News from Home

HELEN HENDERSON Care Centre

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

November 2026

Remembrance Day

On Nov. 11, please join us for two minutes of silence at 11 am for a debt we can never fully repay. We will remember them.

Turkey Winners

Congratulations to the staff who won Thanksgiving turkeys last month: April J, Colin W, Susie O, Pam S, Rosie P, Heather F, Victoria S, Andrea S, Dave D and Amber P!

Daylight Savings

The days are getting shorter which means it's time to turn your clocks back one-hour. Remember to turn your clocks back on Nov. 1 at 2 am (or before you go to bed if that's too early.)

Daily updates

Watch for regular updates about our home on our website and Facebook page.

Staff Spotlight

This month, we are featuring our new Hairdresser Sam Crowe
Please see details on Page 3.



Interesting facts about November

1. In the US and Canada, November is National Beard Month or No Shave Month. 2. On Nov. 18, 1963, Bell Telephone Company introduced to the public the push button phone. 3. The Erie Canal was formally opened in New York on Nov. 4. 1825. 4. The first mechanically ventilated underwater tunnel in the world, The Holland Tunnell, opened to traffic on Nov. 13, 1927. 5. The Suez Canal opened on Nov. 17, 1896.



Weather or not

Use this November weather lore to predict the weather in future months: As the weather is in November, so it will be in March. Thunder in November means a fertile year to come.

Family Council

We would like to find a few more people to join our Family Council. It's a small group that meets regularly for an hour or two. The group tells us what we're doing well and what we could do better. It's invaluable feedback because we're always looking for ways to improve. Please consider joining this fun group at our next meeting at 2 pm on Tuesday, Dec. 1. Everyone welcome!

Holiday fun for the family

The weather is getting cooler which means Christmas is around the corner. Watch for the Amherstview Santa Claus Parade at 1 pm on Sunday, Nov. 8.

Education in November

Join us for the following discussions at 10:15 am in the Fireside Room: Diabetes on Nov. 9 and Falls Prevention on Nov. 23.

"November comes and November goes,
With the last red berries and first white snows."



Tell us what you think

Do you have a story idea or feedback for our newsletter? Contact Catherine Reynolds at 613-384-4582 ext. 251 or **catherinereynolds@gibsonfamilyhealthcare.com**



In Flanders Field

by Lieutenant Colonel John McCrae

In Flanders fields, the poppies blow, between the crosses, row on row, that mark our place; and in the sky, the larks still bravely singing fly scarce heard amid the guns below.

We are the dead; short days ago, we lived, felt dawn, saw sunset glow, loved and were loved, and now we live in Flanders fields!

Take up our quarrel with the foe, to you, from failing hands, we throw the torch; be yours to hold it high. If ye break faith with us who die, we shall not sleep, though poppies grow in Flanders fields.

Did you know this Canadian poem was inspired by the poppy: The iconic red poppy tradition grew out of the poem "In Flanders Fields," written in 1915 by John McCrae, a Canadian military doctor and poet from Guelph, Ontario, after he noticed bright red poppies blooming across the churned-up battlefields of Belgium.

O Canada

O Canada!
Our home and native land.
True patriot love, in all they sons' command.
With glowing hearts, we see they rise, the true north strong and free. From far and wide, O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Did you know about The Thanksgiving Merger? From 1921 through 1930, Canada held Armistice Day on the Monday of the week of Nov. 11, merging it into a joint holiday with Thanksgiving. This mix of celebration and solemn mourning upset many veterans and the public, leading Parliament to separate the two holidays and establish official Remembrance Day on Nov. 11 in 1931. The 11th Hour Origin*: The date and time mark the official end of First World War fighting through an armistice that took effect on the "11th hour of the 11th day of the 11th month" in 1918.*

Helen Henderson Care Centre

Staff Spotlight





Helen Henderson Care Centre is welcoming a new face to its community, as hairstylist Sam Crowe prepares to open her salon and bring a little extra pampering, conversation and connection to residents.

