

December 2017



Health Topic



Arthritis Can Affect Anyone:

Arthritis affects people of every age, gender and ethnic background. Genetics, age and lifestyle can all play a part in increasing one's risk of developing arthritis. For instance, the likelihood OA increases with age, a physically demanding job (e.g. athlete, heavy machinery operator) and/or previous joint injury.

Treating Arthritis:

Establishing an early diagnosis is critical to the outcome of the disease, since it only gets progressively worse and therapies work best when started as early as possible.

(<http://arthritis.ca/understand-arthritis/about-arthritis>)

Rose M: Resident of the Month



Mildred has lived at Grove Manor for 4 years. She has 1 brother and 3 sisters. She was born in Golden Spike on a farm, got married in the Fall which is her favorite time of year. She has 3 children and 3 grandchildren. Her favorite people to spend time with are her children. Her proudest moment was the birth of her first child.

Mildred used to be fluent in German, but can still understand it. She enjoyed a small dog when she was a child, likes the colour mauve and enjoys western music. Her favorite food is cottage cheese perogies. Mildred has travelled to the United States and Hawaii, but has always wanted to go to Switzerland. Her favorite things to talk about are history and royalty. Mildred used to be a waitress and worked in a hospital as the Head Cook for a number of years.

Mildred enjoys crocheting, knitting, sewing, reading, cross-stitching and using the library computer at Grove Manor and participating in the horse race game, exercises and other Grove Manor activities. Mildred has also been volunteering since 2002.

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.....

Susie had just passed her driving test. When she got home after driving on her own for the first time, her mother said, "Oh thank goodness you're home safe. I just heard on the radio there was a crazy motorist driving the wrong way on the highway." "What do you mean one crazy motorist?" replied Susie. "There were hundreds of them!"

Manager's Corner

No Parking Zone:

The Front Entrance of Grove Manor is an Unloading and Loading Zone Only. There is "No Parking" in this area to keep the area clear for Emergency Vehicles. If you are parked in this area and were planning to leave your vehicle even for a short period of time, you will be asked by staff to please park in the parking lot. Thank you for your consideration in this matter.

Parking:

Staff have been asked to park at the end of the parking lot in unused parking stalls nearest the street to free up the centre parking area for families and visitors.

Snow Removal:

Snow removal will be done after 3 ½ cm. have accumulated.

Did You Know Corner

- Just a friendly reminder to please dispose of personal household garbage bags into the dumpster outside the garbage room. Please rinse all containers going into the Recycle Bins and separate garbage from recycle items.

Recreation Department:

Vendor Sale:-Come and do some Christmas shopping at the Vendor Sale to be held on Monday, December 4th - 1-4pm. in the C/D Room.

Bus Outings:

Friday, December 1st-6:00pm. Bus Outing to the Rotary Carol-Fest in Stony Plain

Tuesday, December 19th -5:15pm. Dinner Out at Swiss Chalet and Christmas Light Tour

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



Halloween Theme Day Participants



Imax Movie Theatre Bus Outing



Grove Manor Remembers Our Veterans