

OCTOBER 2026

"October is about trees revealing colours they've hidden all year. People have an October as well."

- JM Storm

Thanks support staff

Our Support Staff Week was a lot of fun last month. Way-to-go to the staff who are marking work anniversaries this year: Cheryl Blakslee, 20 years; Colin Williams, 10 years; and, Kevin Adams, 10 years.

Halloween adventure

Family and friends of residents and staff are invited to join us from 5:30 to 7:30 pm on Friday, Oct. 31 for trick or treating at our lodge entrance.

Resident Council

Congratulations to Jackie our new President and Brad our new Vice President!

Staff Spotlight

Have you met our Wound Care Nurse, Lindsay Geris? See [Facebook](#) Page 3 for details.



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.

Giving thanks for our staff

As an expression of appreciation to our staff, we will be giving away two turkeys EVERY DAY from Oct. 5-9. All staff will be entered into this draw. Just listen for your name to be drawn! Happy Thanksgiving from the Gibson family.

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 and COVID-19 shots will be administered in our long-term care home Oct. 20 to 21, depending on availability from Kingston Frontenac Lennox and Addington Health Unit. If you prefer that your loved one at Helen Henderson Care Centre does NOT receive one, please contact the Nursing Department.

"My favourite colour is October."

Tell us what you think

Do you have a story idea or feedback? Contact Catherine Reynolds at 613-384-4585 ext. 25 or catherinereynolds@gibsonfamilyhealthcare.com



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



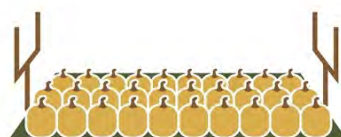
x2

Enough cranberries to fill two Olympic swimming pools.



x17

Enough gravy to fill a train 17 cars long.

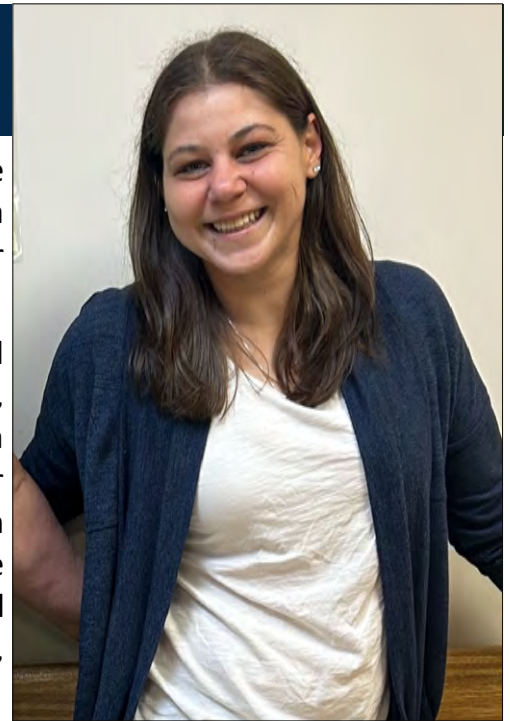


Enough pumpkins to cover 16 CFL football fields.

Staff Spotlight

For the past 10 years, Lindsay Geris, RPN and Wound Care Lead at Helen Henderson Care Centre, has been making a meaningful difference in the lives of residents through her passion for wound prevention, education and healing.

A nurse for 15 years, Lindsay developed her passion for wound care early in her career while working in community nursing, including experience in wound care clinics. She later became a Wound Care Champion through the Canadian Association for Wound Care, now known as Wounds Canada. After joining Helen Henderson Care Centre in Amherstview, Lindsay recognized the importance of strengthening wound-care knowledge and education among staff. About six years into her time at the home, she took on the role of Wound Care Lead.



Lindsay Geris, RPN

“Lindsay is an amazing leader in our home. Her expertise, knowledge, and passion for learning about new and innovative tools and products have provided the staff with increased knowledge and skills to minimize wounds and promote effective wound healing,” explains Sue Reynolds, Director of Care.

According to Sue, the results speak for themselves. The home’s wound-care statistics have shown a 50 per cent decrease compared with 2025. In addition, wounds that were present prior to admission or acquired while a resident was in hospital are healing more quickly.