Sam, 50, of Corbyville, is a busy single mom of three who balances family life with her passion for hairstyling. She also operates a home salon housed in a geodesic dome on Her hobby farm, creating a unique space where clients can enjoy a little time for Themselves.

She is currently setting up her new salon at Helen Henderson Care Centre in Amherstview and hopes to open by early November.

Although Sam has been doing hair for years, she took the opportunity to formalize her skills and become certified in 2020, when the COVID-19 pandemic began.

“I've always done hair, but I went back to school and got certified,” she says with a warm smile.

For Sam, hairstyling is about much more than a fresh cut or a new colour. It is an opportunity to get to know people, share stories and make someone feel good about themselves.

“I enjoy getting to meet and know people,” she says.

Her 17-year-old daughter, Charli, hopes to lend a hand in the new salon by helping with paperwork and transporting residents to their appointments. Charli describes her mother as hardworking and someone who has a natural ability to connect with others.

“She's like a therapist,” Charli says, while her mother nods her head in agreement.

It's a description Sam can appreciate. She enjoys the conversations that come with her work and understands that a visit to the hairdresser can be an important part of someone's day — offering not only a little self-care, but also companionship and a listening ear.

Sam looks forward to bringing her skills and enthusiasm to the residents of the popular family owned and operated home.

Owner/Operator Lisa Gibson says the home is delighted to welcome Sam to its community.

“We are thrilled to welcome Sam to Helen Henderson Care Centre. Our home is about so much more than providing care — it's about creating a warm, welcoming community where residents feel valued, connected and at home. Having a dedicated hairstylist on site gives residents another opportunity to enjoy some personal pampering, socialize and feel their very best. We look forward to seeing Sam build relationships with our residents and become a wonderful part of our team.”

With more than 170 residents living in the retirement lodge and long-term care home, Sam will have plenty of opportunities to make new connections and brighten someone's day, one appointment at a time.

As she puts the finishing touches on her salon, Sam is looking forward to getting started and becoming part of the Helen Henderson family. For residents, a visit to Sam's salon will offer more than a new hairstyle. It will be a chance to relax, enjoy a friendly conversation and leave feeling a little more like themselves.

Snapped at Helen Henderson Care Centre







HELEN HENDERSON
Care Centre

Taste of Culture

at Helen Henderson Care Centre

Celebrate DIWALI

The Festival of Lights

Join us for a special program featuring the rich traditions of Diwali, with delicious Indian Food and Sweets.

2:30 PM
WEDNESDAY, NOV. 5
FIREPLACE ROOM

Residents are encouraged to attend this special program!

Helen Henderson Care Centre

Fall Recipe

Old Fashion Apple Crisp

Step 1 – Make the topping:

Preheat oven to 375°F. Whisk together flour, oats, sugar, pecans, cinnamon, and salt in a bowl. Add butter and mix in with your hands until combined and some of the mixture can be formed into clumps. Freeze while preparing apples.

Step 2 – Make the apples and bake:

Combine apples, sugar, lemon juice, and cinnamon in a separate bowl. Transfer to a 3-quart baking dish. Top with oat mixture. Bake until top is golden brown, mixture is bubbling, and apples are tender, 45 to 55 minutes. Cool 5 minutes before serving. Serve with a scoop of ice cream, if desired.

Halloween

at Helen Henderson Care Centre

October, 2026





















This Christmas

Sparkle a Senior's *Spirit*

at Helen Henderson Care Centre

"Help us buy a gift for a resident and give them joy on Christmas Day."

Help us bring a smile to a senior this Christmas...

Your monetary donation will help us buy a personalized/requested item for a resident at Helen Henderson Care Centre. Donations can be mailed or dropped off to our Activation Department. Mailed donations can be made payable/sent to Helen Henderson Care Centre (Attention: Activation) at 343 Amherst Drive, Amherstview, ON K7N 1X3



"Thank you!"

