

Tony Stacey Centre for Veterans Care



**APRIL 2019
NEWSLETTER**



Tony Stacey Centre for Veterans Care

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Dr. Nancy Wu, M.D.

Attending Physician

Dr. Sina Sajed, M.D.
Dr. Wilfred Chan, M.D.

FUNDAMENTAL PRINCIPLE

TONY STACEY CENTRE FOR VETERANS CARE IS PRIMARILY THE HOME OF OUR RESIDENTS. TONY STACEY CENTRE FOR VETERANS CARE IS OPERATED SO THAT IT IS A PLACE WHERE OUR RESIDENTS MAY LIVE WITH DIGNITY AND IN SECURITY, SAFETY AND COMFORT AND HAVE THEIR PHYSICAL, PSYCHOLOGICAL, SOCIAL SPIRITUAL AND CULTURAL NEEDS MET.

Tony Stacey Centre for Veterans Care April 2019 Newsletter

Welcome New Residents!

On behalf of the Board of Directors, Staff, Volunteers, and Residents at the Tony Stacey Centre for Veterans Care, we welcome the following new Residents to our Home:



Dear families and friends,

As we are looking to improve communication, we ask that you send in your email address to Ashlee at awarrell@tonystaceycentre.ca

We also invite you to check out our Facebook page for updated photos of our Recreational Activities!

Reminder Residents:

When leaving the building, please sign out at the Nursing Station!



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We would like to wish the following residents a Happy Birthday:

George Cummings	April 09	Douglas Brown	April 20
Dorothy Burry	April 21	Pamela Mott	April 22

Please join us in the main floor lounge April 26th for cake and live entertainment to celebrate all the April birthdays

Attention Resident Family Members

Would you like to form a Family Council? It is your right to do so and we welcome your suggestions and input. To be a member of the family council, a person must be a family member of a resident or a person of importance to a resident. A person can no longer be a member of the family council after the death or transfer of a resident, unless the person is a person of importance to another resident in the home. A "person of importance" may include a friend or significant other.

For more information please call Ashlee Warrell at 416-284-9235 ext. 135

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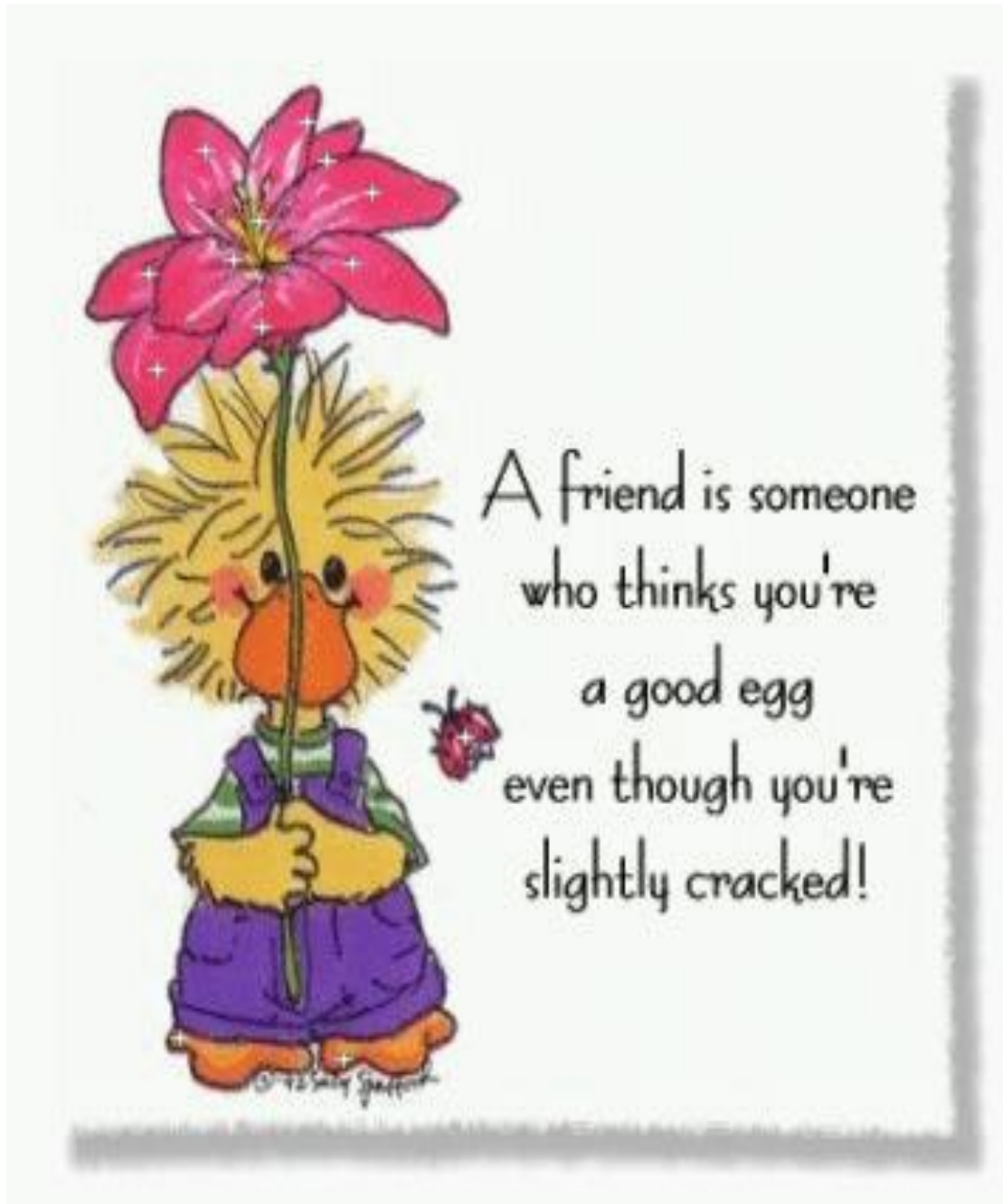
A raffle for a beautiful plum coloured handmade shawl is being held by the Gift Shop.

