

## JUNE 2026

*“June will break your heart. I can see it already. She will shatter you into a million pieces.” - Mari Lu*

### Plant sale & gift show

Wow—thank you to residents and staff for supporting our plant sale and gift show last month. This event raised \$775 for our residents.

### Highs and lows

This month, you can expect an average temperature of 21°C (high) and 12°C (low). Summer begins on June 20 and ends on Sept. 22.

### Active Seniors Week

Loyalist Township is marking Seniors’ Month this June with various activities across the area from June 14 to 20.

### Staff Spotlight

This month, we’re launching a new feature called Department Spotlight that highlights the great work of our various teams. Please see details on Page 3 about our RPNs.



HELEN HENDERSON Care Centre

SPECIAL

# FATHER'S DAY RIBFEST Dinner

★ SUNDAY, JUNE 21 ★

HELEN HENDERSON RETIREMENT LODGE

HONORING DADS EVERYWHERE!

ENJOY A DELICIOUS RIBFEST MEAL!

- ✓ TENDER, SMOKY RIBS
- ✓ BAKED POTATO
- ✓ SEASONED BEANS
- ✓ ICE-COLD BEER

♥ GOOD FOOD. GREAT COMPANY. HAPPY FATHER'S DAY! ♥

*We Appreciate You!*

**Happy Father's Day** (June 21) - The idea of a special day to honour fathers and celebrate fatherhood was introduced by 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.



## June is Seniors' Month

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

## Nursing Week last month

Our Nursing Week activities were a BIG success in April! Thank you to everyone who participated in our week-long program of games, meals and giveaways.

## Welcome surveyors

ACCREDITATION  
CANADA

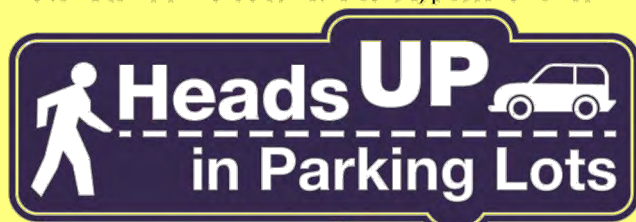
Our long-term care home is receiving a visit by Accreditation Canada this month. Welcome to our home, Donna Michaels and Susan Veenstra.

## Thanks Leanna

Our Student Social Worker Leanna is finishing her placement here on June 24. She will be missed.

*"June falls asleep upon her bier of flowers; In vain are dewdrops sprinkled o'er her, In vain would fond winds fan her back to life, Her hours are numbered on the floral dial." - Pablo Neruda*

Welcome to Helen Henderson Care Centre, please remember...



## Tell us what you think

Do you have a story idea or feedback?  
Contact Catherine Reynolds at 613-384-4585 ext. 251  
or [catherinereynolds@gibsonfamilyhealthcare.com](mailto:catherinereynolds@gibsonfamilyhealthcare.com)



## 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 3 million tons of pasta is produced in Italy each year and there are more than 600 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.

# Department Spotlight

**A**t Helen Henderson Care Centre in Amherstview, the Nursing Department plays a vital role in creating a safe, compassionate, and welcoming home for residents each day. From providing medical care and emotional support to building meaningful relationships with residents and families, the team's dedication can be seen throughout the home.

As part of a new department spotlight series highlighting the people who make Helen Henderson Care Centre such a special place, several Registered Practical Nurses (RPNs) recently shared what they enjoy most about their work and the rewarding experiences they have caring for residents.

For **Ankit Kumar**, nursing is more than a career—it's a passion he has embraced wholeheartedly at just 22 years old. Since joining the team on February 4, 2026, Ankit has quickly become a valued member of the Nursing Department.

"It is great," he says about his role. "I really like the staff management and my team of Personal Support Workers. I like everything about my job. I like to provide total care and continue to learn." Originally arriving in Montreal two and a half years ago, Ankit already speaks four languages and has ambitious goals for the future. He hopes to become a Registered Nurse and eventually a Nurse Practitioner.

"I want to keep my brain active," he says. "I like to learn something new every day."

