



fraserhealth

STAY HEALTHY AND GET YOUR FLU SHOT



**Wash
Your
Hands!**

Cover Your Cough!



**Stay Home
If You
Feel Sick!**



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

FEBRUARY 2020



◆ **PROMOTING EXCELLENCE IN SENIOR LIVING** ◆



GEORGE
DERBY
CENTRE



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CENTRE

Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

Vision

To be a community committed to compassionate care, innovation and excellence.

Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

**Family Council – Newsletter suggestion for Feb.
2020**

Please contact Family Council at the following email address:

familycouncil@georgederby.ca

If you would like to join the Family Council

or

If there's something you would like to discuss with Council

or

If you would like assistance to bring a point to the attention of George Derby management on your behalf

Observations of special kindness or care are welcome as well as concerns

Please remember to complete your

[Family Satisfaction Survey](#)

ALL ABOUT FEBRUARY

Birthstone of the Month - Amethyst

The amethyst, a purple variety of quartz, is the birthstone of February. This gorgeous violet gemstone has been valued by humans for thousands of years for its beauty and mythical powers. Amethysts were buried in the tombs of Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name amethyst comes from the Greek word *amethystos*, which means "not drunk," as the stone was thought to prevent intoxication.



Flower of the Month - Violet



While many associate roses with Valentines Day, violets are the traditional flower to give one's beloved on February 14th.

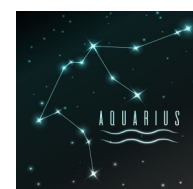
Legend has it that while imprisoned by the Romans, the Christian priest St. Valentine used crushed violet petals as ink to write secret notes of love and friendship.

Thus, violets came to symbolize faithfulness and love. It is said that dreaming of violets means good luck and success are coming your way. In addition to their decorative charms, this lovely, little, edible flower can be used in a variety of foods, such as salads, smoothies, and sweets.

February Zodiacs

Aquarius (Water Bearer) February 1—18

Pisces (Fish) February 19—29



AROUND THE WORLD AT GDC!



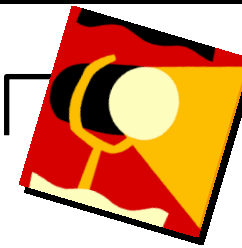
In February we will be exploring China



Programs highlighted in green on your calendar indicate a China themed program!

Our themed programs this month include: Armchair Travel: Travels thru China, Baking: Chinese New Year Cake, China Trivia: Chinese Zodiacs, Movie Matinee, Dine in Lunch: Home Cooked Chinese Stir Fry

For more information, please talk to a Recreation staff member.



February Recreation Highlights

February 2nd: Lower North Birthday Party with Colleen Durdon

February 5th: Chinese Dragon Dancers

February 6th: Dine-In Lunch Chinese

February 9th: Main South Birthday Party with Peter Montgomery

February 12th: Valentines Sweetheart Pub with Janice & Gord and Patsy & Roy

February 13th: Sweethearts Dine-In

February 16th: Main North Birthday Party with Peter Williams

February 17th: Family Day: No Recreation Programs

Away in the meadow all covered with snow, the little old groundhog looks for his shadow. The clouds in the sky determine our fate. If winter will leave us early or late."

- Don Halley

TOWN HALL ENTERTAINMENT



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Wednesday Pub

February 19th: Kenny Buston

February 26th: Gordy Van Leperen

Saturday Social

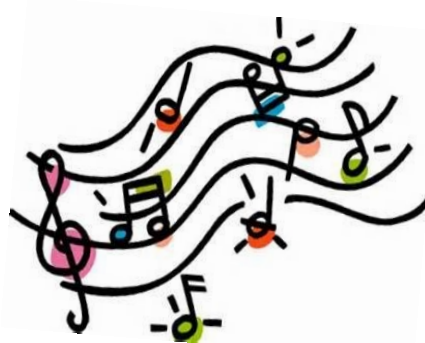
February 1: John Chonin

February 8th: Mike Kinal

February 15th: Alan Boolinoff

February 22nd: Mark Wolfe

February 29th: Brian Zolo



Bus Outings

Legion Outings

February 3rd: RCL # 118

February 10th: ANAF # 26

February 17th: No Outing

February 24th: RCL # 133



Unit Outings

February 13th: BSTN: Buddhist Temple

February 20th: Bowling Outing

February 27th: BSTN Scenic drive

February Fun Facts

In the Good Old Days

In February 1960: The average annual income was \$5620. The average new home cost \$16 500. A gallon of milk cost \$0.49. \$1 in 1960 = \$7.89.

In February 1980: The average annual income was \$17 710. The average new home cost \$76 400. A gallon of milk cost \$2.16. \$1 in 1980 = \$2.83

What's Lucky in February

Lucky Letter: L & T

Lucky Plants: Rose and Violet

Lucky Day: Friday

Lucky Color: Pink & Red

Lucky Animal: Bear



February Trivia

- Which of the following does NOT occur in February?
A. Groundhog Dag
B. Flag Day in Canada
C. Arbor Day
D. African-American History month
- Aquarius is one of February's zodiac signs. What is the other?
A. Taurus
B. Pisces
C. Capricorn
D. Aries
- The first ship passed through the Suez Canal in February of 1869. What two seas does the Suez Canal connect?
A. Mediterranean Sea and Red Sea
B. Mediterranean Sea and Yellow Sea
C. Mediterranean Sea and Black Sea