HELEN HENDERSON
Care Centre

343 Amherst Drive, Amherstview
613-384-4585 ext. 224
www.gibsonfamilyhealthcare.com



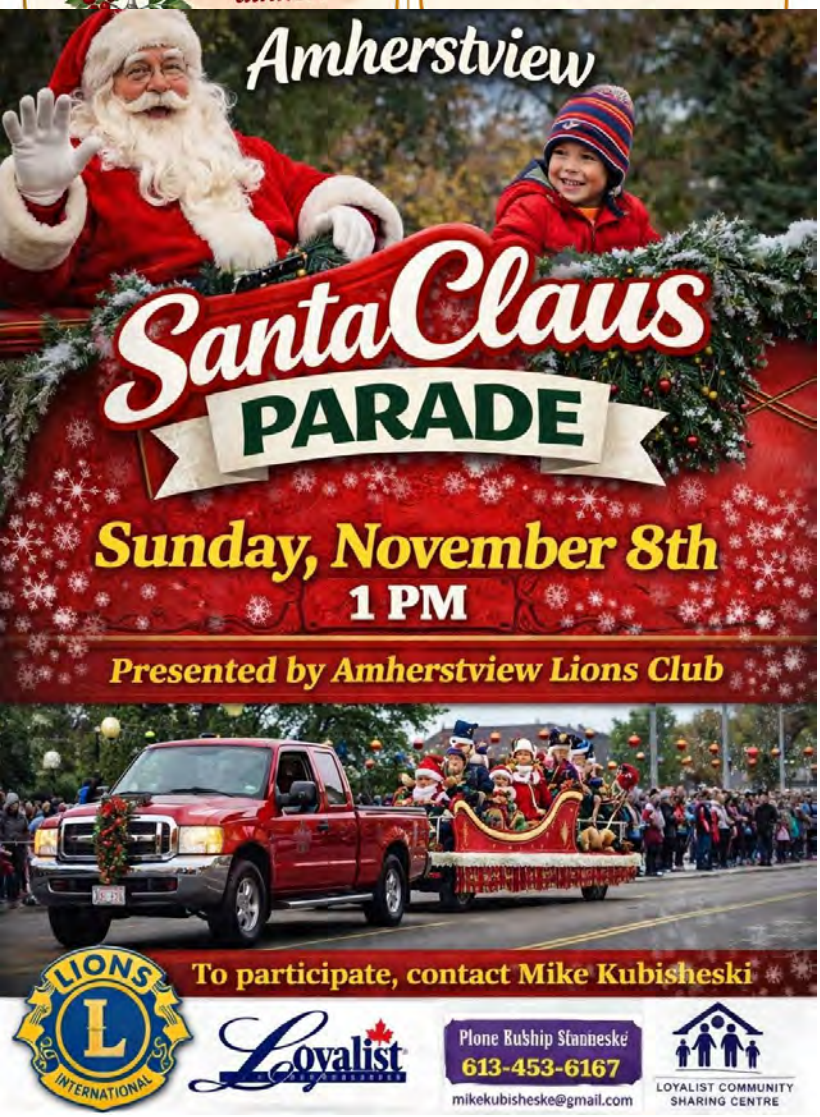
Look what's new

Congratulations Lodge Resident Heather Sams who won the Halloween Fun Quiz; LTC Resident Sharon Bearegard who won our Most Spirited Halloween Award; Staff Member Jess and LTC Resident Cathy for winning our Halloween Door Decorating Contest.

Our library program room-to-room is resuming! If you'd like the library cart to visit your room, please inform the Recreation Department.

Watch for Santa's elves to start decorating our home for Christmas after Remembrance Day!







Celebrations



Fatimat J, Nov. 1
Camdyn C, Nov. 6
Andrea S, Nov. 6
Ireland M, Nov. 8
Cassandra L, Nov. 13
Marie L, Nov. 17
Ashley G, Nov. 18
Mary A, Nov. 29
Olawumi O, Nov. 29
Neel P, Nov. 29



Esther Eze, RPN
Valerie Eugerio, PSW
Harshit Bhardwaj, PSW



Everyone welcome

Residents' Council MEETING

Tuesday, Nov. 17
10:30 am in Fireside Room

Tuesday, Nov. 17
2:30 pm in Lodge Lounge











Helen Henderson Care Centre

November 11 – Remembrance Day

Lest We Forget

Every year on November 11, Canadians pause to remember and honour the brave men and women who have served our country in times of war, conflict, and peace. Remembrance Day is a time to reflect on the sacrifices made by our veterans and those who continue to serve in the Canadian Armed Forces.

