



Moving Along at Total Care



As we head into the holiday season, it is a time to look back over the past year. It has been a busy and important year at Total Care as we celebrate 30 years of providing home care. We have worked hard this year to continue to offer quality home care but also to grow and be a part of our communities. We have hosted many client events with fun activities and had meals with our clients. We have sent out newsletters to clients to share information. We have participated in many community events and with Christmas around the corner we have once again created a float to participate in several local Santa Claus parades. All of this while training staff (and ourselves!) to keep up with changing home care needs – it's been busy! So as 2023 winds to a close, keep an eye out for our staff on the road in our new Total Care car.



Employee Spotlight: Human Resources Specialist, Jennifer Marsh

Jennifer Marsh has worked at Total Care since 2020 and has worked her entire career in healthcare. She worked in Ontario for many years in Clinical Research before moving back home and working in Staffing and as a Clinical Site Manager at the hospital. She has volunteered over the years with many groups and has given a lot of time to local Girl Guides as a Leader and as Area District Commissioner. She is passionate about mental health and has recently completed training with Canadian Red Cross as a Psychological First Aid Instructor. She looks forward to offering this training in the new year.



Our Mission: *"...to provide "hands on" care to the elderly, convalescent and disabled clients by encouraging, supporting and assisting these clients to achieve and maintain a state of well-being in their own environment".*



Check us out on Facebook at "Total Care Nursing in the Home Services Ltd" for regular updates





Safety Matters: Let's Talk About Food!

'Tis the season for giving and eating! Your kitchen may be busier than normal at this time of year as you (or others help you) bake or cook special dishes for others. It is also wonderful to get out with others and eat at Christmas meals in the community or to have someone drop off a nice meal for you to enjoy at home. The holidays can be busy and your fridge may have more food in it than usual – keeping that food safe is important for everyone.



According to Health Canada, there are 4 basic steps to avoid getting ill from your food:

- 1. CLEAN - wash your hands, utensils and counter surfaces often. Wash any raw fruit and vegetables you use.**
- 2. SEPARATE - keep raw foods apart from cooked foods, especially for meats.**
- 3. COOK - be sure to cook foods well to kill bacteria. Use thermometer and clean thermometer between uses.**
- 4. CHILL - eat cold foods while they are cold. Don't leave food out for longer than 2 hours.**

Here are some other tips to keep in mind for Christmas:

1. Label any prepared meals that are given to you with date.
2. Watch food labels for expiry dates and store foods according to the label instructions.
3. Store leftovers as soon as possible (or before 2 hours at room temperature) in sealed containers in fridge.
4. Leftovers in the fridge are generally safe to eat for 2-4 days. After that either throw out or freeze them.
5. Freezing leftovers in labelled containers is also a good option.
6. No double dipping – take dips out into separate dishes for your own plate.
7. Offer toothpicks or forks/spoons/tongs for people to take food during a potluck.
8. Don't overstuff your fridge or freezer – it may not keep food as cold as it should.
9. Always rinse raw veggies/fruits that you are putting on a food tray.
10. Debone meats before you store them in fridge.
11. When taking meals to other homes, keep food cold or hot in insulated container/bag when possible.
12. If any specialty food items under the tree are “unpasteurized” like oils be sure to refrigerate

*The last thing anyone wants to share at Christmas is a stomach bug from bad food.
Remember you cannot always tell if food has gone bad by its smell, colour or taste.*

WHEN IN DOUBT, THROW IT OUT!





GET THE SHOT

It's the time of year to get your annual flu and COVID-19 shots. Getting an immunization is the best way to protect yourself and others.

Three Easy Ways to Get Your Shot:

1. Book appointment with **Public Health**.
For Eastern Region - Call 1-833-951-3884 or book online at timefortheshot.ca
2. Book appointment with your **family doctor**.
3. Visit local **pharmacy** - some give vaccinations.

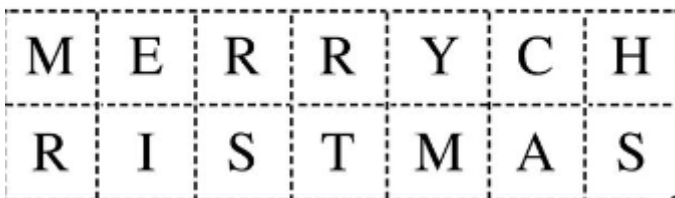
Christmas
Word Game

Words in a Word



Use only the letters in *Merry Christmas* to find a word for each definition. Cut out the letters below and use them to help you make words to fit the clues. Work with a partner and take turns finding words and writing them on the lines.

1. Twelve months _____
2. Alike _____
3. Large town _____
4. Warmth _____
5. Grows on your head _____
6. Part of a flower _____
7. Money _____
8. Divide with someone _____
9. Water vapor _____
10. Male sheep _____
11. A seat _____
12. Our planet _____
13. Bashful _____
14. Holds up a sail _____
15. Long-tailed rodent _____



Phyllis' Recipe Box

GINGER SNAP COOKIES

- | | |
|-------------------------|----------------------|
| 1 ½ cups shortening | 4 cups flour |
| 2 cups white sugar | 2 teaspoons cloves |
| ½ cup molasses | 2 teaspoons cinnamon |
| 2 eggs | 2 teaspoons ginger |
| 2 teaspoons baking soda | |

1. Cream lard and sugar
2. Add eggs and beat.
3. Add molasses and mix flour, soda, and spices.
4. Roll into small balls and roll in sugar. Do not flatten.
5. Bake at 350 deg F until brown (approx. 10 mins).

Enjoy!



Easy Recipe for Best Christmas Present

2 simple Ingredients: TIME & PRESENCE

Steps:

1. Slow down and take time to really be with others.
2. Show you care and do something together! Play a game, listen to music or even bake some cookies.
3. Laugh and have fun!
4. Take a picture so you can remember the moment!

Making special memories is a gift to be cherished.





Christmas Trivia Time

Christmas Word Search

How long does it take for a tree to reach the average height for a Christmas tree?

Answer: It can take from 4 to 15 years, but the average amount is 7 years.



How long have candy canes been around?

Answer: The first record of candy canes in America goes all the way back to 1847 when a German immigrant used them to decorate his holiday tree, according to the [National Confectioners Association](#). Nowadays, candy canes are everywhere with more than 1.2 billion produced and sold each year. Their shape is to resemble a shepherd's crook.



Where is KFC a Christmas dinner tradition?

Answer: Japan. In the early '70s, Takeshi Okawara, the enterprising manager of the first Kentucky Fried Chicken in the country, had an idea. After learning that people were seeking out alternatives to turkey for the holidays, he marketed a fried chicken party bucket—with the slogan "Kentucky is Christmas!" It took off and hasn't slowed down since. Christmas in Japan now accounts for a third of KFC's annual sales.



- | | | | | |
|-----------|-----------|-----------|---------|-------------|
| Angel | Candycane | Christmas | Elf | Gingerbread |
| Holly | Joy | Mistletoe | Noel | Ornament |
| Peace | Presents | Reindeer | Rudolph | SantaClaus |
| Snowflake | Snowman | Stocking | Tree | Wreath |

Created by PuzzleMaker at DiscoveryEducation.com

When were gingerbread houses invented?

Answer: Quite a while ago. They are thought to have been invented in Germany during the 16th century and became popular with the Hansel and Gretel Story by the Brothers Grimm.



The Staff at Total Care wish you peace, hope and love this holiday season.

