

# SANDPIPER NEWS



## FEBRUARY 2025

### Happy Birthday Retirement

MARION BURGESS—FEB. 17

MYRNA ELDERBROOM- FEB. 20

### Long Term Care

THERESE MORIN—FEB. 16

Shirley Andrews- FEB. 20

### Welcome New Resident!

RETIREMENT  
Densil Mitchell

We are happy to  
have you join our  
Sandfield Family!

### Highlights for February

Feb 3- Shopping (Ret.)

Feb. 4- Wheel of Fortune

Feb. 5-Resident's Council  
meeting

Feb. 8-Valentines Day Bingo

Feb. 10- Entertainment with  
Len Goldfarb

Feb. 11-Hockey Shoot Out &  
-Jersey Day

Feb. 12- Lunch In (Ret.)

Feb. 14-Valentines Day Party  
with Lucien

Feb. 17- Family Day

Feb 18- Shopping (Ret.)  
-Entertainment with Norm  
& Diane

Feb.19-Lunch In (LTC)

Feb. 26- Pink Shirt Day  
-Arm Chair Travelers India

Feb. 27- Birthday Party with  
Lucien



## Notes from the Administrator...

Is everyone enjoying 2025 so far? January did not disappoint with its snow and winter-like temperatures. However, if you haven't noticed the days getting a little longer since December, they are! Most of the Winter is behind us, woohoo! It's a pleasant feeling for sure.



Stephanie Kinnear  
Administrator

In the meantime, February is the month of Sweethearts is it not? All of you at Sandfield are our Sweethearts. Don't forget to hug those closest to you on February 14. As well, February brings us Family Day on February 17, and many anticipated winter activities within our community and the surrounding S, D and G.

As always, I'm reminding you all about keeping infection control in check. Despite the fact we cannot always control the germs, we can control the process enough to keep it away to a certain degree. Everyone is doing a fantastic job about remembering to wash hands and items down after use. We want to remain as "cold symptom free" as possible and avoid an outbreak before the Spring thaw. Of course, if not feeling well, avoid visiting the Home. Sebastian plans to run another vaccine clinic for any of those family members or staff wanting to get one. Matthew who was our IPAC lead has left us for the sunny Australian skies to study Medicine abroad. We wish him every success in the world!

I also want to encourage families and staff to bring any new items of clothing to the attention of our laundry supervisor to ensure it gets properly labelled with the correct resident's name.

Ted Laurier is moving along well. Timelines are on point. We are painting, flooring and installing HVAC in all areas. Once the snow flies, there will be siding and painting as well as gardening and landscaping starting. It's all very exciting!

Stay safe out there. With the ups and downs of the weather, there is ice lurking in areas which you may not notice. Please pay attention when trekking across the parking lots.

Happy February and Happy Valentine's to all!

Stephanie Kinnear  
Administrator



What did the  
painter say to  
her sweetheart?

I love you  
with all  
my art.



How did the  
doorbell  
propose to his  
sweetheart?

He gave  
her a ring.



“

Who *always* has a date  
on Valentine's Day?

A calendar.

”

## A Note from the D.O.C.....

Happy February everyone!

This month, we will be focusing on starting our Quality Improvement Plan! This plan is used to grow our Home. There are certain things we focus on, such as minimizing anti-psychotics, reducing fall rates and keeping residents at Sandfield Place instead of sending them to hospital. We want to make sure we are getting input from our families and residents about what kind of things we can implement into our quality improvement plan. Should you have any recommendations, feel free to contact me at your convince.

We recently had many of our staff complete "GPA" training it stands for "Gentle Persuasion Approach". This approach is used for those who have dementia or a delirium and may need assistance for their responsive behaviours. Although all our direct care staff are trained on this, we try to provide refreshers to keep their skills up-to-date.

We also have been in the process of working on a "palliative care project" in collaboration with CLRI. This palliative care project introduces different palliative care skills that are being used with Hospice to ensure we are providing the best palliative care approach for our residents. On a side note Dr. Cookson will be in on Thursdays instead of Tuesdays Starting Feb. 5.

Wishing everyone a great February!

Samantha Below, RN, BScN

Director of Care, Sandfield Place



Samantha  
Below  
D.O.C.



**IN JAPAN, WOMEN  
GIVE MEN  
CHOCOLATE FOR  
VALENTINE'S DAY.**



**250 MILLION  
ROSES ARE GROWN  
JUST FOR  
VALENTINE'S DAY!**

@weareteachers



**HISTORIANS CREDIT  
THE ENGLISH POET  
GEOFFREY CHAUCER  
WITH CONNECTING  
ROMANCE TO  
VALENTINE'S DAY.**

@weareteachers



**HALLMARK PRINTS  
MORE THAN 500  
VALENTINE'S DAY  
CARD DESIGNS.**

@weareteachers



## In Memoriam



Memorial Donations to the Residents' Council of Sandfield Place are accepted and appreciated.

