

November



Health Topic

Falls Prevention



Am I At Risk For A Fall?

Falls are the leading cause of injury among older adults.

The older we get, the greater the risk of falling becomes. Our bodies naturally change with age, and these changes affect the way we feel, move, and behave.

A fall can have devastating and lasting impact on an individual resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause a loss in confidence and a reduction in activities for older adults.

The good news is that there are actions you can take to prevent falls. Included in this section are materials to help seniors be active and stay independent.

Source: Finding Balance
For more information visit:
www.findingbalance.ca or speak to your health care professional.

Remembrance Day



We Shall Keep the Faith

By Moina Michael, November 1918



Oh! You who sleep in Flanders Fields,
Sleep sweet - to rise anew!
We caught the torch you threw
And holding high, we keep the Faith
With All who died.

We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies,
But lends a lustre to the red
Of the flower that blooms above the dead
In Flanders Fields.

And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We'll teach the lesson that ye wrought
In Flanders Fields.

Inspiration for "We Shall Keep the Faith"

In New York in November 1918 an American woman called Moina Michael came across the poem "**In Flanders Fields**" by John McCrae. She was so moved that she made a personal pledge to "keep the faith". She felt compelled to make a note of this pledge and hastily scribbled down a response entitled "We Shall Keep the Faith" on the back of a used envelope. From that day she vowed to wear a red poppy of Flanders Fields as a sign of remembrance.

Manager's Corner

Sanitizing & Precautions:

- 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 wear a mask also when going out and sanitize your hands upon your return. Thank you so much for your continued cooperation 😊



Did You Know?

- Are you looking for a good book to read? Please check out the Resident Library down by the C/D Room. Thank you to Rose and Mildred, our Resident Volunteers who look after the upkeep of the library. Please contact Sandy if you have donations for the library. Thank you 😊



November 2nd
November 6th
November 11th
November 29th
November 30th

Alice L
Helen W
Gwen S
Sandra N
Rita J



Dorothy E-C9

Lawrence T-D8

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

Photo Gallery



Grove Manor Toronto Blue Jays Cheer Team Wind-Up Party



September Resident Birthday Party



Afternoon Music with Jim and Ralph