

# Newsletter

August 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 enjoyed celebrating a 100 birthday! We were able to witness some amazing talents from playing instruments to telling jokes to dancing. Thank you to all you brave people. We celebrated Heritage Day with some fun facts, trivia, music, and some snacks from different places.

This month we have an Edmonton Transit Service (ETS) presentation and outing to the Callingwood Farmer's Market & Dairy Queen. Make sure you sign up for it fast as there are minimal spaces for mobility aids. Come enjoy the outdoors with our picnic and carnival! There will be some great games to play and snacks to have. Don't forget about the summer BBQ with live entertainment. Sign up so we don't have any waste. Check out all the cool vehicles in the antique car show. Also, cool off by throwing water balloons at each other! Come on out and enjoy the fun we have in store for you! Have a look at your recreation calendar for all the details.

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

### **What is Delirium?**

Delirium is a sudden, confused state of mind that may come and go over the day. People with delirium may have changes in the way they think. Their personality and behavior may change quite a lot. They may have trouble paying attention to what's going on around them or doing the things they normally can do.

Delirium is a warning sign that the person needs help right away. Call your family doctor, nurse, healthcare provider, or Health Link at 811.

Source: Alberta Health Services

For more information visit: [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) or speak to your health care professional.

## **Upcoming Events**

- ETS Presentation & Outing
- Picnic & Games in the Courtyard
- Pub Afternoon
- Summer BBQ
- Carnival with LTC
- Antique Car Show
- Birthday Party
- Social Committee Meeting
- Water Balloon Toss
- What Are They Thinking?
- Finish The Sentence
- Board Game Cafe
- Outdoor Activities
- Baking
- Charades
- Hangman
- Pet Therapy
- Reminiscing
- Card Games
- Crib tournament
- Jeopardy

**Stay safe & enjoy  
summer  
Everyone!!!**



## August Birthdays

**Diana L. August 3<sup>rd</sup>**  
**Magdalena K. August 6<sup>th</sup>**  
**Irene M. August 12<sup>th</sup>**  
**James R. August 15<sup>th</sup>**  
**Margaret M. August 21<sup>st</sup>**  
**Shirley B. August 22<sup>nd</sup>**  
**Ina P. August 22<sup>nd</sup>**  
**Bill P. August 26<sup>th</sup>**  
**Mary Y. August 29<sup>th</sup>**

### **Did you know?**

#### **HAND HYGIENE:**

In Canada, healthcare infections affect more than 220,000 people every year and kill 8,000-12,000. To protect yourself wash your hands regularly and report issues/concerns.

### **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.

*Have  
Great  
Days*



**Canada Day Celebration!**



**100<sup>th</sup> Birthday Party!**



**Moving and Grooving!**



**Birthday Party!**