While Ankit represents the next generation of nursing professionals, **Lisa Dungey** reflects the experience and commitment that help shape the department's strong culture of care. Lisa celebrated her 19th anniversary as an RPN at Helen Henderson Care Centre on May 2 and has spent nearly 40 years in nursing.

"My coworkers are really good—they work as a family," she says with a smile.

Lisa says the residents are at the heart of everything the team does.

"I've been nursing for almost 40 years. I like this home. We're here for the residents—it's their home. We're giving them the best quality of life."

That sense of connection and positivity is also shared by **Lindsay Geris**, who has worked at the home for almost 10 years. Known for her laughter and upbeat personality, Lindsay says building relationships with residents is one of the most rewarding parts of her work.

"I love my job—it's a labour of love. That's why I have been here for almost 10 years," she says. "I like getting to know the residents, making them laugh and smile."

Lindsay also credits the supportive environment within the Nursing Department for helping staff succeed.

"It makes being an RPN a lot less stressful when you have the whole team supporting each other," she explains.

Continued on Page 14



## Welcome Accreditation Canada

**W**e are pleased to share that Helen Henderson Care Centre will be welcoming Accreditation Canada surveyors for our on-site Accreditation survey taking place June 22–25, 2026.

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 Helen Henderson 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.

## Helpful summer tips

Enjoy the summer weather without falling prey to the sun’s harmful rays. When heading out, apply sunscreen, even when it’s overcast. Favour the shade and avoid tanning beds.

Don’t forget a hat and sunglasses with 100 per cent UV protection.

Drink water throughout the day and wear light clothing during warm weather.

**Resident CHOICE LUNCHEON**  
at  
**HELEN HENDERSON CARE CENTRE**  
• FIRESIDE ROOM •  
AT **NOON**  
**WEDNESDAY**  
**JUNE 18**  
Today's Meal:  
**McDONALD'S**  
**RSVP WITH THE ACTIVATION DEPARTMENT**

**June SENIORS' MONTH 2026**  
**Fit, Active and Healthy Seniors**  
PROUDLY SUPPORTED BY  
**Gibson Family Health Care**  
Carveth Care Centre  
HELEN HENDERSON Care Centre  
**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**

# Happy Birthday STAFF

Beth Anne J,

June 2

Rebecca P,

June 2

Victoria S,

June 5

Mary-Lynn C,

June 8

Lisa I, June 10

Christine M, June 16

Lesley B, June 20

Rosetta P, June 29

Jacob M, June 29

Agnes T, June 30



See someone doing a GREAT job?  
Please inform the Administrator...  
and nominate them for Employee of the Month



An employee appreciation program by  
Gibson Family Health Care

# Welcome Staff

Jessi Haynes, RPN

# 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.



# Happy Hour

with

## LIVE MUSIC

BY

### PAT KENNEDY

2:30 PM  
FRIDAY, JUNE 19  
RECEPTION THREE



HELEN HENDERSON  
Care Centre

# Taste of Culture

## Happy Hour

Join us for a celebration of  
MUSIC and DANCING  
of

### GREECE

Experience the flavors, rhythms  
and traditions of Greece!

2:30 PM  
TUESDAY, JUNE 16  
HELEN HENDERSON  
CARE CENTRE



# LIVE Music

BY

## THE MANNING BROTHERS

Great songs. Good times. Live and local.



WEDNESDAY, JUNE 17 • 2:30 PM  
IN THE FIRESIDE ROOM

Everyone Welcome!

HELEN HENDERSON  
Care Centre

# Birthday Party!

## LIVE MUSIC!

Featuring

### Penny & Steve

— ENTERTAINING MUSIC LOVERS —

WEDNESDAY, JUNE 17  
★ 2:30 PM ★

HELEN HENDERSON RETIREMENT LODGE  
Lodge Lounge



HELEN HENDERSON  
Care Centre

# News at Helen

Enjoy a **Laughter Healing Circle** in the Fireplace Room from 11:30 am to noon every Wednesday. If you have forgotten to laugh because of stress, worries or loneliness, this might be the activity for you! Join us as we laugh together as a form of exercise known as Laughter Yoga. No experience needed. No equipment needed. Just be as you are.

