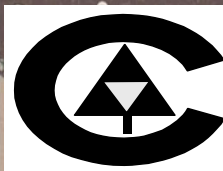


Craigwiel Gardens

Newsletter



JANUARY 2023

Message from the CEO

Someone has said that a new year is like an empty sheet of paper – there is nothing on it. As we look at that empty page we call 2023, I wonder what each of us will write on it. Some may look back at 2022 and write about the things they don't want to repeat. Others may write about the things that made them happy or brought them joy. But an empty page provides the opportunity for us to write about our dreams and aspirations in the new year before us – 365 days to form a habit, make a difference, to change a life, to live each day to the fullest. What will you write? In your attempt to fill the page of this new year think of this excerpt from Max Ehrmann's famous poem Desiderata:

"You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God and keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be Cheerful. Strive to be happy."



Ernie

January Resident Focus

John Willemse

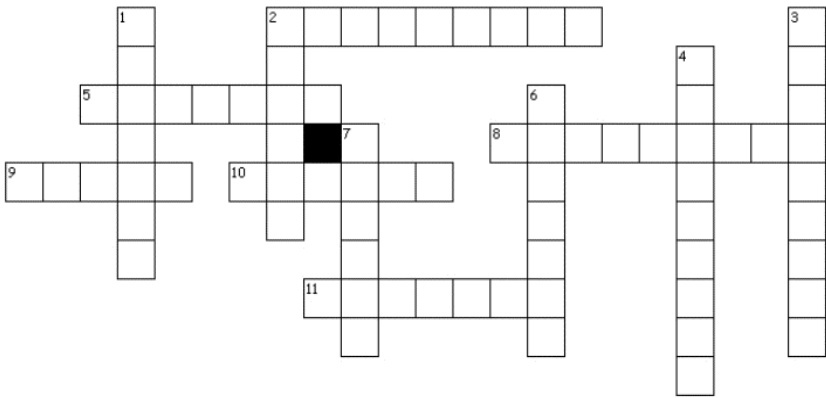
John Willemse was born in the Netherlands on Dec 5, 1940. In April, 1952 he moved to Canada with his parents and nine siblings; a tenth sibling was born in Canada. They lived and farmed in rural Parkhill, Ontario.

On July 23, 1966, John married Annie Rombouts, they bought a farm and continued farming in rural Parkhill. Together they raised 4 children and provided ongoing care to children needing foster homes. John was actively involved with his children in sports, volunteering to coach, working bingos, building props for carnivals, and whatever else he could help with. He was a great friend to many and was always a good sport when it came to practical jokes. John has a heart of gold and it was evident in so many ways over the years.

John now has 11 Grandchildren and 8 Great Grandchildren whom we know he is extremely proud of.



Winter Crossword

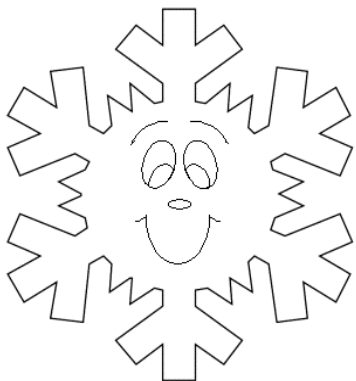


Across

- 2. no two are alike
- 5. tuxedo with feathers
- 8. light a fire here to keep warm on chilly days
- 9. winter's favorite color
- 10. twelve sticks and one puck
- 11. frosty fellow with a carrot nose

Down

- 1. grandma will knit you one to keep you warm
- 2. winter vehicle for off road travel
- 3. some animals do this all winter
- 4. white teddy
- 6. covers for cozy hands
- 7. strap two sticks on your feet and swoosh down a hill



Family Council Meeting

Board Room—January 18 at 6 pm

All Welcome

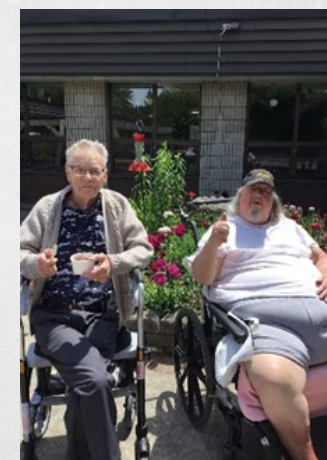
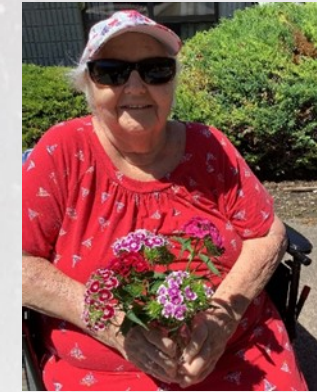
Visitor Sign Out

