

MAY 2017

# Northcrest Care Centre

6771 120<sup>th</sup> Street, Delta, B.C



## May Calendar of Events

### Resident Council Meeting

*May 3at 11:00am*

### Entertainment with John M

*May 4at 2:00pm*

### Provincial Voting

*May 9 between 2:00-5:00pm*

### Memorial Service

*May 11 at 2:00pm*

### Pizza Luncheon

*May 12 at 12:00pm*

### Mothers Day Tea Social

*May 14 at 2:00pm*

### Ladner Lee Choir

*May 17 at 2:00pm*

### Pub Social featuring Mark W.

*May 19 at 2:00pm*

### May Birthday Social

*May 26 at 2:00pm*

### Scenic Drive

*May 29 at 10:00am*

Happy Spring Everyone!

As the weather warms up, we will be introducing *new* Recreation Programs and utilizing the outdoor patio space!

This summer, we will be planting carrots and tomatoes in the garden beds off of the Trillium Unit and Camellia Court will be getting brand-new garden beds that are wheelchair accessible!! We cannot wait to use them with our Residents.

Everyone is encouraged to bring their loved ones outside for fresh air on those sunny, warm days. Keep in mind, exposure to sun for a long duration of time can be harmful, especially when taking certain medications, so as a friendly reminder, find a nice spot with some shade. The recreation office has sun hats for both ladies and men, which can be borrowed at any time! Just come ask ☺

## Importance Notice:

**fraserhealth**

### REMINDER TO FILE YOUR INCOME TAXES

Information For Residents In  
Fraser Health Authority  
Residential Care Facilities

This is a reminder to file your **most recent** income taxes by **April 30<sup>th</sup>** each year.

It is very important to file in a timely manner because your monthly residential care rate is calculated annually using information from your Notice of Assessment.

In accordance with the provincial Home and Community Care policy, residents must file an income tax return in order to be eligible for a subsidized client rate. Residents who do not file their income tax return will be subject to the maximum residential care rate, effective January 1<sup>st</sup>.

There are agencies and organizations that can help you complete your tax return. If you need assistance, please talk to the Director of Care or your Residential Care Liaison.

Thank you for your attention to this important notice.



## ***Music & Dementia***

Music is powerful to all of us, even for those living with Alzheimer's and dementia.

Music can shift mood, manage stress, stimulate positive interactions and bring to mind long-forgotten memories.

This happens because rhythmic and other well-rehearsed responses require little to no cognitive or mental processing. They are influenced by the motor center of the brain that responds directly to auditory rhythmic cues. A person's ability to engage in music, particularly rhythm playing and singing, remains intact late into the disease process because, again, these activities do not mandate cognitive functioning for success.

The recreation team makes an effort to incorporate music into almost all recreation programs throughout the day. However, for those who prefer to spend time in their bedrooms, you can help out by purchasing a personal stereo to keep in their rooms. Feel free to bring in their favorite Cd's or audio books too!

## **Meet Jeff, NCC *NEW* Music Therapist**

Northcrest welcomed our new Music Therapist, March 15<sup>th</sup>. Jeff has specialized in Geriatric care since graduating from Capilano University with a Bachelor's Degree in Music Therapy. He also has a Psychology Degree from Simon Fraser. He is very excited to join the team of Northcrest with the simple goal of serving the residents and increasing their quality of life!

Jeff mainly plays the Guitar and the Violin when he is not making a sound out of the Piano and Ukulele. With a focus on each group member's needs and unique preferences, he adapts the sessions to reflect the personalities and musical connections of the residents. Participants are encouraged to share their stories, explore emotional feelings, sing their favorites, get creative with rhythmic instruments and enjoy everything music provides.



