



A message from Manny Bettencourt,
Chair, Board of Directors and Beverley
John, CEO: *On behalf of the Board of
Directors and Management Team, we take
this opportunity to wish you the best of the season:
Peace, Joy and Hope!*



Frohe Weihnachten *Feliz Natal*
Feliz Navidad
Vesele Vianocce JOYEUX NOEL
MERRY CHRISTMAS
God Jul Vrolijk Kerstfeest
Buon Natale *Maligayang Pasko*
Vesele Vanocce Hyvaa Joulua

Holiday Health for Seniors

While the holidays are a time of gatherings with family and friends, they can also be a challenge to manage the stress. Here are a few simple tips to keep in mind!

- ❖ Make Healthy Choices, keep snacking and rich meals in check
- ❖ Stay Hydrated, drinks lots of fluids
- ❖ Rest after travelling, watch television or nap upon your arrival
- ❖ Take Breaks, between the outings and entertaining

Look after yourself is the most important gift to yourself!

lamsick.ca is a new resource available to all residents of Ontario. **lamsick.ca** delivers a multilingual service, which uses web and mobile technology to help guide patients to the nearest open clinic, urgent care centre, hospital emergency room or pharmacy.

lamsick.ca is accessible from any computer, tablet or smartphone.



Employee Recognition Awards 2014

30 Years

Caswell

20 Years

Jun

McRena

15 Years

Kathleen

Desiree

Beverley

10 Years

Una

5 Years

Alfred, Annmarie, Trevor, Charmine, Janet, Daniel, Marlene, Luisa, Shantay, Justyna, Czarina, Jacqueline, Keith, Dorene, Slavica, Prescilla, Brittany, Melinda, Memory, Mariana, Jatinder, Yining, Peris, Tina, Kaydiann, Helen, Jane, Ama, Nilmini, Harinderjit, Mandeep, Hinaben, Michaela, Oksana



Caswell receiving his 30 Year Employee Recognition Award, from CEO & Executive Director Beverley John



Consumer Advisory Council:

The Consumer Advisory Council meeting took place on Nov. 26th at Nucleus' Head Office, 2030 Bristol Circle in Oakville. The development of a new Consumer Handbook was discussed and members provided valuable recommendations for information about Nucleus they felt would be useful for new and current consumers to receive. The next Council meeting will take place in the spring of 2015. We thank all members for their participation on the Council. If you are interested in joining the Council and are receiving services by Nucleus please contact Leighann at 905-829-4499, ext. 127

We Appreciate Your Feedback

We want to hear from you if you have received exceptional service or if you have comments or suggestions to improve our service delivery. Please email us at info@nucleusonline.ca