At 11 am, we observe two minutes of silence to mark the moment when the First World War ended on November 11, 1918. During this quiet time, we remember the courage, dedication, and sacrifices of those who fought for the freedoms and peace we enjoy today.

We also honour the families who waited at home, the loved ones who never returned, and the veterans who continue to carry the memories of their service. Their stories remind us of the importance of kindness, compassion, freedom, and peace.

In our home Remembrance Day offers an opportunity to share memories, reflect on history, and recognize the many personal connections we have to those who served. We are grateful for the veterans among us and for everyone who has contributed to protecting our country and helping others around the world.

As we wear our poppies, attend remembrance services, or simply take a quiet moment of reflection, let us remember the importance of peace and never take our freedoms for granted.

We remember their courage. We honour their sacrifice. We will never forget.

Join us in the Fireside room at 10:15am for a Remembrance Day Service to honour our veterans here at Helen Henderson Care Centre!



Welcome to cold and flu season

Flu season: Do's and don'ts for families in long-term care homes

Flu season can be a challenging time in long-term care homes. Families play an important role in keeping residents safe. This article highlights what to do, and not to do, during flu season.

Things to do

- Get your annual flue vaccine before visiting.
- Wash or sanitize your hands before and after visiting.
- Wear a mask if required by the home.
- Cover your coughs and sneezes with your elbow or a tissue.
- Encourage your loved one to stay hydrated and follow healthy routines.
- Stay informed about infection prevention measures at the home.

Things not to do

- Do not visit if you are feeling unwell (fever, cough, sore throat, runny nose).
- Do not bring young children who are sick or recently exposed to the flu.
- Do not share personal items such as water bottles, utensils or towels.
- Do not ignore posted infection prevention signs and guidelines.
- Do not assume symptoms such as confusion in residents always means flu – check with staff.

How families can support

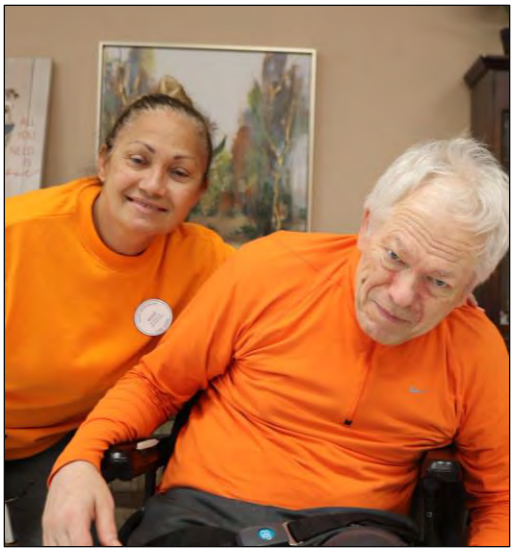
- Remind your loved one to wash their hands, often.
- Encourage them to get vaccinated if recommended by health care providers.
- Help reduce stress by offering emotional support during flu season.
- Co-operate with staff during outbreaks and follow all safety protocols.

Together, we can reduce the spread of flu and protect our home. Thank-you for helping to keep residents safe and health during flu season!

In support of National Day for Truth and Reconciliation

A day in honour of children who never returned home & survivors of residential schools: Sept. 30







November is Falls Prevention Month

As we age, our risk for falling increases.

People fall due to:

- Tripping or slipping due to lose of footing or traction.
- Slow reflexes which makes it hard to keep your balance or move out of the way of a hazard.
- Balance problems.
- Reduced muscle strength.
- Poor vision.
- Illness.
- Consumption of medication or alcohol/drugs.

