



— November 2025

SANDPIPER NEWS



**HAPPY
BIRTHDAY
NOVEMBER**

Georgette Quinn- Nov. 1

Ted Kinnear Nov. 12

Marlene McDougall Nov 27

Heidi Smith Nov. 30



NOVEMBER HIGHLIGHTS

Nov. 5- Residents Council meeting

-Car Ride (RET)

Nov. 6- Care ride (LTC)

Nov 11 - Remembrance Day

Jour du Souvenir noon-Tribute
to Veterans

Nov. 12- Drum Circle with Jody

Nov. 13- Entertainment The Ultra Classics

Nov. 19-Entertainment with Norm & Diane

Nov.20-Lunch Outing (LTC)

Nov. 25 -Entertainment- Len Goldfarb

Nov.26-Lunch Outing (RET)

Nov. 28- Monthly Birthday Party with
Lucien



WELCOME!

**Veronica Sayeau
Douglas Hawn**

**We are Happy
to have you join our
Sandfield Place Family!**





Around Sandfield



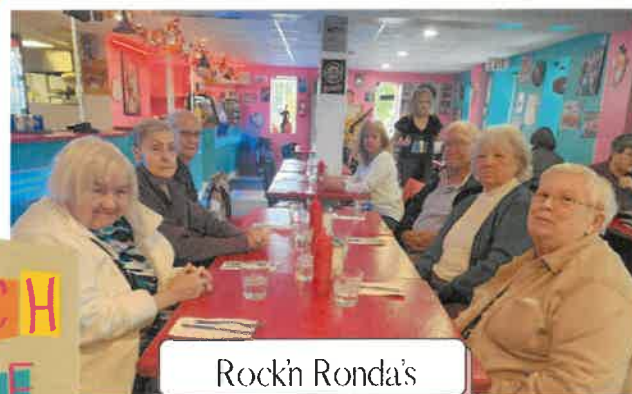
Children Visit Sandfield!



Cheering On the Blue Jays



Boston Pizza



Rock'n Ronda's



Happy
Birthday
October!



NOTES FROM THE ADMINISTRATOR

Welcome November!



Stephanie Kinnear
Administrator/ owner

Welcoming November means we are one step closer to having to deal with another Canadian winter. Will Mother Nature be nice to us and give us a mild one? I guess we will have to wait and see.

Unfortunately, with November now here, so are the increased amount of germs and viruses. We are hoping to remain as "outbreak" free as possible of course. We depend on your commitment to Infection Control to make this possible. Throughout the hallways and at the front door, there are many hand sanitizers and we strongly encourage everyone to use them. Studies have proven that hand washing is the key to preventing infections.

I personally would like to say "Welcome" to our new residents who have moved in recently. I hope you find that Sandfield is your "home away from home" so to speak. In a few months, this home will become vacant and residents will have a new home to call their own. We did get behind with electricity and powering up the building, about 6 weeks. If everything can remain on track once again it is looking like mid-February for transport time. As we get into December, I will be able to send out a date for moving.

In the meantime, now that November is here, feel free to take away those unneeded summer items, and bring in any warmer items. When you are switching up the clothing, keep in mind that the hangers labeled Sandfield, or the velvet ones are meant to stay in the closet. We try to purchase the covered ones as it helps with the clothing staying put and not falling off onto the closet floor.

Removing these things will help lighten the load when we have to start packing up belongings, which we hope to start in early January.

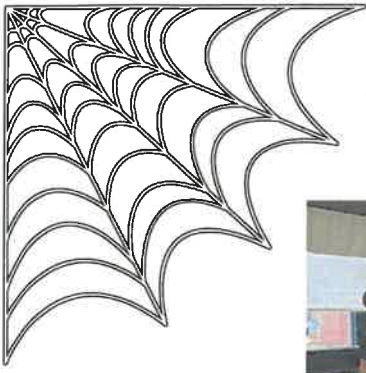
Any fans that were brought in for use during the summer can also be taken home for storage.

This is in accordance with Infection Control, as well as Health and Safety. We certainly wouldn't want anyone tripping over anything for example. If you have concerns about this, please feel free to bring it to the attention of the resource center.

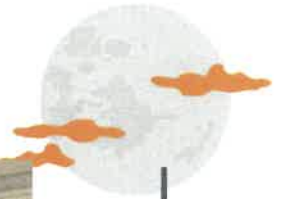
I hope everyone has a warm and sunny November!

