



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

DECEMBER 2023



**SAFETY CORNER**

**COLD WEATHER** TOI  
The risks and care you need to take

**ELDERLY**

Risks	Tips
 Asthma, Bronchitis	⊗ <b>Avoid</b> morning walks
 Chest infections	⊗ <b>Layer clothes</b> for better insulation; cover head, hands and feet
 Heart attack/strokes	⊗ Go for a <b>high protein diet</b>
	⊗ Take <b>medications</b> on time
	⊗ Influenza vaccination could help <b>cut viral infections</b>
	⊗ Consult a doctor for unusual <b>cough or breathing difficulties</b>

**HOLIDAY DECORATING SAFETY**

December is the high season for candle fires! Christmas trees and holiday lighting add to the fire risk during the holidays.



-  1. Use heavy-duty, outdoor extension cords for exterior holiday lighting.
-  2. Display a fresh Christmas tree; dry trees are bigger fire hazards.
-  3. Use a timer or turn off holiday lighting before going to bed.
-  4. Never leave candles unattended or near flammable decorations.

Dear Residents, Families, and Friends of George Derby Centre,

As we bid farewell to the challenges of the past and welcome the opportunities that lie ahead, it is my pleasure to extend my heartfelt warmest wishes to every one of you.

This New Year's celebration holds a special significance for all of us at George Derby Centre. It marks not only the turning of the calendar but, more importantly, a symbolic success over adversity. After facing the unprecedented challenges brought on by the global pandemic, we stand united, stronger than ever, and ready to embrace the sense of togetherness that defines our community.

I am overjoyed to express my gratitude for the resilience and understanding demonstrated by our residents, their families, and our dedicated Team Members throughout the past year. The unwavering support we received during uncertain times has helped us see the light, and guided us through the darkest hours.

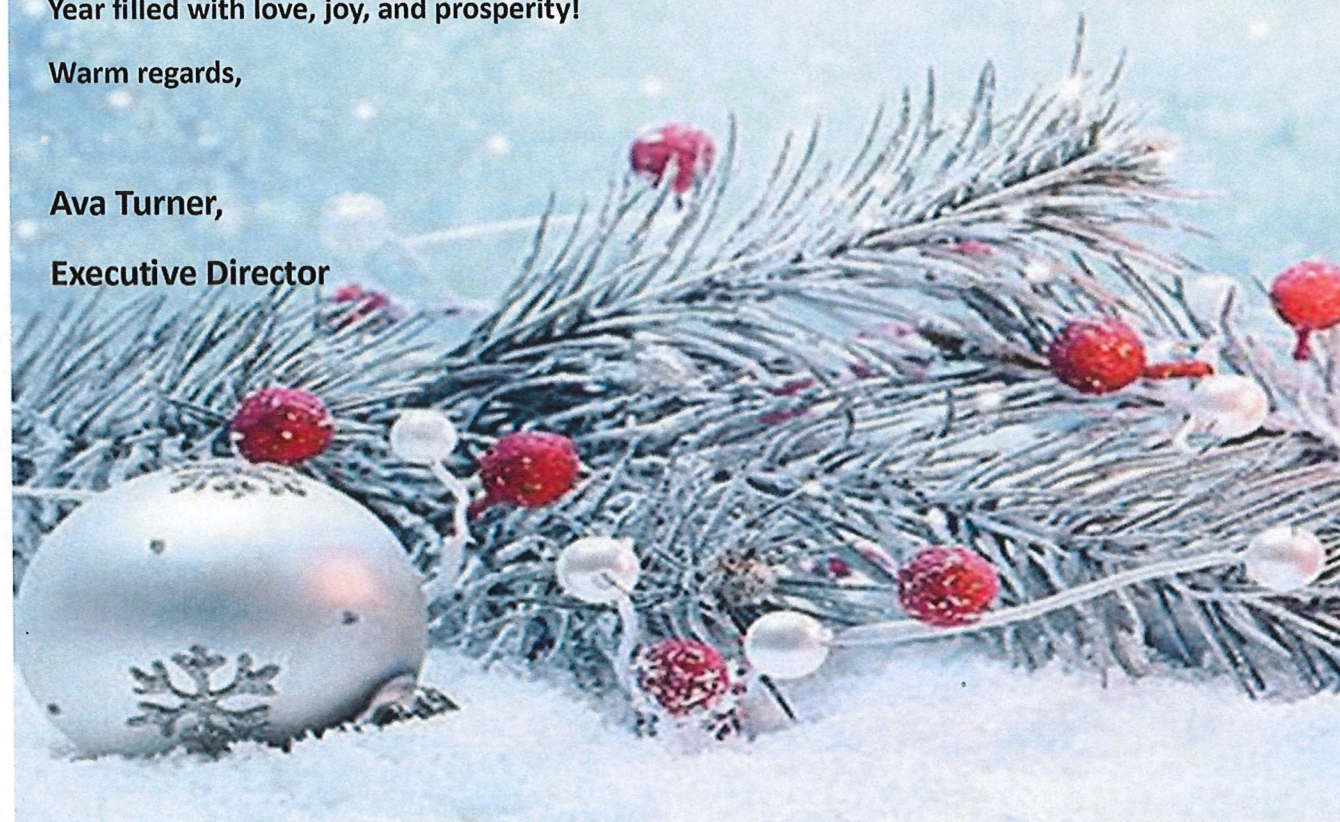
The significance of this New Year celebration is amplified by the fact that we can once again open our doors to welcome friends and family into our cherished community. The joy of reuniting with loved ones, sharing laughter, and creating lasting memories is a testament to the strength of our collective spirit.

