

February 2018



## Health Topic



What is a Heart Attack?

A heart attack is when the flow of blood to a section to the heart becomes blocked and the heart can't get oxygen. If blood flow is not restored quickly, that section of the section of the heart begins to die. The level of damage depends on how long blood supply is cut off. The result can be mild damage, or it could lead to severe, lifelong problems.

Source: Heart & Stroke Foundation  
<http://www.heartandstroke.ca/heart/conditions/heart-attack>

## Jessie M: Resident of the Month



Jessie is one of Grove Manor's newer residents. She was born in Scotland, has one sister, was married and has two daughters.

She likes to knit and has knitted many mittens over the years giving most of them away to those in need. She still enjoys knitting, enjoys singing and especially music she can dance to. This past Fall, Jessie joined the Line Dance Classes being held at Grove Manor.

Jessie has travelled all over the world, likes animals, chips and cooking. She enjoys talking about her grandchildren and her favorite thing to do is spending time with her daughters.

Resident of the Month is a new initiative for Grove Manor's Site Newsletter and you could be next to be interviewed for this area highlighting Grove Manor Residents.

## The Lighter Side of Life.....

### *"Write It Down"*

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down. Later that evening they're sitting and reading, when the husband gets up. "Would you like anything from the kitchen?" he asks. "Some vanilla ice cream," his wife replies. "Okay." "Shouldn't you write it down so you don't forget it?" she asks. "Don't worry, I won't forget. "Well," she says. "A few raspberries on top would be great. You want to write that down?" "I've got it, honey. A bowl of vanilla ice cream with raspberries on top." "And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?" "A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!" He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, "You forgot my toast."

## Manager's Corner

### Flu Outbreak:

Cate and Lina wish to thank residents for their cooperation during the Flu Outbreak that happened in late December and early January.

### Building Cleaning:

If you have a concern about areas of the building that need cleaning, please see Cate with any concerns.

### Did You Know Corner?

- Recycle Bins are for bottles, cans, milk and juice jugs, etc. The Blue Recycle Bins are not regular recycle bins and cardboard boxes or other recycle material is not accepted. Thank you for your understanding.
- Did you know St. Michael's Grove Manor has a Facebook Page? Search for us on Facebook.

### Volunteers Needed:

There are several positions available for volunteering at Grove Manor. If you or someone you know is interested, please contact Sandy, the Activity Convenor.

Volunteer Friendly Visitor, Pianist for Hymn Sings and/or Sing-a-longs, Occasional Exercise Program Leader, Games Program Leader and Outing Companions for Bus Outings. Also looking for a Program Leader for an Armchair Travel Club.

### Recreation Department:

#### Bus Outings:

Thursday, February 8<sup>th</sup>-10:00am. River Cree Casino Bus Outing and Lunch

Wednesday, February 13<sup>th</sup>-1:00pm. Bus Outing to George Hennig Centre for Tea

Monday, February 26<sup>th</sup>-11:00am. Lunch Outing to Bing's for Chinese Food

**Please contact Sandy, the Activity Convenor if you have any questions at 780-962-6149, Ext. 203 or stop by the office in the A Dining Room.**

## Photo Gallery



*Tick Tock Time Parents and Preschoolers Visit*



*Generation Program Students Visit with Grove Manor Residents*



*Dinner Out at Swiss Chalet*