



# **FIVE STAR NEWS**

**Barrhead & District Social Housing Association**



**January, February, March 2025**

# REPORTS



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"How may I help you?"



## Resident Services

**Happy New Year to all our wonderful residents! As we enter 2025, we wish you a year filled with warmth, joy, and good health. Winter has arrived, and with it, the opportunity to reflect on cherished memories and create new ones. Let's embrace the season together and make the most of this beautiful time of year**

**As we look back on 2024, we are filled with gratitude for the moments we shared, the new friendships formed, and the milestones reached. Whether it was through our monthly**

**activities, special celebrations, or personal accomplishments, we have come together as a community. Thank you for being part of this wonderful journey.**

**Winter can be a beautiful time of year, but it's also important to stay safe. Here are some helpful tips to keep you warm and safe this season:**

- **Dress in layers to stay cozy and warm.**
- **Be cautious of icy walkways. Let staff know if you notice any slippery areas.**
- **Keep hydrated, even in colder weather, to stay healthy.**
- **Enjoy indoor activities like reading, puzzles, or knitting if you're staying in.**

**Taking care of your well-being is especially important in the winter months. Here are some tips to help you stay healthy:**

- **Stay active with gentle exercises or stretches to keep your body moving.**
- **Make time for hobbies that bring you joy, such as painting, gardening (indoor plants), or writing.**
- **Connect with friends and neighbors to combat winter isolation. A friendly chat can brighten any day!"**

**As we start the new year, please remember to keep us updated with any changes to your contact information. If you have any special requests or need assistance, feel free to reach out to the staff. We are always here to help!**

**As we begin this new year, we are excited for all the moments we will share. May 2025 bring you good health, happiness, and lots of wonderful memories. Remember, you are always a valued part of our family here at Barrhead and**

**District Social Housing Association. Let's make this year truly special, together!**

**Dawn Price**

**Resident Services Manager**

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## **Housekeeping & Laundry Department**

**Hello Everyone**

**We hope everyone had a wonderful Christmas spent with friends and family! If you follow Chinese horoscope, 2025 is the Year of the Wood Snake. This signifies that this upcoming year will be one of transformation, growth, and introspection. We are ready to grab 2025 by the tail, are you?**

**Our annual cleans for both old Hillcrest will be starting the 2<sup>nd</sup> week of January, to be followed by new Hillcrest and then Klondike Place. In addition to resident units, we will also be starting the annual cleans for our common areas in each building. Just like last year we will be sending out notices giving you as much time before we come in and clean. Due to lodge standards, annual cleans are mandatory**

**and cannot be refused. Please make sure to give our team room to move around and complete your clean.**

**We are adding two new shiny washers to our laundry room in the near future. They are replacing older ones that have worked hard for us but need to move on to greener pastures.**

**As our crew moves around the buildings throughout the week, please remember that your weekly cleans are mandatory and this is stipulated when you move in, as is weekly laundry. Part of our housekeeping responsibility is making sure your sheets are washed weekly; it is included in your monthly rent. If you want to wash your sheets yourself, you must sign a Managed Risk Agreement stating that you will wash your bedding/towels on a regular basis and that the housekeeping department reserves the right to do inspections when needed. If you have not signed one of these agreements, please see Jennifer.**

**Let's talk about recycling again!! Every news letter has a blurb about recycling, please help us help you recycle! Recycling Joe comes out twice a month to empty the recycling and take away what we have collected. The time in between, it is up to us to keep that area clean. While housekeeping does tend to it daily, we also need help from our residents. By following these guidelines, you can help us make this an easier process.**

- We do not recycle glass, no pickle jars, jam jars, peanut/nut jars, or cheese whiz jars, it goes in with your garbage please.**

- **Cardboard needs to be put with your garbage, we do not have a recycling program for it.**
- **Please recycle plastic only if it has a number 1-7 and the recycling symbol on the bottom, any other plastic is garbage. We do not recycle plastic bags, clamshells, plastic cups, plates, or cutlery. If it does not have a number, please throw it in the garbage. We do not recycle Styrofoam.**
- **Please do not throw food aluminum cans (tuna, beans, canned meat) in with the pop cans. They are not recyclable, they are garbage.**
- **No garbage of any kind should be put in the recycling. The recycling gets sorted through by Recycling Joe and it can be a messy job. Please throw out your garbage in your room and housekeeping will pick it up.**

**This is what the symbol on the bottom of your plastic container will look like, if it does not have one of these symbols, it is garbage.**



**Thank you for all your cooperation!**

**Housekeeping Team**

**Jennifer Danielson- Housekeeping Supervisor**

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## **Activity Department**

**Thank you to all for the treats, cards, donuts and many Hugs at Christmas! We appreciate it!**

**Happy New Year may you enjoy everyday!**

**We are so very happy to see all of you daily, weekly and at monthly Activities. Keep up the participation, activity is good for your mind and body.**

