



Newsletter

October 2021



Health Topic

Flu Season

**Should I get the
Influenza vaccine
during the Covid-19
Pandemic?**

Yes. It's important to protect yourself and others from influenza. Influenza and COVID-19 are respiratory infections. These infections affect your lungs and breathing. They can be very serious, especially for older adults and people with long-lasting (chronic) health conditions. The symptoms of influenza can be the same as COVID-19. Getting immunized for influenza will lower your chance of needing to stay home and away from others (isolating) and being tested for COVID-19. The influenza vaccine is the best way to protect yourself and others from influenza. The best time to get immunized is early in the fall.

Source:
[myhealth.alberts.ca](https://myhealth.alberta.ca)

For more information visit:
<https://myhealth.alberta.ca/Alberta/Pages/Immunization-and-COVOD-19-frequently-asked-questions.aspx>

Thanksgiving Is About Giving Thanks.....

What are you thankful for this year as Thanksgiving is upon us once again? A friend once told me she was keeping a gratitude journal. Are there things you could write down that you are thankful for?

Canada is a land of plenty and perhaps you have a story or two to share. I would encourage you this Thanksgiving Season to think about some of those memories and share with one another things you are thankful for or maybe to begin to record them in a Gratitude Journal. Think I will start one this season☺



Happy Thanksgiving Day....

Thanksgiving Thoughts

*Mom is in the kitchen
And when I take a look,
I'm glad I'm not a turkey
That she's about to cook!*

By Karl Tuchs

Let's Celebrate October Birthdays



*October 19th Henry M
October 30th Margo M*

Manager's Corner

Friendly Reminder:

- Please continue to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the ongoing COVID and Variant Situation and the upcoming Flu Season. Also please remember to sneeze or cough into your elbow area not your hand. Thank you so much for your cooperation☺

Did You Know?

- The Blue Bins in the Garbage Room are for Drink Containers ONLY i.e. Milk, Juice, Wine or any other beverage container that is recyclable. Please remember to rinse out all containers especially milk cartons and/or jugs. Thank you for your assistance☺

Upcoming Special Events:

Turkey Races: Come and bet on our Turkey Racers, our Grove Manor Staff who will be the Racers on Wednesday, October 6th at 1:30pm.

Thanksgiving Tea: Come and celebrate the Thanksgiving Season with homemade pumpkin and apple pie at the Thanksgiving Tea on Friday, October 8th at 1pm.

Bus Outings:

Watch for our first bus outing since before the Pandemic for a country drive on a date to be arranged in October☺



Bernice C-D6
Edith G-D1
Stella M-C10

Hervy W-B21
Gene P-B12
Sheila P-B12

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

Photo Gallery



Afternoon Coffee Social



*Resident Volunteer Appreciation 2021
"Together We Can Make A Difference"*



*Community and Staff Volunteer Appreciation 2021
Thank You for the Difference You Make!*