

## November



### Health Topic

#### Falls Prevention



#### **Falls are the leading cause of injury among older adults.**

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You can prevent falls by making the needed adjustment to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Source: Government of Canada  
For more information visit:  
[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or  
speak to your health care professional.

## Mary P: Resident of the Month



Mary was born in Gimli, Manitoba and has lived at Grove Manor for one year. She has 1 son, 8 grandchildren and 1 new great-granddaughter. Her proudest moment was to be a Grandmother and working in a public library for 26 years.

Mary enjoys participating in the Morning Exercise Group, Crafts, Balloon Volleyball, Socials, and a variety of other Activity Programs. She is also a Resident Volunteer volunteering on Resident Council, looks after the Resident Library with Marge B and a variety of other activities around Grove Manor.

Mary enjoys reading, watching Hallmark movies, doing word puzzles and regular puzzles. She used to knit and likes to sew. She used to sew dresses for her mother and made many baby blankets for her grandchildren. Mary enjoyed travelling to the Pacific Northwest part of the USA and Vancouver Island. Her favorite season is Fall. Her favorite holiday is Christmas and her favorite music is country and gospel music.

Watch next month to see who the next resident interview will be 😊

### Let's Celebrate November Birthdays



**November 2<sup>nd</sup>**  
**November 4<sup>th</sup>**  
**November 25<sup>th</sup>**  
**November 29<sup>th</sup>**  
**November 30<sup>th</sup>**  
**November 30<sup>th</sup>**  
**November 30<sup>th</sup>**

**Valerie B**  
**Gwen S**  
**Susan B**  
**Marge B**  
**Rita J**  
**Harry H**  
**Renate 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?

- **Laundry Machine Use:** To accommodate multiple residents using the laundry machines at one time, please follow the rule posted in the laundry room to use only one washing machine and dryer per resident at a time. Thank you for your understanding☺
- **Fire Drills & Evacuation Procedure:** During a Fire Alarm it may be real or a test, but the first step when you hear the fire alarm is to please stay in your room with your door closed as your room door is fire safe. If you are not in your room when the alarm goes off, please stay where you are until the alarm stops and an announcement has been made over the building intercom. Do not open any of the hallway doors as they close during a fire alarm to prevent a fire from spreading from hallway to hallway within the building. If you are in an Activity Program, please stay gathered where you are. When the "All Clear" is announced you may come out of your room and resume what you were doing. If the alarm bell goes at a more rapid speed, this is an evacuation stage and staff are trained to escort you out of the building safely to the muster point in the parking lot. If you have any questions, please contact Shelby, our Grove Manor Manager.

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

## Photo Gallery



*Fall Crafts*



*Ice Cream Social & Entertainment*



*Thank You to a Few of Our Special Event Volunteers☺*