

May 2023

Volunteer Appreciation 2023



Health Topic

Cataracts

What are Cataracts?

Cataracts are a painless, cloudy area in the lens of the eye. They block the passage of light to the retina. Nerve cells in the retina detect light entering the eye and send nerve signals to the brain about what the eye sees. Because cataracts block this light, they can cause vision problems.

Cataracts are common in older adults. But changes caused by aging don't always lead to cataracts. People with a family history of cataracts may also develop them. Sometimes children are born with cataracts.

Source: My Health Alberta

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

All across the nation of Canada, National Volunteer Appreciation Week was held from April 16-22nd celebrating 24 million Canadian volunteers. At Grove Manor we will be celebrating and appreciating our wonderful volunteers at a Luncheon in May.

Please thank our volunteers when you see them and let them know they are appreciated here at Grove Manor. Our St. Michael's Volunteers wear a nametag similar to the staff nametags but are yellow in colour instead of white.

Our volunteers consist of Community Volunteers, Resident Volunteers and Staff Volunteers. Volunteers assist with so many things from helping with set up of recreation programs or running Horse Races and Card Bingo, participating as a reindeer in the Reindeer Races, helping with Afternoon or running Evening Games, running or assisting with Bingos, Shuffleboard, leading Stretch and Strength and Fit Minds a few times per month, running a Movie Night, assisting with Entertainment, Leading Singalongs & Hymn Sings, assisting with Special Events likes BBQ's, Picnics, Special Tea's, Special Suppers, visiting with residents as a Friendly Visitor or playing cribbage one-on-one, volunteering in the Resident Library, assisting with the set up and take down of Church Services, assisting with the Crafts Program, Ice Cream Social, Happy Hour, Painting Class, Pet Visits, Assisting on Bus Outings, Seasonal Decorating, Plant Care & Gardening and much more....

We Thank Our Volunteers for all they do and are very grateful for the contribution our Volunteers make to the lives of our St. Michael's Grove Manor Residents!

Celebrating May Birthdays



May 10 th	Helen H
May 12 th	Shirley L
May 22 nd	Agnes F
May 26 th	Susan McE
May 27 th	Helen B

Information Corner

Friendly Reminders:

- 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. Thank you so much for your continued cooperation☺

Health Presentation:

The Topic for the May Health Presentation is on Eye Health including Cataracts and will be held on Monday, May 8th at 1:00pm. in the C.D Room.

General Resident Meeting:

The next General Resident Meeting will be held on Tuesday, May 9th at 10:30am. in the C/D Room. Hope you can join us☺

Food Reflections Meeting:

The next Food Reflections Meeting will be on Tuesday, May 9th at 1:00pm. in the C/D Room. All are welcome☺

Recreation Programs:

Tic Toc Time:

Come and visit with the babies, toddlers and preschoolers and their parent or grandparent at Tic Toc Time on Friday mornings from 9:30-10:15am. in the C/D Room starting May 5th. The children will participate in songs and games and interact with residents in attendance☺

Generation Program:

Come and meet the Grade 8 Leadership Class students from St. Thomas Aquinas Jr. High School who will be looking forward to meeting seniors in their community and participating in activities with you. Please join them on Monday, May 8th & Tuesday, May 30th at 1:30pm.

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

Photo Gallery



Easter Tea



*Bus Outing for Shopping & Lunch
At the Airport Outlet Mall*



Painting Class "Whimsical Flowers"