



HOLY FAMILY

LIFELONG LEGACY

TRUTH AND RECONCILIATION

ISSUE EIGHT | OCTOBER 2024

Holy Family Home Park recently hosted a meaningful Smudging Ceremony in honour of Truth and Reconciliation. The event brought together residents and staff, allowing them to reflect on the importance of healing. As the fragrant smoke rose, participants were reminded of the beauty that unfolds when brothers and sisters come together, embracing and honouring one another's diverse cultural traditions with humility and respect.



Spotlight



It was a powerful reminder of the journey toward reconciliation, which begins with listening, learning, and sharing in each other's heritage.

STORY OF A RESIDENT: "THE JOYFUL HATS"



Let's meet a very special friend at Holy Family Home. This gentleman is a happy, cheerful soul who brings joy wherever he goes. His sense of humour is infectious, and he's always the life of every event at home. What makes him truly unique, though, is his extraordinary collection of hats - each one carefully chosen for a different occasion.

It's a beautiful sight to see him proudly wearing each hat, radiating joy and confidence. With his hats, he's never afraid to be a little silly, spreading laughter and lifting everyone's spirits. And, of course, he always has the best jokes up his sleeve!

Recently, he's become even more dashing, cruising around in his new electric wheelchair, adding an extra touch of flair to his already charming personality.



A GRATEFUL PAUSE

The residents are enjoying the beautiful last days of warm sunshine in the park. The sun bathes the surroundings in a gentle glow, creating a perfect atmosphere for relaxation.

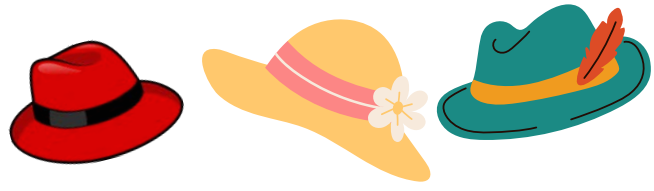
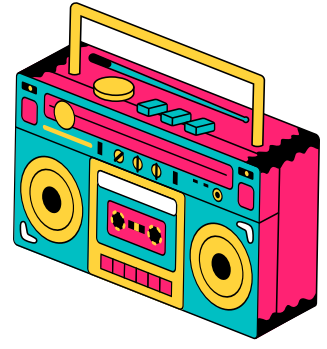
Sitting on a bench, watching the trees and listening to the birds sing, give one a deep feeling of peace and gratitude for the lovely moments spent in the park. Let's remember to be grateful for every small thing in our lives.



SPIRIT WEEK AT HOLY FAMILY

Day 2: 1980's Day Dress– Our staff rocked their best 80's fashion, bringing back the neon, big hair, and leg warmers! It felt like we stepped into a time machine!

80's Karaoke – The fun continued with some classic 80's hits as our team sang their hearts out! The residents loved watching the performances and even joined in on the fun!



Day 3: Crazy Hat Day – Creativity was at its peak with the wildest and most colorful hats! Many laughs made for great memories.



Day 4: Pajama Day – We wrapped things up by getting comfy in our PJs. The residents enjoyed seeing our staff dressed down and being silly! Pancake breakfasts were served to the all the shifts throughout the day. Thank you to everyone who participated and made these days special. Your dedication and commitment to Holy Family is noticed and appreciated.

SPECIAL DATES IN OCTOBER

October 1: Senior's Day

October 1st was National Seniors Day, but let's make every day a day to honour our elders. Here are a few simple ways to show your appreciation:

- Express Gratitude: A heartfelt "thank you" can go a long way.
- Stay Connected: Visit, call, or video chat to let them know you're thinking of them.
- Share Activities: Enjoy a walk, a meal, or a favorite pastime together.

Remember, the best gift you can give a senior is your time and attention.

October 18: Healthcare Support Workers Day

Our Healthcare Support Workers play a vital role in providing compassionate care to our residents. Take a moment to recognize their dedication and hard work on October 18:

- Express Gratitude: Thank a staff member for their care and compassion.
- Share your story: Share your positive experience with a healthcare support worker with us by e-mailing newsletter@holyfamilyhome.mb.ca

Thank you to all of our support workers for their invaluable contributions to HFH!

October 20-26: Spiritual Care Week

Spiritual Care Week is a time to reflect on the importance of spiritual well-being at HFH and beyond. Here are ways to support spiritual care for ourselves and others:

- Practice Mindfulness: Engage in meditation, deep breathing, or prayer.
- Connect with Others: See the recreation calendar for the scheduled services Spiritual Care offers
- Seek Guidance: Consult with the Spiritual Care department.

By prioritizing spiritual care, we can find greater peace, purpose and resilience. Thank you to all of our Spiritual Care staff!

Occupational Therapy Month

October is Occupational Therapy Month, an opportunity to celebrate the work of our OTs. Here's how they make a difference:

- Improving Fine Motor Skills: OTs work on hand-eye coordination and dexterity
- Promoting Independence: OTs focus on strategies to help our residents live as independently as possible
- Adaptability: OTs modify equipment to give residents more accessibility

Thank you to all of our OTs for the value you give HFH!



OUR NEW WHEELCHAIR SWING

Get ready to swing into autumn in the HFH Courtyard! A brand-new wheelchair swing is now open, offering views of the Redwood Bridge! Soak up the last rays of sunshine before winter sets in.

This new feature was made possible by the generosity of our donors, thank you!



COMING SOON

UPCOMING IMPORTANT DATES

- The **Resident Council Meeting** will be held on **October 24, 2024 at 3:00 PM** in the **Link Dining Room**. All residents are welcome to attend.

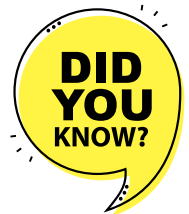
- The **Ukrainian Buds and Spuds Family Night** has been rescheduled to **November 6, 2024**, hosted by the HFH Auxiliary! More details soon!



We are excited to welcome Dr. Ian Maharaj to our HFH medical team, joining Dr. Terry Babick, Dr. Andrea Babick, Dr. Jeanne Young, and Dr. Shan Pirzada! Dr. Maharaj's expertise and dedication to compassionate care will be a valuable asset to our residents.

Welcome!

Residents can use trust accounts for gift shop purchases!



Message from our CEO



ANGELA PEELER

Holy Family Home Chief Executive Officer

Hues of autumn are painting the city and surroundings of HFH - how fast time flies!

Let's use this season to appreciate moments with our loved ones. By finding peace in the quiet beauty around us and holding onto the memories we make, we can nurture a sense of gratitude even in the midst of change. A grateful heart is a resilient heart. Happy Thanksgiving!

SCAN ME