At Carveth Care Centre, our goal is to prevent falls. Let's work together to achieve this goal.

Did you know: An older adult who falls once is twice as likely to fall again. Women are three times more likely than men to be hospitalized for a fall-related injury. Falls are the number one cause of injury, emergency department visits, hospitalizations, and injury-related deaths for older adults in Canada.



Did You Know?

November Fun Facts

November is a wonderful month to enjoy cozy sweaters, warm drinks, autumn memories, and the excitement of the approaching holiday season. Let's discover some fun facts about November!

The Month of Remembrance

November 11 is Remembrance Day in Canada, a time to honour and remember the brave men and women who served our country.

November's Birth Flowers

The chrysanthemum is the traditional birth flower for November. It symbolizes happiness, friendship, and joy.

November Birthstones

People born in November have two traditional birthstones: topaz and citrine. Both are known for their beautiful golden and yellow colours.

The Days Get Shorter

November brings shorter days and longer nights as we move closer to winter in Canada.

Animals Prepare for Winter

Many animals prepare for colder weather by storing food, growing thicker coats, or finding sheltered places to rest.

A Month for Cozy Comforts

November is a perfect time to enjoy a warm cup of tea, homemade soup, a favourite blanket, and good company

World Kindness Day

World Kindness Day is celebrated on November 13. It reminds us that even a small act of kindness can brighten someone's day.

The Best Gift Is Kindness

A friendly smile, a listening ear, or a visit with a friend can make November a little warmer for everyone.





The Importance of Music Programs

Music Brings Us Together

Music is much more than entertainment. It can bring comfort, spark memories, encourage movement, and create meaningful connections among residents, families, staff, and volunteers. In long-term care, music programs provide opportunities for residents to express themselves, enjoy familiar songs, and experience moments of happiness and belonging.

Did You Know?

- ***Music can awaken memories:*** A familiar song may remind residents of childhood, family celebrations, weddings, favourite dances, or special moments from their lives.
- ***Music encourages social connections:*** Group sing-alongs, music trivia, and live entertainment provide opportunities to laugh, interact, and share memories with others.
- ***Music supports emotional well-being:*** Listening to favourite music may help residents feel calm, comforted, uplifted, and connected.
- ***Music gets us moving:*** Clapping hands, tapping feet, dancing in a chair, or moving to the rhythm can encourage physical activity at a comfortable pace.
- ***Music encourages self-expression:*** Even when communication becomes difficult, residents may respond to familiar melodies by smiling, humming, singing, or moving along.
- ***Music brings generations together:*** Songs from different decades create opportunities for residents, families, children, and volunteers to share their musical interests.
- ***Everyone can participate:*** Residents can enjoy music by listening quietly, singing along, playing simple instruments, or simply being present in the moment.

Music Is for Everyone!

Every resident experience music differently. Some enjoy lively sing-alongs and dancing, while others prefer peaceful background music or one-to-one musical visits. Offering familiar songs and respecting individual preferences helps make music programs meaningful and person-centred.

This November, let music fill our home with warmth, comfort, laughter, and treasured memories. Sometimes, a favourite song is all it takes to brighten someone's day!

"Where words fail, music speaks."

Helen Henderson
CARE CENTRE

Christmas SALE

Saturday, Dec. 5
9 am to 2 pm
Lodge Lounge
Helen Henderson Care Centre

Enjoy a warm lunch for only **$4**

Find unique items at an affordable price!

Helen Henderson
Care Centre

Christmas SHOPPING TRIP to Walmart

Thursday, Nov. 12
at 11 am

Enjoy shopping and lunch!

Make it a healthy November

To have a healthy November, focus on staying hydrated, increasing vitamin D intake, and eating seasonal produce such as pumpkin and leafy greens. Stay active with indoor workouts or cold-weather activities, prioritizing eight hours of sleep and manage stress through mindful activities such as reading or yoga. You should also get your flu shot, wash your hands frequently, and plan ahead for holiday events to maintain balance.

