

# Newsletter

**January 2024**

## Upcoming Events

- New Year's Party
- St. Matthew's School Visit
- Moving & Grooving
- Coffee In the Cafeteria
- What's in Your Bag?
- Health Awareness Presentation
- Reminiscing
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Active Games
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**Stay safe & enjoy winter  
Everyone!!!**



## ***A message from the Activities Convener...***

Hello all,

If you want to use the iPad between 9am-5:15pm Monday-Friday ask Nicholle. Last month we enjoyed having our families and friends join us for Christmas Dinner. We also went to see all the lovely Christmas lights on our drive around the city. Staff, Mrs. Claus, and Santa Claus joined in on the fun at the Christmas party.

This month we will celebrate the New Year with a party! There will be a visit by St. Matthew's School and many more activities to enjoy. Have a look at your recreation calendar for all the details.

***-Nicholle Lloyd***

## **Did you know...?**

### **What is Alzheimer's disease?**

Alzheimer's disease is a chronic neurodegenerative disease that destroys brain cells, causing thinking ability and memory to deteriorate over time. Alzheimer's disease is not a normal part of aging, and is irreversible. We've only recently identified Alzheimer's as a serious and prevalent disease

Alzheimer's disease has been with us throughout human history. However, our understanding of it has been relatively recent:

- In the last 100 years: Alzheimer's disease has been formally identified and named;
- In the last 50 years: We've made serious advances to recognize the impact of Alzheimer's, and commit to finding treatments and a cure; and
- In the last 20 years: We've taken more steps to fight the stigma against the disease and support the voices of people living with Alzheimer's, families and caregivers. Plenty of progress has been made, and we still have ways to go.

Source: Alzheimer Society of Canada



## January Birthdays

Hilda C. Jan. 6

Lynn S. Jan. 9

Evangeline W. Jan. 10

Lucy D. Jan. 13

Kevin N. Jan. 26

### **Want to Volunteer?**

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or

Jasmine (780-473-5621 Ext. 4534).

### **Did you know?**

We have a food committee meeting monthly, a residents meeting monthly, and a social committee meeting quarterly. For dates and times check the calendar. We post the meeting minutes on the board by the dining room.

### **Your Safety**

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you. These forms can be found in a binder on the main floor, next to the sign in/out book.

*Have  
Great  
Day*



**Residents enjoying Christmas music via violin and piano!**



**Residents and Staff Christmas Party with Santa!**



**Resident choir group performing at our Christmas Dinner!**