As you are all aware we ask all visitors to sign in and test prior to entering the Long Term Care Home and we thank everyone for their cooperation. We also ask that all visitors sign out when they leave the building now. In the case of an emergency, we need to know who is in the building and that all visitors visit for different lengths of time it can be difficult to know who is still in the building. If it is after 8 pm and the health screener is gone, please inform the charge nurse you are leaving.

Also please contact the screeners at ext.285 if you want to book a visit or take a resident out. Virtual visits should be booked through the recreation department now at ext. 286.

Thank you and any questions can be directed to Sarah Campbell.

Year 2022 Look Back



2022



Harvest of the Month

Beets: Nutrition Facts and Tips

Beets are great for your health! Beetroot or beets (*Beta vulgaris*) are colourful, sweet root vegetables with purple-green leaves that originated in the Mediterranean basin. Ancient Greek and Roman civilizations used the leaves as a culinary herb and medicine, but the Romans were the first to cultivate beets for their edible root. Today they are popular in soups, salads, pickles, and juices.

- **Types:** Beets are a cool-weather biennial plant that grows well in Canada's temperate climate zones. There are three basic varieties of *Beta vulgaris*: chard, grown specifically for its leaves; beets, grown for their stout round roots; and sugar beets, grown for making sugar from their long, thick root.
- **Nutrition:** Beets contain a significant amount of **vitamins A and C, calcium, iron, phosphorus, and potassium**. Not only are they colourful and full of flavour, but they are also rich in **folic acid and fibre**.
- In addition to these valuable nutrients, they contain powerful antioxidants called **betalains** that are currently being investigated as potential cancer-fighting agents. Beets get their red colour from **betalains**.
- **Buy:** Beets are sold in bunches with their leaves attached, or in bulk. Bunching beets are usually fresher than bulk beets as the first sign of aging is wilting leaves.
- Choose small to medium-sized, firm beets with rich colour and clean, unblemished skin that are 2 to 3 inches in diameter. Larger beets will have a tough woody centre.
- **Store:** Beets can stay fresh for up to three weeks when kept loosely in the crisper drawer of your refrigerator. Remove leaves 2 inches (5 cm) above the root because they spoil much faster than the beets themselves. Store in a loosely closed plastic bag for up to 2 weeks. Don't wash until you're ready to use them.
- **Prepare:** Boil your beets until tender and then peel off the skin and dice or grate them before adding them to a soup or salad, or serve them with butter and salt as well, their high sugar content makes beets caramelize wonderfully when roasted or baked in the oven.
- **TIP:** Prevent your red beets from "bleeding" while they cook by leaving the skin on and twisting off the leaves and leaving 1-2 inches of the stem behind.

Healthy Recipe Corner

Beet and Pomegranate Salad

Ingredients

2 1/2 lbs medium red beets
scrubbed (about 6 – 8 beets)
1/2 tsp plus a pinch of salt
2 Tbsp canola oil
2 Tbsp fresh lemon juice
2 Tbsp mayonnaise
1 Tbsp plain Greek yogurt
1 Tbsp poppy seeds
2 tsp Dijon mustard
1 tsp honey
1/4 tsp pepper
1/2 cup pomegranate arils
2 Tbsp fresh dill sprigs for garnish



Instructions

1. Place the beets in a large saucepan and cover with cold water about 2 inches of water above them. Add a pinch of salt. Cover, bring to a boil over medium high heat, then turn the heat down to medium-low and simmer, covered, until the beets are tender. Pierce with a knife to check for doneness.
2. Drain the beets and let them cool, peel off the skins without burning yourself. Trim off and discard the root ends. Let the beets continue to cool. Meanwhile, whisk together the oil, lemon juice, mayonnaise, yogurt, poppy seeds, mustard, honey, 1/2 tsp salt, and pepper. Taste and adjust seasonings as necessary.
3. When the beets are at room temperature, slice them into 1/4-inch-thick rounds and arrange on a pretty platter. Drizzle the dressing over top. Add the pomegranate and fresh dill sprigs. Serve immediately.