Reminders

- Stay hydrated – Drink plenty of water throughout the day, as it's easy to drink less in colder months.
- Increase Vitamin D - With shorter, darker days, supplement your intake through food or supplements.
- Eat seasonal foods – Focus on fall produce such as pumpkin, sweet potatoes, dark leafy greens, cranberries and apples, which are packed with nutrients and antioxidants.
- Incorporate walnuts – A handful of walnuts provide Omega Threes which can help with heart health.
- Mindful eating – During the holidays, practice moderation and fill your plate with lean proteins, colorful vegetables and whole grains.
- Healthy snacks – Have snacks such as baby carrots with hummus or a handful of nuts to curb cravings.

Practical tips

- Anchor Your Wake-Time, Not Your Bedtime: Shorter days can mess with your natural circadian rhythm. Instead of stressing over an exact bedtime, keep your morning wake-up time consistent within an hour every day—even after late nights—to keep your body clock steady.
- Schedule "No-Plan" Days: November kicks off the social and holiday rush. Prevent burnout before it starts by deliberately blocking out quiet, obligation-free days on your calendar to rest and recharge.





Wordsearch

Human Bones

Answers on Page 15

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

MANDIBLE
RADIUS
METATARSAL
FEMUR
SCAPHOID
TALUS
STAPES
HAMATE
TRAPEZIUM
TIBIA
PATELLA
TEMPORAL
ULNA
CLAVICLE
COCCYX
STERNUM
MALLEUS
HUMERUS
FIBULA

Dietary News - As the days grow colder and the leaves finish falling November is the perfect time to enjoy comforting meals, warm soups, and delicious seasonal favorites.

Our dietary team takes pride in preparing meals that bring comfort, nourishment, and enjoyment to the residents. Mealtimes are more than just eating – they are an opportunity to socialize, share memories, enjoy favorite foods, and connect with others. Did you know that the residents have planning meetings in Spring and Fall to ensure that their favorite food items are on the menu.

A few nutritional Tips:

Enjoy seasonal comfort foods: November is a wonderful time for hearty soups, roasted vegetables, warm casseroles, apples, and pumpkin inspired treats.

Every bite counts: Eating well helps provide energy, maintain strength, and support over all well bring. If your appetite changes or you need extra assistance at mealtime, please let us know.

Make mealtimes special: Sharing a meal with friends, enjoying a favorite dessert, or reminiscing about family recipes can make dining a meaningful part of your day.

Ethic's Corner

Respect, Dignity, Compassion and Doing What Is Right

As we welcome November, let us take a moment to reflect on the importance of ethics in our long-term care home. Ethics is about treating everyone with kindness, fairness, dignity and respect, while making decisions that support each person's rights, choices and well-being.

For Our Residents

Your voice matters! Every resident deserves to be treated with dignity, respect and compassion. You have the right to express your wishes, share concerns, make choices about your daily life and participate in decisions about your care. We encourage residents to speak up, ask questions and share ideas to help make our home a welcoming and supportive place to live.

For Our Staff

Ethical care means putting residents first, respecting individual preferences, protecting privacy and confidentiality, and providing compassionate, person-centred care. It also means listening to residents and families, communicating respectfully with colleagues, and speaking up when something does not feel right. Every interaction is an opportunity to demonstrate professionalism, empathy and respect.

For Our Families

Families play an important role in supporting residents' quality of life. We value your perspectives, experiences and feedback. Open communication, mutual respect and working together help us understand each resident's wishes and make decisions that reflect their values, preferences and best interests.

For Our Volunteers

Your time, kindness and companionship make a meaningful difference in the lives of our residents. By respecting residents' privacy, personal choices, dignity and confidentiality, you help create a safe, trusting and inclusive environment where everyone feels valued and welcome.

Our November Ethics Reflection

As we remember and honour those who have served and sacrificed for others this November, we are reminded of the importance of compassion, respect, courage and standing up for what is right.

Let us carry these values into our daily interactions by listening with an open mind, respecting different perspectives, protecting residents' rights and treating one another as we would wish to be treated.

