

## August 2022



### Health Topic

#### Delirium

What is Delirium?

Delirium is a sudden, confused state of mind that may come and go over the day. People with delirium may have changes in the way they think. Their personality and behavior may change quite a lot. They may have trouble paying attention to what's going on around them or doing the things they normally can do.

Delirium is a warning sign that the person needs help right away. Call your family doctor, nurse, healthcare provider, or Health Link at 811.

Source: Alberta Health Services

For more information visit: [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) or speak to your health care professional

### Phyllis V: Resident of the Month



Phyllis was born in Edmonton, Alberta but lived in Perryvale, Alberta. She was the oldest of 8 children. All girls and one boy. She had 4 children, 3 boys and 1 girl. Two have passed.

Phyllis travelled to the United States, Mexico and as far east as Ottawa and as far west as Vancouver Island. Her favorite season is Summer. Her favorite holiday is Christmas. Her favorite colour was green because it suited her as she had red hair. Her favorite animals are horses.

Phyllis is very active at Grove Manor and has lived at Grove Manor for almost 2 years. She enjoys Exercises, Card Bingo, Big Brain, Special Events and Entertainment. She enjoys listening to stories on her reader and listening to Country and Western Music as well as Big Band Music.

Something she is proud of are the quilts she has made. Phyllis says she likes to see everybody happy and having a good time, being as happy and healthy as possible.

### Let's Celebrate August Birthdays



August 8<sup>th</sup>  
August 21<sup>st</sup>  
August 27<sup>th</sup>  
August 31<sup>st</sup>

Art T  
Marlene K  
Jim McD  
Gene P

## 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. Also please remember to sneeze or cough into your elbow area not your hand. Thank you☺

### Did You Know?

- Please do not use scented products such as perfumes, strong colognes, strongly scented deodorants and laundry detergents, etc. in the building as some residents have severe reactions causing breathing difficulties. Your consideration of others to make Grove Manor a "Scent Free" Building is appreciated.
- During the summer months it is important to stay hydrated by drinking plenty of water and wear sunscreen to prevent sunburns.

### Recreation Activities:

If you see a Recreation Program on the Recreation Calendar that you are interested in attending, please sign up on the Activity Sign-up Sheets on the Bulletin Board across from the Laundry Room. Bus Outing Sign-Up Sheets are on the wall next to the Laundry Room.☺

### Special Events:

The August 5<sup>th</sup> BBQ is open to families to attend with residents. Please see Sandy for details and tickets☺

### August Bus Outings:

Monday, August 8<sup>th</sup>-Jubilee Park

Monday, August 22<sup>nd</sup>-Devon Campground

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

## Photo Gallery



*Lawn Swing Being Enjoyed in the Courtyard*



*Canada Day Theme Day Resident Contest Winners*



*Crazy Hat Theme Day Contest Resident Winners*