Lucan Biddulph Villager Article that includes a Craigwiell Gardens resident.
(December 2022 issue #6)

1952: Lucan Irish Six Hit the Big Time

by Thomas Levesque

Before 1949, Lucan's only indoor ice pad was a flooded barn near Robert Donnelly's old house on Main Street. That year, the Lucan community decided to build a proper arena. Little did they know that almost a century later, the ice surface would host three of Canada's National Hockey League teams. The Toronto Maple Leafs and Ottawa Senators came in 2018 when Lucan won Kraft Hockeyville. Preceding them by 66 years, however, was the Montreal Canadiens. This wasn't just any Montreal Canadiens team, but rather it was a team that included seven future Hockey Hall of Fame inductees. How did this come to pass? Well, it started with pigeons.

Dick Irvin Sr., one of the future Hall of Famers noted above, was the Canadiens' head coach through the early 1950s. He had retired young to injuries in 1929 and took on coaching along with a few other hobbies. One of those hobbies was racing pigeons. During his adventures in pigeon racing, he would come to know Lucanite Frank Hardy, a fellow pigeon fancier. During Irvin's visits to the Royal Winter Agricultural Fair in Toronto, he would make stops by the Hardy farm to visit his friend.

In 1952, the Lucan Memorial Arena was completed, and a group of locals led by sports broadcaster Tory Gregg approached Frank Hardy with a proposition. They wanted him to use his connection to Dick Irvin Sr. to get the Montreal Canadiens to stop in Lucan and play an exhibition game to celebrate and advertise their brand-new arena. This kind of thing had never been done before, and Irvin said as much when contacted by Hardy. In the end, however, he relented and would try bringing the team in as a personal favour to his friend.

Irvin found a gap in the Canadiens' schedule following a road game against the Detroit Red Wings. The Lucan game was set

for the next day, December 15, 1952, at 7:30 pm. Spectators began lining up at 6:00, anticipating the hockey superstars coming to town. Not expecting more than a handful of Montreal players, the Irish Six were shocked to see the entire team show up. Stars like Maurice "Rocket" Richard, Bernie "Boom Boom" Geoffrion, and Doug Harvey arrived by bus to greet the fans.

The teams faced off for one period, then split into two mixed squads, giving the Lucan players the once-in-a-lifetime chance to play alongside hockey legends. The Ladies Arena Committee put on a banquet to welcome the players after the game. The Canadiens lit cigars and posed for photos while Bernie Geoffrion is said to have downed five pieces of pie before anyone sat down.

As the clock struck midnight, the Lucan players returned to their daily lives after their temporary NHL stardom. Though the arena and town have grown and changed, that pad of ice in the middle of the Lucan Community Memorial Centre remains the home of cherished memories from that unique night in the hockey world.

On December 2nd of this year, the Lucan Area Heritage & Donnelly Museum will create more cherished memories by hosting a visit from the Montreal Canadiens Alumni Team to take on a group of locals representing the Lucan Irish Six in celebration of the 70th anniversary of that original game in December of 1952.

Sources: *Pioneers to the Present: Biddulph Township, 1850-2000, 1998.*

Arrow below indicates our resident.





