

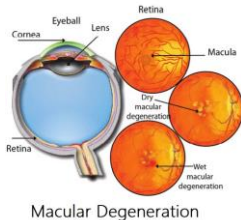
May 2021

Don C-Resident of the Month



Health Topic

Age-Related Macular Degeneration



What is age-related macular degeneration?

Age-related macular degeneration is a disease that causes blurring of your central vision. The blurring happens because of damage to the macula, a small area at the back of the eye. The macula helps you see the fine detail in things that our eyes are focusing on.

Macular degeneration makes it harder to do things that require sharp central vision, like reading, driving, and recognizing faces. It does not affect side vision, so it does not lead to complete blindness.

Source: myhealth.alberta.ca

For more information visit:
www.myhealth.alberta.ca
or visit your local optometrist

Don was born in Vancouver, B.C. he has two sisters, one passed away and has two brothers. Don is a widow and has two sons. Keith lives close by Grove Manor and Darren lives in Edmonton. Don also has one granddaughter.

Don has lived at Grove Manor for over 5 months and enjoys participating in all the activities at Grove Manor. Don's hobbies included collecting butterflies, woodworking, reading and music.

Don worked as a Biologist since 16 years of age at the University of Alberta for 10 years. Don had his own Janitorial Business and worked the last 30 years as an Electrician at local Power Plants.

Don's favorite season is Summer, but likes all the seasons. His favorite colour is blue and his favorite animal are dogs. Don has also done some travelling from the west coast of the Yukon to the West Coast of Vancouver Island and all the way east to the West Coast of Newfoundland.

When asked about what is the thing he is most proud of, Don said "The work he did on the Capital City Park Planning Studies for 2 years".

Let's Celebrate May Birthdays



May 4th	Maurice T
May 10th	Helen H
May 12th	Shirley L
May 22nd	Agnes F
May 22nd	Alma G
May 23rd	Orilla K
May 27th	Helen B
May 30th	Don C

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☺
- **Missing:** Some of the white mugs from the kitchen used to serve tea and coffee at mealtimes are missing. If you happen to have one in your suite, please return them to the kitchen as soon as possible. It would be very much appreciated. Thank You☺☺

Foot Care Clinic:

The next Foot Care Clinic is Tuesday, June 1st. A sign-up sheet for appointment times is posted on the bulletin board next to the laundry room.

Health Presentation:

The Topic for the May Health Presentation is on Age-Related Macular Degeneration and will be held on Monday, May 31st at 1:15pm. in the C.D Room.

General Resident Meetings:

Please sign up to join in the monthly General Resident Meetings. The next one coming up is Tuesday, May 11th at 10:15am. Or 11:15am.

Mother's Day Tea:

All the ladies of Grove Manor are welcome to sign up for the Mother's Day Teas set up for Friday, May 7th. Please see the Sign-Up Sheets for details.

Photo Gallery



Cribbage Afternoon



Bunny Races for Easter



Health Series Presentation-Oral Health