



Don't Let The **Flu**
Get to **You**

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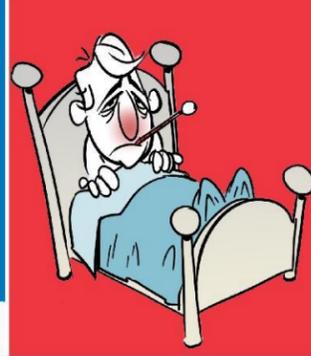
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Cough



Wash Your
Hands



Stay Home
When Sick



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GEORGE
DERBY
CENTRE

THE DERBY DIGEST JANUARY 2020





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.

Staff Christmas Party



AROUND THE WORLD AT GDC!



In January we will be exploring Scotland



Programs highlighted in green
on your calendar indicate an
Scotland themed program!

Our themed programs this
month include: Armchair Travel: Travels thru Scotland
& Armchair Travel: Tigers of Scotland, Creative Cor-
ner: Who's Tartan is This?, How
Scottish Are You Quiz, Movie
Matinee: *The Water Horse* and
Movie Night: *So I Married an Axe
Murderer*, and Dine In Lunch:
Scottish Fry-Up!

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



Message from the GDC Family Council

This is a reminder for residents' friends and family members to please make sure you sign the Visitors' Sign-In Log Book currently located at Reception just inside the main door. For safety reasons, it is important to know who, besides residents, is in the building in case of any emergency.

For new residents moving into George Derby Centre, please do not bring money, sentimental/fine jewellery or expensive clothing. These items should be kept with a Power of Attorney or next-of-kin for safe-keeping.

All residents' mail, especially cheques and legal documents should be addressed to a Power of Attorney or next-of-kin. To avoid loss, misdirection, or breach of confidentiality, no mail should be sent directly to a resident at George Derby Centre.

Christmas is just around the corner and the team at George Derby is already hard at work decorating in Town Hall, Main Hall and each unit. Be sure to check out the Christmas Village in the Art Studio window, too! Christmas celebrations will be held on Friday, December 13 from 2:00-3:30 all over the Centre. The Town Hall will be open for families who want to gather with their resident on Christmas Eve. The Rose Room can be booked for private family gatherings; please see Mallory in the Recreation Department for this.

The Family Council would like to wish everyone at George Derby Centre and their families a safe and happy holiday season!

TOWN HALL ENTERTAINMENT



Wednesday Pub

January 8th: Mike Kinal

January 15th: Peter Williams

January 22nd: TBA

January 29th: Kenny Buston



Saturday Social

January 4th: Brian Zalo

January 11th: Mark Wolfe

January 18th: Robbie Burn's Celebration with
the Scottish Fiddle Orchestra

January 25th: Greg Alcock



Bus Outings

Legion Outings

January 13th: RCL # 8

January 20th: RCL # 61

January 27th: RCL # 291

Unit Outings

January 14th: LN Lunch Outing

January 21st: MS Lunch Outing

January 28th: MN Lunch Outing

January 23rd: BSTN Scenic Drive

January 30th: BSTN Lunch Outing



ALL ABOUT JANUARY

Birthstone of the Month - Garnet

The birthstone of January is the garnet. The 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 far from home. In ancient Asia and the American Southwest, garnets were used as bullets because the glowing red color was said to increase the ferocity of a wound. Although garnets are usually thought of as being stones of dark ruby red, they are found in various other colors, including pink, green, and orange.



Flower of the Month - Carnation

The carnation's history dates back to ancient Greek and Roman times, when it was used in art and décor. Christians believe that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach, but over the years, the color palette has grown to include red, yellow, white, purple, and green. Each color expresses a different sentiment. For example, light red conveys admiration, whereas dark red signifies deep love and affection.



January Zodiacs

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

