



## Help us protect our residents and staff

We take your safety seriously

To protect you from COVID-19, we ask you to:



Answer screening questions for COVID-19



Clean your hands with soap and water or alcohol-based hand rub  
Clean your hands often during your stay



Try to stay at least 2 metres (6 feet) away from others (physical distancing)



Wear a mask at all times while visiting

- After screening, we may give you a mask if you do not have one



Follow family and social visiting guidelines

- Ask us what the guidelines are



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

May 2021



◆ 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.

**Meet George Derby's New Music Therapist!**

*Hi everyone! My name is Darby, and I'm the new Music Therapist here at George Derby Centre. I've been here since the start of April, and having a wonderful time so far. Thank you for making me feel welcome.*



*You can find me these days sitting at the piano, playing the guitar, or wheeling my cart around the halls.*

*Country and Jazz music are some of my favourites, but I love all kinds of music.*

*If you see me around, let me know your favourite song so I can learn to play it! Otherwise, join me for singalongs, hand chime choir, relaxation at the piano, or just some plain old fun.*

# May

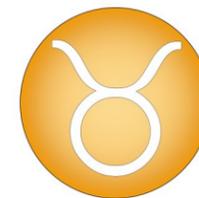
## Birthstone of the Month - Emerald

The verdant emerald is the birthstone for May and the anniversary gemstone for the 20th anniversary of marriage. The ancient Romans associated this brilliant green stone with fertility and rebirth. They dedicated the gem to Venus, the goddess of love and beauty. Even today, some believe wearing an emerald brings wisdom, growth, and patience—qualities essential to fulfilling and lasting love. Emeralds are found in the Middle East and South America and get their green hue from small amounts of the chemicals chromium and/or vanadium.



## Flower of the Month - Lily of the Valley

The flower for the month of May is the lily of the valley. It is prized for its sweet fragrance—once considered so precious that water laced with its essential oils was stored in gold and silver containers. It's a common folk belief that the scent of this inedible flower in the spring air is the signal for nightingales to begin their seasonal singing and choosing of a mate. Legend has it that King Charles IX of France was given this flower on May 1, 1561. He reportedly then gave the gift of lilies of the valley to all the ladies of his court each year on May 1.



### May Zodiacs

Taurus (The Bull) May 1—20  
Gemini (The Twins) May 21—31



# Scenic Drives are back!

*Mondays: Main South*  
*Tuesdays: Lower North*  
*Wednesdays: Main North*  
*Thursdays: BSTN E & W*



# Art Studio is Open!



*Mondays: Lower North*  
*Tuesdays: Main South*  
*Wednesdays: Music Therapy*  
*Thursdays: Main North*  
*Fridays: BSTN E & W*

*\*Please note that common areas are not yet open to families/visitors.*



## Patio Season is Here!

With the weather warming up, we will be running programs on the patios and going for outdoor walks.

Please bring a hat and sunscreen for your loved one so that they can enjoy the sunshine safely.

## Gardening for Wildlife

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



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

- |           |             |         |
|-----------|-------------|---------|
| ARBOR     | FRUIT       | NATIVE  |
| BEEES     | GROUNDCOVER | ORGANIC |
| BERRIES   | HONEYSUCKLE | POND    |
| BIRD BATH | HUMMINGBIRD | TRELLIS |
| BUTTERFLY | MILKWEED    | TURTLE  |
| FROG      | MOTH        | VINES   |