

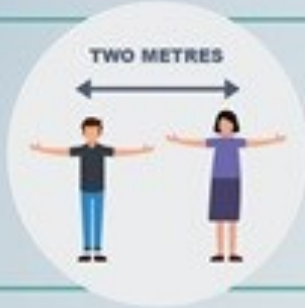


COVID-19

HOW TO PRACTICE PHYSICAL DISTANCING

STAY HOME AS MUCH AS POSSIBLE.

Stay home when you are sick.



KEEP TWO METRES BETWEEN YOURSELF AND OTHERS.

LIMIT CONTACT WITH OTHERS WHEN OUTSIDE YOUR HOME.



USE VIRTUAL OPTIONS TO CONNECT WITH OTHERS.

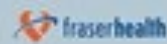
AVOID GREETINGS LIKE HANDSHAKES AND HUGS.



Learn more about COVID-19 at fraserhealth.ca/COVID19

Sources:
- BCCDC
- Government of Canada (March 27, 2020)

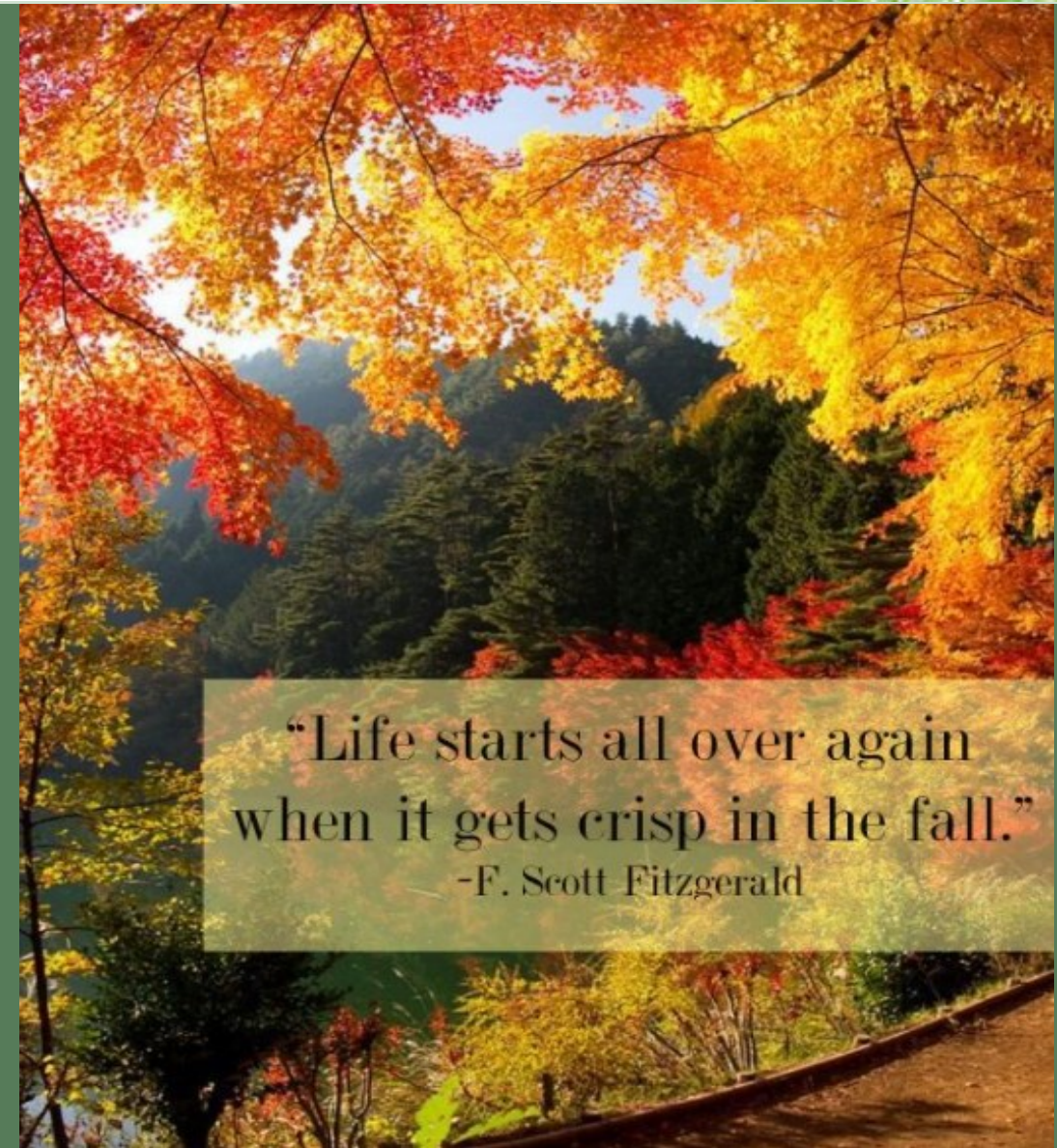
March 27, 2020
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GEORGE
DERBY
CENTRE

THE DERBY DIGEST

October 2020



“Life starts all over again
when it gets crisp in the fall.”
-F. Scott Fitzgerald

◆ PROMOTING EXCELLENCE IN SENIOR LIVING ◆



GEORGE
DERBY
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.

COVID Visitor Evaluation Responses

The results of our COVID Visitor Evaluation Survey is posted on our website www.georgederby.ca.

The survey was complete by families following the fourth week of visits at George Derby Centre.

Thank you to everyone who took time to fill it out and provided suggestions on how we can improve, it is truly appreciated.