Tickets are \$1 each or 3 for \$2
available in the Gift Shop

Drawn on April 23, 2019

All proceeds going to the Residents
Council.

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STEPH'S PUZZLE CORNER



How many are unlocked?



Share if you find one!



STEPH'S JOKE CORNER



As I get older I realize:

1. I talk to myself, because sometimes I need expert advice.
2. Sometimes I roll my eyes outloud.
3. I don't need anger management, I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."
6. When I was a child I thought naptime was punishment. Now it's like a mini-vacation.
7. The day the world runs out of wine is just too terrible to think about.
8. Even duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes; come out wrinkle-free and three sizes smaller?
10. "Getting Lucky" means walking into a room and remembering why I'm there.



STEPH'S JOKE CORNER



GRANDMA'S WICKED LIFE.....

I'm only six but I've got to tell you about the life my grandma leads.
Each Thursday night, she grabs that bag and down the road she speeds.

And in that bag are bottles of ink red, green and blue
There's yellow, pink and lavender and orange and fuchsia too.

She goes to a place called bingo hall. Sounds kind of wicked to me
She speaks of "hits" and "getting on" and something called "Crazy tea".

There's "layer cakes" and "coveralls" and "stamps" and "blackouts" too.
And I guess there's even animals cause her "horses race" is long overdue.

There's a lady called "virgin card". My grandma knows her well.
And then she has another friend, they all call her crazy L.

And a man is there that grandma hates, he comes to all the games.
He stands and calls the numbers out. She sits and calls him names.

My grandma is a pious gal, but health in No. 1.
When someone else got her B12 she swore like a son of a gun.

It must be a wondrous spot. A sort of magical place cause
Sometimes grandma comes back home with a glorious beaming face.

I can hardly wait til I'm 16, then I've grown big and tall.
I'll take my bag and go with grandma down to the bingo hall.

Thanks Irene for bringing this in 😊



Tony Stacey Centre for Veterans Care

Residents Pool Program

Requirement Letter

General Information:

Family/Resident, thank you for your interest in the Residents pool program offered through the recreation department. It has been designed specifically for our Residents of Tony Stacey Centre. Residents will be doing exercise to increase their range of movement, muscle strength, endurance, and relaxation/enjoyment.

You are advised to inform your physician that the water temperature is kept between 90f & 96f degrees. This may, in some cases exacerbate a problem, because of the chlorine.

The instructor is Water Art Certified with current CPR training. Please review all the information on this letter to determine your eligibility and actions required to qualify for the water exercise program.

ELIGIBILITY:

You are eligible for this water exercise program offered at Tony Stacey Centre if you:

1. Are Continent: have control of bladder and bowel function.
2. Have good skin condition is required
3. Have a Physicians Consent Form Signed
4. Have a Residents release form signed by POA or Resident
5. Have a willingness to participate in the program
6. Have your own bathing suit
7. Are available Tuesday and/or Thursday mornings between 10:00 and 12:00 p.m.

Rules & Regulations

All participants must obey all pool rules posted on pool deck.

Do not come to the pool if you have open wounds, planters' wart, athletes' foot, sores or an infection.

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On behalf of the Board of Directors, Staff, Volunteers, and Residents of the Tony Stacey Centre for Veterans Care, we wish to extend our sincere sympathy to the family and friends of the following Residents who have passed on since our last newsletter:

John Ramsay

*May they rest in peace
They shall grow not old
As we that are left grow old
Age shall not weary them
Nor the Years condemn
At the going down of the sun*



*And in the morning
We will remember them*

Attention Families, Volunteers, Staff:

The tuck shop is looking for donations of new or gently used items such as:

- Purses
- Jewellery
- Trinkets
- Scarves/Hats/Gloves
- Pictures/Picture Frames
- Mugs
- Vases
- Puzzles
- DVDs/CDs
- Yarn
- Gift Bags
- Silk Flowers
- Glassware
- Greet Cards
- Body Lotions/Perfume
- Toys/Stuffed Animals (New)
- Cosmetic Bags

Tuck shop hours posted on
Monthly calendar

If you have anything that could be used please bring it to the tuck shop or the front office.

Thank you!