Together, we have faced adversity, and together, we have emerged stronger. The coming year holds the potential for continued growth, connection, and shared moments of happiness.

Thank you for being an integral part of the George Derby family. Wishing you a Happy New Year filled with love, joy, and prosperity!

Warm regards,

Ava Turner,  
Executive Director



**Meteorological  
Start Date**  
December 21st or  
December 22nd

**Meteorological  
End Date**  
MARCH 19th OR  
MARCH 20th

The Largest  
Snowman was  
122 Ft. Tall



The 1st  
Winter  
Olympics  
was in 1924

# FACTS ABOUT WINTER

December January February



The Chinese  
Plum Tree  
blooms in winter

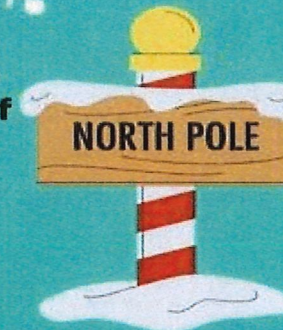


Some  
Animals  
Hiberate  
For Winter

Snowflakes  
Have 6  
Sides



North Pole  
has a day of  
24 hour  
darkness



Most Snow  
Angels was  
8,962 students



Monarch  
Butterflies  
Migrate Each  
Winter



Winter  
Astronomical  
Start Date  
December 1st

Winter  
Astronomical  
End Date  
February 28



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GEORGE  
DERBY  
CENTRE

#### Mission

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

#### Vision

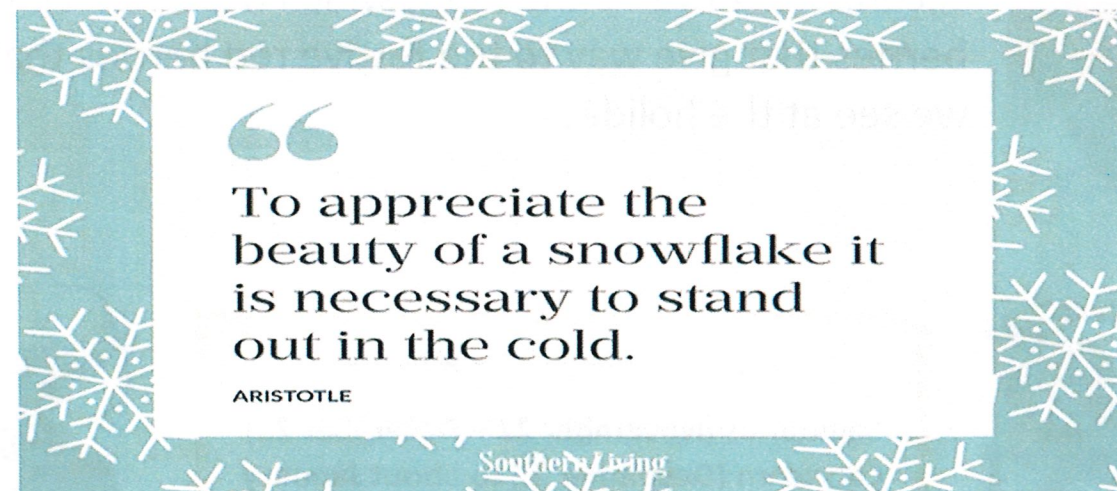
To be a community committed to compassionate care, innovation and excellence.

