

**September 2022**

**Helen H: Resident of the Month**



## Health Topic

### Asthma

What is Asthma?

Asthma is a chronic or long-term disease of the airways, the tubes that carry air into our lungs. It causes inflammation and narrowing of the bronchial tubes that leads to airway narrowing and difficulty breathing. The airways of our lungs are surrounded by muscles and contain mucus glands. These muscles are normally relaxed, but when people with asthma encounter triggers, these muscles become inflamed, react by tightening, and the airways can fill with mucus. This makes breathing very difficult and leads to asthma symptoms or an asthma attack (exacerbation).

Source: Asthma Canada

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



Helen was born in Manitoba. She was the only girl among 5 children. She has 3 children, 2 girls and 1 boy. Helen said the best gift she has ever received is being able to walk after polio.

Helen has travelled to the United States and across Canada. Her favorite season is Summer. She enjoys going out for walks and also enjoys the flowers and the trees. Her favorite holiday is Christmas. Her favorite colour is red. Her favorite animals are horses.

Helen is very active at Grove Manor and has lived at Grove Manor for over a year. She enjoys Bingo, Card Bingo, Ice Cream Social, Horse Races, Wheel of Fortune, Special Events and Entertainment. She enjoys reading, listening to country and western music, old time songs and religious hymns.

Helen's best memory of growing up was graduating from University and becoming a teacher. Her proudest moment was teaching children and English as a second language. Something Helen made that she was really proud of were covered hangers, embroidery, and crochet shawls and shell pictures.

## Let's Celebrate September Birthdays



**September 13<sup>th</sup> Donna H**  
**September 26<sup>th</sup> Nora D**

## 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?

- **Resident Meeting Minutes:** The monthly minutes of the General Resident Meetings are located for reviewing in the binder on the wall next to the laundry room.
- **Additional Services:** Information about additional services that are available and the cost for Grove Manor residents can be obtained from Cate, Manager of Grove Manor.

**Health Presentation:** The Health Presentation for September will be on Falls Prevention and will be held on Monday, September 26<sup>th</sup> at 1pm.

### 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:

A Grandparents Day Tea & Afternoon Music will be held on Thursday, September 8<sup>th</sup> at 1pm.

### August Bus Outings:

Tuesday, September 13<sup>th</sup>-River Cree Casino  
Monday, September 19<sup>th</sup>-Fall Drive

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

## Photo Gallery



*Jubilee Park Picnic Outing*



*Peaceful Valley Summer Outing*



*Peaceful Valley Group Picture*