

## February 2024



### What is Arrhythmia?

Usually, a heart beats between 60 and 80 times per minute, but everyone has their own normal heartbeat rhythm. Some hearts beat faster or more slowly than others. When you are diagnosed with arrhythmia, it is an abnormal heart rhythm for you, but not necessarily for someone else.

Arrhythmia may cause your heart to beat too slowly (bradycardia, less than 60 beats per minute) or too quickly (tachycardia, more than 100 beats per minute), or cause uncoordinated contractions (fibrillation)

Source: Heart and Stroke Foundation

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

## Let's Celebrate February Birthdays



February 4 <sup>th</sup>	Ada C
February 4 <sup>th</sup>	Marlene S
February 7 <sup>th</sup>	Lori M
February 9 <sup>th</sup>	Esther M
February 10 <sup>th</sup>	Eileen S
February 19 <sup>th</sup>	Lois C
February 20 <sup>th</sup>	Pearl M
February 20 <sup>th</sup>	Helen A
February 29 <sup>th</sup>	Dorothy T

## Valentine's Day



**May All the  
Valentine Days  
To Come Bring  
To You The  
Loving Thoughts  
and Good Wishes  
That Will Make  
You Happy.**

**Author Unknown**

## 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 ☺
- Just a friendly reminder that the Blue Bins in the garbage room are for bottle depot items only such a milk cartons, pop bottles/cans, liquor bottles and most types of beverage containers. Thank you ☺

### Health Presentation:

The Topic for the February Health Presentation is Arrhythmia and will be held on Monday, February 26<sup>th</sup> at 3:00pm. in the C.D Room.

### Valentine's Day Party:

Wednesday, February 14<sup>th</sup> will be a Theme Day for Valentine's Day. Prizes will be given out to the best themed dressed residents, staff & volunteers at the Valentine's Day Party at 1pm.

### Special Visit from Residents of Millennium Pavilion:

Come and welcome and join the St. Michael's Millennium Pavilion Residents in Edmonton for coffee/dessert/cards & games on Thursday, February 8<sup>th</sup> at 1:30pm. in the C/D Room.

### Bus Outings:

Monday, February 12<sup>th</sup> -10:00am. to the River Cree Casino. Lunch included.

Monday, February 26<sup>th</sup>-11:00am. to Boston Pizza for Lunch.

Please sign up for Bus Outings on the clipboard on the wall by the laundry room ☺

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

## Photo Gallery



*Celebrating New Year's 2024*



*Resident Enjoying Floor Shuffleboard*



*Paint Class*