

News from Home



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

OCTOBER 2026

"October's poplars are flaming torches, lighting the way to winter." - Nova Blair

We're on Facebook

Did you know you can find us on Facebook? Just search for our page, **Carveth Care Centre**, and like us. It's that easy! Our website also has LOTS of great information. Just put our name in your search engine or type www.gibsonfamilyhealthcare.com

Happy Halloween

Halloween is a lot of fun here and we hope you can join us this year. Feel free to dress up and join us as we give candy to trick-or-treaters at the lodge doors 5:30 to 7:30 pm (Oct. 31).

Staff spotlight

This month, we're celebrating the good work of Sylvester Dampety. Please see Page 3 for details about this PSW.



AMAZING FACTS TO BLOW YOUR MIND

There are 3,000 types of bacteria on money. On any given day, as many as ten volcanoes may be spewing ash or lava somewhere in the world. Studies have shown that people really do take longer to leave a parking spot when someone is waiting for it. There is a 51 per cent chance a flipped coin will land on the side that was facing up when it was flipped.



Happy Thanksgiving

Thanksgiving Day (Monday, Oct. 12) is an annual Canadian holiday on the second Monday in October, which celebrates the harvest and other blessings of the past year.



What it's worth

This weekend **40% of Canadians** will sit down to a traditional Thanksgiving dinner. Together we will enjoy:

Enough turkeys to stretch, beak-to-tail feather, from Regina to Fredericton.



Enough loaves of bread to cover 31 hockey rinks.

x31

The equivalent weight of 65 Air Canada 747s in potatoes.



x65 x13M



x2

Enough cranberries to fill two Olympic swimming pools.



x17

Enough gravy to fill a train 17 cars long.



Enough pumpkins to cover 16 CFL football fields.

Roles for residents

We're looking for residents & family members to join our Quality Improvement teams. Please contact Trish to learn more: 613-382-4752 ext. 108.

Residents input wanted

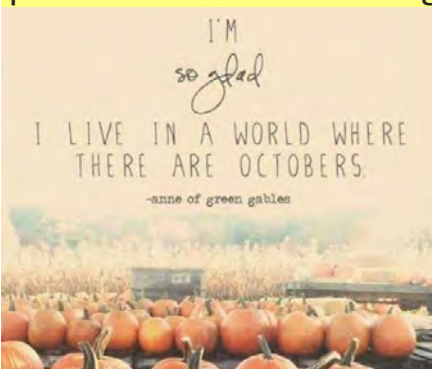
Do you like to write stories or poetry? Please consider contributing to this monthly newsletter. We'd love to see more content from residents!

Just clean your hands

We're going into the flu season which means we need to start talking about infection control. Please clean your hands at EVERY opportunity. It will help keep everyone healthy and happy. For more information, visit publichealthontario.ca/JCYH

Flu shots coming soon

Flu shots to start soon. If you prefer that your loved one at Carveth does NOT receive one, please contact the Nursing Department.



There is always a little truth behind every 'just kidding'; a little curiosity behind every 'just wondering'; a little knowledge behind every 'I don't know'; and a little emotion behind every 'I don't care'.

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

Staff Spotlight

There is something special about the way Sylvester Dampthey approaches his work at Carveth Care Centre.

Quiet, kind and compassionate, Sylvester takes the time to get to know the residents, listen to them and make sure they feel respected, comfortable and cared for.

That dedication has earned him the honour of being named Carveth Care Centre's Employee of the Month for October.

Sylvester will celebrate his first anniversary as a Personal Support Worker at the popular long-term care home in Gananoque on Oct. 7, marking a year of caring for residents and becoming an appreciated member of the Carveth team.

His quiet approach to caring has not gone unnoticed.

"I was very happy to hear that Sylvester was awarded Employee of the Month," says Brett Gibson, Administrator of Carveth Care Centre. "I witnessed an interaction with Sylvester and a resident that was very subtle, kind and went a long way in making that resident's day. I am not even sure Sylvester knew I witnessed this gesture, but I do know he impacted this resident's day in a positive way."

For Sylvester, those small moments of connection are an important part of his work.

"I enjoy getting to know them, listening to them, and making sure they feel respected, comfortable, and cared for," Sylvester says. "I also appreciate being part of a team where we work together to provide the best possible care."

