



Can You Find Me?

Somewhere in this newsletter a Cardinal is waiting to be found. Fill in the blanks below and enter your findings at the front desk. The draw will be made at the end of the month!

The winner for "Can You Find Me?" in December is...

Mae A. Congratulations!!!



Can you find me?



In the newsletter, a Cardinal is waiting to be found! Fill in the blanks below and enter this clipping at the front desk for a chance to win! The draw will be made at the end of the month!

| Your Name: | |
|---------------|--|
| Phone Number: | |

St. Joseph's at Fleming LTC

January 2024

St. Joseph's at Fleming LTC | 659 Brealey Dr. Peterborough ON | 705-743-4744



Name: Angela Caza

Job Title: Recreationist

Congratulations and thank you for being such an outstanding employee!

A Word from Carol

Happy New Year 2024!

St. Joseph's at Fleming residents, care team, families, and friends.

Last year together we accomplished so much such as, recovering from the recent pandemic, we said goodbye to some of our colleagues after lengthy careers in LTC, and welcomed our New Director of Care, New Nurse Practitioner, and welcomed many new residents. We saw building changes such as to name a few, replacing two elevators, repairing the pathway balcony and repairing of resident floor areas. We welcomed special visitors into St. Joseph's at Fleming such as Dr. Mikala CEO PRHC, Jeff Leal New Mayor for the City of Peterborough and many other community partners who assisted us with our Remembrance Day service.

In 2024, our commitment to continuous improvement will continue. We recently submitted the CARF application to be re-accredited in the new year. We will be focusing on refining our care team deployment and staffing model to promote optimum care and efficiency.

Please join me in supporting this quality of care and work life initiatives in the coming days.

Thanks for all you do, have a safe and Happy New Year 2024.

- Carol



Celebrity Birthdays

1st, 1449 Lorenzo de' Medici (patron)

3rd, 2003 Greta Thunberg (activist)

6th, 1970 Julie Chen (TV anchor)

10th, 1949 George Foreman (boxer)

11th, 1971 Mary J. Blige (singer)

14th, 1941 Faye Dunaway (actress)

16th, 1932 Dian Fossey (primatologist)

18th, 1904 Cary Grant (actor)

22nd, 1906Willa Brown (air pioneer)

24th, 1917Ernest Borgnine (actor)

27th, 1832 Lewis Carroll (writer)

29th, 1954Oprah Winfrey (mogul)

30th, 1951 Phil Collins (singer)

31st, 1981 Justin Timberlake (singer)

On This Day

1 First Foot Day 2 Science Fiction Day 3 Lord of the Rings Day 4 Braille Day 5 Whipped Cream Day 6 Epiphany 7 Golden Globe Awards Night 8 Canada Bluenose Day 9 Share a Quote Day 10 Houseplant Appreciation Day 11 Morse Code Day 12 Super Hero Day 13 First Radio Broadcast (1910)

14 Makar Sankranti (Hindu Harvest Festival)

15 First Super Bowl Anniversary (1967) 16 Appreciate a Dragon Day 17 Baby Animal Lovers Day 18 "Jeepers Creepers" First Recorded (1939)

19 Tin Can Day (first patented 1825) 20 Cheese Lover's Day 21World Religion Day 22 Small Town Day

23 Measure Your Feet Day

24 Tu B'Shevat (Begins at Sunset)

25 Wolf Moon

26 Australia Day

27 First Sorority Day (1870)

28 Photobombing Day

29 Bubble Wrap Appreciation Day

30 Up Helly Aa (Scottish Festival)

31 Coca-Cola Trademark Day (1893)

Libra (Sept. 23 - Oct. 21)

It's Your Year For: Making Investments and Expanding Your Mind It's a Challenging Year For: Health and Routines

Best Months: March, April, September, October

> Love: Bloom Money: Bonanza Home & Family: Rebuild

Scorpio (Oct. 22 – Nov. 21)

It's Your Year For: Finding love and finding angel donors.

It's a Challenging Year For: "Just for

fun" romance and creativity. **Best Months:** April and May

> Love: Innovate Money: Net

Home & Family: Transform

Sagittarius (Nov. 22 - Dec. 21)

It's Your Year For: Getting fit and finding love.

It's a Challenging Year For: Home and family.

Best Months: June, September

Love: Worthy Money: Comfortable Home & Family: Visionary

Capricorn (Dec. 22 - Jan. 19)

It's Your Year For: Romance and getting

It's a Challenging Year For: Keeping in touch.

Best Months: March, April, October, November

> Love: Desire Money: Plenty Home & Family: Expand

Aquarius (January 20 - February 18)

It's Your Year For: Home, family growth and romance.

