



St. Michael's
HEALTH GROUP

Vegreville Manor

Newsletter

July 2021



Health Tip: Sun Safety

- Dress appropriately for the weather, light clothes will keep you cooler, but guard yourself from the sun.
- Always apply sun screen if outdoors.
- Keep hydrated, drink plenty of water.
- If you feel weak and nauseated after being in the sun for an extended period of time, slowly sip water and seek medical help

For more information, speak to your health care professional.



Mind Teasers:



Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?

There are three houses. One is red, one is blue and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right of the house in the middle, where's the white house?

A man was walking in the rain in the middle of nowhere without a coat or an umbrella. He got soaked, but not a single hair on his head was wet. How can this be?

A farmer has 19 sheep on his land. One day, a big storm hits and all but seven run away. How many sheep does the farmer have left?

Photo Gallery

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

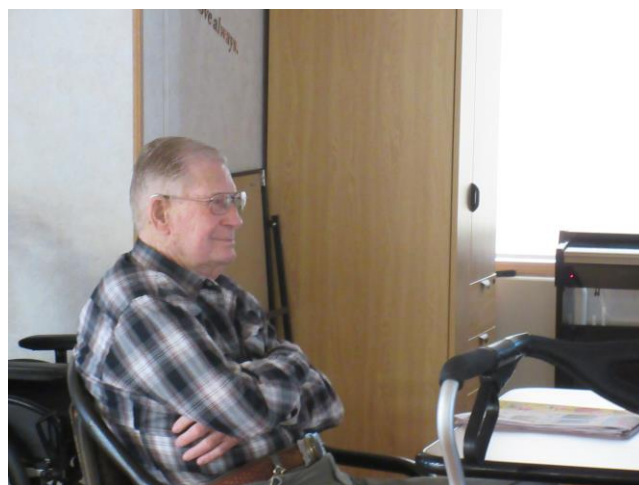
If you receive new doctor's orders at appointments, please notify supervisor so we can update your medication list & notify homecare if needed. If you require assistance with applying a medication and you level of care is **NOT** SL3, the prescription must be specific, and **scheduled**. (for how long, 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.

Answers

- a) *Billy*
- b) *In Washington, D.C.*
- c) *He was bald.*
- d) *Seven. The riddle says **all but seven** run away, meaning there are seven left who didn't.*



Nothing like a good western movie



Love my new water bottle



Karaoke time is great