Describing himself as quiet, respectful, caring and easy-going, Sylvester believes in treating everyone with kindness and respect. He says building good relationships with the people around him is important to him — both at work and in his personal life.

Away from Carveth, Sylvester enjoys spending time with family and friends, listening to music, travelling and going for walks. He also enjoys learning new things and discovering new places.

Looking ahead, Sylvester hopes to continue growing in his health care career, building his skills and knowledge and finding new ways to make a positive difference in the lives of those he cares for.

As he celebrates this recognition, Sylvester is quick to share his appreciation for his Carveth colleagues and management.

"I'm very grateful for this recognition," he says. "Caring for residents is something I take pride in, and I believe that kindness, patience, respect, and compassion can make a real difference in someone's day."

Carveth Care Centre is grateful for the kindness, compassion and dedication Sylvester brings to our residents and for helping make our home a caring and welcoming place for residents, families and staff. To learn more about living or working at our home, visit www.gibsonfamilyhealthcare.com or call 613-382-4752.



Sylvester Dampthey, PSW

Volunteering at Carveth Care Centre

Ever wanted to do a bit more, but unsure where to start?

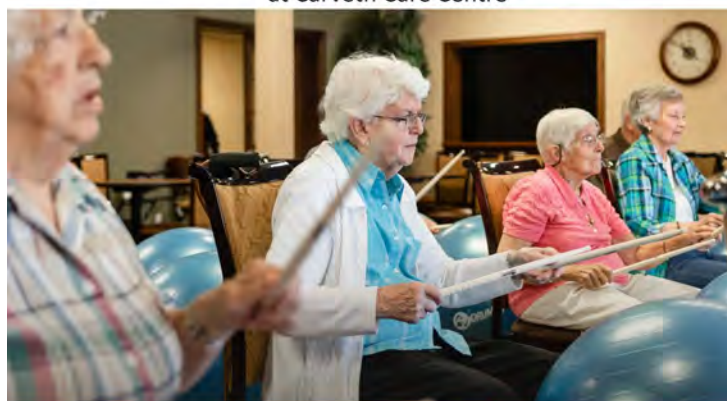
The home needs volunteers to join committees and help to:

- Sit beside a resident and place chips on bingo cards.
- Help with hand massages once-a-month.
- Be a buddy to one-resident who could be assigned to you. Go with them to activities and sit with them. Maybe you could visit them once per week in their room for a few minutes. Listen to their wonderful stories from 80, 90 and 100 years ago.
- Play the piano, guitar, etc, or help with singing while someone plays an instrument.
- Help feed a resident at any meal time: 9 am, 12 noon and 5 pm. You will be shown how and assigned someone.
- Read to a resident whose eyesight has failed.
- Help the staff in Activation cut-out papers, paste, organize and decorate for special events.
- Be a volunteer for outdoor activities and outings. Read the newspaper and discuss events.
- Sit (for any length of time, day or night) with someone who is palliative.
- Help with fundraising, perhaps setting the room up with others, or handling cash when people buy little articles. Or, ask staff where they could use you. Call today! 613-382-4752 ext. 107.



www.gibsonfamilyhealthcare.com

DRUMFIT
CLASSICS
Come *move* with us!
at Carveth Care Centre



IMPROVE
MEMORY

HAVE
FUN!

REDUCE RISK
OF INJURY

Residents' Council MEETING *Everyone welcome*
Oct. 20
2 pm



www.GibsonFamilyHealthCare.com

Oct. 1, 8, 15, 22 & 29
10:30 am

Happy birthday staff

Laurie H, Oct. 1
Lynn M, Oct. 4
Thomas M, Oct. 5
Jenn H, Oct. 6
Helna S, Oct. 11
Carrie B, Oct. 24
Carol C, Oct. 25
Rebecca E, Oct. 27
Haspreet K, Oct. 29
Llya K, Oct. 29

*hello october,
please be good.*

Happy birthday volunteers

Bill M, Oct. 4
Annastasia C, Oct. 8

Welcome staff

Mika Yamamoto, PSW
Gabriella Nshemereirwe, RPN
Amanda Kelly, PSW
Jennifer Ogbeide, PSW
Rutvik Desai, Physiotherapy Assistant
Prabhjot Singh, Activity Aide
Suzanne Haigh, PSW



Halloween safety tips

Halloween is one of the busiest nights of the year for children and their parents.

It is even harder this year because of the pandemic. If you decide to venture out with your child, here are some safety tips to keep you, and your trick-or-treaters, safe:

Drive extra safely on Halloween

1. Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
2. Take extra time to look for kids at intersections, on medians and on curbs.
3. Enter and exit driveways and alleys slowly and carefully.
4. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
5. Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.

Remember, popular trick-or-treating hours are 5:30 to 8:30 pm so be especially alert for kids during those hours. *Have fun!*





Dates to Remember

October is Breast Cancer Awareness Month!

Oct. 12...Thanksgiving

Oct. 13...Culture Club at 2 pm

Oct. 14...Celebrate the 100th birthday of Winnie the Pooh at 2 pm

Oct. 15...Diners Birthday Lunch at noon and music by Vicki Spurrell at 2 pm in LTC Main Dining Room

Oct. 20...Resident Council meeting at 2 pm

Oct. 22...Music by Michael Tremblay at 2 pm in LTC Main Dining Room

Oct. 26...Pumpkin carving at 10:30 am

Oct. 29...Dirty Soda Social with Scott Carson at 2 pm

Oct. 31...Halloween Trick or Treaters 5:30 to 7:30 pm at Lodge entrance

Carveth Retirement Lodge

Oct. 8...Music by Michael Myers at 2 pm in Lodge dining room

Oct. 12...Thanksgiving

Oct. 13...Culture Club at 2 pm

Oct. 14...Celebrate the 100th birthday of Winnie the Pooh at 2 pm

Oct. 15...Diners' Birthday Lunch at noon

Oct. 22...Music by Penny and Steve at 2 pm in Lodge dining room

Oct. 29...Dirty Soda Social with music by Chris Murphy at 2 pm in Lodge dining room

Oct. 31..Halloween Trick or Treaters 5:30 to 7:30 pm at Lodge entrance



Fall Baking

Residents enjoyed baking apple pies last month.

Seasonal attire

Please
take time
to go
through
the
closets



and drawers of your loved one to ensure they have clothing appropriate for the season.

Due to limited space, clothing should be removed if it is not appropriate for fall/winter.

Just a reminder, all new clothing should be left with Activation to be labelled. *Thank you!*

Social Studies Carveth Word Search

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

AMENDMENTS
GERRYMANDERING
IMPEACHMENT
CENSUS
IMPARTIAL
FEDERALIST
PREAMBLE
QUORUM
CONSTITUTIONAL
UNANIMOUS
ARTICLES
GOVERNMENT
DECLARATION
UNICAMERAL

Answers on
Page 12



Elections Canada
AT
Carveth Care Centre
Tuesday, Oct. 27
9 to 11 am

 Voting is in
Fireplace Room.



Experience the **magic** of a
Thousand Islands boat cruise
with **Carveth Care Centre**

Oct. 14

Residents, please contact Activation to reserve your spot: 613-382-4752 ext. 107
Due to limited seats, family and friends will need to purchase tickets with City Cruises

The benefits of adaptive clothing

Clothes for seniors should be easy to wear so they don't have to struggle with narrow neck openings or difficult to button pants waist bands to dress or undress. Adaptive clothing provides easy dressing solutions with adaptive designs for seniors and disabled people. Adaptive clothing features open back functionality in tops, side open designs in pants, hidden magnetic snap fasteners instead of conventional buttons and easy touch closures in footwear. All these helpful features enable seniors or disabled people to dress with dignity, comfort and style.

Who Can Wear Adaptive Clothing?

Seniors with physical disabilities, wheelchair users, elderly with limited mobility and the infirm who may have difficulty dressing without assistance can benefit from adaptive wear. Silvert's Adaptive clothing line is for those individuals who need struggle-free and pain-free dressing options.

For seniors, one of the main difficulties in dressing is not being able to fasten buttons or zippers due to loss of fine motor skills and movement with hands and fingers so materials such as VELCRO®, easy access snaps, side zippers, and stretchy fabrics are used to provide solutions for self dressing or undressing.

Some of the most beneficial features of these clothing options:

- Magnetic closures on adaptive pants and shirts
- Easy touch closures

How Does Adaptive Clothing Help Caregivers and Healthcare Professionals?

Adaptive clothing helps caregivers assist their senior loved ones with special needs with getting dressed. Family caregivers and healthcare professionals can greatly benefit from the advantages of adaptive clothing because it makes their task easier and safer. Our sensory friendly clothing and adaptive apparel reduces the risk of injuries for caregivers, healthcare workers and the people with disabilities getting dressed. To learn more or to place an order, call 1-800-387-7088 or visit <https://www.silverts.com/ca/>



Live MUSIC

by **Michael Myers**

Thursday, Oct. 8
2 pm
Carveth Retirement Lodge,
Dining Room

Located in the Lodge Dining Room



The Carveth
Culture Club
CELEBRATING
CULTURES Food
AROUND THE Customs
WORLD Music

Oct. 13 at 2 pm
Learn about Switzerland

Carveth
Care Centre



Wake up Beauty - It's time to Beast

OCT. 31
ALL DAY
at Carveth
Care Centre

Prizes
for **BEST**
Costumes

The **Greatest**
HALLOWEEN
COSTUME CONTEST *Ever!*

Carveth
Care Centre

Clean your hands to prevent the spread of infection

Just clean your hands. It doesn't get much simpler than that. Evidence shows hand hygiene can decrease infections in health care settings and is the single most important method of preventing infections.

Did you know the main way germs can spread is by hands?

Keeping hands clean is the best thing you and the health care team can do to prevent infections from spreading to others at Carveth Care Centre. Thousands of times a day, members of the health team handle things that could have harmful germs. Without good hand cleaning, these germs can spread to residents and cause infection.

The health care team plays a big role in preventing the spread of infection. They are committed to providing clean, safe care. There are important moments when the health care team should clean their hands, such as:

- After touching objects in a resident's room and going into another room
- Before and after provid-

ing care to residents

Before and after special procedures such as giving a needle or eyedrops, or assisting with dental care

- After contact with body fluids, such as blood or urine

retirement/LTC home.

You can clean your hands by using:

- Hand rub provided by the home
- Soap and water using the soap in the dispensers at the sink

To reduce the spread of organisms during shared or group activities, staff, residents, family members and volunteers should clean their hands before beginning and after ending the activity.

Remember to clean your hands before and after eating, after using the washroom and after sneezing or coughing.

Make sure you clean your hands at these times and even more often when you are in a home.

After cleaning, make sure your hands are dry before you touch anything. This is very important when you use the hand rub.

Visitors

As a resident of a retirement/LTC home, don't be shy about telling visitors to stay home if they are not feeling well. That's another BIG way we can keep infections from spreading in our home.



GRANDMOTHERS

An essay by an
8 year old

A grandmother is a lady who has no children of her own, so she likes other people's little girls. A grandfather is a man grandmother.

He goes walks with the boys and they talk about fishing, tractors and like that.

Grandmothers don't have to do anything except be there. They are old, so they shouldn't play hard or run. It is enough if they drive us to the shops where the pretend horse is and have lots of five cents ready.

They are often fat, but not too fat to tie kid's shoes. They wear funny glasses and funny underwear and they can take their teeth and gums off.

Everyone should try to have one, because grandmothers are the only grown-ups who have got time.

Spooky facts about Halloween

The first Jack O'Lanterns were made from turnips. Halloween is the second highest grossing commercial holiday after Christmas. Samhainophobia is the fear of Halloween. The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin. Ireland is typically believed to be the birthplace of Halloween. Harry Houdini (1874-1926) was one of the most famous and mysterious magicians who ever lived. Strangely enough, he died in 1926 on Halloween night as a result of appendicitis brought on by three stomach punches. According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.



Dirty Soda SOCIAL

Cool Drinks • Great Music • Good Company

Special Musical Performer
Chris Murphy

Thursday,
October 29
2 pm

Carveth Retirement Lodge
Dining Room



HELEN HENDERSON
Care Centre

CCC
Carveth
Care Centre

STOP JUDGING **START HEALING**

Oct. 10
BREAK THE STIGMA
MENTAL HEALTH AWARENESS DAY

"SUCK IT UP!" "CRAZY" "OVERLY SENSITIVE"

"YOU GO TO THERAPY?!" "GET OVER IT"

"YOU'RE BEING SELFISH" "YOU'RE A BURDEN" "YOU'RE WEAKMINDED"

"THERE ARE OTHERS THAT ARE WORSE OFF" "#BREAKTHE STIGMA"

"YOU'RE NOT CRAZY" "IT'S OKAY" "YOU'RE NOT ALONE" "IT'S OKAY TO HAVE HARD DAYS" "I LOVE YOU"

