

The Augustine Eagle

FEBRUARY 2019





Augustine House Resident Council Meeting

MINUTES of Resident Council Meeting held January 15, 2019.

Attendance: Joseph, Carla, Don, Matt,
Peggy, Recorder
Excused Irene
Phyllis

Call to Order: At 9:50 a.m. by Chairperson Joseph.

Adoption of Agenda: M/S Don/Carla. Approved.

Minutes of Last Meeting: M/S Matt/Carla. Approved.

Reports: Chairperson Joseph is preparing to set up Council as indicated in guide lines e.g. bring Council to 8 members; President, Vice President, Secretary, Treasurer, Food & Dining, Fire & Safety, Hospitality, Haven House. It means adding one more member for a year. For resolution at a future meeting.

Treasurer: Absent.

Food & Dining: Carla reported no problems in past month.

Fire & Safety: Matt reported: No Fire alarm this past Monday. On checking the calendar, this was only the second Monday of Month. I held off finishing the minutes until the third Monday, and can report the fire alarm went off as scheduled.

Hospitality: Phyllis advised that everything is up to date before she left for her appointment.

Haven House: Don reported on his Tuesday check he found a frying pan in the oven, and advised Staff.

New Business: Will be finalized at the next meeting.

Next Meeting: Tuesday February 19, 2019

Motion for Ajournment by Don at 10:45 a.m.



SATURDAY FEBRUARY 2ND CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY FEBRUARY 3RD HYMN SING AND SERVICE EAST LOUNGE 2:15

SATURDAY FEBRUARY 9TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SATURDAY FEBRUARY 16TH CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY FEBRUARY 17TH LADNER GOSPEL ASSEMBLY EAST LOUNGE 2:15

SATURDAY FEBRUARY 23RD CATHOLIC COMMUNION 3RD FLOOR CHAPEL 3:30

SUNDAY FEBRUARY 24TH BAPTIST CHURCH SERVICE EAST LOUNGE 2:15





RESIDENT FORUM MINUTES

Held Thursday, January 24, 2019 @ 3pm

Present: Jackie, Sally, Tim, Joanne, Anne, Leanne and 38 residents attended in the Media Room

Jackie:

- We will be providing receipts for store purchases at reception.
- Please do not leave items for donation (clothing, etc.) outside the main doors, please arrange for pick-up at suite.
- MAiD Policy, (Medical Assistance in Dying), AH is a conscientious objector, see Jackie if you need more information.
- Pet Policy, we will no longer be accepting pets, this does not affect residents who already have pets.
- Composting: thank you for composting, feel free to bring items for compost to the kitchen.

Sally:

- Thank you for Handwashing! It's been effective at reducing the spread of illness.
- Reminder: **Health Hub** is every Thursday; see Sally for more information on Health Hub. Health Hub is a Fraser Health initiative in partnership with AH.
- Falls Clinic is Feb 7th – currently full but See Sally if you would like to attend, feel free to give Sally feedback on Falls Clinic.

Tim:

- Thank You to everyone who attended the Memorial Service.
- Looking forward to **Superbowl** on Sunday, Feb 3rd come and enjoy beer & wings!
- Thank You for coming to the Recreation Meeting, we welcome your ideas.
- We'll be looking at adding Line Dancing, and the Gymnastics Program may start again – stay tuned for details.
- We'll be having a weekday concert with the wonderful Jennifer Lauren!
- Bus is going to the Kin Village book sale on Saturday, Feb 2nd.
- It's been suggested we raise the price of bingo from 25 cents to 50 cents.
- February is Heart & Stroke Month; we'll be raising awareness of activities that boost heart health like Chair Yoga, Fitness First and other activities.
- Walking group continues every Wednesday at Tsawwassen Mills.

♥ Happy Valentines Day ♥

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine is an annual holiday celebrated on February 14. It originated as a Western Christian liturgical feast day honoring one or more early saints named *Valentinus*, and is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a public holiday in any country.

