

October 2017



Health Topic

Quick Facts: Influenza

What is it?

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

How to prevent spreading influenza?

Get immunized

Wash 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
([Http://www.albertahealthservices.ca/assets/healthinfo/hi-flu-influenza-vaccine-information-sheet.pdf](http://www.albertahealthservices.ca/assets/healthinfo/hi-flu-influenza-vaccine-information-sheet.pdf))

Jack B: Resident of the Month



Jack B, one of Grove Manor's newer residents and has lived at Grove Manor for 2 months. He was born in Vancouver in 1931, but was brought up in England. He has 1 sister, was married and had 3 children, with his wife and daughter having already passed away.

He has travelled to Korea, France and England, was in the Navy at 14 in England and was paid 25 cents a day. He joined the Air Force at 18 and was in service for and served 28 years in total. He also served in Korea for 2.5 years and was shot twice. Jack received medals from Korea and has them mounted on a plaque.

Jack retired at 52 and became a Transit Police Officer in Calgary for 18 years. As a police officer, someone called and said "I'm going to rob this bank at 10am." They thought it was a joke, but went anyways. Sure enough, at 10am. the man showed up to rob that very bank!

Jack used to enjoy deep sea diving especially for submarines, wreckage and fish. He likes the colour blue, likes music and loves beef.

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.....

George was having trouble with a toothache, so he decided to visit the dentist.

"What do you charge for extracting a tooth?"

"Thirty-five dollars," replied the dentist.

"Thirty-five dollars for only two minutes' work?"

"Well," replied the dentist, "if you wish, I can extract it very slowly."

Manager's Corner

Flu Clinic:

The Flu Clinic for Grove Manor Residents is Tuesday, October 10th from 9-12 Noon. It will be held in the B Dining Room. There will be a Flu In-service for Residents on Thursday, October 5th at 10:30am. in the C/D Room.

Voting Day-October 16th:

A Polling Station will be set up at Grove Manor for residents to vote in the Municipal Election from 2-4pm. in the C/D Room.

Stranger Danger:

Please do not open the front door for people you do not know or are not at Grove Manor to see you. This is for your safety and safety of other Grove Manor residents.

Did You Know Corner

- If you need help from a Grove Manor Staff member in an emergency, please press your pendant.
- Did you know that Grove Manor provides a complimentary copy of the Edmonton Journal for resident enjoyment? When you are finished reading the paper, please leave it in the front lobby for others to enjoy.

Recreation Department:

Return of Children-Grove Manor:

Generation Program: Grade 8 Leadership students come to get to know seniors in their community & participate in activities.

Raise a Reader: Grade 4 & 5 students alternate coming once a month from Living Water Christian Academy to read their elementary books to willing seniors.

Tic Toc Time: Preschoolers and their parents or guardians come weekly to visit and play games and interact with residents.

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



Picnic and Outing to U of A Botanical Gardens



*Picnic in the Past Bus Outing, Madeleine R & Rita J
Stony Plain Pioneer Museum*



Picnic and Bus Outing to Devon Campground