January 2023

Craigwiel Gardens



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|--|
| 1 9:30 Monthly Calendar Delivery 11:00 Chair Yoga (AUD) 2:00 Eldercare Church Service (AUD) | 2 9:30 Chicken Toss (AUD) 9:30 Bunny Visits (ALL) 10:30 Library Cart (ALL) 2:00 Visits with Ollie 2:15 Bingo (AUD) | 3 9:30 Bunny Visits (ALL) 9:30 Tuesday Trivia (TOP) 10:00 RCC Chapel (AUD) 10:30 Glamour Nails (AUD) 11:00 Laundry Helpers (AUD) 1:00 Ball Toss (ALL) 1:30 Music that Inspires (TOP) 6:15 Pub Night (AUD) | 4 9:30 Bunny Visits (ALL) 9:30 Bean Bag Toss (AUD) 9:30 Meaningful Moments (ALL) 10:30 Treat Cart (ALL) 10:30 Board Games (AUD) 2:00 All Request Music (AUD) 4:00 Friendly Visits (ALL) 6:15 Bowling (AUD) | 5 9:30 Pool Noodle Hockey (AUD) 9:30 Music & Memory (ALL) 9:30 Bunny Visits 10:30 Short Stories (SUN) 11:00 Laundry Helpers (AUD) 1:15 History of Hymns (TOP) 3:15 Words that Inspire (TOP) 6:15 Hymn Sing (AUD) | 6 9:30 Friday Fitness Surprise (AUD) 9:30 Bunny Visits (ALL) 10:30 Sparkling Specks (ALL) 2:15 Bingo (AUD) | 7 9:30 Bunny Visits 11:00 Laundry Helpers (AUD) 2:00 Baking Bunch (AUD) |
| 8 9:30 Bunny Visits (ALL) 10:30 Chair Yoga (AUD) 1:00 Craigwiel Colours (AUD) 2:00 Church Service (AUD) 3:00 Friendly Visits (ALL) 6:15 Horse Races (AUD) | 9 9:30 Bunny Visits (ALL) 9:30 Music & Memory (ALL) 9:30 Ring Toss (AUD) 10:30 Brain Busters (C) 10:30 Library Cart (ALL) 2:00 Visits with Ollie 2:15 Bingo (AUD) | 10 9:30 Bunny Visits (ALL) 9:30 Tuesday Trivia (TOP) 10:00 RCC Chapel (AUD) 10:30 Glamour Nails (AUD) 11:00 Laundry Helpers (AUD) 1:00 Ball Toss (ALL) 1:30 Music that Inspires (TOP) 2:00 Chime Choir (AUD) 6:15 Pub Night (AUD) | 11 9:30 Bunny Visits (ALL) 9:30 Meaningful Moments (ALL) 9:30 Parachute Play (AUD) 10:30 Treat Cart (ALL) 10:30 Board Games (AUD) 2:00 Oxbow Readers (AUD) 4:00 Friendly Visits (ALL) 6:15 Evening Bingo (AUD) | 12 9:30 Bunny Visits 9:30 Frisbee Golf (AUD) 9:30 Sparkling Specks (ALL) 10:30 Short Stories (SUN) 11:00 Laundry Helpers (AUD) 1:15 History of Hymns (TOP) 2:00 Music with Cam Denomme (AUD) 3:15 Words that Inspire (TOP) 6:15 Hymn Sing (AUD) | 13 Superstitious Friday 9:30 Friday Fitness Surprise (AUD) 9:30 Bunny Visits (ALL) 10:30 Sing-a-long with Dave & Marnie (AUD) 2:15 Bingo (AUD) 4:00 Superstitions (TOP) 6:15 Card Games (AUD) | 14 9:30 Bunny Visits 10:30 Laundry Helpers (AUD) 2:00 Doll House Designs (AUD) |
| 15 9:30 Bunny Visits (ALL) 10:30 Glamour Nails (AUD) 2:00 United Church Service (AUD) | 16 9:30 Bunny Visits 9:30 Balloon Badminton (AUD) 10:00 Music with Randy Grey (AUD) 2:00 Visits with Ollie 2:15 Bingo (AUD) | 17 9:30 Bunny Visits (ALL) 9:30 Tuesday Trivia (TOP) 10:00 RCC Chapel (AUD) 10:30 Glamour Nails (AUD) 11:00 Laundry Helpers (AUD) 1:00 Ball Toss (ALL) 1:30 Music that Inspires (TOP) 2:00 Home Economics (AUD) 6:15 Pub Night (AUD) | 18 9:30 Bunny Visits (ALL) 9:30 Meaningful Moments (ALL) 9:30 Bean Bag Toss (AUD) 10:30 Treat Cart (ALL) 10:30 Board Games (AUD) 2:00 Sea Shantys (AUD) 4:00 Friendly Visits (ALL) 6:15 Bowling (AUD) | 19 9:30 Bunny Visits 9:30 Pool Noodle Hockey (AUD) 9:30 Music & Memory (ALL) 10:30 Short Stories (SUN) 11:00 Laundry Helpers (AUD) 1:15 History of Hymns (TOP) 2:15 Doll House Designs (AUD) 3:15 Words that Inspire (TOP) 6:15 Hymn Sing (AUD) | 20 9:30 Friday Fitness Surprise (AUD) 9:30 Bunny Visits (ALL) 10:30 Facts & Fun (TOP) 2:15 Bingo (AUD) 4:00 Sparkling Specks (ALL) 6:15 Crokinole Club (ALL) | 21 9:30 Bunny Visits 11:00 Laundry Helpers (AUD) 2:00 Baking Bunch (AUD) |
