



# Newsletter

**April 2022**



## Health Topic

### Advanced Care Planning & Goals of Care

Advance care planning is a way to help you plan and document your wishes for the type of healthcare you want now and in the future. Advance care planning is a process where you do the following:

- Think about values and wishes for medical treatments you may or may not want.
- Talk about healthcare goals.
- Make a plan that reflects your values and wishes.
- Put your plan in writing (document your plan)

Source: My  
Health.Alberta.ca

For more information visit:  
MyHealth.Alberta.ca or  
speak to your health care  
professional.

## *An Easter Prayer*

*God, give us eyes to see  
The beauty of the Spring,  
And to behold Your majesty  
In every living thing-*

*And may we see in lacy leaves  
And every budding flower  
The Hand that rules the universe  
With gentleness and power-*

*And may this Easter grandeur  
That Spring lavishly imparts  
Awaken faded flowers of faith  
Lying dormant in our hearts*

*And give us ears to hear, dear God,  
The Springtime song of birds  
With messages more meaningful  
Than man's often empty words*

*Telling harried human beings  
Who are lost in dark despair-  
'Be like us and do not worry  
For God has you in His care.*

*By Helen Steiner Rice*

## *Let's Celebrate April Birthdays*



*April 9<sup>th</sup>  
April 11<sup>th</sup>  
April 12<sup>th</sup>*

*Mildred U  
Joe W  
Madeleine R*

## Manager's Corner

### Friendly Reminders:

- Please remember to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the current COVID-19 Pandemic Situation and the current Flu Season. Also please remember to sneeze or cough into your elbow area not your hand and please social distance 2 metres (the length of a hockey stick) from one another. Please wear a mask also when going out. Thank you so much for your continued cooperation☺

### Gardening Season:

Please attend the Gardener's Interest Group if you would be interested in planting flowers in the Courtyard Planters or Planter Pots in the Courtyards or the Planters outside the Front Entrance. Meeting will be held on Thursday, April 7<sup>th</sup> at 3:30pm. in the C/D Room. Please attend if you are interested in gardening outside this summer☺

### General Resident Meeting:

The next General Resident Meeting will be held on Tuesday, April 19<sup>th</sup> at 10:30am. in the C/D Room. Hope you can join us☺

### Food Reflections Meeting:

The next Food Reflections Meeting will be held on Tuesday, April 19<sup>th</sup> at 1:00pm. in the C/D Room. All are welcome☺

### Health Presentation:

The Topic for the April Health Presentation is on Advanced Care Planning & Goals of Care and will be held on Monday, April 25<sup>th</sup> at 1:00pm. in the C.D Room.

### Easter Tea:

Please join us for an Easter Tea on Tuesday, April 12<sup>th</sup> at 1:00pm.

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

## Photo Gallery



*February Monthly Birthday Party*



*St. Patrick's Day Theme Day Resident Prize Winners*



*A Friendly Game of Dominoes*