



Coronavirus COVID-19
BC Centre for Disease Control | BC Ministry of Health

Guidelines for Visitors to Long-Term Care and Seniors' Assisted Living Facilities



**DO NOT
ENTER IF SICK**



Cough or sneeze into your elbow and do not touch your face



All visitors must be fully vaccinated against COVID-19 to enter the facility*



All visitors must provide acceptable proof of COVID-19 vaccination



All visitors are required to wear a medical mask in hallways, common areas and multiple occupancy rooms



Visits will not be permitted during active COVID-19 outbreaks



Use soap and water or alcohol-based hand sanitizer



Clean hands before and after visiting



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

January 2023





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.

January Fun Facts

In the Good Old Days: In January 1920 (100 years ago): The average income was \$1,130. The average new house cost \$6,296. A loaf of bread was \$0.11, and a gallon of milk cost \$0.58. (\$1 in 1920 = \$13.21 today) In January 1970 (50 years ago): The average income was \$11,106. The average new house cost \$26,600. A loaf of bread was \$0.24, and a gallon of milk cost \$1.32. (\$1 in 1970 = \$6.81 today)

What's Lucky in January

Lucky Letter: A & Z

Lucky Plant: Ivy

Lucky Day: Saturday

Lucky Color: Gray & Blue

Lucky Numbers: 1 & 8

*"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."*

~ Bill Morgan Jr.

TOWN HALL ENTERTAINMENT

Friday Pub

January 6th: Pete Campbell

January 13th: Gordy Van Ieperen

January 20th: Shawn McKee

January 27th: Sheryl Greenfield



January Birthday Party



January 26th: January Birthday Party with Peter Montgomery

SPECIAL EVENTS

January 12th: Dine In Lunch—Chinese Food

January 24th: Chinese New Year Dancers



Merry Christmas!



Burnaby Village Museum!



2023 is the Year of the Rabbit based on Chinese zodiac. This is a Year of Water Rabbit, starting from Jan. 22, 2023 ([Chinese New Year](#)) and lasting to Feb. 9, 2024. Rabbit ranks fourth in the 12-year cycle of the Chinese zodiac signs. The Years of the Rabbit include 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023...

For Chinese people, the rabbit is a tame creature representing hope and life for a long time. It is tender and lovely. The moon goddess Chang'e in the Chinese legend has a rabbit as her pet, which stimulates the thought that only this creature is amiable enough to match her noble beauty. Another way of saying is that the Rabbit is the incarnation of the moon goddess per se and it is always a symbol of pureness and auspiciousness.

People born in the Year of the Rabbit are gentle and approachable. They have a decent, noble and elegant manner.

Earthly Branch of Birth Year: Mao
Wu Xing (The Five Elements): Mu (Wood)

Yin Yang: Yin

Types	Years of Birth	Personality Traits
Wood Rabbit	1915, 1975	Smart, active, cheerful and emotional, but maybe a bit selfish.
Fire Rabbit	1927, 1987	Broad-minded with special foresight, responsible.
Earth Rabbit	1939, 1999	Straightforward, communicative and resourceful; like to be the center of attention.
Metal Rabbit	1951, 2011	Kind-hearted, sincere, helpful, and imaginative.
Water Rabbit	1963, 2023	Easy-going and agreeable; adaptable but with a lower self-control ability.

Searching for January

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

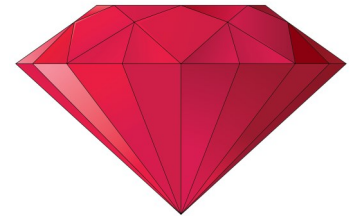


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|------------------|------------------|-------------------------|
| AQUARIUS | | GOLDEN GLOBES |
| AUSTRALIA DAY | COLD | JANUARY |
| CALENDAR | FIRST | MARTIN L. KING (Day) |
| CAPRICORN | GARNET | NEW YEAR'S DAY |
| CARNATION | GOAT (Capricorn) | WATER BEARER (Aquarius) |
| CHINESE NEW YEAR | | WINTER |

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



Birthstone of the Month - Garnet



The birthstone of January is the deep red garnet. This gemstone also comes in other colors, such as pink, orange, and green. Its name comes from the Latin word granatus, which means "seed-like." In the Middle Ages, garnets were carried by travelers to protect them against accidents. In ancient Asia and the American Southwest, garnets were used as bullets because their glowing red color was said to increase the ferocity of a wound. According to legend, garnets light up the night and ward off nightmares.



Flower of the Month - Carnation

January's flower is the sweet and pretty yet hearty carnation. The carnation dates back to ancient Greek and Roman times when it was used in art and décor. Some Christians believe that the first carnation bloomed on Earth when Mary wept for Jesus as he carried his cross. Carnations in those early days were primarily found in shades of pale pink and peach, but the palette of available colors has grown significantly to include red, yellow, white, purple, and green.



January Zodiacs

Capricorn (The Sea Goat) January 1—19
Aquarius (Water Bearer) January 20—31

