



# HOLY FAMILY LIFELONG LEGACY

## R.F. MORRISON SCHOOL

ISSUE ELEVEN | JANUARY 2025

Spotlight

### UNIT CHRISTMAS PARTIES

As the holiday season comes to a close, we're filled with gratitude. It was amazing to see everyone smiling and feeling the love in the room. Thanks to everyone who helped make these celebrations so special.



The students of R.F. Morrison School recently visited Holy Family Home, and residents were delighted! They performed beautiful Ukrainian carols and shared handmade cards with the residents.

It was a special visit that brought smiles to everyone!



# STORY OF A RESIDENT: "A LIFE ROOTED IN FAMILY"

**Life is beautiful when you embrace everything with a big, heartfelt smile.**

Today's story celebrates a gentleman who embodies this truth. His greatest priority in life has always been his family, and he has built his world around their happiness and well-being. Now, surrounded by the laughter of his children, grandchildren, and even great-grandchildren, he basks in the joy of a flourishing family tree spanning four generations.

It is a testament to his unwavering love and countless sacrifices that his family stands strong and united. His endless devotion and quiet acts of kindness have created a legacy of togetherness, where each member feels deeply connected and cherished. Watching the younger generations grow, love, and carry forward his values fills him with immense pride and gratitude. Truly, his life is a living masterpiece, painted with love, resilience, and the beauty of family.



## SNOWFLAKE SOIREE: A NIGHT TO REMEMBER!

The "Snowflake Soiree" was a hit! Holy Family was transformed into a winter wonderland! And the food was a delight for all!

But the true highlight? The incredible energy and joy brought by our dedicated staff. You all looked fantastic and radiated warmth throughout the evening. You work tirelessly year-round, and it's wonderful to see you unwind and celebrate.

A sincere thank you to the Staff Wellness Committee and all the staff members who contributed to this memorable event.



# ALZHEIMER'S AWARENESS MONTH: UNDERSTANDING AND SUPPORTING

January is a time to increase our understanding of Alzheimer's, a progressive condition that can affect memory, thinking, and behaviour. At Holy Family Home, we understand that living with Alzheimer's can bring about changes, and we are committed to creating a supportive environment for all our residents.

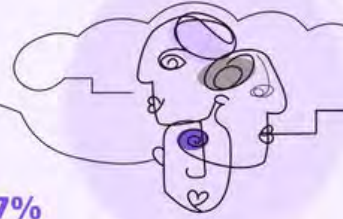
## DID YOU KNOW?

MORE THAN **650,000** people are currently living with dementia in Canada

The number of people living with dementia in Canada is expected to **INCREASE BY 187%** from 2020 to 2050

MORE THAN **50** different diseases or conditions can cause dementia

MORE THAN **1.7 million** people are likely to be living with dementia by **2050**



### For our residents:

- We strive to maintain consistent routines and provide familiar caregivers whenever possible.
- We offer a variety of engaging activities such as liturgy, bingo, paint nights and live music to stimulate minds and bring joy.
- We respect your individuality and encourage your participation in decision-making whenever possible, such as attending Resident Council Meetings.

### Working together:

- We believe in open communication and collaboration among residents, families, and staff at forums, care conferences, and meetings.
- We recognize that changes in behaviour may occur, and we strive to respond with patience, understanding, and a gentle approach.

Together, we can make a positive difference in the lives of those living with Alzheimer's at Holy Family.

## CELEBRATING INDIVIDUALITY: WHO AM I POSTERS



We believe in getting to know each resident as an individual. Their stories, big and small! To better understand and care for each resident, we utilize "Who Am I Posters." These personalized displays showcase each resident's unique story, including things like their family life, hobbies and special memories.

These posters serve as valuable resources for our staff, helping them provide personalized care by offering their favorite foods and foster meaningful connections by sparking conversations on shared interests.

During Alzheimer's Awareness Month, we especially emphasize the importance of understanding and supporting our residents with tools like our "Who Am I" posters. If a resident needs one, please contact [reception@holyfamilyhome.mb.ca](mailto:reception@holyfamilyhome.mb.ca) and we'll work to create one.

## ALL ABOUT ME

Delilah

### My Family

I grew up in Winnipeg.  
I had 1 siblings,  
Marie

I married Fred  
in 2002.

Our children are:  
No children  
but a cat  
and a dog!

We lived in East Kildonan

I have 0 grand-children & 0 great-grandchildren.



### My Life

I went to school at Kildonan East  
I worked as a Stylist & a Chemistry teacher

I speak English, French & Ukrainian

I attended St. Andrews church.

Some of the places I've travelled include:

Paris, The Maldives, Bora Bora

My birthday is October 20, 1945  
Call me Daisy!

I like to...

extreme coupon,  
sleep in until noon,  
collect bottle caps,  
dance, knit

**A special memory of mine:**  
watching the hummingbirds at my old cabin with my husband, Fred

### Favourites

Colour: Red

Food: pizza

Pet or Animal: dogs, cats

# A SEASON OF SONG AT HOLY FAMILY

The holidays at Holy Family are always a symphony for the senses, but especially the ears! From the gentle hum of carols softly playing in the background to the joyful outbursts of holiday singalongs, every corner of was filled with the magic of music!



**COMING SOON**

## RESIDENT COUNCIL MEETING

The next Resident Council Meeting is scheduled for **January 30th, 2025 at 3PM in the Link Dining Room**. All residents are welcome!

## NEW MENU STARTING IN FEBRUARY

A new resident menu is starting in February! Residents and family members are invited to attend a forum on **January 29th at 6:00 PM in the Link Dining Room** to share their input.

## CHANGES TO FRONT ENTRANCE SECURITY

To enhance the safety and security at Holy Family, we are implementing the following changes to our front entrance:

- **Code Access Required:** Both the first and second doors will require a unique code for entry and exit.
- **Receptionist Assistance Discontinued:** To ensure consistent security measures, the receptionist will no longer manually open the doors.
- **Transitional Support:** A volunteer will be stationed at the entrance during the initial transition period to assist residents, visitors and family members with the new procedure.

**\*A Gentle Reminder:** To keep the doors working smoothly, please avoid pushing on them.

We understand that these changes may require some adjustment. We appreciate your patience and understanding as we work to create a safer and more secure environment for everyone at Holy Family.

## CHRISTMAS EVE SERVICE

Christmas Eve service was filled with the spirit of the season as residents and families gathered to celebrate the birth of Christ.

We hope that the spirit of Christmas – love, compassion, and generosity – continues to shine brightly for you throughout the new year!



## A BOUNTIFUL BLOOM

A recent and unexpected floral delivery has brought a burst of color and cheer to Holy Family. We are deeply grateful to the generous donor for their thoughtful gift!



## BELLS KEEP ON RINGING

Celebrating 100 years of Christmas with these cherished knitted bells, a gift to resident Frances Klyne from her parents in 1924.

A timeless reminder of the season's magic!



**ANGELA PEELER**  
Holy Family Home Chief Executive Officer  
**Happy New Year!**

My wish for you is to take the time to imagine what your year will hold and decide how you will make room for all the things that matter. Celebrate the year that has been with reverence; welcome the new year with anticipation and joy. And remember that dark winter nights are made for dreaming of all the good things yet to be.