Join a **Health and Wellness Education Program** at 10:30 am on June 25 in the Fireside Room. Topics include staying hydrated in the summer, sun safety tips and the benefits of fresh air.

## Thank you to:

- The Victoria Order of Nurses (VON) for another 12-week session of **exercises**, here. Being active is a big part of being healthy.
- ProResp for the **gift basket** during Nursing Week.
- Cathy Burrige and her daughter, Lee, for the **beautiful flowers** during Nursing Week. What a wonderful way to celebrate the good work of our frontline health care workers.

The **Compassionate Care** section in long-term care focuses on delivering care with kindness, empathy, and respect for each resident's dignity. It supports emotional, physical, and psychological well-being by recognizing individual needs, building trusting relationships, and ensuring residents feel valued, heard, and supported in a safe and caring environment.

**Ethics** in our home means making fair, respectful, and compassionate decisions that support the dignity, rights, and well-being of residents. It guides staff in navigating everyday challenges with honesty, accountability, and a person-centred approach, ensuring that care is always delivered with integrity and respect for individual choice. Located at the tuck shop we have information that you can pick up as well in the staff room to learn more.



**EarlyON**  
10 am  
at Helen Henderson  
Care Centre  
**June 22**  
**NEW**

HELEN HENDERSON  
Care Centre



**GIANT TIGER**  
your *save on everything* store

**GIANT TIGER**  
Shopping Trip  
by Helen Henderson  
Care Centre  
**June 10**  
1:30 pm



**Happy**  
**FATHER'S DAY!**  
at Helen Henderson Care Centre  
**JUNE 21**

**Stories about  
Father's and  
Father Figures**  
*in the Fireside Room*  
**10:30 AM**

**Ecumenical Service**  
*with root beer floats*  
TO HONOUR  
THE MEN IN OUR HOME  
**1:30 PM**

**MEN'S OUTING**  
**LET'S GO!**



EST. MB 2014  
**McKINNON**  
 — BROTHERS —  
 BREWERY

GOOD COMPANY.  
 GREAT BEER.  
 BETTER TIMES.

HELEN HENDERSON CARE CENTRE    1:30 PM    FRIDAY JUNE 19



**June 18**



**Wine and steak night**  
 5 pm in Lodge Dining Room | Steak, Baked Potato, Wine

# A father means

A father means so many things, an understanding heart, a source of strength and support, right from the very start.


A constant readiness to help in a kind and thoughtful way, with encouragement and forgiveness, no matter what comes your way.

A special generosity and always affection too, a father means so many things, when he's a man like you.

# In the good ol' days

In June 1917, the average annual income was \$1,100. The average cost of a new house was \$5,520. A loaf of bread was nine cents, a gallon of milk was 44 cents, a dozen eggs was 36 cents and stamps were two cents each. A new car cost \$375 and gas was 24 cents a gallon.


Weren't those the good old days?



HAPPY  
**FATHER'S**  
 DAY

HELEN HENDERSON Care Centre  
 Carveth Care Centre

from Gibson Family Health Care



June  
 21  
 2026

# Medical staff update

We are saddened to announce the departure of our long-serving Medical Director, Dr. Raul Vasquez.

As Dr. Vasquez's community practice has grown, he has determined that he is no longer able to dedicate

the time and resources required to continue in his role at our home. We extend our sincere gratitude to Dr. Vasquez for his many years of dedication, compassionate care, and service to our residents, families, and team members. His contributions have been greatly valued, and he will be missed. We are pleased to welcome Dr. Jewer, an experienced Medical Director, who will assume the role effective June 1, 2026. In addition, Dr. Fouche Williams will be joining our medical team as an Attending Physician. Residents and/or their Powers of Attorney (POAs) whose physician assignment will be changing should have received a letter outlining their new Attending Physician effective June 1, 2026. If you have any questions regarding these changes, please do not hesitate to contact us at 613-384-4585.

