

November 2023

The Ressam Times

Ressam Gardens | 1041 West 5th St, Hamilton, ON | (289) 426-3074

Celebrating November

Daylight Savings
November 5

Veterans' Week
November 5-11

Remembrance Day
November 11

**Wear Black and Gold in
Support of the Hamilton
Tiger Cats**
November 17

**International Men's
Day**
November 19

Canada History Week
November 20-26

**Resident Birthday
Party**
November 24

A Message from your Life Enrichment Manager

Hello residents, family and loved ones!

I wanted to quickly introduce myself to those of you I have not yet had a chance to meet. My name is Sabrina and I am the new Life Enrichment Manager. I have been working with the senior and older adult population for 10 years now and love to be able to bring joy and meaning through the use of activities and programs. I look forward to getting to know you all over the next little while. Feel free to pop by my office on the first floor and say hello! As well, a friendly reminder that as the weather changes our outdoor activities are weather dependent and as a result programs could change day to day. Please see your Life Enrichment staff for day of updates.

The month of November also brings us Remembrance Day. It is a time to remember all those that volunteered, fought, sacrificed, served and died for our freedom and the freedom of our country. We will be honouring those on Saturday November 11th with a day of programs, geared towards Remembrance. All of us here at Ressam Gardens thank those who fought and continue to fight to protect and serve this country.

Lastly, don't forget to set your clocks back an hour, the time changes the first Sunday in November.

Until next time,
Sabrina Logan



General Manager – Dr. Nafia Al-Mutawaly
Clinical Director – Brooke Rioux
Executive Chef – John Millar
Life Enrichment Manager – Sabrina Logan
Maintenance Manager – Husam Hameed
Front Reception - Christine Radke



Veteran's Week

Veteran's Week is a time to recognize the brave men and women who have served in the Canadian Armed Forces. This week-long observance is a time for Canadians to come together and show their appreciation for those who have risked their lives to defend our freedom.

Canada History Week

Canada History Week provides all Canadians with opportunities to learn more about the people and events that have shaped the country that we know today. Let us take this week as a chance to reflect on our past, learn from it, and move forward with a greater sense of unity and respect for all Canadians.



Remembrance Day

On Remembrance Day we honour those who gave their lives to serve our country. We pay tribute to members of the Canadian Armed Forces and RCMP who served to defend our values and freedoms.

At the 11th hour of the 11th day of the 11th month, Canadians pause to observe two minutes of silence to honour the Fallen and recognize the sacrifices of servicemen and women.

The act of Remembrance is one of the most important ways to honour and thank Veterans for their sacrifices.

In Flanders Fields

In Flanders Fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Lieutenant-Colonel
John McCrae



A Warm Welcome

We are excited to share with you the addition of our Life Enrichment Manager, Sabrina Logan. Sabrina brings almost a decade of experience working with the senior population in recreation and leisure to Ressam Gardens. Her roles as a Recreation Therapist and Director of Programs and Support Services give her the knowledge to bring success to our community, while her passion for person-centered care comes through in all the work that she does to support individuals living with dementia. Her specialties in non-pharmacological interventions, Gentle Persuasive Approaches, fall-prevention exercise, and meaningful activities bring valuable perspectives to our team here at Ressam Gardens. We are thrilled to welcome Sabrina to our community and wish her a warm welcome.

Employee of the Month

Congratulations to Georgina Appiah for winning Employee of the Month! Georgina's integrity and genuine respect to everyone she encounters are the types qualities we celebrate and acknowledge here at Ressam Gardens. Thank you Georgina for all the work you have done and continue to do.



≡Welcome≡

Birthdays in November

Resident Birthdays

Anne - November 4

Marguerite - November 23

Celebrity Birthdays

Marie Antoinette - November 2

Art Garfunkel - November 5

Neil Young - November 12

Whoopi Goldberg - Nov. 13, 1955

Claude Monet - November 14

Mickey Mouse - November 18

HAPPY BIRTHDAY



November Astrology

In astrology, those born from November 1–21 are Scorpio's intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.