

**November 2017**



## Health Topic

### Falls Prevention

**Falls Prevention**  
STEP UP TO STOP FALLS

Preventing falls is important to staying independent. It is about being able to enjoy life's moments; it is about playing with grandchildren and keeping up with friends. Falls can result in injuries that stop you from daily tasks like getting in a car, rising out of a chair or carrying groceries.

Anyone can fall, but as you grow older, the risk increases. Falls are the leading cause of serious injuries in older adults. The facts do not lie: 1 in 3 Alberta seniors will fall.

The good news is that you can take steps to prevent slips, trips and falls.

<http://www.findingbalancealberta.ca/seniors.html>

## Rose M: Resident of the Month



Rose M has lived at Grove Manor for 8 years. She was born in Willingdon, Alberta in 1928. She is the youngest of 8 siblings. She was married and has 2 boys and 4 grandchildren. Her favorite thing is spending time with her family, her sons and grandchildren. Rose was a nurse for many years graduating from Nursing School in 1955.

Rose's favorite season is spring as everything grows and the weather is warmer, not too hot and not too cold. Her favorite food is chicken. Her favorite colour is blue. She likes animals especially dogs and cats and was raised on a farm. She likes to play bridge and go for walks outdoors. She has travelled to Australia, New Zealand, Parts of Canada, Fiji, and the USA including Hawaii.

Rose enjoys knitting and has knitted since she was 10 years old. It keeps her fingers going and her finished projects go to a good cause. Rose's favorite saying is "There is no advantage to complaining and being negative. You have to latch on to the positive and keep going as best as you can".

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.....

### Robin Joke

Q. What did the cat say after eating two robins lying in the sun?  
A. I just love baskin' robins.

### Pillow Joke

I had a dream I was eating a giant marshmallow, when I woke up my pillow was missing!

## Manager's Corner

### Flu Clinic:

The Flu Clinic was held for Grove Manor Residents on Tuesday, October 10<sup>th</sup>. There was a strong turnout, but residents who did not get their flu shot are encouraged to get their flu shot through the doctor's office, Pharmacy or one of the community Flu Clinics.

### RCMP/Fire Dept. Appreciation:

Staff dropped off two large platters of goodies to the Spruce Grove RCMP & the Fire Dept. to thank them for all their care and concern with our facility and residents. It was much appreciated.

### New Staff:

A few new casual staff have been hired for various positions, so some new faces will be seen throughout the building. Let's make them feel welcome!!

### Did You Know Corner

- Just a friendly reminder to please close windows in winter especially if temperatures dip into the minus degrees to avoid pipe issues.
- Grove Manor has a Library and it is run by a Resident Volunteer. Please do not re-shelve books. Please leave all donations in the Donation Bin on the table in the library. Thank you☺

### Recreation Department:

**Remembrance Day Service**-Friday, November 10<sup>th</sup>, 10:30am-C/D Room

#### Bus Outings:

Friday, November 17<sup>th</sup>-9:30am. Bus Outing to the Festival of Trees in Stony Plain

Monday, November 27<sup>th</sup> -1:00pm. Bus Outing to the Greenland Greenhouse

**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



*River Cree Casino Bus Outing*



*Annual Turkey Races at Grove Manor*



*Annual Thanksgiving Tea*