It's a Challenging Year For: Money

Best Months: January, April, November

Love: Siren Money: Thrift

Home & Family: Acceptance

Pisces (February 19 - March 20)

It's Your Year For: Home and family and growing your local network. It's a Challenging Year For: Self-

expression

Best Months: All year TBH (but especially September)

Love: Self-love Money: Prosperity Home & Family: Recalibrate

What Does the New Year Hold for You?

Aries (March 21 - April 19)

It's Your Year For: Getting rich and making new friends.It's a Challenging Year For: Solitude and mental health.Best Months: March, April, October

Love: Easy
Money: Lucky
Home & Family: Free

Gemini (May 21 - June 20)

It's Your Year For: Thriving in both your mind and your body.

It's a Challenging Year For: Career and public image.

Best Months: June through December

Love: Cozy
Money: Save

Home & Family: Upgrade

Taurus (April 20 - May 20)

It's Your Year For: Expressing yourself and building your wealth.
It's a Challenging Year For:
Friendship and community building.
Best Months: January through May

Love: Relief
Money: Invest
Home & Family: Steady

Cancer (June 21 - July 22)

It's Your Year For: Community building (January-May) and then thriving in solitude (June-December)
It's a Challenging Year For: Travel and Education Plans
Best Months: March and April

Love: Reconcile
Money: Possibility
Home & Family: Quality

Leo (July 23 - Aug 22)

It's Your Year For: Career growth and networking.

It's a Challenging Year For:
Debts, taxes and reconciliation.
Best Months: April and May

Love: Compromise
Money: Go-getter
Home & Family: Breathe

Virgo (August 23 - September 23)

It's Your Year For: Expanding your mind and owning the spotlight.

It's a Challenging Year For:

Relationships.

Best Months: August, September

Love: Devotion

Money: Peak

Home & Family: Recalibrate

The month of January

January is the first month of the year in the Julian and Gregorian calendars. It was added to the original Roman calendar along with February in 713 BC. It is named after Janus, the god of gateways and beginnings, depicted as a two-headed man looking forward and backward at the same time. The image is a fitting one for the new year, as we look back on the year that has just passed while also looking forward to the coming year.

On This Day

The beautiful red garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary. The name garnet comes from the Latin word granatum (meaning "pomegranate"), an apt comparison, as the stone resembles the color and form of this fruit. Garnets come in a variety of other colors, and a green garnet, known as a tsavorite, is the most highly prized. Garnets are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India.

Birth FLower

The carnation is as rich in history and significance as it is diverse-and with around 300 species, that's saying something! Its genus, Dianthus, means "flower of the gods." These lovely blooms were a favorite among early Romans, who made them into celebratory wreaths. Supposedly, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this,

carnations have come to represent a

mother's love.



Snow Much Fun

Circle the things that are different in the picture on the bottom.





