



SANTA CLAUSE VISITS

On December 12th Eden Gardens was visited by Santa! The Elders' all had huge smiles on their faces. and were happy to tell Santa their Christmas wishes!



STAFF CHRISTMAS CAROLING

Our staff got together on December 14th to sing Christmas Carols to our Elders. It was a huge success with a lot of laughter and joy. The elders joined in, and we even were lucky to enough to have two children join our groups, and they were the highlight of the show.



A SPECIAL THANK YOU

Eden Gardens would like to offer a special thank you for the generous support we received in 2023. Without our donors, volunteers and family members we would not be able to provide the enrichment and activities our elders need.

All the best in 2024!

*Happy
New Year*

EDEN GARDENS SAFETY TALK



A gentle reminder that Eden Gardens is a **SCENT FREE** home. Please refrain from wearing perfumes and any scented body products. Scents can cause respiratory distress in our elders, family members and staff who are sensitive to perfumes and other scented products.



As the temperatures continue to drop, please use caution when using the parking lot and side walks.

Thank you for doing your part to keep Eden Gardens Elders and Care Partners Safe

In Loving Memory



*Dennis B.
George T.-Veteran*

“The people we lose will never be forgotten. They will continue to live in our hearts and memories, reminding us of the love and joy they brought to our lives”

-Unknown

A Heartfelt Goodbye

Erin Beaudoin - Executive Director

It is with a mix of gratitude and a touch of nostalgia that I bid farewell after an incredible five years as the Executive Director of our beloved Eden Gardens. As I reflect on our last 5 years together, I am filled with a profound sense of appreciation for the remarkable community we've built together.

To our dedicated staff, you are the heartbeat of our home. Your unwavering commitment, compassion, and tireless efforts have created a warm and nurturing environment for our residents. Each of you has played an integral role in making Eden Gardens a place where compassion is a daily practice, and where excellence is the standard. Thank you for your hard work, resilience, and the countless moments of kindness that have touched the lives of those we serve.

To our residents, you are the reason we do what we do. Your stories, wisdom, and love have enriched our lives in ways words cannot capture. It has been an honor and privilege to witness your strength and spirit each day. You are the heart of our community, and your presence has made this journey truly special.

To the families of our residents, your trust and support have been invaluable. Your partnership in the care of your loved ones has strengthened our community bonds. Thank you for entrusting us with the well-being of your family members and for being an integral part of our extended family.

To our dedicated volunteers, your selflessness and generosity have brought joy and comfort to our residents. Your time, skills, and compassion have made a lasting impact, and we are grateful for the meaningful connections you've forged within our community.

I leave with a heart full of gratitude for the privilege of serving as your Executive Director. The memories we've shared, the challenges we've overcome, and the triumphs we've celebrated will forever hold a special place in my heart.

Thank you, from the bottom of my heart, for an unforgettable five years. I am confident that the spirit of compassion and community that defines us will continue to flourish.



**“WE ALL TAKE DIFFERENT PATHS IN LIFE, BUT NO MATTER WHERE WE GO,
WE TAKE A LITTLE OF EACH OTHER EVERYWHERE.” — UNKNOWN**



Special Event

“Dance For the Mind”

January 10th at 10:30AM

**This is a special Demo Class provided by Ivana Ho.
Family members will be required for participation.**

This class is designed for older adults with various stages of dementia, or those with significant physical or cognitive challenges. The program focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant as the dance itself to stimulate the brain and memories. Gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance.

These classes are danced entirely from a seated position and will be led by Ivana Ho, who has been a volunteer at Eden Gardens for over five years!

New Years Eve Countdown Party

December 31st at 1:30PM

*Happy
New Year*

Our Activities Department will be holding a New Years Eve Countdown Party for our Elders, with special music guest, David!

Please join us, and your loved one for this event! We look forward to celebrating with you and ringing in the New Year!

2024



A Warm Welcome to Our New Elders



*John Q.
Maggie S.*

Welcome

This newsletter is published monthly by Eden Gardens

www.edengardens.ca

If you'd like to know more about information in our newsletter, please contact Amanda at amanda.chomeczko@edengardens.ca