**\* Improve your Mobility and keep your independence. There are some simple ways to do this: Attend exercise weekly, walk the halls during the winter months and walk the block in the summer months, Join us at the Pool! walk the lazy river and relax in the hot tub, use the exercise equipment in the exercise room. Stay well and keep your independence!**

**\* Please do not donate clothing or shoes to the Activity Department. All unwanted clothing items/shoes should be taken to the Thrift Stores or donation bins in the community.**

**Please have your family take these items to the thrift stores or donation bins. Thank you.**

**\*We are pleased to announce that the staff Christmas Challenge creations Silent auction raised \$300 for the Food Bank.**

**\*Together we raised \$422 for the Stollery Children's Hospital. Donations were made at the Dale Gummow evening on December 7<sup>th</sup>**

**\*February 2025 – this month we will be celebrating Love, Kindness and Friendship. On Tuesday February 4<sup>th</sup> we will be having a Library Lovers Tea with proceeds to the Barrhead Public Library. The Barrhead Public Library has been so very kind to us and making sure we are able to access services provided by the Public Library in our own home! More details will be available on the Activity Bulletin Board. In the month of February, we will have a variety of different activities with the main theme around Love, Friendship and kindness. Please join us!**

**Activity Department Team**

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# Meet the STAFF

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**Name: Melanie Ann Bain**

**Birthday: July 11**

**Years at BDSHA: 11 months**

**What do you like best about working here: The staff and residents. I work with an amazing team!**

**Hobbies: I love to read, crochet and spend time with my boys. I'm a hockey mom and couldn't be prouder!**

**Something you might not know about me: I was born in Newfoundland, grew up in Toronto and moved to Alberta at 12 years old. I just got my first dog 2 years ago and couldn't imagine life without her!**

**BDSHA thanks you for your service Melanie!**

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**Name: Rae-Lee Hnatuik**

**Birthday: May 12**

**Years at BDSHA: 1 year**

**What do you like best about working here: The Seniors**

**Hobbies: Skiing & Dirt Biking**

**Something you might not know about me: I like crystals**

**BDSHA thanks you for your service Rae-Lee!**

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**Name: Dorothy Waters**

**Birthday: April 1**

**Years at BDSHA: 10 years in July**

**What do you like best about working here: The Residents**

**Hobbies: Baking, Gardening, Time with grandchildren**

**Something you might not know about me: Have been a Scottish Country dancer for over 20 years**

**BDSHA thanks you for your service Dorothy!**

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## **A New Year's Call**

**~ Catherine Pulsifer**

**The New Year calls, a chance to rise,  
With open hearts and hopeful eyes.  
Leave the past behind, step bold and free,  
The best is yet, for you to see.**

**Embrace each moment, face each day,  
With hope and strength along the way.  
The future's bright, the path is clear,  
This is your time - begin the year!**

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## **Redneck Romance**

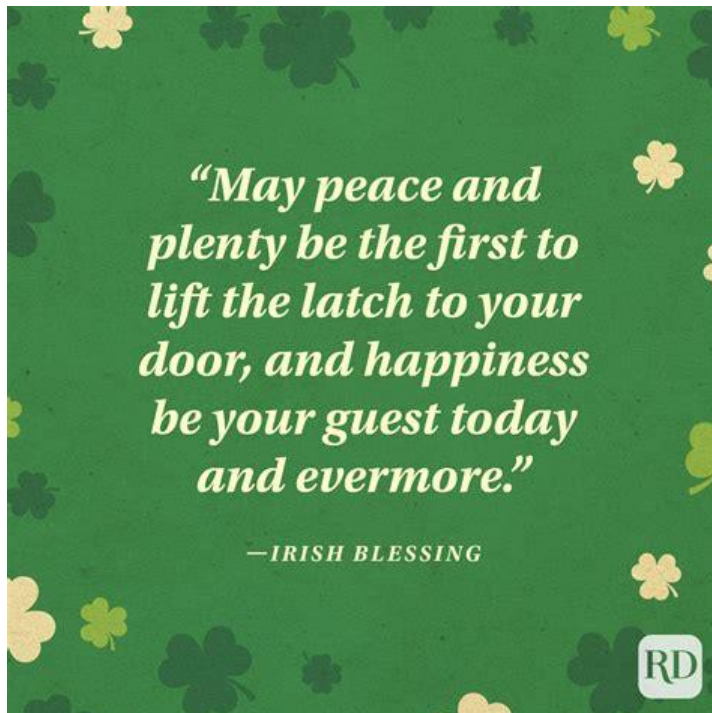
**We may live in a small town  
And drive around in a beat-up car  
But our love is worth more than gold  
And shines brighter than any star**

**We don't need fancy dinners  
Or expensive jewelry to show  
The world how much we care  
And how our love continues to grow**

**We sit on the porch at night  
Watching fireflies light up the sky**

**Holding hands under the moon  
As the creek sings a lullaby  
Our love may not be perfect  
But it's real and it's true  
And I thank God every day  
For bringing me to you  
So, let's celebrate this love  
That we've built from the ground  
And know that our redneck romance  
Is the best thing that we've found**

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When Irish eyes are smiling, they're usually up to something.

