

April 2018



## Health Topic



### Oral Care

Keeping our teeth healthy as we age is as important as ever. Whether you're entering your golden years or have an older loved one who needs help with their oral health, consider these five things that can have an impact on your teeth.

- Dry Mouth
- Wear & Tear
- Disease
- Root Decay
- Smoking

Source: Smile Guide  
<http://www.smileguide.com/dental-care-for-seniors/>

For more information, visit your local dentist.

## Betty G: Resident of the Month



Betty really enjoys living at Grove Manor and has been a resident for over 2 years. She was born in Newfoundland, lived in Gander, Newfoundland and says she speaks "Newfie". She is the youngest of 3 sisters and has 1 brother. She is a widow, has 3 daughters (one no longer living), 5 grandchildren and 7 great-grandchildren.

Betty enjoys volunteering with many recreational activities as a Grove Manor Resident Volunteer. She enjoys sewing, quilting, reading the bible and religious books as well as puzzling and exercising. Betty can play a few different musical instruments, but played the organ for many years at church.

Betty's favorite season is summer and favorite colour is blue like the sky. Her favorite holiday season is Christmas and Betty enjoyed travelling all around Canada especially Newfoundland, Europe and driving through the USA. Betty says one thing she tries to do that she wished she had done at a younger age is "To try to be happy all the time"☺

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.....

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

### Outdoor Safety:

Just a reminder to residents as it warms up, to please use caution when being outside-watch for slips and trip hazards such as ice, etc.

### Building Safety:

Recently there has been an increase in residents letting people in the front door. If you don't know them DO NOT let them in. This is for safety reasons.

### Complimentary Hearing Screenings:

Just like regular yearly medical check-ups, eye exams, or blood pressure readings having your hearing checked is equally important. Studies are showing that the effects of hearing loss can be problematic. A person with hearing loss is nearly three times more likely to have a history of falling. There is a significant association between hearing impairment and moderate to severe depression. Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Stop by for a Complimentary Hearing Screening from on Monday, April 23<sup>rd</sup> from 1:30-4:30pm. in the Grove Manor Library.

### Volunteer Appreciation:

Grove Manor Volunteers will be celebrated at a Volunteer Luncheon in April in recognition of their valuable contribution to the life of Grove Manor residents.

If you see one of our Grove Manor Resident Volunteers or one of our Community or Family Volunteers during the month of April, please take a few moments to thank them for all they do 😊

If you or someone you know is interested in volunteering there are residents who need a friendly visitor and volunteer help is needed for games and movie programs.

**Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at [sclarke@smhg.ca](mailto:sclarke@smhg.ca)**

## Photo Gallery



*Having Fun at Beanbag Baseball*



*Lunch Out for Chinese Food at Bings*



*Raise A Reader Program*