Several [martyrdom](#) stories associated with the various Valentines that were connected to February 14 were added to later [martyrologies](#), including a popular [hagiographical](#) account of Saint Valentine of [Rome](#) which indicated he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were [persecuted under the Roman Empire](#). According to [legend](#), during his imprisonment, Saint Valentine healed the daughter of his jailer, Asterius, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with [romantic love](#) within the circle of [Geoffrey Chaucer](#) in the 14th century, when the tradition of [courtly love](#) flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering [confectionery](#), and sending [greeting cards](#) (known as "*valentines*"). In Europe, [Saint Valentine's Keys](#) are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children, in order to ward off [epilepsy](#) (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the [heart-shaped](#) outline, doves, and the figure of the winged [Cupid](#). Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.

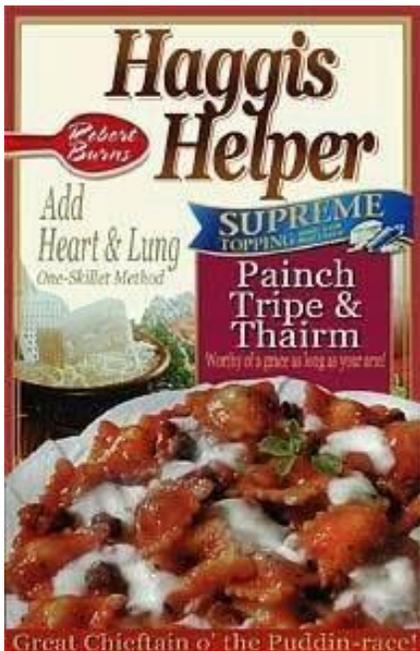
Saint Valentine's Day is an official [feast day](#) in the [Anglican Communion](#) and the [Lutheran Church](#). Many parts of the [Eastern Orthodox Church](#) also celebrate Saint Valentine's Day, albeit on [July 6](#) and [July 30](#), the former date in honor of the Roman [presbyter](#) Saint Valentine, and the latter date in honor of [Hieromartyr](#) Valentine, the Bishop of Interamna (modern [Terni](#)).

ROBBIE BURNS 2019

THANK YOU TO AUDREY AND BETTY FOR BRINGING IN THE HAGGIS ON JAN. 25TH



||



WHO'S NEW IN THE HOUSE



DIANE

Diane was born in Vancouver, the eldest of Jack and Mary Schuberg.

Diane's father owned a garage downtown Vancouver.

Diane moved to Richmond when she married, she had 4 children , she also has 4 greatgrandchildren.

Diane worked as a school secretary in Richmond.

Her time in the 'Sweet Adelines' choir was very important to her, she travelled across Canada and the US with them.

Welcome to Augustine House Diane.

WEDNESDAY FEBRUARY 27TH 2018

CKNW CHILDREN'S CHARITIES

PINK SHIRT DAY

PRESENTED BY  **coastcapital**[®]
SAVINGS

Bullying is a major problem in our schools, workplaces, homes, and online. Over the month of February, and throughout the year, CKNW Children's Charities' Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem.

JOIN US BY WEARING A PINK SHIRT

FAMILY DAY



In parts of Canada, Family Day is a statutory holiday occurring on a Monday in February. In the provinces of Alberta, Manitoba, Ontario, Nova Scotia, Prince Edward Island (PEI) and Saskatchewan, it is observed on the third Monday of February; in the provinces of Manitoba, Nova Scotia and Prince Edward Island, the holiday is instead termed Louis Riel Day, Nova Scotia Heritage Day and Islander Day respectively. British Columbia (BC) began observing Family Day on the second Monday of February in 2013, but will change to the 3rd Monday for 2019. Two-thirds of Canadians live in a province that observes a February statutory holiday. Except in British Columbia, Family Day coincides with Presidents' Day in the United States.

The second and third Mondays in February are regular working days in Quebec, New Brunswick, Newfoundland and Labrador, and the territories. As Family Day is not recognized in the federal sphere, federal employees in all provinces (such as public servants and postal workers) work on this day. In Yukon one Friday in February is Yukon Heritage Day.

Alberta

The holiday was first celebrated in 1990. Alberta was the only province in Canada to have a statutory holiday in February until Saskatchewan began observing it in 2007.

The holiday was proclaimed by Lieutenant Governor Helen Hunley, on the advice of her premier, Don Getty. Premier Getty said it was important for all Albertans to take time for their families, and that this holiday would emphasize the importance of family values.

Getty faced considerable criticism at the time, many employers feeling an additional statutory holiday was an unnecessary financial burden. In response to the criticism, the holiday of Heritage Day was downgraded to a civic holiday, meaning employers are not required to observe this day. Under Alberta law, the employer may choose to observe Heritage Day as a general holiday, under which rules applying to general holiday pay will be used.