"YOU'RE NOT HOPELESS" "TAKE CARE OF YOU HOW CAN I HELP?" "THERE'S HELP" "YOU'RE STILL WORTHY" "@WONDER DOODLES"

"MENTAL HEALTH ISN'T REAL" "YOU'RE BRINGING EVERYONE ELSE DOWN" "YOU TAKE MEDS?" "YOU'RE TOO MUCH TO HANDLE"

Mental Health AWARENESS



Crystal Clean

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

Oct. 12
10:30 am



Carveth
Care Centre

Fall Baking

Let's mix, bake and enjoy
the flavours of fall!



Wednesday, Oct. 7
2 pm
Carveth Care Centre

Pumpkin Carving

AT CARVETH CARE CENTRE

Monday, Oct. 26
10:30 am
Sunshine Room

Let's get creative!




On Sept. 10, Wilma of Carveth Retirement Lodge celebrated a very royal milestone — 100 fabulous years! With her crown firmly in place, Wilma proved 100 never looked so regal. Happy birthday Wilma! Love, your Carveth family



Visit our website

SCAN ME



SCAN ME

SCAN ME



Like our Facebook page

**LIKE
SHARE
& FOLLOW**

SCAN ME

Wordsearch Answers (Puzzle on Page 7)

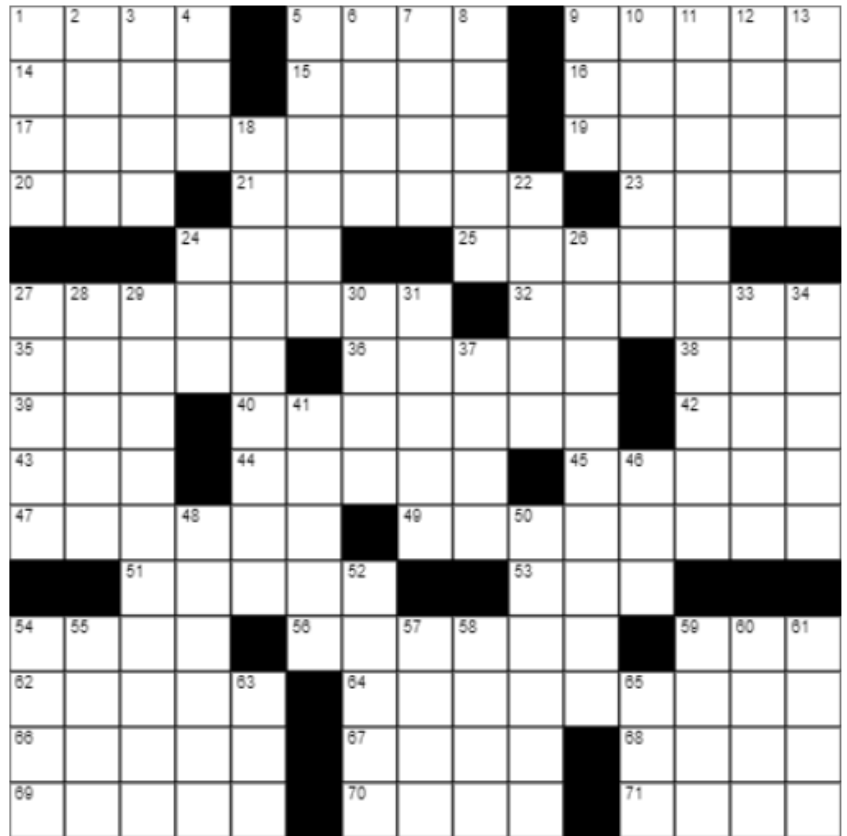
M	Q	U	O	R	U	M	G	I	C	T	A	T	C
L	A	R	E	M	A	C	I	N	U	I	R	E	S
G	N	I	R	E	D	N	A	M	Y	R	R	E	G
N	G	M	S	T	N	E	M	D	N	E	M	A	E
S	U	O	M	I	N	A	N	U	R	E	U	L	D
N	G	O	V	E	R	N	M	E	N	T	U	I	R
A	T	S	I	L	A	R	E	D	E	F	G	S	N
C	E	N	S	U	S	T	S	I	E	L	F	S	C
I	A	C	A	A	R	T	I	C	L	E	S	I	I
I	I	E	B	E	I	M	P	A	R	T	I	A	L
L	A	N	O	I	T	U	T	I	T	S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

