



Newsletter

January 2022



Health Topic

Lewy-body Dementia

What is Lewy-body
Dementia?

Lewy body dementia, also known as dementia with Lewey bodies, is the second most common type of progressive dementia after Alzheimer's disease. Protein deposits, called Lewey bodies, develop in nerve cells in the brain regions involved in thinking, memory and movement (motor control).

Source: Mayo Clinic

For more information visit: <https://alzheimer.ca/> or speak to your health care professional.

Happy New Year!

The start of a New Year holds many promises and expectations.

As we reflect on the old year past and move into a new year, may you find much hope and encouragement that every morning is a new day not yet started.

I am so pleased to have the job I get to do and I look forward to creating and implementing meaningful recreation programs for our Grove Manor Residents to enjoy☺

I look forward to celebrating my grandson's first birthday in January and look forward to every opportunity I get to spend time with him, my husband, my children and all of my family and friends.

I hold onto hope that this pandemic will be over one day and we can once again live a more normal life at home, at work and in the communities where we live.

What are you thankful for? What are you looking forward to in 2022? How can you be an encouragement to someone in light of everything that is going on in the world today?

My Wish for You.....

*A Happy New Year to You and
all Your Family and Friends.*

*May this New Year be Your Best One Yet.
Wishing You Happiness the Whole Year
Through.*

Sandy

Celebrating January Birthdays 

January 13th Stella M
January 14th Paulette H
January 17th Francis S

Grove Manor News

Handwashing:

- 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. Please social distance 2 metres (the length of a hockey stick) when in public places and please wear a mask when going out. Thank you so much for your continued cooperation☺
- Also please remember to close windows during the winter season especially if temperatures dip into the minus degrees to avoid pipe issues in the building.

Did You Know?

- Please put your recyclable beverage containers ie. Milk, juice, wine or any other beverage container that is recyclable in the Blue Bins provided in the Garbage Room. Please rinse all containers especially milk containers. Thank you for your assistance☺

Health Presentation:

The Topic for the January Health Presentation is "Sleep and Your Health" and will be held on Monday, January 31st at 1:15pm. in the C.D Room.

Special Events:

Friday, January 7th at 5:00pm. in the C/D Room-Ukrainian Dinner provided by Baba's Own Kitchen-Sign-Up and Pre-Payment Required. Please see Sandy.

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

Photo Gallery



Bings Chinese Food Supper



Christmas Sale



Reindeer Races