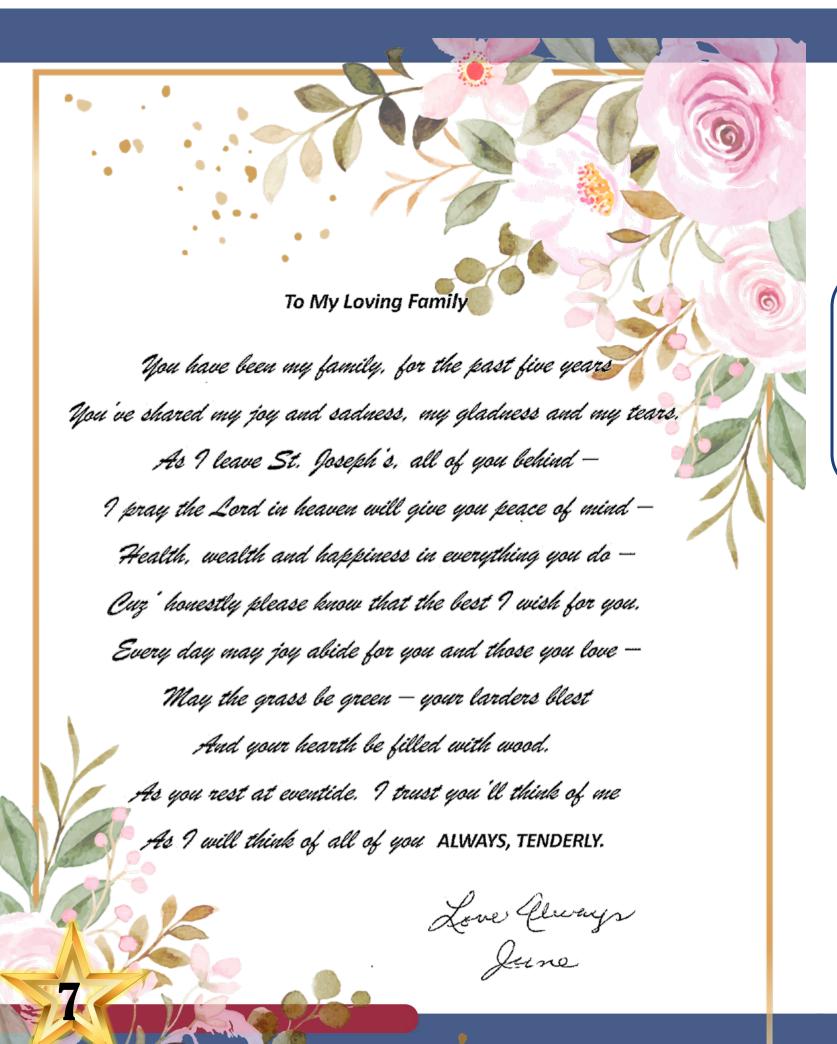


FROZEN RESOLUTION
FROZEN RUNNY NOSE
GLOVES SCARF
ICICLES SHOVEL
IGLOO SKIING
MITTENS SLEDDING
NEW YEAR SNOWBALLS
PENGUIN SNOWFLAKES



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

Dhambards





The Canadian Bluenose might sound like someone who's been out in the January cold too long, but it's actually the name of an iconic stamp issued in Canada on January 8, 1929. It features an image of the Canadian schooner Bluenose, a celebrated racing ship, fishing vessel, and symbol of Nova Scotia. The stamp is considered to be one of the most beautiful stamps ever made and is worth about 700 Canadian dollars.

Firsts in January

1496 - Leonardo da Vinci successfully tests a flying machine.

1880 – Thomas Edison files a patent for the lightbulb.

1902 – The first Rose Bowl game is played in Pasadena, California.

1930 - The Mickey Mouse comic strip is released.

1957 – The Hamilton Watch Company introduces the first electric watch.

1959 – The movie Sleeping Beauty is released.

1961 – Ham the Chimp travels into outer space.

1967 – The first Super Bowl is played.

1984 – The first Apple Macintosh goes on sale.

1999 – The euro currency is introduced.

2005 - Eris, the second-largest known dwarf planet in the solar system, is identified.

2013 – Calcium deposits are discovered on Mars by NASA's Curiosity rover.









Happy New Year!

On behalf of the staff, volunteers and Board of St. Joseph's at Fleming Foundation, I'd like to take this opportunity to wish you and yours the very best for 2024.



We remain hopeful that this year will continue to move away from the pandemic restrictions and a return to a more normal life. Throughout the pandemic, we have tirelessly worked through our Be a Saint Campaign, inspired so much by the

generous gifts we have received in spite of Covid. I'm delighted to share with you that over the holiday months we have raised over \$8,500! This puts our campaign total over \$2.4 million, with the full knowledge that it is you we have to thank for your ongoing support.

Wayne Godward

St. Joseph's at Fleming Foundation Chair

Thank you all for "Being a Saint" this holiday season. Here are some of the wonderful messages we received for our residents, families, staff, and volunteers this season:

Wishing you and yours a very joyous holiday season and Happy New Year! Merry Christmas to the staff and residents at St. Joseph's!

Merry Christmas and Happy New Year. Here's hoping 2024 is another exciting year. All the best everyone!



Tuck Shop

The St. Joseph's at Fleming Foundation has been thrilled by the success of the recently opened Tuck Shop! We have been excited to welcome residents, families, visitors, and staff to this new activity, and have been enjoying getting to interact with each of you! If you haven't had the opportunity yet, make sure to come by and introduce yourself and browse around, or sit and enjoy a cup of coffee or tea when we're open next – see the hours of operation posted to the Library windows. We will be open every Wednesday and Friday for the month of January!







Gifts of Stock

Did you know that as your portfolio of stocks and securities increases in value, you will be obligated to pay extra income tax when you decide to sell and liquidate those securities?

In Canada, 50% of the value of any capital gains are taxable. Should you sell the investments at a higher price than you paid (realized capital gain) — you'll need to add 50% of the capital gain to your income.

However, when you donate some of your stocks and/or securities to a registered Charity, like St. Joseph's at Fleming, you do not pay any income tax on the increased value and instead you will receive a charitable tax receipt for the full increased value of the stocks donated, which you can use to reduce your other income taxes payable.

Donating stocks and/or securities to St. Joseph's at Fleming is a wonderful way to help our residents and lessening your own tax burden at the same time – a real win/win for everyone! Talk to your financial advisor or contact Sarah Cox in our Foundation office at 705-743-4744, ext. 3060 to learn more.



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