

December 2023

The Ressam Times

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

Celebrating December

Hannukah

December 7-15

Resident Birthday Party

December 12 @ 1:30

Christmas Card Day

December 9

Winter Solstice

December 21

Resident Christmas Party

December 22 @ 1:30

Christmas

December 25

Kwanzaa

December 26-January 1

New Year's Eve

December 31

Ball Drop Party @ 6:30

A Message from our Clinical Director, Brooke Rioux

We welcome the season of fuzzy blankets, hot cocoa and the warm fireplace where we gather with our loved ones. With this being said, this means it is also cold and flu season. At reception, please review and sign consent forms for the RSV, COVID and flu vaccines. We will be hosting clinics coming up over the next couple of months. Please remember to stay home if you are feeling unwell. If you wish to speak to your loved one during this time, we can set up virtual calls through our Life Enrichment department. Please wash your hands and cover your cough. As the season changes, remember to bring in warm attire in order for your loved one to participate in our outdoor walks. We will do our part in keeping your loved one safe during the season, but we need your support and cooperation.

Warm Regards,
Brooke

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



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The Ressam Gardens family extends heartfelt wishes to our cherished community this holiday season. At our home, the festive spirit is palpable, with each smile contributing to the glow of holiday lights. We're grateful for the shared moments and support that define our community. Whether surrounded by loved ones or creating new connections within, may this Christmas be a time of reflection, gratitude, and joy. Wishing you all a season filled with peace, love, and the warmth of caring relationships. Merry Christmas and Happy Holidays!

Merry
Christmas

No matter one's culture or background, everyone gets involved in the holiday season in some way, whether by exchanging gifts with friends or going all out and hosting the very special family meal. It's all exciting and a welcome break from daily routines and responsibilities - but in the midst of all the parties, festive outfits, and holiday shopping, we sometimes tend to lose sight of the deeper meaning of the holiday season. And this is what festive season is all about - mindfulness, love, and authentic connection. Sometimes, the best gifts aren't objects, but simple joyful experiences, heartfelt feelings, and genuine emotions. Because joy can be found in life's smallest everyday moments - if you choose to see it.



Neighbor to Neighbor

Neighbour to Neighbour Centre has helped Hamiltonians in need for over 35 years. From our emergency food bank to educational and family supports to our Community Food Centre, Neighbour to Neighbour uses preventative measures and strategies to alleviate the burden of poverty in Hamilton.

Please consider joining Ressam Gardens this holiday season by dropping off a bag of groceries to be donated to our local Neighbor to Neighbor who helps over 1200 families on the Hamilton Mountain each month.

Wishlist

- grains: flour, rice, oats, quinoa, pasta, crackers, oatmeal, cereal, granola bars
- proteins: canned meat, peanut butter, beans/legumes, chickpeas
- canned fruits and vegetables, tomato sauce, diapers, pull ups, baby formula, grocery gift cards



In December we are pleased to host Catch the Fire Church, a Hamilton-based Christian fellowship that will be providing Christmas services, caroling, and fun songs. Join us on Thursdays throughout December to enjoy this festive programming!



NEIGHBOUR

2

NEIGHBOUR



December 2023

Birthdays in December

Resident Birthdays
Zena - December 5th

Celebrity Birthdays
Woody Allen (actor)
December 1st
Walt Disney (animator)
December 5th
Taylor Swift (musician)
December 13th

HAPPY BIRTHDAY



Giving Tree

We invite you to help make the Christmas season special for the residents here at Ressay Gardens by participating in our Giving Tree.

There are gift tags located on the Christmas Tree on 1st floor with some general information to help you pick up a special gift to donate to a resident here at the home. Please deliver your wrapped gift to the Life Enrichment office no later than December 22nd. Our staff will hand deliver these gifts to each resident Christmas morning.

If you have any questions please email Sabrina at lifenrichment@ressamgardens.ca

