

# APRIL



"Despite the forecast live like its spring"

## Senior Spin



This edition of Senior Spin: How Today's Caregivers Are Navigating Healthcare for Their Beloved Seniors

## Highlights of the Month



This March we celebrated the beginning of Spring, St Patrick's' Day and Easter!

## Staff Spotlight



This months spotlight features Yura one of our amazing servers

# TOWN HALL

A photograph of the entrance to a building with the words 'TOWN HALL' mounted in large, dark, serif letters above a dark doorway. The building's facade is light-colored stone or concrete.

## Town Hall

Do you have questions or concerns about something around Normandy Living? Voice your concerns at the next Town Hall meeting with your fellow residents and Managers. Town hall will be held on **April 18th** at **2:00pm** in the Willow room.

## Things you should know

We now are using leave of absence forms. Before you are going away please see the front desk to fill the form out. This will ensure that applicable charges are not charged while you are away.

# SERVER

# STAFF SPOTLIGHT

---



**YURA**

Yura is from Cheonan-si in South Korea. It's a city of more than 650 thousand people, located an hour and a half's drive or 84 kilometres south of the capital, Seoul. It's a major transportation hub, with freeways, railways and even a subway line to the capital.

She has one brother, who is three years older, recently married and with a new baby.

Yura says school in South Korea is similar to Canada – elementary, middle and high school, college or university. “I went to university for just two years, and I dropped out. My major was chemistry. I felt it was easy in high school. In university there were some people who loved it, but I was not that person. ”Why did I choose this major?”

Several years ago, she took a working holiday in Australia. “So I was thinking that Canada is kind of similar to Australia, but it turns out it's totally different.” Weather is the biggest difference. She also found the Australian people easy-going. “I'm pretty sure because of weather because they are half-naked. Here, I feel people are a little cold.” No doubt it's the weather!

# SERVER

# STAFF SPOTLIGHT

---

Yura speaks Korean, English, some Japanese, a little bit of Chinese, and she's studying Spanish now because she hopes to go to South America in the future.

Yura has been in Canada three years now and received her Permanent Residency last year. When she applied for the job at Normandy, Yura was thinking "oh, maybe I can talk to the senior people more because I'm a little bit worried about my future so I was thinking I could get some wisdom from them but turns out we're so busy (in the dining room) that there isn't time to do more than take food orders."

In her spare time "I like to read a book, go hiking. I'm waiting for the summertime to go to Alaska as well. I like travelling. Sometimes I like to hang out with people, sometimes I want to take my own time too. I'm trying to read more, to improve

my English skills".

As for her future, Yura says she's not exactly sure yet. There will be some travel. She says her future studies might be in Artificial Intelligence – AI. "It's a little bit interesting and a little bit creepy too".



Cheonan-si South Korea

# ***How Today's Caregivers Are Navigating Healthcare for Their Beloved Seniors***

---



Being responsible for your senior loved one's healthcare can be stressful. You want to be sure they're getting the best care, but it's also challenging to do everything yourself. Fortunately, there are things you can do to lighten the load. Here's how today's caregivers are navigating healthcare for their beloved seniors.


## **Check for All Available Benefits**

The first step savvy caregivers take in navigating healthcare for their beloved seniors is checking for all available benefits. When you're responsible for your loved one's medical care, every benefit helps relieve the physical and financial burden you're facing. So check whether your senior loved one is eligible for benefits like home care, chronic disease and disability, and palliative care.

Remember to check for extended healthcare benefits, too. These help cover your beloved senior's medical equipment, dental care, prescriptions, and eye care. And that's particularly helpful because without benefits, those expenses quickly add up.

## **Take Advantage of the Seniors and Elders Community Day Program**

Every caregiver needs a break. It's difficult to provide care for a loved one 24/7, and it's all too easy to burn out. That's why both you and your beloved senior benefit from having time to rest and recharge. And one of the simplest ways to carve out some free time for yourself is to take advantage of the Seniors and Elders Community Day Program.



The program only costs \$5 per day and runs from 8:30 a.m. to 4:30 p.m. Monday through Friday, making it a perfect choice if you need to work or want to have time to run errands, participate in a hobby, or even take a nap during the day. And it's beneficial for your beloved senior, too, offering therapeutic programming, assistance with daily living, meals, and more. So speak with the program coordinator about whether your beloved senior qualifies for these services.

### **Participate in the Chronic Conditions Support Program**

Many seniors live with chronic conditions that can be difficult for caregivers to manage on their own. Fortunately, the Chronic Conditions Support Program offers a variety of services to help seniors with chronic conditions manage their health.

