



# THE SENIOR SCOOP



From left, Amy W. Lisa, Heather, Suzanne, Tracy, and Amy L. create Valentine treats for some lucky clients!

## February Happenings

While humans do not technically hibernate, this year's cold winter has certainly given many of us the urge to slow down and to stay warm and cozy. Even those who love the winter months may be wondering when the warmer weather will return. February 2<sup>nd</sup> is Groundhog Day and if you're curious about the origin of this unique tradition, we have included a bit of history on page 2 of this newsletter! On February 2<sup>nd</sup> our team enjoyed an afternoon creating Valentine treats for some lucky clients. Valentine's Day is a reminder that expressing appreciation to friends and family is a lovely way to strengthen relationships. Reach out to those you care for - it's a gift to both the giver and receiver!



### Meet Kristine Hernandez Gluch Associate

After being blessed with raising her 3 children, Kristine feels grateful to enter a new chapter of life with the AYSFS team. Kristine loves to help enrich the lives of her Clients. She loves nature, animals, music, dancing, travelling and exploring, sewing, cooking, puzzles, organizing and planning, reading, and of course, hockey. But nothing brings Kristine greater joy than helping her Clients and seeing them smile. Kristine always goes above and beyond to make sure her Clients have the assistance they need to enjoy independence at home.



## Golden Moments

### A Milestone and a Move!

Client Frances celebrated a milestone birthday and recently made the move to a new residence. Associate Liz was there to celebrate Frances on her special day. Liz's support has helped Frances to thrive in her new home. AYSFS takes pride in the precious friendships built by Clients and their Associates!

Valentine's illustrations courtesy of Vecteezy.com

### Valentine's Day Isn't Just for Couples!

Reach out to a friend or family member on Valentine's Day by sending a heartfelt text, calling, or mailing a card to express appreciation for their friendship and love. Share a favorite memory, or make plans for coffee to celebrate, reminding them they are loved. It's a great way to nurture friendships and family relationships.



# The History of Groundhog Day

Legend has it that watching a groundhog emerge from its burrow on February 2<sup>nd</sup> can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive.



According to European beliefs, spring's arrival could be predicted based on the awakening of hibernating animals (such as bears, otters and hedgehogs) It appears that European settlers (particularly Germans) brought this belief with them to North America and relied on the marmot to predict whether prolonged winter conditions or spring warming lay in store. In Canadian history, as winter food stores got low, the first European settlers hoped that spring would arrive early so they could sow earlier and therefore harvest earlier. In North America, the tradition of predicting the weather by watching groundhogs come out of their burrows dates back to 1887. In Canada, Wiarton Willie, of Wiarton, Ontario, is the most famous groundhog and has been predicting the weather since 1956. Groundhog Day organizers maintain that the rodents' predictions are accurate 75 to 90 per cent of the time. However, meteorological data prove that the groundhogs' success rate is quite low, stating the groundhogs' predictions were correct only 37 per cent of the time. Either way, Groundhog Day has become a fun way to anticipate the coming of spring. After a very cold winter, what is your prediction (or hope!) for Wiarton Willy this year? *Source: thecanadianencyclopedia.ca*

## Cameras and Surveillance

### Did You Know?

You or your loved one may choose to install a camera(s) in your home to enhance safety and security. At Your Service for Seniors needs to be aware of client camera and surveillance use.



When cameras are used, they must comply with Ontario privacy laws:

- All cameras or surveillance devices (indoor or outdoor, fixed or mobile) must be disclosed before services begin and /or if device is installed thereafter.
- Cameras are prohibited in areas of the home where Associates may be physically vulnerable (ie: in a state of undress) such as bedrooms and bathrooms for Associate use.
- Audio or video recording without prior consent is not permitted

**If you or your loved one is using camera(s) and surveillance while Associates are present in the home, it is important to contact our Admin team and let us know. Please call 519-872-0875 or 519-873-0875 to notify our team. Thank you.**

## Active Living Fair

Join us at BGC London for a day dedicated to healthy, active living! AYSFS is just one of the many senior resources attending the Seniors Active Living Fair at 184 Horton St. London on Thursday February 26<sup>th</sup> from 10am - 2pm. Register for this **FREE** event by calling 519-434-9115 ext 258. A light lunch is provided with registration. AYSFS looks forward to this event each year. If you would like accompaniment to the event, please ask your Associate for more information! It's sure to be a fun day of expert speakers, fitness demos, resources for seniors, and much more!

**Seniors' Active Living Fair**  
**Thursday Feb 26<sup>th</sup>**  
**2026**  
**BGC London**  
The Boys & Girls Club  
184 Horton St.  
London, ON  
**10 am - 2 pm**  
Join us for a day dedicated to healthy, active living!

Surveillance illustration courtesy of Vecteezy.com. Groundhog illustration courtesy of freepik.com