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Some Bunnies Wove You!

Spending time with a pet is a powerful way to combat loneliness and isolation. It also brings comfort and companionship while promoting overall health and wellness.

“Every Bunny Needs Somebunny Sometimes”

Anonymous

A pet companion can bring many health benefits to a senior, even if that senior is unable to properly care for a pet. Through our AVENS pet therapy programming, pet animals interact with seniors to help improve their quality of life. Research has shown us that pet therapy for seniors has allowed seniors to cope better with stress, help recover from illness faster, and in some cases reduce the need for medication.

One study even found that spending 15 minutes with an animal initiates hormonal changes in the brain, dropping stress levels and increasing serotonin (the “feel-good” hormone) levels.



NEW Tiger bunnies for AVENS pet therapy program

With that said, AVENS is pleased to announce that we have been successful in acquiring two NEW “Tiger” bunnies, or sometimes called Southeast Asian striped rabbits. These are considered a very rare rabbit breed, however, we think our two new friends are a cross with another species. We are not quite sure if they are a boy or a girl bunny, but we were told from Crooked Wiskers, they are of the same gender.



Chinese zodiac- 2023 Year of the Rabbit

2023 is the Year of the Rabbit according to the Chinese culture which is supposed to symbolize longevity, peace and prosperity. It is also predicted that 2023 to be the year of hope. Let's

hope these chinese predictions hold true for our two new friends and for AVENS.



Our two new friends are still getting acquainted to their new surroundings, which I like to refer as their “two story penthouse”. This impressive set up is located near the elevator entrance of the Aven Cottages.

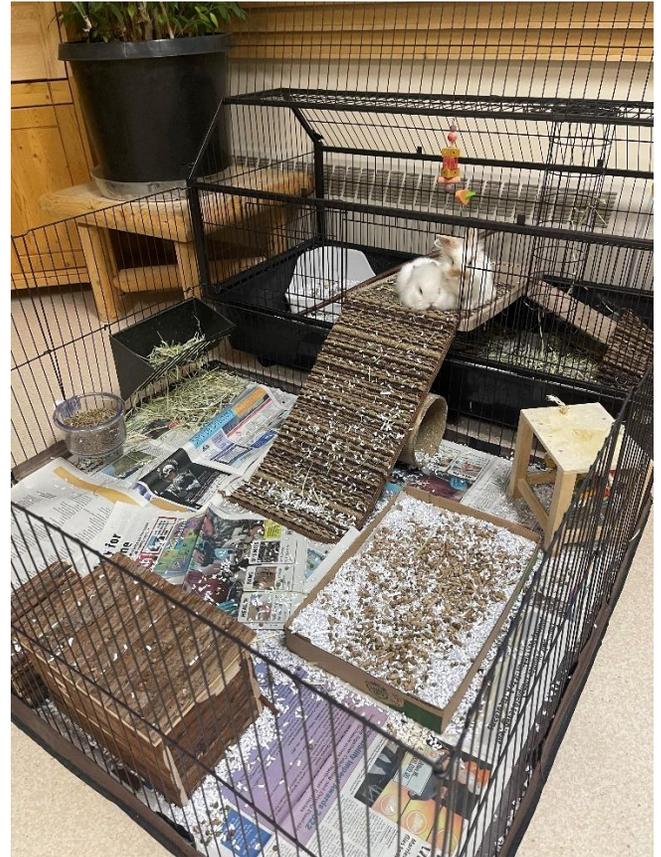
I keep referring to them in general, as AVENS has yet to pick out names for our bunnies. We know that our Recreation Team will be working with our residents and staff to select the most appropriate names for our new therapy pets.

Somebunny is coming to see you soon!

Like new parents, AVENS Recreation Department will be getting to know and help train our little buddies with proper potty training and

getting accustomed to many outings into both the Aven Manor and Aven Cottages.

We know these two “superstars” will be super busy in the weeks to come with our residents.



Cuteness overload in their very own two story penthouse, complete with ramps, hiding spots and toys

AVENS Love Affair- A Look Behind The Scenes

If AVENS was a romantic novel, then we need not look too far for the lead characters.