Please check out the results:

<http://www.georgederby.ca/covid19.html>

Ava Turner
Executive Director



Our Thanksgiving Dinner will include:

Roast Turkey & Dressing

Whipped Potato

Buttered French

Green Beans

Gravy

Cranberry Sauce

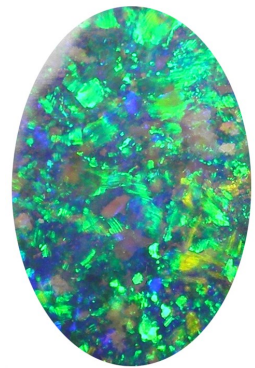


Pumpkin Pie with
Whipped Cream!





Birthstone of the Month - Opal



The opal, October's birthstone, gets its name from the Latin word *opalus*, which means "precious stone." Opals are very soft and easily altered by heat and pressure. An opal is formed in near-surface volcanic rocks. Although the principal source of opals is Australia, they can also be found in Mexico, Brazil, Honduras, Nicaragua, Guatemala, Japan, and Ireland. In the United States, beautiful black opals are often found in Nevada.

Flower of the Month - Calendula

The calendula is a fall-blooming annual that produces a yellow to deep orange flower with edible petals. Also known as the "pot marigold," this flower gets its name from the Latin *calens*, or first day of the month. Ancient Greeks and Romans wore crowns and garlands of the flowers, and they have long been sacred in India, where the flowers are used to decorate statues of Hindu deities.

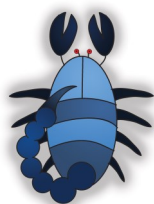


The head of these flowers follow the sun as it moves through the sky. Calendula symbolize happiness.

October Zodiacs



Libra (The Scales) October 1—22
Scorpio (The Scorpion) October 23—31



Carefit Exercise Program ...coming soon to George Derby Centre



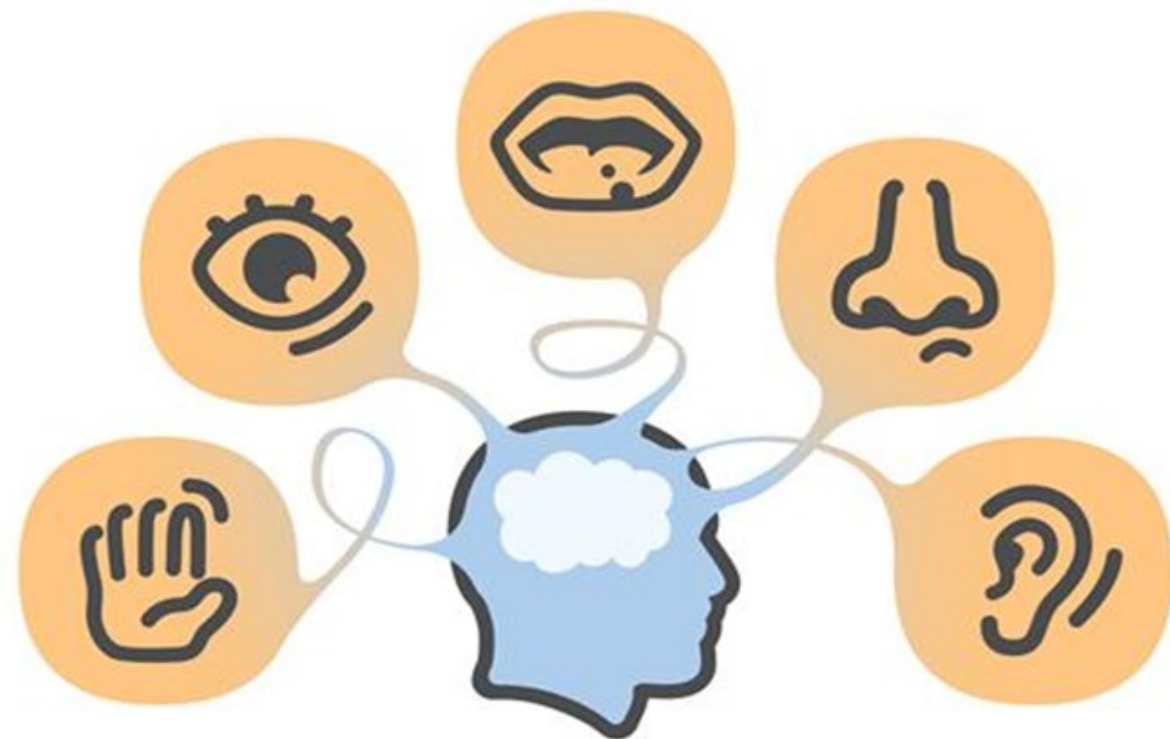
Carefit is an exercise program designed specifically to improve coordination, balance, strength, functional ability, independence and quality of life. *Carefit* is offered in Residential Care for older adults and is led by specially trained and certified Recreation staff. The *Carefit* program is a collaboration between Fraser Health Falls and Injury Prevention and BC Women's *Osteofit* program.

The results from previous *Carefit* participants show that 100% reported feeling more confident in their abilities, 82% reported improved or maintained mobility scores, and 77% noticed a difference in their ability to do daily activities (Fraser Health, *Carefit* Brochure).

The Therapeutic Programs team is looking forward to offering this best practice exercise program at George Derby Centre by April 2021!

MULTISENSORY ROOM

coming soon...



What is a Multisensory Room?

A multisensory room is an immersive environment which has been specifically designed to engage all of the senses using specialist sensory equipment.

Benefits of a Multisensory Room

- Promotes relaxation, enjoyment, and feelings of purpose
- Improves attention span
- Relieves stress, anxiety and pain
- Decreases responsive behaviors and agitation
- Increases social engagement and overall functional performance
- Improves balance and mobility