**Sue Reynolds, Director of Care**



**June 25**  
**2 pm**  
**Gibson Room**  
Helen Henderson Care Centre  
presents  
*Alzheimer's Family Support Group*  
*All families welcome!*  
**ALZHEIMER'S PROGRAM**



Everyone welcome

**Residents' Council Meeting**  
**June 11**  
10:30 am in Lodge Lounge  
**June 18**  
2:30 pm in Fireside Room

**CELEBRATING FAMILY COUNCIL Week**  
**JUNE 8 to 12**

**Family Council Week** is an annual event that celebrates and empowers families and caregivers of residents in long-term care (LTC) facilities. The week aims to promote mutual support, share educational resources, and give families a collective voice to advocate for better care and quality of life for residents.

*Stronger Together for Better Care*

In Canada—with leading organizations like **Family Councils Ontario** hosting events and tours—the week emphasizes the following purposes:

- EDUCATION & INFORMATION SHARING**  
Providing families with tools and expert knowledge to navigate care issues, understand residents' rights, and advocate confidently.
- CONNECTION & MUTUAL SUPPORT**  
Giving caregivers a safe space to share their emotional and practical experiences, particularly when transitioning a loved one into care.
- COLLABORATION**  
Bridging the gap between families, community partners, and home administration to ensure care decisions are inclusive and resident-centered.
- COMMUNITY BUILDING**  
Fostering a deep sense of belonging for both the residents and the millions of friends and family members who provide essential care.

Your voice. Your support. Their better tomorrow.

Thank you to all families and caregivers for the compassion, dedication, and love you bring every day.

**HELEN HENDERSON** Care Centre | **Carveth** Care Centre

Together, we build stronger connections and brighter futures.

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

# Nursing Week 2026

# The Power of Nursing to Transform Health





**Happy Hour**  
with Live Music by  
**KEVIN ADAMS**

Helen Henderson  
Care Centre  
Reception Three

*Friday,*  
**JUNE 26**  
2:30 PM

Join us for an afternoon of  
*music and refreshments!*

HELEN HENDERSON  
Care Centre



**YOU'RE INVITED!**  
Join us for an  
**OUTDOOR BBQ**  
for Residents

— AT NOON —  
★ TUESDAY ★  
**JUNE 9**  
★ TUESDAY ★  
**JUNE 23**

in the  
**COURTYARD**  
AT HELEN HENDERSON CARE CENTRE

Good food.  
Great company.  
See you there!



**PUB NIGHT**  
— LIVE MUSIC BY —  
**CHRIS MURPHY**  
**JUNE 3**  
7 PM  
LODGE LOUNGE  
AT  
HELEN HENDERSON  
CARE CENTRE

HELEN HENDERSON  
Care Centre



Join Gibson Family Health Care at the  
**WALK TO END ALS**   
KINGSTON  
10:30 AM - JUNE 20  
LAKE ONTARIO PARK  
*Proud Sponsor*

GIBSON FAMILY HEALTH CARE  
WALK TO END ALS

Carveth HELEN HENDERSON  
Care Centre Care Centre  
[www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)

# Homes marks World Elder Abuse Awareness Day

Gibson Family Health Care cares supporters to wear PURPLE. to a safe & healthy environment deeply about the health and Managers are also sharing and healthy relationships. This happiness of seniors. information about the day enhances the awareness of A family owned and operated importance of elder care and elder abuse prevention and business in Amherstview (Helen respect. intervention. It also educates the Henderson Care Centre) and “World Elder Abuse Awareness public about what elder abuse Gananoque (Carveth Care Day is an important event looks like, and enable them to Centre) - Gibson Family Health because it brings to light the learn about the local resources Care makes the health and importance of treating seniors and about various caregiving happiness of seniors its top pri- with the respect and dignity they strategies.” ority. deserve,” confirms Melissa Gibson Family Health Care is This June 15, the retirement/ Locke, Assistant Director of Care proud to mark World Elder long-term care homes are at Helen Henderson Care Centre. Abuse Awareness Day on June marking World Elder Abuse “No one deserves to be abused 15. Awareness Day by encouraging or neglected,” says the manager To find out more, visit residents, staff, families and kindly. “Everyone has the right [www.gibsonfamilyhealthcare.com](http://www.gibsonfamilyhealthcare.com)



**“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)

# HAPPY HOUR

WITH LIVE MUSIC!