For instance, seniors participating in this program can receive help with managing diabetes, home health monitoring, exercise services, pulmonary rehabilitation, and more. Taking advantage of these services helps lift some of the burden off you as a caregiver and provides your beloved senior with more assistance than you may be able to provide on your own.

### **Consider Independent Living**

If you are one of the many seniors who is also a caregiver to a spouse, sibling, or even close friend, you may want to consider independent living. There are many benefits to being a caregiver within an independent living community, especially since many services, like meals and housekeeping, are provided. And as a caregiver navigating healthcare for your beloved senior, you're sure to appreciate all the amenities that make life a little easier.

Although independent living facilities do not offer nursing or home care services, all residents are eligible as normal for home care services through the Yukon Government. So if you and your spouse share a suite, you may be able to enjoy home care services through the Yukon government, along with hospitality services through your independent living facility, all of which lighten your load and help you navigate healthcare for your beloved senior with ease.

Would you like to see whether independent living is right for you or your beloved senior? Book a tour to learn more.

# Kitchen News



## FOOD FACT

Tea bags were created by accident

Although Brits are famous for their tea obsession, it was an American who ultimately revolutionized the leafy drink. New Yorker Thomas Sullivan is credited with creating tea bags. He would send samples of the product in silk bags and people started to throw them into the teapot. And, that's how tea bags came to be. The rest is history.

## DAYS TO REMEMBER

Empanada Day April 7th

Grilled cheese day April 12th

Peach cobbler day April 13th

Eggs Benedict day April 16th

Greek Food Day April 24th

## Ice Cream Social Dates:

Wednesday April 3rd

April 17th



# RECREATION

APRIL

## Happy Hour

April 5th Renald and Rob  
April 12th Simon Crelli  
April 19th Trivia  
April 26th Steve Slade



## MONDAY MATINEES 1:30 WILLOW ROOM

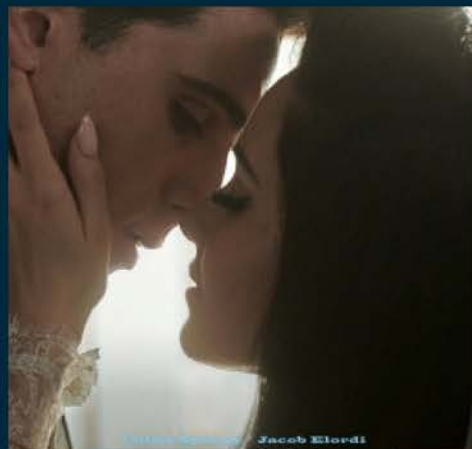


### CODA APRIL 1ST

As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents.

### PRISCILLA APRIL 8TH

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.



### OCTOBER SKY- APRIL 15

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.



# RECREATION

## »»» APRIL 22- THE IVORY GAME

This weeks Matinee is a documentary. Wildlife activists in take on poachers in an effort to end illegal ivory trade in Africa



## RYAN MCNALLY AND FRIENDS.

Saturday April 27th at 1:30

Fan favorite Ryan McNally comes to Normandy to play a special show as a Trio with Friends from the Montreal Bluegrass and Folk scene.



## APRIL 29- GLASS ONION

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case.





# HOUSE KEEPING



We dream of having a clean house- but who actually dreams of doing the cleaning?

-Marcus Buckingham



**SOME OF OUR WONDERFUL HOUSE KEEPING TEAM!**

**BROKEN GLASS AND  
HAZARDOUS HOUSE  
HOLD ITEMS?**



**>>> READ MORE**

Please ensure that any broken glass, sharp items and personal care items such as Pads and Depends are disposed of properly. If you are unsure of how to deal with a particular item call house keeping and they will be happy to assist you.



# HIGHLIGHTS

# QUESTIONS OR CONCERNS?

## Contact us



**Natal Samuelson**

**Executive Director**

Email: [nsamuelson@normandyliving.com](mailto:nsamuelson@normandyliving.com)

Phone: (867)334-5091



**Amy Tebbit**

**Leasing Service**

Email [Atebbit@normandyliving.com](mailto:Atebbit@normandyliving.com)

Phone: (867)334-6173 or Extension 606



**Helen Crate**

**Food Services Manager**

Email: [Hcrate@normandyliving.com](mailto:Hcrate@normandyliving.com)

Phone: (867)334-2045 or Extension 609



**Kristian King**

**Recreation Coordinator**

Email: [Recreation@normandyliving.com](mailto:Recreation@normandyliving.com)

Phone: (867)334-6231 or Extension 610



**Holly Macdonald**

**Supervisor House Keeping Services**

Email: [Housekeeping@normandyliving.com](mailto:Housekeeping@normandyliving.com)

Phone: Extension 607