

Newsletter

January 2022



January



A message from the Activities Convener...

Hello all,

If you would like to do virtual calls let us know and we will assist you. If you want to use the iPad between 9am-4:00pm Monday-Friday ask Nicholle. Last month we enjoyed our Christmas party with each other. We listened to music while we ate, won some prizes, and played some games and even saw Santa! We had our Christmas photoshoot and will be receiving photos this month. There were lots of presents given out from St. Mathew's School, St. Michael's, and from the staff. We hope you all have had a wonderful Christmas time!

This Month we have a 100th Birthday to celebrate! There is also a Dance party called Moving and Grooving for those that love music, snacks, and/or Dancing! We will be saying good-bye to our Christmas Decorations till next Christmas. Come help take down the décor. 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.

I will be away from January 1-9. Volunteers will be running the activities that week for us. See you in the New Year! Happy New Year!

-Nicholle Lloyd

Upcoming Events

- Removing Christmas Décor
- Hot Cocoa & Chat
- Arts & Crafts
- Wii Games
- Brain Games
- Hangman
- Balloon
- Badminton
- Learn to Sudoku
- Roll-O-Trump
- Card Games
- 100 Birthday Party
- Birthday Party
- Moving & Grooving (Dance)
- Coffee & Chat
- Board games
- Baking
- Pet Therapy
- Card Bingo
- Tuck Cart

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

Did you know...?

What is Lewy-body Dementia?

Lewy body dementia, also known as dementia with Lewy bodies, is the second most common type of progressive dementia after Alzheimer's disease. Protein deposits, called Lewy bodies, develop in nerve cells in the brain regions involved in thinking, memory and movement (motor control).

Source: Mayo Clinic

For more information visit:

<https://alzheimer.ca/> or speak to your health care professional.



January Birthdays

Lyn S, Jan 9
Caroline O, Jan 10
Lucy D, Jan 13
Kevin N, Jan 26



Residents celebrating December birthdays!

Did you know?

There is a whiteboard with today's date and the activities for the day located across from the elevator.

There is also a recreation board with information on the month's activities located to your right before entering the lounge on the 8th floor

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 had photos taken for Christmas!



Residents enjoying Gilly's visit!

*Have
Great
Days*