Enjoy live music  
by new entertainer

**TIME FOR TWO**  
*Chris Alfano*

2:30 PM • FRIDAY, JUNE 26

HELEN HENDERSON  
RETIREMENT LODGE  
LODGE LOUNGE



## Laughter is the best medicine

Studies suggest laughter can affect the body, mind and spirit.

Laughter stimulates our immune system and can decrease the effects of stress, activate germ-killing T-cells and speed-up the manufacture of new immune cells. Laughter pumps extra adrenaline into our blood stream and stimulates a rush of endorphins, the body's natural painkillers. Therefore, after a good laugh, we feel more relaxed and have a better sense of well-being. Laughter loosens-up our mental gears and encourages creative thinking. Laughter exercises our heart, lungs, upper body and back. One researcher estimates laughing 100 times a day has the same effect as a 10-minute workout on a rowing machine. Cheerful people are less depressed, bounce back faster from sad events, have higher achievements in school and work, tend to have better health and may live longer.

All great reasons to laugh!

Afternoon of

# MEN'S GAMES

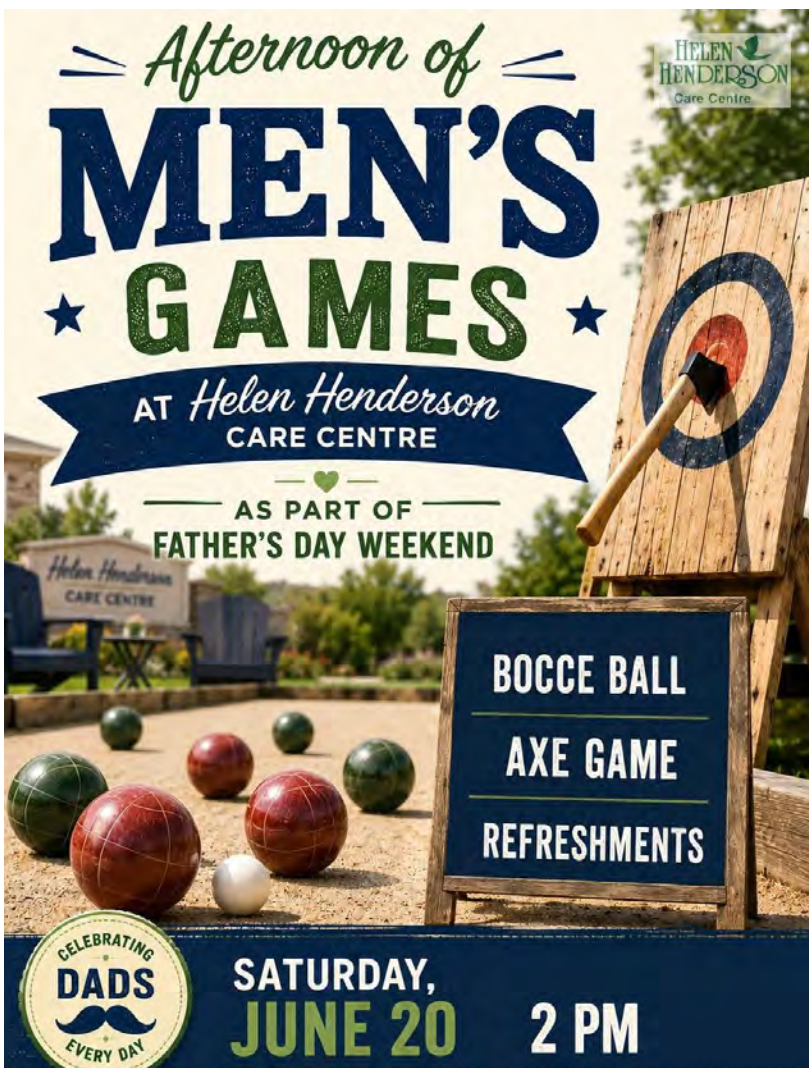
AT Helen Henderson  
CARE CENTRE

AS PART OF  
FATHER'S DAY WEEKEND

BOCCE BALL  
AXE GAME  
REFRESHMENTS

CELEBRATING  
**DADS**  
EVERY DAY

SATURDAY,  
**JUNE 20** 2 PM



**June 5**  
Reception 3

HELEN HENDERSON  
Care Centre

Happy Hour with Colleen  
2:30 pm | Helen Henderson Care Centre



## Department Spotlight

Continued from Page 3

According to **Melissa Locke, Assistant Director of Care**, teamwork is one of the department's greatest strengths.