Together, we can make a difference—one thoughtful decision, one kind word and one respectful action at a time.



Wordsearch answers (Puzzle on Page 14)

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



Welcome November...

As we welcome November, we extend our warmest wishes to all residents, families, friends, volunteers, and staff. Thank you for making our home a place of caring, friendship, respect and community. May this month offer opportunities to share stories, celebrate traditions, enjoy favorite activities, and appreciate the many people who make our days brighter.

Caring for Ourselves - As the weather gets colder and the days grow shorter, it is important to take care of our physical, emotional, and social wellbeing.

Here are a few simple ways to support wellness throughout November!!

Stay Connected: Enjoy conversations with friends. Family members, fellow residents, and staff.

Keep Moving: Participate in gentle exercises, stretching or walking as appropriate for your abilities.

Make Time for Relaxation: Listen to favorite music, read a book, work on a craft, or enjoy a quiet moment.

Get Involved: Attend recreation programs that interests you and try something new when you feel comfortable.

Share a Smile: A kind word a friendly greeting, or a small act of kindness can brighten someone's day.

Remember, wellness looks different for everyone. Small steps can make a meaningful difference in how we feel each day.

Recreation Update - Keep Enjoying Life. Recreation is an important part of everyday life in our home. Participating in meaningful programs can support friendships, encouragement movement, stimulate the mind and create opportunities for enjoyment and self-expression.

Throughout November residents are invited to enjoy a variety of programs, including music, baking, art and games.

Tips to be productive in bleak winter months: Get moving – moving your body with regular exercise before, after or during work, especially outdoors, helps reduce stress and improve sleep. Spend time outside – If you suffer from Seasonal Affective Disorder (and even if you don't), get 10 minutes of sunshine everyday if possible. Keep your environment warm – It's important to have a comfortable environment. Eat well – Watch what you eat and drink. Warm yourself with a cup of green tea. Set goals – Even if you're feeling a bit sluggish, set new goals and volunteer for something that excites you. Stay healthy – While it's sometimes difficult or impossible NOT to get sick when everyone else is unwell, do what you can to prevent it.

Calendar of events

Watch for Pet Therapy by Connie every Wednesday at 10 am.

New on Reception 3: Seated Musical Chairs at 10:15 am on Nov. 17.

Travelling Tuck Shop – Please watch your calendar for these dates. This program is designed for residents who are unable to get to our Tuck Shop.

Nov. 5.... Computer Course at 10:15 am in the Fireside Room.

Nov 5...Music by Patrick Kennedy on Reception 3 at 2:30 pm on Nov. 5.

Nov. 6...Music by Julia Moore at 2:30 pm in Lodge Lounge and by Drummin' and Strummin' at 2:30 pm on Reception 3.

Nov. 13... Music by Al Pilon at 2:30 pm in Lodge Lounge and by Derek Merideth at 2:30 pm on Reception 3.

Nov. 20...Music by Kevin Adams at 2:30 pm on Reception 3 and by Scott Carson at 2:30 pm in Lodge Lounge.

Nov. 27...Happy Hour with Reg Corey at 2:30 pm on Reception 3 and Mark Easter at 2:30 pm in Lodge Lounge.









Welcome

Kenneth Gilmour
Susanne Graham
Stuart Shepherd
Lise Dawson

Birthdays

Nancy F, Nov. 2
Glenn H, Nov. 5
Midred B (Lodge), Nov. 10
Betty S, Nov. 11
Gordon “Gord” G (Lodge), Nov. 11
Victoria “Vicky” Y (Lodge), Nov. 12
Dudley M (Lodge), Nov. 12
Nancy D, Nov. 15
Jack S, Nov. 16
Wendy M, Nov. 20
Patricia G, Nov. 20
Marlene K, Nov. 21
Elli K, Nov. 24
Patricia “Camilla” B, Nov. 27

In Memory

Joan Brown
Rosemarie Weber
Brigitte McConnell



The Helen Henderson Garden of Love

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