Saskatchewan

In October 2006, Saskatchewan's Premier Lorne Calvert proposed the holiday for the province, to begin in 2007. The bill for the Labour Standards Amendment Act, 2006, was introduced in the legislature on November 1, 2006, and received Royal Assent on December 6. The act officially declares the third Monday of each February Family Day,

and came into effect immediately; the first Family Day in Saskatchewan was February 19, 2007.

The annual number of days off remains unchanged for many, as Easter Monday is no longer considered a holiday by private businesses. Businesses suggested the new holiday might cost them as much as \$140 million a year, and have requested tax breaks to soften the economic impact. The Saskatchewan government has given \$95 million corporate tax cuts, but most of the companies benefiting have adjusted the official days off such that the annual allotment remains the same.

Ontario

During the Ontario provincial election in 2007, Dalton McGuinty, of the Liberal Party, promised that, if re-elected premier, he would establish a provincial holiday in February. On October 12, 2007, the provincial government established Family Day, to be first observed on February 18, 2008. Its creation raised Ontario's number of statutory holidays to nine per year. However, this holiday does not necessarily add to the number of holidays Ontarians receive because employers can substitute any non-statutory holidays that employees may already be receiving in lieu of this day. Many employers have substituted the popular Civic Holiday, which falls on the first Monday in August. Although the Civic Holiday is enjoyed by millions every year, it is not public (statutory), and workers may have to choose one holiday or the other, based on their contract, union negotiations, service requirements, etc.

British Columbia

A private member's bill to establish Family Day on the third Monday in February was introduced in the British Columbia Legislature by Liberal MLA Bob Chisholm in 1994 but failed to pass. Although there were renewed calls to introduce Family Day in BC between 2007 and 2011, it was opposed by the British Columbia Chamber of Commerce and the Campbell government.

On January 10, 2011, while running for the leadership of the BC Liberal Party, Christy Clark proposed establishing a Family Day holiday on the third Monday of February. Clark subsequently became premier; the Speech from the Throne, delivered on October 3, 2011, said that BC would observe its first Family Day on February 18, 2013.

In 2012, a two-week consultation process was held in order to determine if British Columbians preferred the holiday to fall on the second or third Monday in February. On May 28, 2012, it was announced that Family Day would be observed on the second Monday in February each year, starting February 11, 2013, changing to the 3rd Monday in 2019.



It's time to start thinking about filing your taxes!

**Augustine House Attendant Care information for
Tax purposes will be distributed by FEBRUARY 15th.**

Don't forget to take advantage of some of the great Federal Tax Credits you may be eligible for

- **The age amount:** You can claim this amount if you are 65 years of age or older and your net income is less than \$84,597 (for 2018). If your net income was \$36,430 or less, you would qualify for a \$7,225 credit. If you earn between \$36,430 and \$84,597 you have to calculate your claim.
- **Pension income amount:** If you reported “eligible pension,” “superannuation,” or “annuity payments” on your tax return, you may be able to claim up to \$2,000. To find out if you can claim the pension income amount, visit the Canada Revenue Agency website.
- **Pension sharing:** If you and your spouse or common-law partner are both receiving Canada Pension Plan (CPP) benefits, you may be able to share your benefits. A few key facts about pension sharing:
 - Pension sharing can result in tax savings.
 - The overall amount of your benefits do not increase or decrease with pension sharing.
 - You have to apply to share your CPP benefits.
- **Pension income splitting:** You and your spouse or common-law partner may be able to split your eligible pension income, including:
 - annuity payments from a superannuation or pension fund or plan
 - annuity and registered retirement income fund (including life income fund) payments
 - registered retirement savings plan (RRSP) annuity payments.
- **Medical expenses:** For many people, medical expenses increase as they grow older. Be sure to keep track of your medical expenses because you may be able to claim certain eligible medical expenses for yourself and your spouse or common-law partner when filing your taxes.
- The **disability tax credit (DTC):** If you suffer from a severe and prolonged impairment in physical or mental functions, you might be eligible for the DTC. The DTC might reduce the amount of income tax that you have to pay in a year to help offset some of the costs of dealing with impairment. **(2018 amounts mailed to you and DTC applications at reception)**
- **Family caregiver amount:** This tax amount provides additional tax relief to people caring for relatives in poor health, including spouses and common-law partners.

