

# NEWSLETTER

**BOBIER VILLA**

## History of St. Patrick's Day

St. Patrick's Day has its roots in the early days of Christianity in Ireland, and it is named after St. Patrick, the patron saint of Ireland. St. Patrick was a Christian missionary who lived in the 5th century and is credited with bringing Christianity to Ireland. St. Patrick's Day was originally a religious holiday that was celebrated in Ireland as a day of feast and remembrance for St. Patrick. It was first made an official public holiday in Ireland in 1903, and the day was marked by religious services and family gatherings. Today, St. Patrick's Day is a day to celebrate all things Irish, from traditional music and dance to food and drink. It is a day to honour the contributions of Irish immigrants to communities around the world and to showcase the unique and vibrant culture of Ireland.



## Community Connections: Adult Day Program



The Elgin-St. Thomas Adult Day Program serves communities throughout the County of Elgin and St. Thomas at Terrace Lodge, Valleyview Home, and Bobier Villa.

At Bobier Villa ADP provides recreational programming for clients in the community. We are open from 9:30am - 2:00pm on Tuesdays, Thursdays and Fridays.

We serve breakfast as well as lunch, and offer a variety of programs including fitness classes, word games, arts & crafts, bingo, live entertainment, and so much more. If we're not chatting over coffee and tea, you'll catch us always busy with a fun program. There truly is never a dull moment in our ADP!

For more information please contact Catherine Hart at [chart@elgin.ca](mailto:chart@elgin.ca)

# TIDBITS FROM THE TEAMS

## Palliative Care at a glance

Palliative care involves a specialized team that focuses on providing relief from pain and other symptoms of life-limiting illness; the overall aim is to provide comfort and improved quality during the end of life.

At each of our homes our palliative teams add an extra layer of support that complements ongoing care.

Our focus is centered on goals of care, CPR, hospitalization preferences and end of life choices. End of life services are resident driven and become an extension of how the resident receives care throughout their time here.

To learn more about our dedicated, interdepartmental teams please contact one of our Resident Care Managers.



Resident Care Managers

Bev Drouillard, Bobier Villa at  
519 762 2417 X 214

Dave McPherson, Elgin Manor at  
519 631 0620 X 223

## International Women's Day

International Women's Day (IWD) (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere.

The colours purple, green and white are associated with International Women's Day. These were also the colours worn by the Suffragettes. Celebrate the amazing women in your life! This could be family members, friends, colleagues, neighbours or any special woman you know!

## HEALTHY TIPS FOR THE NEW SEASON

We certainly have seen a lot of activity this FLU season in the community. Ranging from common cold, to RSV and COVID, now we see a spike in Influenza and Norovirus.

We want to ensure the safety of all our residents, staff and visitors. We ask you please ensure that you are feeling well when visiting our home and if you are not, please reschedule. We do have masks available at reception and we strongly encourage you to wear them while you visit for everyone's protection.

As we enter a new month with more daylight and beginnings of spring, I am hopeful that we will fight all those viruses faster and we can prioritize all the fun activities that March has to offer.

Loralee VanBeest, IPAC Manager, Bobier Villa, 519-762-2417 X 239  
Marcy Eaton, IPAC Manager, Elgin Manor, 519-631-0620 X 237