Lindsay credits this success to teamwork, education and a strong focus on prevention. She reviews wound-care data and statistics each month, using the information to identify trends, guide education and support practice improvements. She also encourages staff to recognize early warning signs, such as redness or at-risk areas, so interventions can begin before a wound develops or worsens.

“Prevention is always better than trying to heal a wound once it has developed,” Lindsay says.

Her commitment to learning continues as well. Last year, Lindsay furthered her education by becoming an accredited Wound Care Champion through a micro-credential program at Nipissing University, expanding her knowledge of wound care and practice change.

For Lindsay, wound care is about much more than choosing the right dressing. Nutrition, mobility, circulation, moisture, pressure and a resident’s overall health can all play a role. Her goal is to continue building a culture of prevention and education throughout the home while helping residents maintain their skin integrity, comfort, dignity and quality of life.

“Seeing a wound heal is wonderful, but seeing a wound prevented in the first place is even more rewarding,” Lindsay says.

The home encourages residents, families and staff to take the time to stop and speak with Lindsay about skin-care management. Her knowledge, expertise and passion for wound care are making a positive impact on both our residents and our team—and helping Helen Henderson continue to raise the standard of care we provide.

To learn more about living or working at Helen Henderson Care Centre, please visit www.gibsonfamilyhealthcare.com or call 613-384-4585.



HELEN HENDERSON
Care Centre

Municipal Election

AT
**Helen Henderson
Care Centre**

Monday, Oct. 26
9 am to 1 pm

 Voting is at the
Lodge Entrance. 



Oct. 22



Wine and steak night

5 pm in Lodge Dining Room | Steak, Baked Potato, Wine

AT HELEN HENDERSON RETIREMENT LODGE

RIB NIGHT



★ **THURSDAY, OCT. 15** ★
★ **AT 5 PM** ★
★ **IN DINING ROOM** ★

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

Oct. 12

HAPPY
Thanksgiving

from Gibson Family Health Care

Carveth
Care Centre

HELEN HENDERSON
Care Centre

NEWS at our home

We'd like to share a special thanks with the Knifty Knitters from Bath who knitted Twittel Muffs for residents on Joyce Faye Terrace. Members of the Loyalist Golf and Country Club, the Knifty Knitters are women who are making a difference in our community. Thank you for your time and talent! Wow—what a beautiful pool next door to us! Last month, our residents were able to see the redeveloped pool at the Henderson Recreation Centre. We can't wait to use it!

October is a beautiful time to slow down, enjoy the changing season, and create meaningful moments together. This month we will celebrate autumn through music, reminiscing, creative programs, games, food, and opportunities to connect with one another.

We encourage residents, families, and staff to join us throughout the month. Every activity is an opportunity to create a memory, share a smile, and strengthen our community.

What's happening in October?

- Daily recreation programs
- Exercise and movement programs
- Music and entertainment
- Games and trivia
- Baking and cooking programs
- Arts and crafts
- Spiritual and reflective programs
- Reminiscence programs

Fall flavours are here! You can look forward to: Thanksgiving favourites; pumpkin-inspired treats; apple desserts; warm soups; seasonal vegetables and special Halloween treats. We plan to pick pumpkins and apples in October. Sharing meals can be about much more than nutrition—it can provide opportunities for conversation, memories, social connection, and enjoyment.

Keeping our home comfortable and welcoming. A reminder to please keep personal belongings organized; notify staff of spills or safety concerns; and, keep hallways and doorways clear.

Pub Night

with Chris Murphy

Oct. 14

7 pm

Lodge Lounge at Helen Henderson
Care Centre

**Live
Music**



Chris Murphy

Finally Coming Home

EarlyON

10 am

at Helen Henderson
Care Centre

Oct. 19

NEW



LIVE MUSIC BY

SCOTT CARSON



2:30 PM

**FRIDAY,
OCT. 23**

**HELEN
HENDERSON
RETIREMENT
LODGE**



Live Music at
HELEN HENDERSON
CARE CENTRE



HELEN HENDERSON
 Care Centre

Larry Hachey
FRIDAY, OCT. 9
2:30 PM

• LODGE LOUNGE •

Live
MUSIC



RICK STORMS
 BASS • VOCALS • WRITER

*Great Songs
 Great Memories
 Great Afternoon!*

HELEN HENDERSON RETIREMENT LODGE
LODGE LOUNGE
Friday, October 30
2:30 pm
Everyone Welcome!

