



# Newsletter

OCTOBER 2025

## October

**October 1<sup>st</sup>**  
**National Seniors Day**

**October 1<sup>st</sup>**  
**Yom Kippur**

**October 13<sup>th</sup>**  
**Thanksgiving**

**October 20<sup>th</sup>**  
**Diwali**

**October 31<sup>st</sup>**  
**Halloween**



## Celebrating National Seniors Day

Every year on October 1<sup>st</sup>, we honour all senior citizens across Canada. National Seniors Day is a special time to celebrate the important role older adults play in our country. We are grateful for the seniors who call OSCR home-you make our community a vibrant, fun and exciting place!

**Happy National Seniors Day!**

## Fight the Flu: Fall Respiratory Season

Getting a flu vaccine and updated COVID-19 vaccine is more important than ever during 2025 - 2026 for protecting yourself, your family, and your community. Being vaccinated against Influenza and COVID-19 this season can also help reduce the burden on our healthcare systems and save valuable medical resources.

During the fall and winter season, respiratory illnesses (such as flu, RSV and COVID-19) are expected to spread in our community as people spend more time indoors.

It is important for everyone to stay-up-to-date with their vaccinations for the best protection from severe illness or hospitalization, especially those with weaker immune systems. The COVID-19 fall booster is safe to get at the same time with the seasonal flu vaccine.

It is recommended to talk with your physician or pharmacist before getting vaccinated to review the benefits and risks.

## AIR CONDITIONER REMOVAL

Air conditioning units will be removed during the week of October 14<sup>th</sup> – 17<sup>th</sup>. Clients are responsible for storing their A/C units over the winter.

## Happy Birthday To You!

<b>Milos L.</b>	<b>Judy V.</b>
<b>Norine R.</b>	<b>Jim A.</b>
<b>Carlos M.</b>	<b>Ian D.</b>
<b>Margaret H.</b>	<b>Paul C.</b>
<b>Audrey R.</b>	<b>Noel O.</b>
<b>Meriel F.</b>	<b>Ida S.</b>
<b>Aline D.</b>	<b>Ellie B.</b>
<b>Edmay K.</b>	<b>Marie M.</b>
<b>Hugh M.</b>	



## Staff Spotlight

This month our Staff Spotlight shines on Tess, who is a Healthy Living Programs Assistant. Prior to joining the Healthy Living department, Tess volunteered at OSCR for over five years, where she generously donated her time to our community. We are grateful for her dedication to OSCR. Be sure to say hello to Tess and tell her you saw her featured in the newsletter!



# **DIVERSITY & RESPECT**

As we continue to build a warm, inclusive, and supportive environment here at OSCR, we want to take a moment to remind everyone about the importance of mutual respect, kindness, and understanding within our facility.

## **Respecting Our Staff**

Our dedicated staff members are here to support you, provide excellent care, and ensure that your home is a place of comfort and safety. We kindly remind everyone to treat staff members with respect, understanding, and appreciation for their hard work. Mutual respect creates a positive environment where everyone can feel valued and supported.

Remember, our staff is always ready to assist you, and your cooperation and gratitude go a long way in fostering a harmonious community.

## **Embracing Diversity**

We are proud of the diverse community here at OSCR, and we want to emphasize how important it is to celebrate our differences. Diversity strengthens our community, bringing together a wealth of experiences, traditions, and perspectives.

We encourage you to share your experiences and learn from each other, as this is one of the many things that makes our community so special.

## **Anti-Discrimination and Anti-Harassment Policies**

We are committed to maintaining a safe and welcoming environment for all residents, staff, and visitors. Discrimination or harassment of any kind, based on race, ethnicity, gender, sexual orientation, religion, disability, or any other characteristic, will not be tolerated. It is essential that every individual feels valued and respected within the shared spaces throughout our building.

If you experience or witness any form of harassment or discrimination, please report it immediately to a staff member. We are dedicated to addressing any concerns promptly and with the utmost seriousness to ensure a safe environment for all.

## **Let's Work Together**

We all play a role in creating an inclusive and respectful atmosphere here at OSCR. By showing respect for each other, embracing diversity, and adhering to our anti-discrimination and anti-harassment policies, we can continue to make our home a place of joy, peace, and belonging.

**Thank you for being a vital part of our community.**





**Original.  
Social.  
Creative.  
Recreation!**

