

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



A Symbol

A simple red flower, these past 100 years
Has honoured those who shed silent tears
Among the destruction that they found,
As comrades passed away on foreign ground.

Our Veterans fought each World War
While recent ones increased the score
Of those whose lives were changed or lost,
Freedom coming at a pricey cost.

Worldwide and closer to home.
Names engraved upon a slab of stone
Tell a tale of heroes who gave it all
Fearlessly answering, their Nations call.

Each poppy work on Remembrance Day
Is an unspoken word that allows us to say
Thank you to all who chose to fight,
As the Last Post echoes through the night.

Dedicated to all who served, and their families.

Jacqueline Black, 2021
Wife of Sgt. W.P. Black (deceased)



November 4th
November 25th
November 29th
November 30th
November 30th

Gwen S
Susan B
Marge B
Rita J
Harry H

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. Also please remember to sneeze or cough into your elbow area not your hand. If you are going out, please sanitize your hands upon your return. Thank you so much for your continued cooperation to keep unwanted viruses out of the building 😊



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 Marge, our Resident Volunteer who looks after the upkeep of the library. If you have donations for the library, please contact Sandy in Activities. Thank you 😊

Important Change Notice

If you see a Activity Program on the Recreation Calendar that you are interested in attending, please come to the C/D Room and join in. Sign-Up Sheets will no longer be required unless it is a special meal or bus outings where Sign-Up Sheets will be posted on the clip board on the wall by the laundry room.



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|---------------|------------------------|
| Betty J-B19 | Barbara S-B14 |
| Vera H-B15 | Harry & Hilda Huber-D8 |
| Floyd H-D11 | Helen T-C7 |
| Mary P-C1 | Harley M-A24 |
| Nora D-A23 | Susan B-C4 |
| Merilda K-A13 | Rob Bacchus-B7 |

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

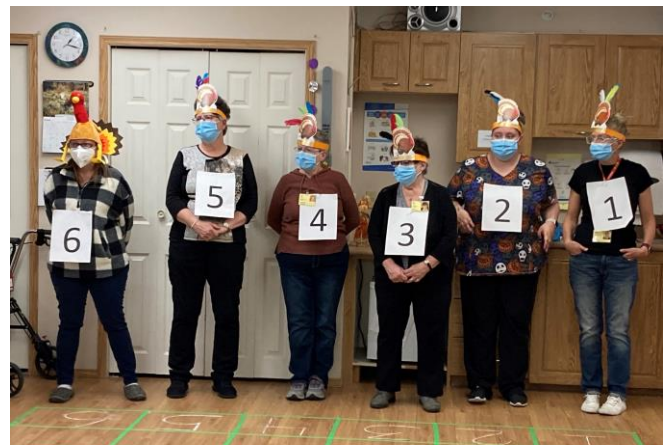
Photo Gallery



Crafts-Fall Wreaths



Thanksgiving Tea/Pie Social



Turkey Races-Thank You to the Staff & Volunteers for Making it a Fun Afternoon for the Residents 😊