

# Newsletter

**April 2022**



## Health Tip: What is Advance Care Planning?

Advance care planning is a way to help you plan and document your wishes for the type of healthcare you want now and in the future.

Advance care planning is a process where you do the following:

- Think about values and wishes for medical treatments you may or may not want.
- Talk about your healthcare goals.
- Make a plan that reflects your values and wishes.
- Put your plan in writing (document your plan)

Source: MyHealth.Alberta.ca

For more information visit:  
MyHealth.Alberta.ca or speak to  
your health care professional.

## Easter

- The resurrection of Jesus
- The bunny is the symbol of new life
- The egg is the symbol of the resurrection.
- The colors of Easter are: Purple, white, red, pink, black, green, and gold
- Easter lilies are symbolic of new life, as well as purity.
- palm fronds that are used to ceremonially recreate Jesus' arrival in Jerusalem prior to the crucifixion.
- a plain wooden cross is the version most symbolic of Easter.
- Easter baskets are symbolic nests, which of course link directly to the spring theme of fertility and new life.
- New outfits for Easter are symbolic of rebirth and new life.



## Photo Gallery



**Enjoying a church service**



**I'm ready to score some points**



**Interesting service**

### **A message regarding Goals of Care Designation (Green Sleeve)**

If residents are completing a Goals of Care designation for the first time, or if there is a change to your goals of care designation, please ensure that you or a family member notify supervisor ASAP. We keep a copy of the most up to date version of your goals of care in your medical chart, and there should **only be one** in circulation. If you have any questions, Tammie would be more than happy to further discuss.

### **Message about Doctor's orders**

If you receive new doctor's orders at appointments, please notify supervisor so we can update your medication list & notify homecare if needed. If you require assistance with applying a medication, the prescription must be specific, and **scheduled**. (for how long, how many times per day, which location is it being applied to, and why?)



Resident & Family Council:  
Any resident or family member interested in being part of our Resident & Family Council, please see Emily or Charlotte.