HELEN HENDERSON
 Care Centre

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.

Wake up Beauty - It's time to Beast



OCT. 31
ALL DAY
 at Helen Henderson
 Care Centre

**Prizes
 for BEST
 Costumes**

HELEN HENDERSON
 Care Centre

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



Happy Birthday STAFF

Hussandeep S, Oct. 2

Charlee W, Oct. 4

Gracie L, Oct. 8

Olivia C, Oct. 8

Elvira C, Oct. 13

Ancy P, Oct. 26

Lila H, Oct. 30

Rajinder S, Oct. 31

Welcome STAFF

Savanna Brazil, Recreation Aide

Tejas Tejas, PSW

Akhtar Ali, Recreation Aide



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.



Halloween safety tips

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

Here's 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 pm to 9:30 pm so be especially alert for kids during those hours.

Have fun!



Look What's New
at Helen Henderson Care Centre!

You asked for it, and we delivered!
Starting this month, we're adding
more bingo fun to our activity calendar!





Fall
SHOPPING TRIP
to
DOLLARAMA \$1^{plus}

Join us for a fun shopping trip to Dollarama for some great fall finds!

Monday, Oct. 19
1:30 pm

HELEN HENDERSON
CARE CENTRE



Resident Choice Program
AT HELEN HENDERSON CARE CENTRE

Painting Class

Friday, Oct. 10 **Wednesday, Oct. 21**
2:30 pm **10:15 am**

Fireside Room
Helen Henderson Care Centre

HELEN HENDERSON
Care Centre



HELEN HENDERSON
CARE CENTRE

WITCHES BREW & THE BOO CREW
THEME WEEK
OCTOBER 26 TO 31

Watch for these special Halloween theme programs!!

Witches Brew Social – enjoy Halloween punch and Mock tails
Boo Crew Bingo
Halloween door judging contest
Create a Pumpkin Patch Craft Program
Halloween Photo Booth
Creating a Pumpkin Patch
Pumpkin Painting Class
Hair Chalk Fun
Pumpkin Patch Music and Memories
Halloween Costume judging contest
Halloween Memories Café
Halloween Movie Matinee and a Spooky Movie Snack Bar
Halloween Word Scramble and Crossword
The Great Boo Crew Halloween Party



Resident Spotlight
★ Celebrating Talent ★

This month, we are proud to shine the spotlight on

Jackie Wood

Join us as Jackie shares her experiences as a dedicated volunteer and her new role as Resident Council President at Helen Henderson Care Centre.

Hear Jackie speak at
10:15 am on Thursday, Oct. 22
in the Fireside Room!

HELEN HENDERSON
Care Centre

Residents need warm clothing for fall and winter

Please take time to go through the closets and drawers of your loved one to ensure they have clothing appropriate for the season.

Just a reminder, all new clothing should be left at Reception One to be labelled.

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



Prizes for most creative, best theme, resident choice
Doors need to be decorated by Oct. 23



SWISS CHALET
ROTISSERIE & GRILL

Oct. 13
Fireside Room

Resident choice lunch
at Helen Henderson Care Centre
Sign-up required
w/ Activation

LIVE Music
BY
THE MANNING BROTHERS

Great songs. Good times. Live and local.

Happy Hour!

FRIDAY, OCT. 16 • 2:30 PM
IN THE LODGE LOUNGE

HAPPY HOUR
with music by
Jon McLurg

FRIDAY OCT. 23
2:30 PM

RECEPTION THREE
at
HELEN HENDERSON CARE CENTRE

The Power of Music

Enriching Lives. Building Connections.

