

Newsletter

October 2024



Upcoming Events

- Health Awareness Presentation
- Thanksgiving & Halloween Socials
- Pumpkin Carving Contest
- Pub Afternoon
- Movie & Popcorn
- Decorating
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**Stay safe & enjoy Fall
Everyone!!!**

A message from the Activities Convener...

Hello all,

If you want to use the Ipad between 9am-5:15pm Monday-Friday ask Nicholle.

This month our health awareness presentation topic is hand hygiene and infection control presented by Ayisha. Ayisha will be running our health awareness presentations going forward. By Nicholle's office there is a new file holder where you can take a wordsearch, colouring sheet, etc. to work on at your own leisure. I will be adding to the folder as needed. We are heading in to fall meaning programs geared toward the holidays are back! These include Thanksgiving bingo and social, decorating, Halloween Bingo, pumpkin carving contest, and more. Outings for this month include the Art Gallery of Alberta, The Old Spaghetti Factory, and Montana's and value village. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details.

-Nicholle Lloyd



Did you know...?

About influenza

Influenza, sometimes called the flu, is an infection of the nose, throat, and lungs that is caused by a virus. Influenza is a [respiratory illness](#).

The number of people who get sick with influenza is different year to year. On average each year, more than 12,000 people in Canada have to stay in a hospital because of influenza, and 3,500 people die from it.

Prevent the spread

To stop influenza from spreading:

- Get the influenza vaccine every year.
- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.

Source: My Health Alberta

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



October Birthdays
Ah Min L. October 8th
Kaz R. October 9th



Residents out at Peaceful Valley Day Lodge



Residents at the Dreamcatcher Farm!

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 hold regular health and wellness presentations (please check the calendar) and have an education board by the piano.

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 visiting with Zoey!

Have Great Days