



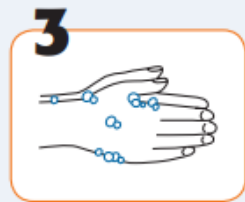
CLEAN YOUR HANDS USING SOAP AND WATER



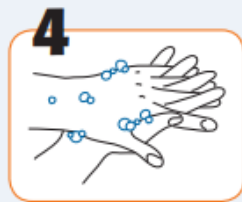
Wet hands with warm water.



Apply soap.



Lather soap and rub hands palm to palm.



Rub in between and around fingers and wrists.



Rub back of each hand with palm of other hand.



Rub nail beds of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



After 15 to 20 seconds rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using paper towel.



Your hands are now clean.



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

September 2020



◆ PROMOTING EXCELLENCE IN SENIOR LIVING ◆



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.

Music Therapy



Nature Therapy



New Members of the George Derby, Therapeutic Programs Team:

Priya Sevak (CTRS, Certified Therapeutic Recreation Specialist)

Role: Recreation Therapist

Mekayla Knol (MTA, Music Therapist)

Role: Music Therapist

Jan Datu (CTRS, Certified Therapeutic Recreation Specialist)

Role: Recreation Programmer (BSTN)

Michelle Fung (CTRS, Certified Therapeutic Recreation Specialist)

Role: Recreation Programmer (LOWER NORTH)

Casual Recreation Programmers:

Lily Diep

Erin Lowe

Emma Martina



Birthstone of the Month - Sapphire



The sapphire is the September birthstone. Next to the diamond, it is one of the hardest materials known. Sapphires come in many colors, but the finest sapphire color is a rich, velvety cornflower blue. Rubies are red sapphires. Ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. The gem symbolizes truth and sincerity.

Flower of the Month - Aster

A member of the Asteraceae family, the aster takes its name from the Latin word meaning “star,” a reference to its star-like head.



Also known as the Michaelmas daisy, starwort, and frost flower, the aster usually blooms in late summer and fall, and comes in many colors, including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers symbolize love and patience.

September Zodiacs

Virgo (The Virgin) September 1–22
Libra (The Scales) September 23–30



George Derby Center is piloting a new music program this month called *Heart for Music*. The project comes from Rick’s Heart Foundation, who have generously donated supplies and startup funds for the project.

As we have seen time and time again, music is a powerful tool that can bring joy and comfort to seniors living with dementia and to those who are lonely and isolated. Within the program, residents are set up with personal playlists with music that is meaningful to them.

The focus of the pilot program is to engage the residents of George Derby who may be experiencing challenges with low activation, restlessness, sundowning, and/or responsive behaviors.

<https://ricksheartfoundation.com/heart-for-music/>



Please join us in practicing gratitude, kindness, and understanding during these difficult times.

Here are some quotes shared from staff and residents of George Derby...

"I am grateful for the sunny days on the patio."

"When I brought a 70th Anniversary poster and balloons to a resident's room this week, he lit up! He told me about his wife and shared photos of his family with me. We had a great visit."

"I had a lovely talk with my daughter on the phone and it warmed my heart to hear her voice."

"I am proud of the staff at GDC. We have come off of droplet precautions early which is a real testament to how hard we have worked. This is a huge relief and win during difficult times."

"When I walked by the Lower North patio, a resident who was tending to the garden stopped and said I am so happy see you! We had a nice chat about gardening, as I do not have a green thumb he gave me tips, and I left work that day feeling happy and content."

"I love that the staff are always bringing me new books to read. My favorites are mysteries, especially John Grisham."

"During this very stressful time of organic disconnect between residents and their families, we are looking for simple things to improve the quality of life of residents. One time that sticks out for me, is when we were able to set up a music player with the resident's favorite music. His joyous reaction was palpable. It was such a simple thing but had such a huge impact. This wonderful interaction filled my cup!"

September Programs

September has a variety of small group,

Therapeutic programs on the go!

The Recreation team continues to balance resident programming with family phone calls and video chats.

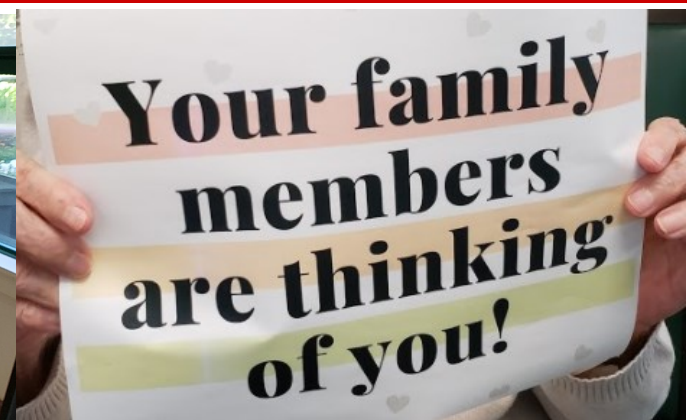
CrosswordPuzzle
Reminiscing
Exercise
HeartforMusic
I: I Visits Gardening
BrainGames
FamilyPhoneChats Bingo Trivia
Outdoor Walks
MusicTherapy CreativeCorner
HappyHour
PatioChats



Sunshine and Flowers



Bingo



Ice Cream Treats



Painting