Stephanie





Happy Halloween



FLASHBACK.....

Our entertainers sure kept us singing and dancing this October! We welcomed Mark MacDonald, Lucien Lalonde, Norm and Diane, Melody On The Move and the Sunshine Choir. What fun they bring into the home!!

Both long term care and retirement residents did a fall foliage tour to see the beautiful colours around the area. The Retirement residents went to Rockn' Ronda's in Avonmore and the Long Term Care folks headed to Boston Pizza for some delicious food.

Our garden was a big success this year. I want to thank the activity staff and the residents who kept it going. It is a big task and a lot of work. We appreciated the time that was put in to make it so bountiful. I am already looking forward to next year's harvest!

We ended the month with our Halloween party! Residents got to see a fortune teller, meet Mr. K. Daver and we enjoyed all sorts of spooky treats like haunted cupcakes, Witches Fingers and ghost pudding cups!

Thank you to all the residents and staff who participated to make it such a successful event.

In the month of November we commemorate Remembrance Day with a display for our veterans. Please stop and have a look and take the time to thank a veteran.



Ann Evans
Activity &
Volunteer Coordinator



FROM THE DESK OF THE D.O.C.

It's November already, oh how the time flies! Just a few little notes that I would like to make:

- If you are bringing in any electronic devices or power bars we need to ensure that they are all CSA approved.
- The mobile dentist service will be returning to Sandfield Place on November 27th so, if you're interested in having your family member seen here in the home, as opposed to arranging a visit off-site, please reach out to myself at ext. 26.
- Sandfield is a smoke-free facility, and therefore, you must remain at least 9 meters, or 30 feet, from the entrance. Please head to the sidewalk to smoke.
- It is very important that we do not let our residents outside. This is a safety issue.; I understand that we do have some residents that appear younger or more cognitively aware, but please remember that some of our residents have memory issues and getting out of the home could be very dangerous for them. Most residents that are able to go out independently can do so on their own, and would not need assistance. When in doubt, please verify with staff.



Casey Saddlemire
D.O.C.

Try to stay warm, and enjoy the beauty of the changing seasons! I'm available if anyone has questions or concerns.

Casey Saddlemire, RN, BScN
Director of Care



From the Desk of the Food Service Supervisor....

Hello,

Just a quick update, the Fall Winter menu will be up and running within the month of November. This menu will continue until April, and follow us to the new building. The menu will continue to see resident favorites, along with some new updated changes. I will be meeting with the residents before Christmas to see how they are liking the menu. In the meantime, stay warm, and enjoy this cozy apple recipe. Cheers!



Kelly Bailey
Food Service Supervisor

Ingredients CINNAMON APPLESAUCE COOKIES

- ½ cup butter (room temperature)
- 1 cup brown sugar (lightly packed)
- 1 large egg
- 2 cups all purpose flour
- 1½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¾ teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup thick applesauce



Instructions

Pre-heat oven to 400° (200° celsius), line 2 cookie sheets with parchment paper.

Sift cake flour, baking powder, baking soda, cinnamon and salt into a large bowl

In a medium bowl cream together butter and brown sugar add egg blend about 2 minutes, add sifted dry ingredients alternately with the applesauce, combine until just combined.

Drop batter by spoonfuls (about the size of a golf ball) on prepared cookie sheets, bake for approximately 10-12 minutes until lightly golden. Keep in cool dry place, best if let to sit for 1 day before eating. (If you can wait) Enjoy! Dust with powdered sugar if desired.

IN MEMORIUM

Gertrude Lussier Oct. 3, 2025

Densil Mitchell- Oct. 19, 2025



We would like to extend our deepest sympathies to the families and friends who have lost loved ones in the month of October. You are in our thoughts.

Memorial Donations to the Residents' Council of Sandfield Place are accepted and appreciated. Memorial cards are available at the activity office. Receipts are issued





On November 11th, we would
like to take this opportunity
to salute our veterans who
fought so bravely for our
freedom



**ONE THOUSAND MEN ARE
WALKING**

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile together
no foes to out run
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass untrampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men
Joshua Dyer 2019 (aged 14)
Lest we forget



Remembrance Day

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

armistice	ceasefire	sacrifice	conflict	eleventh
flanders	memorial	remember	freedom	service
silence	soldier	veteran	battle	sunday
wreath	field	medal	peace	poppy
war				