



St. Michael's  
HEALTH GROUP

Vegreville Manor

# Newsletter

**May 2026**



## **Health Tip:**

### **Hypertension**

May is Hypertension Awareness Month. It holds great significance for emphasizing how important it is to understand and control blood pressure. High blood pressure, or hypertension, is a significant health issue around the world and also in Canada.

According to the Centers for Disease Control and Prevention, nearly one in two adults have high blood pressure, and only one in four has the disease under control. It's an essential risk factor for heart disease and stroke, yet it's frequently undetected because there may be no indications of its presence. This blog will focus on providing an understanding of blood pressure, the main reasons for high blood pressure, how common it is in Canada, and ways of managing it well.



### **What's Going on This Month!**

May 11<sup>th</sup> – Mothers Day Social

May 12<sup>th</sup> – North Pointe Church

May 14<sup>th</sup> – United Church Service

May 15<sup>th</sup> – Tony Mapa Music

May 18<sup>th</sup> – Victoria Day – No Activities

May 21<sup>st</sup> – Cards with Judy

May 27<sup>th</sup> – National Grape Popsicle Day – Popsicle Social!

May 28<sup>th</sup> – Holy Trinity Church

Garden Club will be starting this month, weather permitting. Residents are invited to enjoy time outdoors while planting flowers, caring for greenery, and helping create beautiful garden spaces for everyone to enjoy throughout the season.

## Photo Gallery



Bingo!




Entertainment By Brian Kendall's  
Memory Lane Music



DORIS G. – May 5<sup>th</sup>  
ZENOVIA F. – May 22<sup>nd</sup>  
CLIFF B. – May 27<sup>th</sup>


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Dear friends, Happy Mother's Day to all of you! Wishing you a day filled with Love, Laughter, and all the Happiness you deserve. Enjoy your day and all the Love that comes with it.