Valentine's Day Word Search



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

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



JINXYKIDS.COM



NEW ENGLAND PATRIOTS

V

LOS ANGELES RAMS

SUNDAY FEBRUARY 3RD 2019

MAIN LOUNGE AND MEDIA ROOM

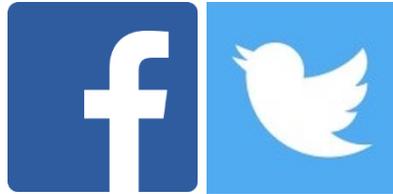
3:00 PM

BAR WILL BE OPEN AND WINGS WILL BE SERVED.

SUPER BOWL POOL TICKETS ARE NOW AVAILABLE

\$2:00 EACH.

DID YOU KNOW.....



We have a website - check it out at

 We have a Facebook Page - just go to www.facebook.com and search Augustine House Society and "Like" us or Google Facebook Augustine House Society

 We even have a Twitter page! Our name is @augustinehouse

 We also have areas in the building that have wireless access, so if grandkids are visiting and they want to play on their electronic devices, they can connect to the internet for free! Get the passwords from Reception.



WEAR RED VALENTINES BIRTHDAY TEA

THURSDAY FEBRUARY 14TH

DINING ROOM @ 2:50 PM



CHINESE NEW YEAR – THE YEAR OF THE PIG

TUESDAY FEBRUARY 5TH - JANUARY 24TH 2020

According to the Chinese Astrology , 2019 is a great year to make money, and a good year to invest! 2019 is going to be full of joy, a year of friendship and love for all the zodiac signs; an auspicious year because the Pig attracts success in all the spheres of life.

A Sneak Peek Of What Year 2019 Will Be Like For You

Rat - A year full of happiness and prosperity!

Ox - A good year for Ox. A time with good opportunities to make money.

Tiger - Born in a strong and independent zodiac sign, as a general rule, you do what you please. This year through, you will need to learn how to come to terms with others.

Rabbit - An excellent year is waiting for you! A bit less wary than usual, you will easily get close to others and make new friends.

Dragon - For you, the impact of the Pig's calmness will mean a year of reconsiderations.

Snake - This year you'll have to be combative and persuasive

Horse - The year of the Pig 2019 is going to be more auspicious than the Dog Year 2018 !

Goat - A 2019 year under the mark of chance, when all your ambitions will be fulfilled .

Monkey - A year under the influence of chance!.

Rooster - This year you need to actually pay attention to the quality of your relationships with others, if you want to succeed.

Dog - This year count only on your own efforts in order to succeed.

Pig - The year 2019 is yours, right? Start by setting your priorities and then get to work: once you start moving, you will start seeing results.



HAVEN HOUSE

HAPPENINGS

Happy New Year from Haven House! We were quite busy during the month of January. In keeping with our

tradition, we had our "Family Festive Dinner" in January. It was great to have everyone over for a superb dinner followed by the beautiful sounds of Teresa Harbot. What a great time we all had. A big thank you to our own LPN Deb, who came to help on her day off.

Thanks Deb, we love you!!



MEET THE STAFF #54

NAME: LISA

POSITION: CARE ASSISTANT

WHAT IS YOUR BASIC PHILOSOPHY IN LIFE:

Live in the present, learn from the past, and plan for the future.

WHAT ARE YOUR FAVORITE BOOKS/MOVIES:

I love watching movies like comedy, action, adventure, fantasy and animation

WHAT DID YOU WANT TO BE GROWING UP:

I'm the eldest among the 6 siblings in the family. Nursing is what interested me, but my parents couldn't afford university so I joined martial arts, then got my scholarship for university. It was hard for me to do my nursing course at the same time my martial arts and I gave it my best to finish my studies. Then something happened when I got my work permit as a nanny here in Canada, it was hard to decide whether I pursue my nursing career or grab the opportunity to work in Canada. I made the final decision thinking of my family's situation and I wanted to help my siblings continue their studies. I worked hard and I got my permanent residency here in Canada. I planned to go back to school but not for the nursing degree course, I decided to take the course for health care assistant. No doubt, I took this course because I love looking after elderly and I get attached to them. I feel successful working with the elderly and I feel happiness in my heart.