"Our nursing team works incredibly well together and genuinely supports one another," says Locke. "Our RPNs play a critical role in the care of our residents each day, and their compassion, professionalism, and dedication make a tremendous difference in the lives of the people who live here."

Locke says highlighting departments like nursing is an important way to recognize the people behind the care.

"We have an amazing team at Helen Henderson Care Centre, and it's important to celebrate the work they do," she says. "The relationships our nurses build with residents and families are truly meaningful and help make this home a caring and supportive environment."

From experienced nurses to those just beginning their careers, the Nursing Department at Helen Henderson Care Centre continues to make a lasting impact through teamwork, compassion, and a shared commitment to resident care.



*Resident Spotlight*  
★ Celebrating Talent ★

This month, we are proud to shine the spotlight on

# Rosemary Spafford



Rosemary is a wonderful knitter, crocheter, and overall textile wizard. She worked for a yarn store in downtown Kingston as their display knitter. She's made sweaters, curtains, blankets, and even a wedding dress!

Hear Rosemary speak at 2:30 pm on June 11 in the Fireside Room!

**HELEN HENDERSON**  
Care Centre



Helen Henderson  
CARE CENTRE

# WIMBLEDON GAMES

**OUTDOOR TENNIS**  
*in the Courtyard*

**10:15 AM** | *Tuesday,*  
**JUNE 30**



LIVE MUSIC BY  
**SCOTT CARSON**

2:30 PM  
JUNE 5

HELEN HENDERSON  
RETIREMENT  
LODGE

Helen Henderson Care Centre

# Spiritual CARE

Nurturing the spirit.  
Building community.



## ROMAN CATHOLIC MASS

Wednesday, June 17  
at 11:00 am in Chapel



## ECUMENICAL CHURCH SERVICES

with Rev. John Morrison  
Sunday, June 7 • June 14  
June 21 • June 28  
at 1:30 pm in Chapel



All are welcome.  
We hope you will join us.



Live Music at  
**HELEN HENDERSON**  
CARE CENTRE



HELEN HENDERSON  
Care Centre

*Larry Hachey*

FRIDAY, JUNE 19  
2:30 PM

**LODGE LOUNGE**

Helen Henderson Retirement Lodge presents



# Happy Hour

with  
**WAYNE SCOTT**

FRIDAY,  
**JUNE 12**

**2:30 PM**


*Live Music*

IN THE  
**LODGE LOUNGE**



# HAPPY HOUR


with music by  
*Jon McLurg*



WEDNESDAY  
**JUNE 10**  
★ 2:30 PM ★

at  
**RECEPTION THREE**

at  
**HELEN HENDERSON**  
CARE CENTRE



# Helen Henderson Garden of Love

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



## **Welcome**

Hopkins "Hopper" Selwyn

John "Doug" McMurray

Mary "Gail" Fokes

John Storms

Murray Mackay

Nancy Sproule

Harriett Hewitt

Joyce Davis

Catherine "Dianne" Davis

Wayne Anderson (Lodge)

## **Birthdays**

Bruce H, June 7

Pamela B, June 8

Selwyn "Hopper" H, June 8

Janet B, June 11

Jennifer F, June 15

Paula H, June 19

Joyce N, June 19

Belia B (Lodge), June 20

Esther M, June 23

Thomas T, June 23

Frank M (Lodge), June 24

Paul G (Lodge), June 30

## **In Memory**

Judith "Judy" Wambera

Helmut "Frank" Gerhardt

Kenneth "Ken" Shangraw

Albero Pinheiro