An overhead announcement will tell you where and when we are gathering to show our respect.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:30 Washer Toss 2:00 Bingo	<b>2</b> 10:30 Floral Therapy 2:00 National Rocky Road Day!	<b>3</b> 10:30 Bible Study w/Betty 2:00 Outdoor Walks	<b>4</b> 10:30 DrumFIT 2:00 Music w/Tim Hallman 6:30 Card Bingo	<b>5</b> 10:30 Manicures 11:00 RC Mass 2:00 Bingo	<b>6</b> 10:30 Coffee & Chat 2:00 Movie of the Week "Happy Gilmour"
<b>7</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>8</b> 10:30 Bean bag Toss 2:00 Bingo 3:30 St. Joe's Craft Club	<b>9</b> 10:30 Shut the Box 2:00 Balloon Volleyball	<b>10</b> 10:30 Christ Anglican Church 2:00 National Ice Tea Day!	<b>11 Music Therapy</b> 10:30 DrumFIT 2:00 Music w/Michael Tremblay 6:30 Card Bingo	<b>12</b> 10:30 Manicures 2:00 Bingo	<b>13</b> 10:30 Coffee & Chat 2:00 Movie of the Week "Happy Gilmour 2"
<b>14</b> 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church	<b>15 World Elder Abuse Awareness Day</b> 10:30 Teamific Quiz 2:00 Bingo	<b>16</b> 10:30 Floral Therapy 2:00 Residents Council	<b>17</b> 9:00 Lumberjack Breakfast for DADS 10:30 Bible Study w/Betty 2:00 Washer Toss	<b>18 Birthday Diners</b> 9:00 Lumberjack Breakfast for DADS 2:00 Crosswords 6:30 Card Bingo	<b>19</b> 10:30 Manicures 11:00 RC Mass 2:00 Bingo	<b>20</b> 10:30 Coffee & Chat 2:00 Movie of the Week "The Last Laugh"
<b>21 Father's Day</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>22</b> 10:30 Crystal Clear Cleaning 2:00 Bingo	<b>23</b> 10:30 Hula Hoop History Day! 2:00 Sheba's Haven Visit	<b>24</b> 10:30 True or False 2:00 Kelsey's Garden Tour	<b>25 Music Therapy</b> 10:30 DrumFIT 2:00 Strawberry Social w/Scott Carson 6:30 Card Bingo	<b>26</b> 10:30 Manicures 2:00 Bingo <i>National Bingo Day!</i>	<b>27</b> 10:30 Coffee & Chat 2:00 Movie of the Week "Charlie & the Chocolate Factory"
<b>28</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>29</b> 10:30 Bocce Ball 2:00 Bingo	<b>30</b> 10:30 Chocolate Baking 2:00 Anniversary of Charlie & the Chocolate	<h1>June 2026</h1>			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SS- Sunshine Room</b> <b>CH- Chapel LDR- Lodge Dining Room</b>	<b>1</b> 10:30 Washer Toss-SS 2:00 Bingo-LDR	<b>2</b> 10:30 Floral Therapy-SS 2:00 National Rocky Road Day! -SS	<b>3</b> 10:30 Bible Study w/Betty- CH 2:00 Outdoor Walks	<b>4</b> 10:30 DrumFIT 6:30 Card Bingo-SS	<b>5</b> 10:30 Manicures 11:00 RC Mass-CH 2:00 Bingo- LDR	<b>6</b> 10:30 Coffee & Chat-SS 2:00 Movie of the Week "Happy Gilmour"- SS
<b>7</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>8</b> 10:30 Bean bag Toss-SS 2:00 Bingo-LDR 3:30- St. Joe's Craft Club-SS	<b>9</b> 10:30 Shut the Box-SS 2:00 Balloon Volleyball-SS	<b>10</b> 10:30 Christ Anglican Church-CH 2:00 National Ice Tea Day!-SS	<b>11 Music Therapy</b> 10:30 DrumFIT-SS 2:00 Music w/ Fiddle Earth- LDR 6:30 Card Bingo-	<b>12</b> 10:30 Manicures 2:00 Bingo- LDR	<b>13</b> 10:30 Coffee & Chat-SS 2:00 Movie of the Week "Happy Gilmour 2"-SS
<b>14</b> 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church	<b>15 World Elder Abuse Awareness Day</b> 10:30 Teamific Quiz-SS 2:00 Bingo- LDR	<b>16</b> 10:30 Floral Therapy-SS	<b>17</b> 9:00 Lumberjack Breakfast for DADS-SS 10:30 Bible Study w/Betty-CH 2:00 Washer Toss-	<b>18 Birthday Diners</b> 9:00 Lumberjack Breakfast for DADS-SS 2:00 Music w/ Vicki Spurrell- LDR	<b>19</b> 10:30 Manicures 11:00 RC Mass-CH 2:00 Bingo- LDR	<b>20</b> 10:30 Coffee & Chat-SS 2:00 Movie of the Week "The Last Laugh"- SS
<b>21 Father's Day</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>22</b> 10:30 Crystal Clear Cleaning 2:00 Bingo- LDR	<b>23</b> 10:30 Hula Hoop History Day!-SS 2:00 Sheba's Haven Visit-SS	<b>24</b> 10:30 True or False-SS 2:00 Kelsey's Garden Tour	<b>25 Music Therapy</b> 10:30 DrumFIT-SS 2:00 Strawberry Social w/Neil Carter- LDR 6:30 Card Bingo	<b>26</b> 10:30 Manicures 2:00 Bingo- LDR <i>National Bingo Day!</i>	<b>27</b> 10:30 Coffee & Chat-SS 2:00 Movie of the Week "Charlie & the Chocolate Factory"- SS
<b>28</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>29</b> 10:30 Bocce Ball-SS 2:00 Bingo- LDR	<b>30</b> 10:00 Residents Meeting 2:00 Anniversary of Charlie & the Chocolate -SS	<h1>June 2026-Lodge</h1>			