Memorial cards are available at the business office and the activity office. Receipts are issued.

### FLASHBACK.....

As we head into February I hope everyone enjoyed the activities we had in January!

In to entertain us this month was Lucien Lalonde, Mark MacDonald, Bruce Elderbroom and Norm and Diane. Music always chases away the winter blues!



Ann Evans  
Activity and Volunteer  
Coordinator

Our lunch in for the retirement side was a pizza party that was donated by former resident Joyce Alguire, we want to thank her for the delicious treat.

Long Term Care opted for a meal from MacDonald's; It was delicious!

Looking ahead to February, we will travel to India to enjoy some of the wonderful food and culture that they have to offer.

As hockey season heats up we will have a jersey day and hockey shootout! Pink Shirt day is on February 26, it brings awareness to anti-bullying initiatives.

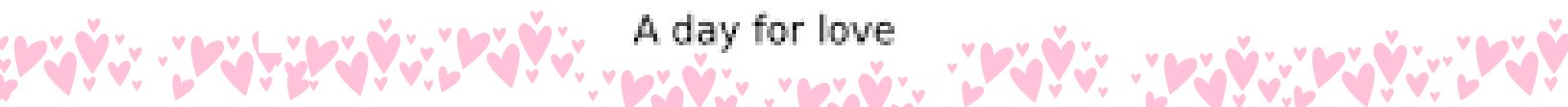
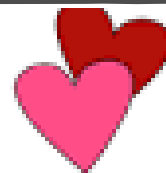
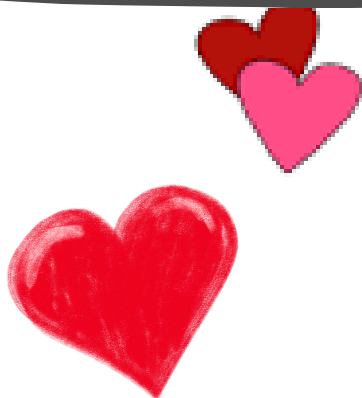
I want to mention that the proceeds from our raffle basket this year went to Sparky's toy drive. We were able to donate 500.00!! That is the spirit of giving, Thanks to everyone who participated!

Happy February Everyone!

### Valentine's Day

A day for kindness  
A day for smiles  
A day for friendship  
Across the miles

A day for sharing  
A day for hugs  
But most of all  
A day for love





# VALENTINE'S DAY WORD SEARCH

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

Arrow

Be mine

Bouquet

Candy

Card

Chocolate

Cuddle

Cupid

February

Flowers

Friend

Hearts

Hug

Kiss

Love

Pink

Red

Romance

Roses

Sweet

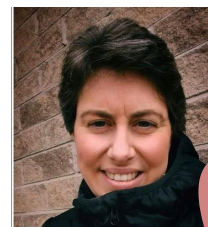
Valentine



## A Note from the Food Service Supervisor

### Winter Blues? Try These Food Tips to Help Ease Symptoms

**Lean proteins** - Besides being high in omega-3s and amino acids, salmon is a great source of lean proteins. which may positively affect your mood.



Kelly Bailey  
Food Service  
Supervisor

**Omega-3 fatty acids** - have been praised for their health benefits, including influencing your mood. Sources that contain the highest levels of omega-3 fatty acids include flax seeds, walnuts, and salmon.

**Berries**- Blueberries, raspberries, and strawberries may help prevent the release of cortisol, a hormone produced by the adrenal gland. Keep berries in your bag to combat stress when it hits.

**Vitamin B-12** - Low levels of vitamin B-12 in the blood is associated with depression. Ways to fit it into your diet are: lean beef, clams, oysters, crab, wild salmon, eggs, cottage cheese, yogurt, milk, and fortified cereals.

**Vitamin D** - It is known as the sunshine vitamin. Food sources of vitamin D include milk, egg yolks, mushrooms, and fish that have bones.

**Turkey** - Turkey contains the amino acid tryptophan and melatonin, which are the calming and relaxing chemicals that make you tired. Tapping into turkey's calming powers is a great, natural way to help your body cut through stressful situations.

**Bananas** - They contain tryptophan. Besides that, the carbohydrates from natural sugars and potassium in bananas that help fuel your brain. Magnesium, also found in bananas, may improve sleep and reduce anxiety.

### Banana Smoothie



1. Add 2 cups of frozen sliced bananas to the blender.
2. Add 1 cup of frozen chopped avocado.
3. Pour in 2 cups of milk.
4. Almonds – approx. 2 tbsps
5. Blend on high speed for 2-4 minutes until smooth and creamy.
6. Adjust the consistency by adding more or less milk as needed.



# Around Sandfield



Karen's puzzle



Bruce Elderbroom

Years of service awards





# Celebrating Winter



Snowball throwing  
competition