#### Values

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

### December Holidays

No act of kindness, no matter how small, is ever wasted. As we enter the last month of the year let's fill our hearts with love and light! Always remember when your world gets full of busy thoughts and actions that an act of kindness, no matter how small, will transform your worried, hurried mind, It is easy to get caught up in the hustle and bustle of the season! Remember to treat yourself to these acts of kindness as well!



## December ENTERTAINMENT



### *Friday Townhall Pub*

December 1: The Fabulous Fera Brothers

December 8: Mike Kinal

December 15: STMC caroling

December 29: Beauty Shop Dolls

### *December Birthday Parties*

December 6th: Sitewide Birthday Party with Greg Aclock (Town Hall)

### *Christmas Tea social*

December 5th –Lower North (Town Hall)

December 7th –Main North (Town Hall)

December 12th -Main South (Town Hall)

December 14th –BSTN (Town Hall)

## Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

E	C	F	O	D	B	Q	C	Y	Y	T	Y	E	H	T
X	T	G	P	Y	Q	A	D	N	A	J	X	D	S	F
A	X	A	L	J	R	L	R	Q	D	S	L	E	U	I
I	A	I	R	O	R	O	G	N	G	U	G	C	I	W
N	G	Z	L	B	C	X	E	C	N	S	F	E	R	C
A	E	I	N	I	E	C	H	R	I	S	T	M	A	S
T	N	W	R	A	I	L	F	J	X	I	C	B	T	W
G	W	P	Y	T	W	E	E	S	O	C	O	E	T	I
X	A	E	S	E	S	K	D	C	B	R	L	R	I	N
C	W	L	L	T	A	B	A	D	O	A	D	R	G	T
K	O	T	I	F	A	R	H	N	M	N	M	T	A	E
S	H	V	F	F	T	B	S	S	T	R	O	J	S	R
Y	E	O	K	M	S	H	R	E	N	S	O	H	L	C
T	U	R	Q	U	O	I	S	E	V	O	N	S	L	I
H	A	K	K	U	N	A	H	Q	T	E	W	K	X	M



BOXING DAY  
CAPRICORN  
CAROLING  
CELEBRATE  
CHRISTMAS  
COLD MOON

DECEMBER  
FESTIVE  
HANUKKAH  
KWANZAA  
NARCISSUS  
NEW YEAR'S EVE

SAGITTARIUS  
SNOW  
SOLSTICE  
TURQUOISE  
TWELFTH  
WINTER

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\*See a Rec. Staff for **prizes** once you've completed the puzzle!

# DECEMBER

## Blue Zircon

Is known as one of the modern December birthstones alongside blue topaz and tanzanite. The more traditional December birthstones are lapis lazuli and turquoise. Known by the mineral name, zirconium silicate, zircon is not to be confused with cubic zirconia, which is a synthetic diamond simulant.



## December flower Narcissus



The primary December birth flower is the narcissus (such as the paperwhite narcissus), and the secondary flower is the holly, which has small white berries that give way to the festive red berries that we see at the holidays.



## December Zodiacs

Sagittarius (November 22 – December 21)  
Capricorn (December 22 to about January)

