

MARCH 2026

# OSGOODECARE FAMILY NEWSLETTER

## Osgoode Care Families,

We made it through a cold and snowy February. It only gets better from here! Daylight saving time starts this Sunday, March 8. We're looking forward to longer brighter days that boost our energy. More energy is good for all the fun activities planned this month. Families are always welcome.

### March Music

We are fortunate to draw so many talented local musicians to our home. Music is a wonderful social activity that stimulates physical and cognitive health. Here is our line-up for March.

## Upcoming Events

- March 3rd at 3 PM: **Spencer Scarff**
- March 12th at 3 PM: **Roxy Swan**
- March 17th at 3 PM: **Lady Blonde**
- March 28th at 1:30 PM: **Vernon**

**Ukelele Group**

## Busting out the Brews a Huge Success!

Last month's fundraiser was a huge success. Thanks to everyone who came out to enjoy great food and drinks, while raising money for our home. Busting out the Brews raised more than **\$88,000** in support of our home and the people who live here. That number is incredible. **But even more incredible is what it represents: a community that shows up and cares deeply!**

## Osgoode Care Casino

The fun continues!

- We are rolling the dice on March 25th at 2 pm with an in-house casino. With no real gambling, everyone's a winner!

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## Saint Paddy's Day

While the official date for St. Patrick's Day is March 17th, we thought we'd get the party started early. We are celebrating on March 13th at 3 pm. There will be Irish tunes, green ale, festive cookies, and other surprises. Irish food is known for its rich and hearty flavours. Steve Wright, our dietary manager, is sharing this easy-to-make comfort food recipe.

### Irish Stew



## Irish Stew Recipe

- 2 tbsp olive oil
- 2.5 lb / 1.25 kg beef chuck , boneless short rib or any other slow cooking beef (no bone)
- 3/4 tsp (each) salt and black pepper
- 3 garlic cloves , minced
- 2 onions , chopped (onion of your choosing)
- 6 oz / 180g diced bacon, speck or pancetta
- 3 tbsp flour (all purpose or plain) (Note 3 tbsp for GF)
- 440ml / 14.9 oz Guinness Beer
- 4 tbsp tomato paste
- 3 cups (750 ml) chicken stock/broth (or beef broth)
- 3 carrots , peeled and cut into 1.25 cm / 1/2" thick pieces
- 2 large celery stalks , cut into 2cm / 1" pieces
- 2 bay leaves
- 3 sprigs thyme (or sub with 1 tsp dried thyme leaves)

1. Cut the beef into 5cm/2" chunks. Pat dry then sprinkle with salt and pepper.
2. Heat oil in a heavy based pot over high heat. Add beef in batches and brown well all over. Remove onto plate. Repeat with remaining beef.
3. Lower heat to medium. If the pot is looking dry, add oil.
4. Cook garlic and onion for 3 minutes until softening, then add bacon.
5. Cook until bacon is browned, then stir through carrot and celery.
6. Add flour, and stir for 1 minute to cook off the flour.
7. Add Guinness, chicken broth/stock and tomato paste. Mix well (to ensure flour dissolves well), add bay leaves and thyme.
8. Return beef into the pot (including any juices). Liquid level should just cover - see video or photos.
9. Cover, lower heat so it is bubbling gently. Cook for 2 hours - the beef should be pretty tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
10. Skim off fat on surface, if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme.
11. Serve with creamy mashed potatoes!!

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## Frequently Asked Questions (FAQ's)

Frequently Asked Questions (FAQ's) Available on our Website

Families of new residents ask lots of good questions, and we do our best to answer them. We have recently added a [FAQ](#) document to our website. There is lots of information about resident orientation. The website has lots of other useful information under the ["About Us,"](#) tab including our policies. Emergency Preparedness, and our Eden Journey. Please check it out to learn more about OCC.

That's our update for this month! Wishing you all the happiest and healthiest start of spring!

## Family Council Meeting

Our next meeting of the Family Council is on March 4th at 5:30 pm. It is a hybrid meeting, so feel free to join us at Osgoode Care or via Zoom (a link will be sent via Clinixconnect). On the agenda is discussing the results of our recent family opinion survey. We will take a closer look at how this year's results compare to the previous year, and brainstorm about how to maintain the confidence our families have in the care of their loved ones.

**Osgoode Care Centre**

- Our Home
- Visiting our Centre
- Mission, Vision & Values
- Resident Bill of Rights
- Board of Directors
- Policies, Reports and Plans
- Emergency Preparedness
- **FAQ's & Resources**
- **Our Eden Journey**
- Our Water System

Built by the community, sustained by the community and benefit from the time and efforts of many volunteers individual, and corporate donations, in memoriam gift

CARE CENTRE

Centre continues to of fundraising activities,