



St. Michael's
HEALTH GROUP

Vegreville Manor

Newsletter

January 2024



Health Tip: **Vascular Dementia**

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 or speak to your
health care professional.

HELLO
January

What's Happening at Vegreville Manor?

January 1st – New Year's Day!

January 8th - Elvis' Birthday Party! @ 3pm

January 9th – North Point Church Service
@1:30

January 10th – National Houseplant
Appreciation Day!

January 11th – United Church Service
@1:30

January 18th – National Winnie
The Pooh Day!

January 19th – Tony Mapa Music

January 23rd – Lunch Club: Tim Hortons
@11am – 1pm

January 24th – Early Exercises @9am

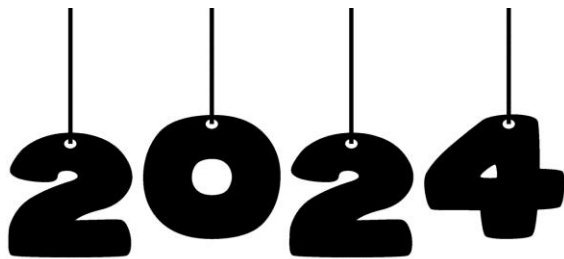
January 24th – Holy Trinity Church Service
@ 10am

January 26th – Jim Davis Band @1:30

Photo Gallery



Another year is dawning with
the chance to start anew. May I
be kinder, wiser, Lord, in all I
say and do. Not so caught up in
selfish gain that I would fail to
see the things in life that mean
the most Cost not a fancy fee.
The warm, kind word that I can
give, the outstretched hand to
help, the prayers I pray for
those in need-- More precious
these than wealth. I know not
what may lie ahead Of laughter
or of tears; I only need to know
each day That You are walking
near. I'm thankful for this brand
new year as now I humbly pray,
My hand secure in yours, dear
Lord, Each step along the way.



Cookie Decorating!



Beautiful Christmas Sweaters!



Santa Stopped By!