

Newsletter

August 2024



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 our annual resident and family BBQ, where we played games, danced, took photos, and socialized with one another. It was a hot month, so we tried to stay cool with ice cream, Freezies, and smoothies. Hopefully, the weather will be a bit cooler in August, so we can enjoy the outdoors.

This month we have many things to look forward to such as the resident BBQ, Pub afternoon, birthday party, outings, and water fight. Outings include the Bountiful Farmers Market, Dreamcatcher Farm, Peaceful Valley Day Lodge. 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

Upcoming Events

- Resident BBQ
- Pub Afternoon
- Social Committee Meeting
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Outdoor Games
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy
- Guess the price
- Concentration
- Charades
- Pub afternoon

**Stay safe & enjoy
Summer
Everyone!!!**

Did you know...?

Constipation Awareness

Constipation may have adverse effects on the health of elderly as it increases the stress on their bodies, lowers their appetite, and this could indirectly have many health consequences. To prevent and treat constipation increase fluid intake, consume a diet rich in good sources of fiber and make physical activity a part of life. Make smart and maintain healthy eating behaviors.

Source: Canadian Digestive Health Foundation

For more information visit:

<https://cdhf.ca/en/constipation-in-the-elderly/>,

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=con11> or speak to your health care provider.





August Birthdays

Walter B. August 2nd

Diana L. August 3rd

Irene M. August 12th

Rose S. August 14th

James R. August 15th

Robert M. August 19th

Margaret M. August 21st

Shirley B. August 22nd

Ina P. August 22nd

Bill P. August 26th

Stan B. August 28th

Mary Y. August 29th



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?

If you come across an unsafe situation that needs attention, you may report it by calling the staff at 780-756-0796 or using your pendant

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 attending the family & resident BBQ



Residents celebrating birthdays!

Have Great Days