



Newsletter



October 2017



October Health Tip:

Quick Facts: Influenza



What it is?

- an infection of the nose, throat, and lungs that is caused by a virus
- Symptoms start suddenly and may include: fever, sore throat, runny nose, cough, headache, muscle aches, loss of appetite, and feeling tired. Vomiting and diarrhea can happen but is more common in young children
- pneumonia is the most common complication of influenza
- influenza can make other health problems worse

How it spreads?

- easily spread when an infected person sneezes, coughs, or even talks
- the virus can be breathed in. People can be exposed to it when they touch something that carries the virus (e.g., hands, objects) and then touch their eyes or nose influenza can spread before symptoms start

How to prevent spreading influenza?

- get immunized
- wash your hands with warm water and soap or use an alcohol-based hand rub (hand sanitizer) often
- cover your cough or sneeze into your arm or a tissue, not your hand
- stay home when you are sick

What's happening at Vegreville Manor?!

October 16th – AHS FLU CLINIC and Municipal Election (mobile polling station)

October 19th – Men's Group

October 20th – Octoberfest Celebration w/ Country Gold

October 27th – Sherwood Park Bus Trip

October 30th – Personal Touch Fashions



October 31st –Hallowe'en costume social w/ Music by George and Velma



In and Around Vegreville!

October 4th –Vegreville Votes – Advance Voting

October 9th – Town Council Meeting

October 15th – Legion Pancake Breakfast

October 16th – Vegreville Votes – Election Day

October 16th - Sunshine Club 45th Anniversary

Welcome!

To our newest residents – Peter and Steve!



Fun Facts!!!

Tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water. The tea bag was introduced in 1908 by Thomas Sullivan of New York.

Over the last 150 years the average height of people in industrialized nations has increased 10 cm (about 4 inches). In the 19th century, American men were the tallest in the world, averaging 1.71m!

<http://www.albertahealthservices.ca/assets/healthinfo/h-i-flu-influenza-vaccine-information-sheet.pdf>



Just a reminder.....

- **Your pendant alarm only works in the building. If you are going out to the hospital, appointment, uptown, etc. Please leave it in your suite. The replacement cost to the resident for these are \$225.00**
- Lunch Club postponed until October
- No residents in kitchen for safety
- December 3/17 Residents and Family Christmas party

Thanks A Lot!!!

A huge thank you to everyone who has helped with the garden this summer. A special thank you to George for being our garden watcher, to Ruby, Jenny, Anne K, Olive, Eva, Marg, Olga R and Anne C for all your hard work planting and harvesting. As well as to Annie, Hilda and Elsie for helping with the preparations of our vegetables and fruit. A big thanks to Howard too for looking after the fountain and front flower bed.



Cough or Sneeze

Sung To: "Mary Had a Little Lamb"

When you have to cough or sneeze,
cough or sneeze,
cough or sneeze,

When you have to cough or sneeze,
cover your mouth please!



Photo Gallery



Grandparents Day Gathering!



Just visiting after apple picking!



Gifts from the Garden!