

March 2019

Fiddick's Forum

Fiddick's Nursing and Retirement Home 437 First Ave Petrolia Ontario N0N 1R0
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Celebrating March

**Irish-American Heritage
Month**

Optimism Month

Craft Month

Celebrate Your Name Week
March 3–9

Mardi Gras
March 5

International Women's Day
March 8

Pi Day
March 14

St. Patrick's Day
March 17

**Make Up Your Own Holiday
Day**
March 26

Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.

Message from Mike

I cannot speak for anyone else, but I think we have all had enough of winter this year. Hopefully soon we will see some early spring flowers. I would like to thank everyone who helped out during our evacuation in February, we could not have not have gotten through so smoothly without all of the amazing volunteers.

I hope that everyone had an enjoyable time at our Valentine's festivities. As we enter the month of March, it will soon be time for St. Patrick's Day and I see that some of our residents have quickly taken down their Valentine decorations and have replaced them with shamrocks. This assures me that spring is now officially just around the corner.



Kindly yours,

Michael Fiddick,
Administrator

Family Council

Our next Family Council meeting will be on **Wednesday, March 27th at 4:00pm** in the Victoria Way Conference Room. We will be discussing upcoming spring/summer events and other facility updates.

"A Family Council is an organized, self-led, self-determining, democratic group composed of family and friends of the resident of a Long-Term Care Home. The main purposes of a Family Council are to improve the quality of life of Long-Term Care residents and to give families and friends a forum for sharing their experiences, learning and exchanging information."

- Family Councils Ontario

Night Owls



The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl's nocturnal nature, their swift silence, their chilling calls of "who," or their bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia. In ancient Greece, the owl was the symbol of Athena, goddess of wisdom. It was believed that an "inner light" gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches' helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.

Update: Fiddick's is Going Paperless!

In an effort to reduce time, cost and environmental burden, we will be going paperless over the next few months.

If you already receive communication via e-mail (monthly billing, invoices, contracts renewals etc) then you do not need to follow up.

If you have not submitted an e-mail to Fiddicks, please contact Shelly and provide her with your e-mail.

We will also be using the e-mail to inform of updates in the building (building concerns, outbreak etc).

Last month, post incident with the electricity and evacuation, it took x2 staff 2.5 hours to call and update all 165 POA/SDMs.

During this time, our phones were also inundated with calls coming in from families with questions and concerns.

We know that there were many inaccurate things being posted online, and everyone was worried about their loved one.

Having your e-mail will allow our team to inform everyone efficiently and in a timely manner.

Note: we will not be using e-mail as a form of communication for nursing related updates.

Thank you

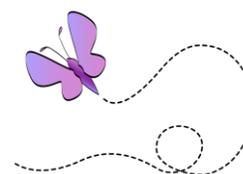
Mandy Judah R.N.
Director of Resident Care

Fiddick's Nursing Home Welcomes...

Beth Lucas
Walter Bassa
John "Bill" Burch
Jim Broad
Glenn Minielly

And mourns the loss of...

Betty Sambell
Marjorie Alderman
Mike Vulakovic
Carol Clark



Reminder: It is still flu season!

A gentle reminder that flu season runs until April.

If you are ill or have any abnormal symptoms, please refrain from visiting the home. 

Our residents are immunocompromised and can get ill very easily.

Fiddick's has Twitter!

Follow "Fiddick's" on twitter to receive any alerts/updates!



Fiddick's has Instagram!

Follow "Fiddick's" on Instagram to receive any alerts/updates!



Resident Birthdays

Retirement Home

Bruno Ziolkowski – March 6th
Morris Bucke- March 15th
Jeanette Bourque- March 17th

Ruby Hall

Neil Anderson- March 6th
Josephine Benacquista- March 19th
Kathleen Tuohy- March 31st

Victoria Way

Elva McCrae – March 7th
Pat Graham- March 17th
Lois MacLachlan- March 21st
Bill Burch- March 27th

Barclay Lane

Patty Marchand- March 7th
Keith Ritchie- March 16th
Floyd Payne- March 19th
Irene Gilarowski – March 20th
Joan Glaab- March 29th
Alfred Erdodi- March 30th

Fairbanks Court

Michael Beal- March 3rd
Madeline Millward- March 7th
Catherine Wagner Marchand- March 19th



*Our March Birthday Party will be on **Thursday, March 28th** with musical entertainment from **The Ozark's!** As always, cake and refreshments will be served. We hope to see you there!*

March Birthdays

In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

Ron Howard (actor/director) – March 1, 1954
Dr. Seuss (author) – March 2, 1904
Jean Harlow (actress) – March 3, 1911
Elizabeth Barrett Browning (poet) – March 6, 1806
Bobby Fischer (chess champ) – March 9, 1943
Liza Minnelli (entertainer) – March 12, 1946
Albert Einstein (scientist) – March 14, 1879
Moms Mabley (comedian) – March 19, 1894
Fannie Farmer (culinary expert) – March 23, 1857
Alan Arkin (actor) – March 26, 1934
Sam Walton (businessman) – March 29, 1918
Liz Claiborne (designer) – March 31, 1929

Welcome Carly! Activity Director

Brooke will be going on maternity leave with March 22nd being her last day.

Carly Gill will be the activity director while Brooke is off and you can contact her for any questions or concerns at 519-882-0370 and ask for Carly or email her at bmcgill@fiddicksnursinghome.com

She will be the contact for family council, special events, room bookings, etc.

