

# CAMA Newsletter

## Fall 2019

### From the Administrator's Desk:

CAMA purchased Motiview with two goals in mind – improve resident mobility by strengthening their legs and use it for socialization/reminiscing. We have achieved both goals.

We signed up to participate in the Road Worlds for Seniors and CAMA ended up #11 out of 200 homes worldwide. We peddled a collective 1960 KMs between our 24 cyclists. That is equivalent to cycling from Burlington to Miami.

Over the month long competition, we also celebrated different countries. We enjoyed food from that country while cycling through the nation. We went to Germany, England, India and Sweden – to name a few. It is a great way to travel to new places or to relive our past travels.

Motiview has made such a difference in the lives of many of our residents. We have seen some get stronger to the point of being able to stand for the first time in over a year. We have seen some people come out of their shell and join in which they do not normally do.

We even had one dedicated cyclist who had a few meals delivered to the chapel so they could keep cycling. She was going to forgo the meal so she could continue to pedal. It was a fun month for residents and staff and we will continue to have Motiview events each month, celebrating the multicultural home we live or work in.

I would like to welcome Abeer to the CAMA team. Abeer is learning the role of HR here at CAMA so she can cover for Melissa while she is on maternity leave.

We want to congratulate Catherine from the Activity Department on her retirement. She made a huge impact on resident's lives and she will be missed!

In October, we celebrated Diwali - The festival of lights. We had homemade samosas made by Ruchia from dietary, Abeer from HR did Henna Tattoos and residents cycled to videos of India.

Our next event is November 22nd where we will travel to Columbia, stay tuned.....

### Big Announcements from the Activity Department

We have incorporated Music Therapy into our programming schedule. Every Thursday at 10:00 AM a certified Music Therapist is spending one hour with a group of eight residents. Music Therapy comes with many benefits. Research has revealed that music stimulates all areas of the brain. Because of this, music directly affects our senses, making it a multi-sensory experience. Music Therapy reduces anxiety and physical effects of stress, and reduces depression and other symptoms in the elderly.

**SOUP SALE - NOV. 13<sup>TH</sup> 10 AM-1:30 PM**

**CHRISTMAS BAZAAR - NOV. 30<sup>TH</sup> 9am-12pm**

*Resident & Family Christmas Open House –  
Dec. 11<sup>th</sup> 6pm-8pm*



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### For Your Information

#### **Leaves should be the only one falling this month!**

November is Fall Prevention Month! We have been going strong in our Best Practice Spotlight Organization goals implementing our Falls Prevention Program on both Cedarview and Maplewood units! Staff on these units have been educated and trained on the program and we are receiving positive feedback and results! We will be implementing this program on both Evergreen and Oakwood before the end of the year as well! Throughout the month of November, we will be celebrating Falls Prevention Month with staff and residents!

We are asking family members to help us celebrate by picking up a tongue depressor from Margaret at the reception desk and giving it to a staff member you see on the unit preventing falls. These tongue depressors have some fun stickers on them that say "great job!" Join us in thanking staff for their hard work and dedication, all while brightening someone's day!

Have a fall free month everyone!

- Aida Jazavac, DOC



#### **From the Environmental Department:**

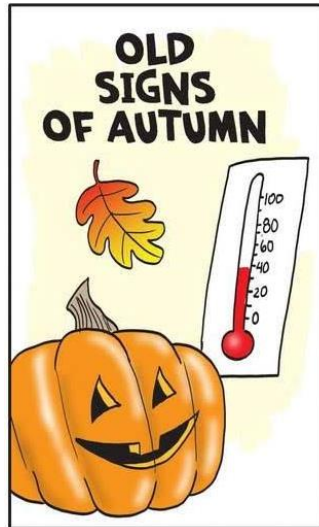
It is time to bring in warm clothes for your loved ones. It is also helpful to remove the spring and summer clothing. Please ensure all clothes are labelled before being put in the closet/drawers. There is a bag for labelling in each closet. If there is no bag in the closet/cupboard, please ask one of the staff to get you one.

We are getting new flooring on Maplewood. Evergreen will be next; hang in there, Maplewood needs to be done first. The flooring company will be at CAMA for two evenings to install the flooring. Thanks in advance for your patience during this time.

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### Joke of the Month



### Recipe of the Month

#### From the Dietary Department:

#### Ingredients for Victoria's Fall Soup:

- 6 large mixed red/yellow onions (about 3 pounds), peeled and thinly sliced root to stem , about 10 cups of sliced onions total 4 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 1 teaspoon of sugar
- Salt
- 2 cloves garlic, minced
- 8 cups of beef stock
- 1/2 cup of dry vermouth or dry white wine
- 2 bay leaves
- 1 tablespoon (loose) of fresh thyme (can also use a few sprigs of fresh thyme) OR 1/2 teaspoon dried thyme (more to taste)
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons brandy (optional)....
- 8 slices French bread or baguette cut 1-inch thick 1 1/2 cups of grated Swiss Gruyere and a sprinkling of Parmesan

#### Instructions:

- 1 Caramelize the onions:** In a 5 to 6 quart thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions and toss to coat with the olive oil. Cook the onions, stirring often, until they have softened, about 15 to 20 minutes.  
Increase the heat to medium high. Add the remaining tablespoon of olive oil and the butter and cook, stirring often, until the onions start to brown, about 15 more minutes. Then sprinkle with sugar (to help with the caramelization) and 1 teaspoon of salt and continue to cook until the onions are well browned, about 10 to 15 more minutes.  
Add the minced garlic and cook for a minute more.
- 2 Deglaze the pot with vermouth:** Add the vermouth to the pot and scrape up the browned bits on the bottom and sides of the pot, deglazing the pot as you go.
- 3 Add stock and seasonings:** Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes. (I often put soup in a slow cooker and set on low for the day)  
Season to taste with more salt and add freshly ground black pepper. Discard the bay leaves. Add brandy if using.
- 4 Toast French bread slices:** While the soup is simmering, line a sheet pan with parchment paper or foil and preheat the oven to 450°F with a rack in the upper third of the oven. Brush both sides of the French bread or baguette slices lightly with olive oil. Put in the oven and toast until lightly browned, about 5 to 7 minutes. Remove from oven.  
Turn the toasts over and sprinkle with the grated Gruyere cheese and Parmesan. Return to oven when it is close to serving time and bake until the cheese is bubbly and lightly browned.
- 5 Serve:** To serve, ladle soup into a bowl and transfer one cheesy toast onto the top of each bowl of soup.