

# Newsletter

**May 2022**



## ***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 celebrated Easter with many programs including colouring eggs and an Easter scavenger hunt. We searched high and low for those eggs. Even Angela participated by handing eggs out which tricked some residents! Entertainment came back for our pub afternoon and birthday party. We celebrated so many birthdays from February to April due to our covid-19 outbreak that forced us to cancel February and March parties.

This Month we are bringing back outings! Our outings this month are the casino and Happy Pizza. Also returning is the tomato plant & hotdog sale! For the mother's and those that want to celebrate mothers, join us for a mother's day tea. Don't miss out on these and many more programs for May! There are no restrictions on recreation activities. So come on out and enjoy the fun we have in store for you! Have a look at your recreation calendar for all the details.

***-Nicholle Lloyd***

## **Upcoming Events**

- Mother's Day Activities
- Outings
- Tomato Plant & Hot Dog Sale
- Password Game
- Charades
- Active Games
- What's in your bag?
- Birthday Party
- Reminiscing
- Walking Group
- Would You Rather
- Brain Games
- Hangman
- Balloon Badminton
- Table Top Games
- Moving & Grooving (Dance)
- Baking
- Pet Therapy
- Card Bingo
- Tuck Cart

**Stay safe & enjoy  
spring  
Everyone!!!**

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

### **What is Chronic Pain?**

Pain that lasts for 3 months or longer is called chronic. Pain is your body's way of telling you that something is wrong. It's normal for you to have pain when you are injured or ill. But pain that lasts for weeks, months, or years is not normal. Chronic pain can occur anywhere in your body. It can range from being mild and annoying to being so bad that it gets in the way of your daily activities.

Source: MyHealth.Alberta.ca

For more information visit: MyHealth.Alberta.ca or speak to your health care professional.



## May Birthdays

**Eldwin W. May 7**  
**Stephanie W. May 13**



### **Did you know?**

There is an education board by the piano in the 8<sup>th</sup> floor lounge. The topics change every month. Some topics include health conditions, fall prevention, abuse, etc.

### **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.

### **Residents celebrating February, March, & April birthdays!**



### **Residents at our pub afternoon!**



### **Residents enjoying Eric's visit!**

*Have  
Great  
Day*