



## HOW TO WASH YOUR HANDS LIKE YOUR MOM IS WATCHING YOU



### Follow these handwashing rules:

- 1. Remove jewellery or other items on your hands and wrists.
- 2. Wet your hand with warm water, apply soap – plain soap without antibacterial properties works best.
- 3. Rub your hands together outside the water stream for 20 seconds.
- 4. Wash the fronts and backs of your hands, between fingers, under fingernails.
- 5. Rub hands under warm running water for at least 10 seconds to rinse.
- 6. Leave the tap running while you dry your hands with a fresh paper towel.
- 7. Use the paper towel to turn off the taps so you don't re-contaminate your hands.
- 8. Use a paper towel to open the door if you are in a public washroom, otherwise deposit in trash.

**Repeat often: before and after treating someone who is ill, toileting, eating, and cleaning.**



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

**September 2021**





GEORGE  
DERBY  
CENTRE

**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.

We are looking for volunteers! If you are interested in volunteering please contact Mallory Yeager at [myeager@georgederby.ca](mailto:myeager@georgederby.ca) for more information.



We are accepting help in the following areas:

- Gift Shop
- Art Studio
- Bus Outings
- Recreation Programs
- Sewing/Mending
- One to One Visits

## Searching for September

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



- |                              |                   |                   |
|------------------------------|-------------------|-------------------|
| ASTER                        | LIBRA             | SEPTEMBER         |
| AUTUMN                       | MORNING GLORY     | SIMCHAT TORAH     |
| GRANDPARENTS DAY             | OKTOBERFEST       | SUKKOT            |
| HARVEST                      | ROSH HASHANAH     | VIRGIN<br>(Virgo) |
| INDEPENDENCE DAY<br>(Mexico) | SAPPHIRE          | VIRGO             |
| LABOR DAY                    | SCALES<br>(Libra) | YOM KIPPUR        |

\*See a Rec. Staff for **prizes** once you've completed the puzzle!



### ***Birthstone of the Month - Sapphire***

The sapphire is the birthstone for September. This gem is similar to a diamond in that it's one of the hardest materials on Earth. Though sapphire means "blue" in Greek, the gemstone comes in nearly all colors except red. And even the blue stones come in different shades—from dark royal blue to light gray-blue. The finest sapphire, however, is a rich, velvety blue. Per gemstone lore, sapphires contribute to mental clarity and lead to financial success.



### ***Flower of the Month - Aster***

September's flower is the late blooming aster, considered the afterthought of the Roman goddess Flora because it blooms later in the season than most flowers. These mid- to late-summer blooms get their name from aster, the Greek word for "star." There are around 180 species of aster, many found in North America. The flower comes in a variety of colors, including pink, purple, lavender, blue, and red—usually with a yellow center but sometimes centered in black.



### ***September Zodiacs***

Virgo (The Virgin) September 1—22  
Libra (The Scales) September 23—30



# Active Games!



# Therapy Dolls

## Benefits of Therapy Dolls

1. Promotes Reminiscing
2. Increases Sense of Purpose
3. Improves Mood and Relaxation
4. Increases Communication Skills
5. Decreases Agitation
6. Decreases Anxiety



*Nail Spa*

*Tomato Sandwiches!*





## Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. T. S. **ELIOT**
- B. Jeff **FOXWORTHY**
- C. George **GERSHWIN**
- D. Paul **HARVEY**
- E. Stephen **KING**
- F. Clayton **MOORE**
- G. Jesse **OWENS**
- H. Bruce **SPRINGSTEEN**
- I. Oliver **STONE**
- J. Cheryl **TIEGS**
- K. Lily **TOMLIN**
- L. Barbara **WALTERS**



**Bonus:** Match the person to the correct clue.

- |                            |  |
|----------------------------|--|
| 1. Director _____          | 7. Actor, <i>The Lone Ranger</i> _____ |
| 2. Radio broadcaster _____ | 8. Track star _____                    |
| 3. Rock singer _____       | 9. Model _____                         |
| 4. Comedian _____          | 10. Poet _____                         |
| 5. Composer _____          | 11. Horror novelist _____              |
| 6. TV journalist _____     | 12. Movie actress _____                |

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# Bus Outings



# Bus Outings



## September Trips

- Main South: Mondays
- Lower North: Tuesdays
- Main North: Wednesdays
- BSTN: Thursdays