Carveth Crossword Puzzle (Answers on Page 14)

BestCrosswords.com - "Who Are They, Really?" by Mark McClain

Across

1- Vampire's bite spot; 5- Blue-skinned folk in "Avatar"; 9- Throws; 14- "... pretty maids all in ___"; 15- It's dark in poetry; 16- City on the Missouri; 17- *Better known as ... Cary Grant, but to Mom it was ... ___; 19- Doha's nation; 20- US intel org.; 21- Fed, as an infant; 23- Native New Mexican; 24- Gateway Arch city (abbr.); 25- Big name in travel guides; 27- *... Eminem ... ___; 32- Showy annual; 35- Russell ___ (Best Actor winner for "Gladiator"); 36- Sea duck; 38- "___ another thing ..."; 39- Word with visual or hearing; 40- *... Lady Gaga ... ___; 42- Young gent; 43- Golf course peg; 44- Like some old buckets; 45- Shrewdness; 47- Reduce one's speed; 49- *... Elton John ... ___; 51- They're not rocket scientists; 53- Org. with many judges; 54- 0; 56- Cringe in horror; 59- "Eureka!"; 62- Nimble; 64- *... Chevy Chase ... ___; 66- Cathedral areas; 67- Texter's ta-ta; 68- All (prefix); 69- Garden spots; 70- Seductively attractive; 71- American links org.;



Down

1- Indian bread; 2- Exhibits humanity?; 3- ___ Cola; 4- Elec. bill unit; 5- Astronomer's object; 6- "So, this horse walks into ___ ..."; 7- Knoxville athletes, familiarly; 8- Like some articles (abbr.); 9- ___ au vin (chicken with wine); 10- World's largest river by volume; 11- Roman solstice festival; 12- "Better you ___ me!"; 13- South Asian wrap; 18- Bound for trouble; 22- "The Dirty ___"; 24- NNE opposite; 26- Blimp; 27- Tests for future docs; 28- Sprite in "The Tempest"; 29- Famous Beverly Hills thoroughfare; 30- Onion relative; 31- Slang for a military careerist; 33- Collectively; 34- Did some arithmetic; 37- Copenhagen citizen; 41- Opposite of flare; 46- Feminine article of Spain; 48- Like many business suits; 50- Graceful; 52- Religious offshoots; 54- Western novelist Grey; 55- "By Jove!"; 57- Dove's digs; 58- African antelope; 59- Uses a gunsight; 60- Like an unsuccessful jury; 61- Largest continent; 63- Pluralizing letter; 65- Gehrig in the Baseball Hall of Fame;



Live Music!
 Featuring
Penny & Steve
 — ENTERTAINING MUSIC LOVERS —

THURSDAY, OCT. 22
 ★ 2 pm ★

CARVETH RETIREMENT LODGE
 ★ Dining Room ★



Crossword Puzzle Answers (Puzzle on Page 13)

1	N	E	C	K		5	N	A	V	I		9	C	A	S	T	S	13
14	A	R	O	W		15	E	B	O	N		18	O	M	A	H	A	
17	A	R	C	H		18	I	B	A	L	D		19	Q	A	T	A	R
20	N	S	A		21	N	U	R	S	E	D		23	Z	U	N	I	
				24	S	T	L				25	F	O	D	O	R		
27	M	A	R	S	H	A	L	L		30		31	Z	I	N	N	I	A
35	C	R	O	W	E		36	E	I	D	E	R		38	A	N	D	
39	A	I	D		40	S	T	E	F	A	N	I		42	L	A	D	
43	T	E	E		44	O	A	K	E	N		45	G	U	I	L	E	
47	S	L	O	W	U	P		49	R	E	G	I	N	A	L	D		
			51	D	O	P	E	S			52		53	A	B	A		
54	Z	E	R	O		56	R	E	C	O	I	L		59	A	H	A	
62	A	G	I	L	E		63		64	C	O	R	N	E	L	I	U	S
66	N	A	V	E	S		67	T	T	Y	L		68	O	M	N	I	
69	E	D	E	N	S		70	S	E	X	Y		71	U	S	G	A	



teamific
TEAMIFIC QUIZ!

TIME: 2 PM
 DATE: TUESDAY, OCT. 6
 LOCATION: CARVETH CARE CENTRE

Join us for fun, friendly competition and great prizes!