Music therapy can be a powerful part of person-centred care in our home. Supporting residents emotionally, socially, physically, and cognitively. Music Therapy is also meaningful for residents living with dementia because music can remain familiar even when other forms of communication become difficult.

HELEN HENDERSON
Care Centre

Good Music Brighter Days

The Importance of Music Therapy

Music can reach people in ways that words sometimes cannot. Familiar songs can bring back memories, encourage conversation, reduce feelings of loneliness, and create moments of happiness and connection.

Benefits of music therapy include:

Supports memory and cognition – Familiar music can stimulate memories and encourage reminiscence.

Improves mood and emotional well-being – Music can reduce stress, anxiety, sadness, and feelings of isolation.

Encourages communication – Residents may sing, hum, clap, dance, or share memories even when verbal communication is challenging.

Promotes social connection – Group singing and music programs provide opportunities to connect with peers, staff, families, and volunteers.

Encourages physical activity – Rhythm can inspire clapping, movement, dancing, stretching, and other forms of gentle exercise.

Creates comfort and relaxation – Calming music can help create a peaceful environment and support relaxation.

Connects residents to their past – Favourite songs can reconnect residents with important people, places, celebrations, and life experiences.

Brings joy and purpose – Music provides opportunities for residents to participate, make choices, express themselves, and have fun.

HAPPY HOUR

MUSIC BY
REG COREY

2:30 PM
FRIDAY Oct. 16

RECEPTION THREE

Music touches the heart

PEOPLE • MEMORIES • MOMENTS • ALWAYS

Spiritual CARE

Nurturing the spirit.
Building community.



WEDNESDAY, OCT. 21
at 11 am in Chapel



WELCOME BACK
Blessed Sacrament Church
All are welcome!

Happy Hour

with
DRUMMIN' & STRUMMIN'

2:30 PM • FRIDAY, OCT. 9

RECEPTION THREE
AT HELEN HENDERSON CARE CENTRE

Good Music
Great Friends
Great Times!

Reception 3

Oct. 2

Happy Hour
2:30 pm

Music by Kevin Adams
at Helen Henderson Care Centre

Oct. 2

2:30 pm
Lodge Lounge

with *Al Pilon*
of the *Melody Makers*

Live MUSIC

at Helen Henderson Care Centre

October QI Corner

Our Commitment to Quality

This month we continue to focus on:

- Person-centred care
- Resident choice
- Meaningful engagement
- Resident and family feedback
- Safety
- Infection prevention
- Continuous quality improvement

Your voice matters!

Residents and families are encouraged to share suggestions and feedback with the care team, Resident Council, Family Council, or appropriate department.

Family Council Meeting

Join us at our next Family Council Meeting!

Tuesday, Nov. 24
at 2 pm

in the Gibson Room

All new families are invited to the meeting!

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 Helen Henderson 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 providing care to residents

- Before and after special retirement/LTC home. procedures such as giving a needle or eyedrops, or assisting with dental care

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

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

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

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.





Live Music
featuring
Penny & Steve
ENTERTAINING MUSIC LOVERS

Birthday Parties
★ at **2:30 pm** ★
HELEN HENDERSON CARE CENTRE

OCT. 14
★
LODGE LOUNGE

OCT. 21
★
FIRESIDE ROOM



Resident Choice Program
AT HELEN HENDERSON CARE CENTRE

Computers 101 Class

October 13 to 20

10:15 am
Fireside Room



Fall bus tours
with Helen Henderson Care Centre
Oct. 21
10 am




Oktoberfest PARTY

Thursday, Oct. 15
2:30 pm
Lodge Lounge
Helen Henderson Care Centre

Enjoy some German music and polka dancing
A soft pretzel bar
October fest trivia
October fest Photo booth
Some fun Games

Wear your October fest costume – Win a Prize!



