

June 2018



Health Topic

Elder Abuse Awareness

Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult.

Elder Abuse can take several forms including financial, emotional, physical, sexual, neglect and medication. Often more than one type of abuse occurs at the same time. The two most frequently identified and reported types of elder abuse in Canada are financial and emotional.

For more information contact your local police, or Call 780-427-3460 (toll-free by first dialing 310-0000), or Visit the Victim Services Unit website at www.victims.alberta.ca Visit the Service Alberta website at www.servicealberta.ca/consument-protection.cfm Source: Alberta Seniors & Housing <http://www.seniors-housing.alberta.ca/seniors/elder-abuse.html>

Bertha N: Resident of the Month



Bertha has lived at Grove Manor for over a year. Bertha was born in Holden, Alberta and turns 100 years old this month. She has 1 brother, 1 stepbrother and 1 stepsister. She is a widow and has 1 daughter, 1 son and 1 daughter-in-law.

Her favorite season is Summer. Her favorite part of summer is gardening. Her favorite animals are horses. Bertha's favorite memory was watching her Dad ride horses in the big stampede. She did a lot of travelling. Her favorite holiday was to Cuba, but she has also travelled to Hawaii, Costa Rica and Mexico.

Bertha enjoys talking and enjoys company. Her favorite thing to talk about is telling her Dad's stories. She enjoyed cooking and sewing. She likes to listen to banjo music and her favorite colour is blue.

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.

Let's Celebrate June Birthdays

June 10th Lois (Lou) J
June 11th Sylvia C
June 12th Arnold G
June 14th Joan K
June 18th Bertha N
June 18th Steve T
June 20th Alvina G

Birthdays are good for you.
 Statistics show that the people who have the most live the longest 😊

Manager's Corner

Front Entrance Parking:

Leaving a vehicle parked in the loading and unloading area at the front entrance is prohibited due to emergency vehicles needing clear access 24 hours a day. Thank you for your assistance to keep this area clear of parked cars.

Blood Pressure Clinic:

The next Blood Pressure Clinic will be on Thursday, June 21st at 1:00pm in the Library in the C/D Room.

Elder Abuse Presentation:

Tuesday, June 12th at 1:00pm. in the C/D Room.

Did You Know Corner?

- During the summer months it is important to stay hydrated by drinking plenty of water and wear sunscreen to prevent sunburns.

Recreation Department:

Special Events:

Thursday, June 14th-12:00pm. Father's Day BBQ & Dance with Wayne O

Monday, June 25th-6:30pm. Evening Coffee Social

Thursday, June 28th-Monthly Birthday Party & Entertainment with Dennis Bourdon

Saturday, June 30th-1:00pm. **Canada Day Theme Day** and Canada Day Party

Bus Outings:

Tuesday, June 5th-12:15pm. Bus Outing to Senior's Week Strawberry Tea at the Elk's Hall

Tuesday, June 12th-2pm. Bus Outing for Ice Cream and visit to Jubilee Park, Spruce Grove.

Tuesday, June 26th -11am. Bus Outing & Picnic Lunch at Rotary Park, Stony Plain

Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at sclarke@smhg.ca

Photo Gallery



Music Discovery-Newly Created Grove Manor Kazoo Band



Mother's Day Tea



River Cree Casino Bus Outing