Carveth Care Centre

GREAT PRIZES TO BE WON!

★ Think you've got what it takes? Let's find out! ★

OCT. 5-9

HELEN HENDERSON Care Centre

Carveth Care Centre

Daily Staff **DRAWS** for The Best frozen Thanksgiving Turkey

Just in time for Thanksgiving from the Gibson family

www.gibsonfamilyhealthcare.com



DIRTY SODA Social

LIVE MUSIC BY
SCOTT CARSON

2 PM
 THURSDAY,
 OCT. 29

Carveth Care Centre
 LTC Main Dining Room



Live Music

FEATURING
MICHAEL TREMBLAY

*An Afternoon
 of Great Music*

THURSDAY
October 22
 2 pm

LTC MAIN DINING ROOM

Carveth
 Care Centre

*Live Music
 Good Times
 Great Company*

Music by Vicki Spurrell

Oct. 15

2 pm
 at Carveth
 Care Centre
 Retirement Lodge
 Main Dining
 Room



Live music



Carveth
 Care Centre

BIRTHDAY
Diners' Club
 at Carveth Care Centre

Noon on
 Thursday, Oct. 15

Featuring a gourmet meal
 by Chef Chris Giugovaz
 at Carveth Care Centre for
 every resident celebrating
a birthday in October!

TODAY'S MENU

APPETIZER
 Scotch egg with arugula
 and preserved lemon salad

MAIN
 Coffee rubbed pork tenderloin
 with rainbow carrots and
 potato Mille feuille

DESSERT
 Lemon trickle pudding



Good food. Great company. Wonderful memories.

Carveth Care Centre

IPAC WEEK

Stronger
Together
for a Safer
Tomorrow

OCTOBER 19 – 23, 2026

THEME:

IPAC: POWERED BY YOU

Together, we make a healthier, safer
environment for everyone at Carveth Care Centre.



CLEAN
HANDS



USE
PPE



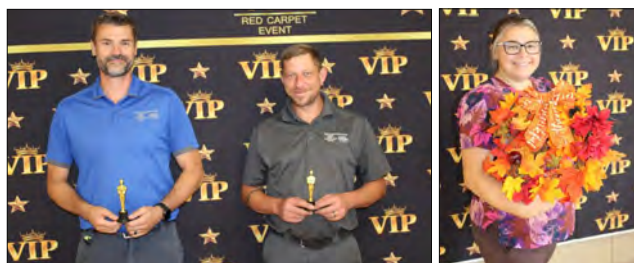
CLEAN
ENVIRONMENTS



PREVENT
INFECTIONS



WE ALL
PLAY A PART



Sept. 14-18 was Support Staff Week 2026!

HOCKEY POOL

AT CARVETH CARE CENTRE

Starting Oct. 3
(Saturday games only)

\$2 ballot

Ballots picked up in the
Activation Department

Weekly winner – 50% of
weekly pot, other 50%
goes to TOTAL pot

At the end of the season –
1st place 50% of TOTAL pot,
2nd place 30% of TOTAL pot
& 3rd place 20% of TOTAL pot.

Open to residents, staff, volunteers,
family & community

Let the games begin!

To the Residents of
Long-Term Care at Carveth Care Centre

Would you like to enjoy the

Halloween

trick-or-treaters?

Trick-or-treaters will be visiting the
Carveth Retirement Lodge entrance on

Friday, Oct. 31
5 to 8 pm

If you would like to come and
enjoy the costumes and festive fun,
please sign up with the
Activation Department.

*We look forward to
celebrating with you!*

Carveth
Care Centre

Carveth Auxiliary
is requesting

DONATIONS

for its

Christmas Pop-Up Sale

Donations:

Xmas items, baked goods or
new items that can be gifted.

Call Krystyna
613-572-2274
for drop off.

Save the date for this popular

SALE!