With this week being Valentines, I wanted to focus “a behind the scenes” on a working AVENS couple.

Ladies and gentlemen, please meet Ronald and Mary Joy Valdriz, more than just care team members, here at AVENS.

Let's go back a bit and meet our two love birds, shall we...



Ronald Valdriz

Ronald Valdriz applied for a Resident Care Aid position at AVENS back in the summer of 2021. He previously served as a Registered Nurse in the Kingdom of Saudi Arabia, specializing in Male Medical needs, and Psychiatric Rehabilitation. He was successful in joining our RCA Team and continued to pursue his Canadian nursing equivalency.

A year later in the summer of 2022, his wife, Mary Joy Valdriz, also applied to AVENS for a casual RCA position. She too had over 11 years of nursing experience specializing in medical, pediatric, OB-Gyne, ER, dental care, lab work and x-ray services. As in the footsteps of her husband Ronald, she also was successful in

joining our RCA Team. Then a short time after, acquired her LPN equivalency to join our Resident Care Team Lead (RCTL) team. 😊



Mary Joy Valdriz

Together, these two individuals have been a dedicated powerhouse of support for our residents and their families and we thank them for their great work.

As these two have been able to balance work and life together at AVENS, we equally commend them for their professionalism.

Now I am pleased to inform everyone that hard work pays off, as Ronald has recently acquired his Canadian Nursing equivalency and has just joined our RCTL Team, as a casual position.

It is great to see a couple who have taken the perilous professional journey to Canada and who have been relentless to pursue their careers. AVENS is very proud of Ron and Mary Joy and

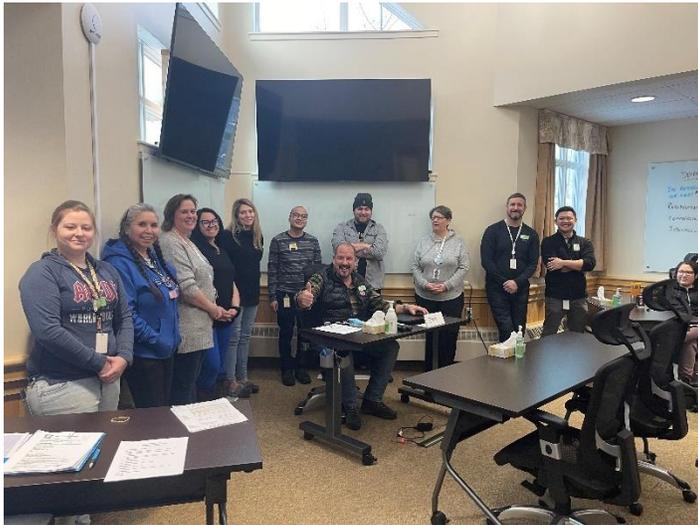
wish them a great career at AVENS, but moreover, we want to wish these two a very special Happy Valentines Day!

(Thank you to our Director of HR, Lindsey Dwojak, for her assistance in this story)

Aurora College Personal Support Worker (PSW) Students Are Back

Once again, AVENS is hosting a number of Aurora College Personal Support Workers for the last couple of months of their respective program.

For the next 8 weeks, AVENS will be pleased to have six of these Personal Support Workers (PSW), alongside their instructor, Rachel Nolting, as they roam our halls in getting to know our residents and staff.



Our traditional "Let's meet our AVENS Management Team and Support Staff" as part of the PSW orientation

We want to wish this next round of PSW students all the best, as they conclude their programs.

Valentines 2023 Community Corner

WIN *A Date Night for two*
THIS VALENTINES DAY

DRAW DATE
14TH FEB

1 TICKET
\$10

3 TICKETS
\$20

\$200

COPPERHOUSE
EATERY + LOUNGE

Tickets available at the reception desk.

SOCIAL COMMITTEE

Valentine's

Bake Sale

TUE | FEBRUARY 14TH
ADMINISTRATION AREA

Donation of baked goods are welcome.
Please sign-up at the reception.