



# Newsletter

## September 2022



### Health Tip:

#### What is Asthma?

Asthma is a chronic or long-term disease of the airways, the tubes that carry air into our lungs. It causes inflammation and narrowing of the bronchial tubes that leads to airway narrowing and difficulty breathing. The airways of our lungs are surrounded by muscles and contain mucus glands. These muscles are normally relaxed, but when people with asthma encounter triggers, these muscles become inflamed, react by tightening, and the airways can fill with mucus. This makes breathing very difficult and leads to asthma symptoms or an asthma attack (exacerbation).

Source: Asthma Canada

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

1. The name “September” comes from an old Roman word, “septem,” which actually means 7. That’s right – September was the seventh month of the year on the Roman calendar – It did not become the ninth month until the advent of the Gregorian calendar.

2. The Romans believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.

3. Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.

4. This September “Harvest Moon” is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.

5. The first day of fall is typically on September 22 or September 23 in North America. This is when the hours in the day are almost equal to the hours in the night. This occurs at the same time as the Spring Equinox does in Australia.



## 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

When you have a Doctor's visit and receive new order for Medication changes, 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**. (i.e. for how long, how many times per day, which location is it being applied to, and why?) Any **other changes to your health please communicate** to Supervisor or Home Care.



Resident & Family Council:

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



**On our way to Lamont**



**Are we there yet?**



**Making new friends**