Nov. 26 - 29
at Carveth Care Centre

The Carveth Garden of Love

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



Welcome

Theresa Killen
Alice Davey
Charlene McCourdic

Birthdays

Ann P (Lodge), Oct. 3
Rita S (Lodge), Oct. 21
Joan F (Lodge), Oct. 28
Irene H, Oct. 4
Janet T, Oct. 5
Theresa K, Oct. 7
Dorothea "Margart" P, Oct. 10
James "Jim" F, Oct. 25

In memory

Bert Lambert
Dolores Guertin
Valeri Atkinson-Chaudhry
Joan Chaffe
Marianne Dixon
Llora Northey
Shirley Marshall
June Humble

Sun	Mon	Tue	Wed	Thu	Fri	Sat
October 2026						
4 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	5 10:30 Spooky Science 2:00 Bingo	6 10:30 Floral Therapy 2:00 Teamific Virtual Quiz	7 10:30 Bible Study w/ Betty 2:00 Fall Baking	1 10:30 DrumFit 2:00 Balloon Volleyball 6:30 Card Bingo	2 10:30 Manicures 11:00 RC Mass 2:00 Bingo	3 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 1"
11 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church Service	12 Happy Thanksgiving! 10:30 Crystal Clear 2:00 Turkey Bingo	13 10:30 Halloween Craft 2:00 Culture Club—Switzerland	14 10:30 Christ Anglican Church 2:00 Winnie the Pooh turns 100. "Christopher Robin"	15 Birthday Dinners 10:30 DrumFit 2:00 Music w/ Vicki Spurrell 6:30 Card Bingo	16 10:30 Manicures 11:00 RC Mass 2:00 Bingo	17 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 3"
18 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	19 10:30 Bagging Halloween Candy 2:00 Bingo	20 10:30 Floral Therapy 2:00 Residents Council Mtg 3:00— St. Joe's	21 10:30 Bible Study w/ Betty 2:00 IPAC FUN	22 Music Therapy 10:30 DrumFit 2:00 Music w/ Michael Tremblay 6:30 Card Bingo	23 10:30 Manicures 2:00 Bingo	24 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 4"
25 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	26 10:30 Pumpkin Carving 2:00 Bingo	27 Elections 9am-11 10:30 Chapel Service with Tammy & Joan 2:00 Sheba's Haven Spooky Visit	28 Infection Prevention Week 10:30 Busy Bodies 2:00 Spooky Price is Right			
				29 10:30 DrumFit 2:00 Dirty Soda Social w/ Scott Carson 6:30 Card Bingo	30 10:30 Manicures 2:00 Bingo	31 Happy Halloween! Trick or treaters 5:30pm-7:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 October 2026 LODGE				1 10:30 DrumFit 2:00 Balloon Volleyball 6:30 Card Bingo	2 9:15 Manicures 11:00 RC Mass 2:00 Bingo	3 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 1"
4 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	5 10:30 Spooky Science 2:00 Bingo	6 10:30 Floral Therapy 2:00 Teamific Virtual Quiz	7 10:30 Bible Study w/ Betty 2:00 Fall Baking	8 10:30 DrumFit 2:00 Happy Hour w/ Michael Myers 6:30 Card Bingo	9 9:15 Manicures 2:00 Bingo	10 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 2"
11 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church Service	12 Happy Thanksgiving! 10:30 Crystal Clear 2:00 Turkey Bingo	13 10:30 Halloween Craft 2:00 Culture Club—Switzerland	14 10:30 Christ Anglican Church 2:00 Winnie the Pooh turns 100. "Christopher Robin"	15 Birthday Diners 10:30 DrumFit 6:30 Card Bingo	16 9:15 Manicures 11:00 RC Mass 2:00 Bingo	17 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 3"
18 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	19 10:30 Bagging Halloween Candy 2:00 Bingo	20 10:30 Floral Therapy 3:00— St. Joe's Craft Club	21 10:30 Bible Study w/ Betty 2:00 IPAC FUN	22 10:30 DrumFit 2:00 Music w/ Penny & Steve 6:30 Card Bingo	23 9:15 Manicures 2:00 Bingo	24 10:30 Coffee & Chat 2:00 Movie of the Week "Little House on the Prairie ; Ep 4"
25 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	26 10:30 Pumpkin Carving 2:00 Bingo	27 Elections 9am-11 10:30 Chapel Service with Tammy & Joan 2:00 Sheba's Haven Spooky Visit	28 10:00 Resident Meeting 10:30 Busy Bodies 2:00 Spooky Price is Right	29 10:30 DrumFit 2:00 Dirty Soda Social w/ Chris Murphy 6:30 Card Bingo		30 9:15 Manicures 2:00 Bingo
						31 Happy Halloween! Trick or treaters 5:30pm-7:30pm