Keeping residents engaged and connected
at Helen Henderson Care Centre
www.gibsonfamilyhealthcare.com



HELEN HENDERSON
Care Centre

Everyone welcome
Residents' Council MEETING

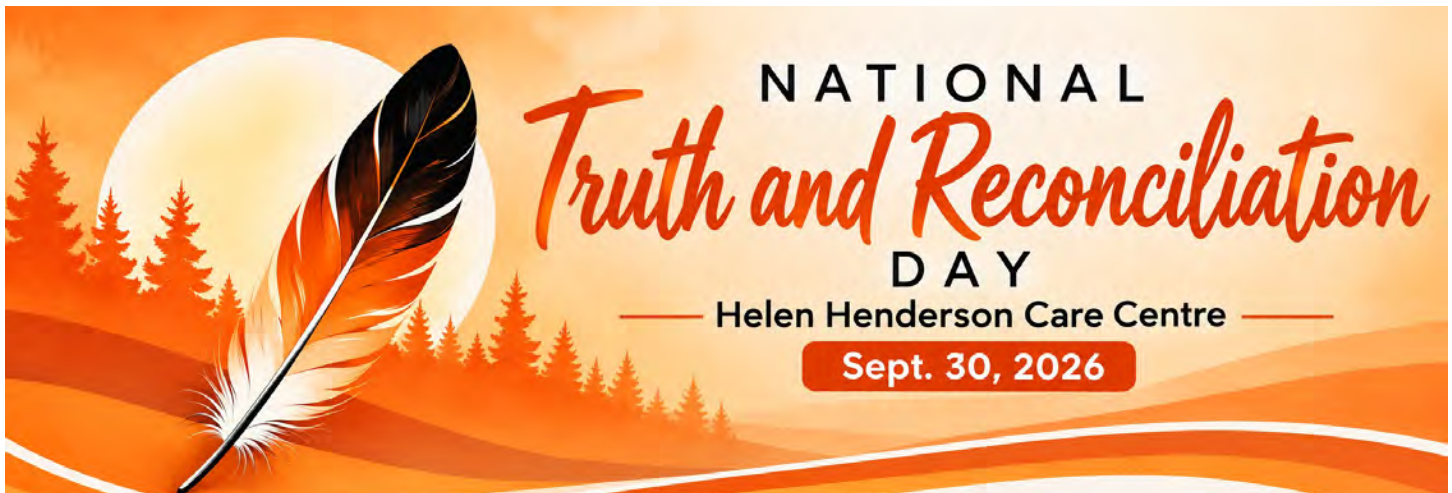
Oct. 15

10:15 am in Fireside Room

Oct. 20

2:30 pm in Lodge Lounge
...with refreshments
www.GibsonFamilyHealthCare.com





IPAC WEEK | OCTOBER 19 - 23

MONDAY OCT. 19	Powered by Your Promise Add your IPAC promise to our lightning bolt board.	
TUESDAY OCT. 20	Powered by Your Choices Gloves: Yes or No? Take the quick quiz.	
WEDNESDAY OCT. 21	Powered by Your Actions Who Cleans This? Test your equipment-cleaning knowledge.	
THURSDAY OCT. 22	Powered by Your Awareness Spot the IPAC Slip! Find the mistakes.	
FRIDAY OCT. 23	Powered by Our Team Give a coworker an IPAC shout-out.	

Helen Henderson Care Centre



Helen Henderson Care Centre

Resident Council Election Winners



Jackie Wood
PRESIDENT



Brad Carter
VICE PRESIDENT



Helen Henderson Garden of Love

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



Welcome

Margaret Beneteau
Sandra Goranson
Diane Pope
Rose "Marie" Vincent
Brad Watt (Lodge)
Ervin Alajtner (Lodge)
Dianne Delaney (Lodge)

Birthdays

Harriett H, Oct. 6
Georg P (Lodge), Oct. 7
Zelie B, Oct. 8
Ernie H (Lodge), Oct. 9
James "Jim" K, Oct. 10
Shirley L (Lodge), Oct. 11
Garth O (Lodge), Oct. 11
Leota V (Lodge), Oct. 13
Barbara B, Oct. 18
Dorris D (Lodge), Oct. 20
Helen M, Oct. 21
Jessica K (Lodge), Oct. 22
Sharon B, Oct. 25
Cecilia "Jean" P, Oct. 28

In memory

Maria Dipietrantonio
Michael Lortie
Bessie "Jean" Bowmaster