



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

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



GEORGE
DERBY
CENTRE

THE DERBY DIGEST

March 2022



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



Use soap and water
or alcohol-based
hand sanitizer



All visitors must provide
acceptable proof of
COVID-19 vaccination



Visits will not be
permitted during active
COVID-19 outbreaks



Clean hands before
and after visiting





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.

February is

Therapeutic Recreation Month



"RECREATION'S PURPOSE IS NOT TO KILL TIME, BUT TO MAKE LIFE, NOT TO KEEP A PERSON OCCUPIED, BUT TO KEEP THEM REFRESHED; NOT TO OFFER AN ESCAPE FROM LIFE, BUT TO PROVIDE A DISCOVERY OF LIFE."

Mixed-Up Forest Flora

Unscramble the letters to reveal words associated with plants and trees of the forest.

- 1. PURSCE _____
- 2. UOHRMMOS _____
- 3. SANPE _____
- 4. INEP _____
- 5. LAGOSUD RIF _____
- 6. GAUSR APELM _____
- 7. RLCBABYRKE _____
- 8. OKHCEML _____
- 9. ARPOPL _____
- 10. ORHKICY _____
- 11. NOPIOS OKA _____
- 12. DOOWOGD _____
- 13. WOOTOOTDCN _____
- 14. CIELNH _____
- 15. UHNKLSYCEOE _____
- 16. ENFR _____
- 17. HBEEC _____
- 18. AINTG SAOQIEU _____



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

Can You Guess What I am?

Here Are Some Clues...

1. My origins date back 300 million years.
2. Much of my history has been embroiled in battles.
3. Some have traced my roots to the Biblical era.
4. People have risked their lives and health to meet me.
5. Queen Elizabeth I was not particularly fond of me.
6. My lucky number is 127.
7. I am not afraid of heights.
8. People bend over backward to connect with me.
9. I once had a face-to-face encounter with Winston Churchill.
10. Gardens intrigue me.

Still Not Sure?

11. I am not a germaphobe.
12. Flattery is my favorite pastime.
13. I have a knack for helping people display their affection.
14. Cork surrounds me.
15. Legend has it that I once determined rulers' destiny.
16. My home is bordered by poisonous plants.
17. Gaelic is my native language.
18. I am one of the most visited attractions in the world.
19. Kissing me will bless you with eloquence.
20. I can be found atop a castle in rural Ireland.

Can You Guess What I am?

MARCH

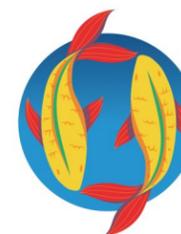
Flower of the Month - Daffodil

By the time March rolls around, most of us are more than ready for spring to return. Finally, the snow begins to melt, and when the green stems of the daffodils shoot up toward the sky, it's official—spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine—found in the flower—is being studied to combat Alzheimer's disease.



Birthstone of the Month - Aquamarine

March's birthstone, aquamarine, is a gorgeous, ethereal pale blue gem that is most frequently found in the western United States and Brazil. Its name is Latin for "water of the sea," a fitting title for this blue-hued stone. Deeply blue aquamarines are the most valuable, though sometimes the gem can have a slight hint of green. The green stones are sometimes changed to blue by heating them in an electric furnace to 842°F (450°C). Aquamarine's watery color has made it a symbol of the purity of the oceans.



March Zodiacs

Pisces (The Fish) March 1—20
Aries (The Ram) March 21—31



therapeutic recreation

WHAT IS TR?



Therapeutic Recreation is a person centred approach to care through the use of therapeutic interventions based on the assessed needs and interests of an individual

BENEFITS OF TR



- Person Centered
- Holistic Approach
- Enhances Wellbeing
- Increases Self Esteem
- Inclusive
- Strengths Based
- Purposeful
- Complimentary with other therapies



PURPOSE OF TR



The purpose of TR is to provide quality of life through achieving all domains of health including physical, emotional, social, cognitive, and spiritual

TR PROGRAMS

- Fitness
- Walking
- Bingo
- Reminiscing
- Arts and Crafts
- Gardening
- Brain Games
- Discussion Group
- Active Games
- Baking



EVIDENCE BASED

Evidence based practise involves providing research on the effectiveness of a therapeutic intervention and how it can be beneficial for the intended individuals

WHO CAN BENEFIT?

TR is mostly utilized for individuals with vulnerable conditions who need assistance with recovery and wellbeing. Some populations include older adults, mental health, physical rehabilitation, and individuals with illness or disabilities. However, TR is important for everyone to provide a satisfying quality of life

Scenic Drives

March Unit Drives

- Main South:** March 7th & March 21st
Lower North: March 8th & March 22nd
Main North: March 9th & March 23rd
BSTN: March 10th & March 24th

*Please note that Scenic Drives are subject to change without notice.

Thank you for your understanding.



March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling..."

~ Lucy Maud Montgomery