## **By Any Other Name**

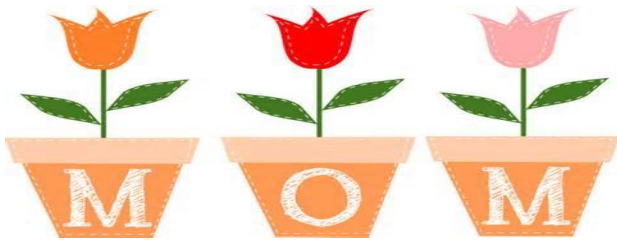
May 5 is Hoagie Day, but this may mean nothing to anyone outside of Philadelphia, where this term is used for a big sandwich loaded with meat and cheese. Legend has it that the first version of this mega-sandwich appeared in Connecticut near a Navy submarine base. Italian shopkeeper Benedetto Capaldo served up loaded sandwiches he dubbed "grinders." Once the Navy yard began ordering 500 grinders each day, his creation was renamed the "submarine sandwich." In New York City, the sandwich is called a "hero," which many believe evolved out of a mispronunciation of the Greek "gyro" sandwich. Where did hoagie come from? Another mispronunciation. Shop owner Al De Palma created a massive sandwich fit for a "hog." The Philadelphia accent warped his "hoggie" into the "hoagie."



# Happy Mothers Day

Mom's smile can brighten any moment,  
Mom's hugs put joy in all our days,  
Mom's love will stay with us forever  
And touch our lives in precious ways...  
The values you've taught,  
The care you've given,  
And the wonderful love you've shown,  
Have enriched my life in more ways than I  
can count.  
I love you mom!  
Happy Mothers Day to all!

Please Join us for a Mothers Day Tea Social on  
**Sunday, May 14<sup>th</sup> at 2:00pm**



**Florian S, May 3<sup>rd</sup>**  
**Jarnail G ay 7<sup>th</sup>**  
**Omer M, May 9<sup>th</sup>**  
**Ran L, May 10<sup>th</sup>**  
**Kartar B May 12<sup>th</sup>**  
**Peter C May 22<sup>nd</sup>**  
**Edward W, May 23<sup>rd</sup>**  
**Victor B May 24<sup>th</sup>**  
**Jean C May 27<sup>th</sup>**

Please join us for a Birthday Social  
on  
*Friday, May 26<sup>th</sup> at 2:00pm*  
Featuring music with Peter  
Tennant.

## Screened Out

In our modern world, more and more things are being digitized, and more and more people are spending time in front of screens: televisions, cell phones, computers, tablets, even cars and refrigerators are now being made with interactive screens. Some consider these computerized screens to be harmful enough to declare the first week in May Digital Detox Week, a week spent free of the influence of these screens in our lives.



Is “screen time” truly harmful? Some scientists have found screen time to have greater negative influences on kids. One study showed that kids separated from their screens for a week did a better job of reading emotions on other people’s faces than those who spent their days watching TV or playing computer games. This shows that too much screen time perhaps reduces childrens’ abilities to empathize with each other. Kids are not the only ones under the influence of screens. Adults who are on their computers or cell phones before they fall asleep have been shown to suffer through the night. The light from the screen disrupts the brain’s sleep-wake cycle, causing insomnia-like symptoms and sleep deprivation.

We must accept that computers and media such as television and games are a fact of modern living. But how do we strike a healthy balance with these digital devices? One researcher advises that if the sun is shining, then screen time should be limited. There is no digital substitute for a walk outdoors or a visit to the playground. Another suggestion is to strike a balance between the more passive, consumptive nature of sitting in front of screens with active creativity. For every minute spent in front of the TV or a computer game, balance that with cooking, knitting, building a fort, doing a puzzle, or creating an art project. In our digital world, where our every whim seems catered to, it is important to stay engaged and curious with the world beyond our electronic screens.

## In Loving Memory

*Sardara B  
Gail C  
Verna S  
Norman L  
Irene W*

Please join us for a Memorial Service to honor the following Residents on Thursday, May 25<sup>th</sup> at 2:00pm



## Cola Cure-All



People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob’s Pharmacy in Atlanta, Georgia. Yes, Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-Cola’s brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented. Today Coca-Cola is as popular as ever. And it is still marketed as a medicinal cure for stomach blockages. Apparently, Coca-Cola’s chemical ingredients can cure a condition called gastric phytobezoar with a 90% success rate.