WHAT KIND OF MUSIC DO YOU LIKE: I like acoustic and country music.

WHAT DO YOU DO FOR FUN: For fun, I love to spend quality time with my family and friends.

WHAT IS YOUR FAVORITE COCKTAIL: I like punch cocktail, the taste is so good specially mixed with the fruits.

WHAT MAKES YOU HAPPY: Aside from my family is my work. Dealing with the life of the elderly makes me happy and I love to work with them.

WHAT IS YOUR IDEAL DATE NIGHT: I have no ideal date night but I love to go out for a walk on the beach especially at sunset then dinner.

WHAT IS YOUR PERFECT VACATION: Perfect vacation for me is to travel and explore historical places with my family.

WHAT IS YOUR FAVORITE FOOD: Adobo, it's a Filipino main dish.

WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD: Study hard and pursue your dream no matter what happened, keep going, don't give up..

WHAT WERE YOUR HIGH SCHOOL GRADES LIKE. I think, I'm average xoxoxox

PARTING WORDS TO THE MASSES ARE...: Be happy in everything you do...





Education Sessions – February 2019

Augustine House - Health Hub

Augustine House is pleased to continue offering **The Health Hub**, available to all residents

The Hub is a gateway to health, wellness and independence for our residents.

The GOAL of the HUB is to support you to maintain your independence, improve your knowledge about potential health risks and facilitate access to primary health services.

Why:

- To detect targeted medical problems early
- To provide fast and easy access to Primary Care services in one location
- To facilitate streamlined transition between available services
- To reduce the need for emergency room visits and hospital admissions
- To enable residents to remain independent longer by fostering healthy aging.

How much?

- **IT'S FREE!**
- **No cost** to register
- **No cost** for educations
- **No cost** for appointments, assessments

How?

- Residents complete three self-assessment forms.
- Based on the results, the Hub will identify any current or potential health risks and, with your permission, contact your family physician and/or your pharmacist for possible follow up.
- The Hub will inform you of any recommendations from your physician and remind you of any appointments you need to make.
- The Hub will also host regular **education sessions** to help you stay independent and take charge of your own health.

When and where?

The Health Hub is open **every Thursday from 9 AM to 5 PM** in the Wellness Room on the 2nd Floor. The HUB is possible thanks to our partnership with Fraser Health and the Delta Division of Family Practice.

Come and visit us!

You and your family are invited to attend the following health education session in February. It will help you **stay independent** and **take charge of your own health**:

1. OT/PT supports, resources and services for seniors

- *A conversation with a Fraser Health Occupational Therapist (OT) and a Physiotherapist (PT) from the Home Health team*

This session will help attendees learn about the Physio and Occupational Therapy services and supports available to seniors in the community and residents at Augustine House

When: Thursday February 28th

Time: 10:45 – 11:30 AM

Where: Multi-purpose room on the 1st floor

Please remember that:

- **Everybody is welcome** 😊 - No need to be a Hub member
 - Bring your friends and family members
- **Up to two sessions/month** - see a reminder of the topics on the daily and weekly schedules, look for our posters
- **You can just drop in** – **No** registration required
- No forms to fill ahead of time
- And please tell us what topics you would like in the future!

If you want to register in advance, please register at reception or at the Health Hub any Thursday before the sessions.



**JOIN US ON WEDNESDAYS AT 2:30 PM FOR AN INFORMAL
KNITTING GROUP.
PLEASE NOTE THAT YOU HAVE TO SUPPLY YOUR OWN WOOL.
BEGINNING WEDNESDAY FEBRUARY 6TH.**

We will be happy to drive you to Michaels craft store on
Wednesday February 6th @ 11:00 am to buy any supplies that you need.

National Flag of Canada Day 2019

On February 15, 1965, our national flag was raised for the first time on
Parliament Hill. On the same day in 1996, National Flag of Canada Day was
declared. Every year since, we celebrate our beautiful flag on February 15.





**HAPPY FAMILY DAY
MONDAY FEBRUARY 18TH 2019**

**Augustine House
3820 Arthur Drive
Delta, B.C. V4K 5E6
Telephone: (604) 940-6005
Fax: (604) 940-6015
Email: info@augustinehouse.ca
Website: augustinehouse.ca**