



# Newsletter

## January 2023



### Health Tip:

#### What is Vascular Dementia?

Vascular dementia is a type of dementia caused by damage to the brain from lack of blood flow or from bleeding in the brain. For our brain to function properly, it needs a constant supply of blood through a network of blood vessels called the brain vascular system. When the blood vessels are blocked, or when they bleed, oxygen and nutrients are prevented from reaching cells in the brain. As a result, the affected cells can die.

Someone with vascular dementia may notice changes in their ability to make decisions, plan, or organize as their first symptoms. Other changes may include difficulties with movement, such as slow gait and poor balance. Symptoms tend to appear slowly, and specific impairments may occur in steps, where the person's abilities can deteriorate, stabilize for a time and then decline again.

Source: Alzheimer Society of Canada

For more information visit:

[www.alzheimer.ca](http://www.alzheimer.ca) or speak to your health care professional.



### Find the hidden snowman

-How much does it cost a pirate to get his ears pierced? A buck an ear.

-What was a more useful invention than the first telephone? The second telephone.

≡Why did the banana visit the doctor? She wasn't peeling well!

≡What's a snake's favorite subject in school? Hiss-tory.

## 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, 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.



**Staff at Christmas Luncheon**



**Head office staff**



**And of course, Santa**