



Newsletter

January 2023



Health Topic

Vascular Dementia

What is Vascular Dementia?

Vascular dementia is a type of dementia caused by damage to the brain from lack of blood flow or from bleeding in the brain. For our brain to function properly, it needs a constant supply of blood through a network of blood vessels called the brain vascular system. When the blood vessels are blocked, or when they bleed, oxygen and nutrients are prevented from reaching cells in the brain. As a result, the affected cells can die.

Someone with vascular dementia may notice changes in their ability to make decisions, plan, or organize as their first symptoms. Other changes may include difficulties with movement, such as slow gait and poor balance. Symptoms tend to appear slowly, and specific impairments may occur in steps, where the person's abilities can deteriorate, stabilize for a time and then decline again.

Source: Alzheimer Society of Canada

For more information visit: www.alzheimer.ca or speak to your health care professional.

Happy New Year!

Reflections from 2022.....

Every December as we enjoy the holiday season and think about the passing year it offers us a chance to reflect on the year that is passing and wonder what a new year brings.

I often hear people say where has the year gone and this is so true. We can be busy in our lives entering into the ongoing seasons of the year enjoying the Spring and sunshine of Summer, the changing of the leaves in the Fall and before we know it we are having our first snowfall and Winter begins.

What are your plans for the New Year? Do you have a favorite season you look forward to or an upcoming event such a wedding or birth of a grandchild or great grandchild or some other special occasion coming up in 2023?

Whatever it is, I would like to thank each and every one of you for making my days something to look forward to and wish you and yours a very Happy New Year with good health and happiness the whole year through and beyond.

*Most Sincerely,
Sandy Clarke
Activities Convenor
Grove Manor*

Celebrating January Birthdays 

January 13th Stella M
January 17th Francis S
January 24th Barbara S

Grove Manor News

Photo Gallery

A Few 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 Cold & Flu Season. Also please remember to sneeze or cough into your elbow area not your hand. 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?

Did you know we have an addition to the Resident Library called "The Free Library?" The Spruce Grove Public Library has placed donated books on a shelf in the Library for residents to read and return. Please help yourself and return as usual to the library. New books will arrive once a month to replace the ones on the shelf so there will always be new books to read☺

Health Presentation:

The Topic for the January Health Presentation is "Vascular Dementia" and will be held on Monday, January 23rd at 1:00pm. in the C.D Room.

Special Events:

A Ukrainian Dinner will be held with food ordered from Baba's Own Kitchen on Friday, January 6th at 5:00pm.in the C/D Room--Sign-Up and Pre-Payment Required. Please see Sandy.

A Winter Gala will be held in the C/D Room on Friday, January 20th at 1:00pm. Watch for details☺

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



*Gingerbread House Decorating Contest
1st Place Winners*



Resident Choir-Grove Manor



Sparks/Brownies Christmas Visit