| 22 9:30 Bunny Visits (ALL) 10:30 Chair Yoga (AUD) 2:00 Eldercare Church Service (AUD) | 23 9:30 Bunny Visits (ALL) 9:30 Ladder Ball (AUD) 10:30 Library Cart (ALL) 2:00 Visits with Ollie 2:15 Bingo (AUD) | 24 9:30 Bunny Visits (ALL) 9:30 Tuesday Trivia (TOP) 10:00 RCC Chapel (AUD) 10:30 Glamour Nails (AUD) 11:00 Laundry Helpers (AUD) 1:00 Ball Toss (ALL) 1:30 Music that Inspires (TOP) 2:00 Doll House Designs (AUD) 2:00 Jigsaw Puzzles (C) 6:15 Pub Night (AUD) | 25 Robb Burns Day 9:30 Bunny Visits (ALL) 9:30 Meaningful Moments (ALL) 9:30 Axe Throwing (AUD) 10:30 Treat Cart (ALL) 10:30 Board Games (AUD) 2:00 Resident Council (AUD) 3:00 Food Committee (AUD) 4:00 Friendly Visits (ALL) 6:15 Evening Bingo (AUD) | 26 9:30 Bunny Visits 9:30 Music & Memory (ALL) 9:30 Balloon Badminton (AUD) 10:30 Limericks (TOP) 11:00 Laundry Helpers (AUD) 1:15 History of Hymns (TOP) 2:00 Birthday Party with Walt (AUD) 3:15 Words that Inspire (TOP) 6:15 Hymn Sing (AUD) | 27 9:30 Friday Fitness Surprise (AUD) 9:30 Bunny Visits (ALL) 10:30 Facts & Fun (TOP) 2:15 Bingo (AUD) 3:00 Sparkling Specks (ALL) 6:15 Crokinole Club (ALL) | 28 9:30 Bunny Visits 11:00 Laundry Helpers (AUD) 2:00 Baking Bunch (AUD) |
| 29 9:30 Bunny Visits (ALL) 10:30 Chair Yoga (AUD) 2:00 Church Service (AUD) | 30 9:30 Bunny Visits (ALL) 9:30 Chicken Toss (AUD) 10:30 Library Cart (ALL) 2:00 Visits with Ollie 2:15 Bingo (AUD) | 31 9:30 Bunny Visits (ALL) 9:30 Tuesday Trivia (TOP) 10:00 RCC Chapel (AUD) 10:30 Glamour Nails (AUD) 11:00 Laundry Helpers (AUD) 1:00 Ball Toss (ALL) 1:30 Music that Inspires (TOP) 2:00 Chime Choir (AUD) 6:15 Pub Night (AUD) | | | | |

Christmas in the home



January Birthdays

Antonia K—January 11th

Betty R—January 21st

Corry K—January 23rd

Dougal G—January 25th

Marilynn L—January 27th



Contacts

Ernie Harris

CEO

Ext. 222

eharris@craigwieligardens.on.ca

Nicole Fleischauer, RN -

Director of Care

Ext. 223

nfleischauer@craigwieligardens.on.ca

Sarah Campbell

Director of Community & Recreation Services

Ext. 226

scampbell@craigwieligardens.on.ca

Serena Leboeuf

Director of Support Services

Ext. 216

sleboeuf@craigwieligardens.on.ca

Katherine Harmsworth

Finance Assistant

Ext. 225

kharmsworth@craigwieligardens.on.ca

Pam Tweddle

Day Program Coordinator

Ext. 228

ptweddle@craigwieligardens.on.ca

Shannon Churchill - Reception / Admin Ext. 210

schurchill@craigwieligardens.on.ca

Laura Salton—Acting Admin Coordinator

Ext. 283

lsalton@craigwieligardens.on.ca

Joan Nichol—Staff Scheduler Ext. 279

jnichol@craigwieligardens.on.ca

December Crossword Solutions

Winter Clothing

Solution:

