

April 2024

Volunteer Appreciation 2024



Health Topic

Advanced 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: myhealthalberta & Alberta Health Services

For more information visit:
<https://www.albertahealthservices.ca/info/page12585.aspx> or speak to your health care professional.

All across the nation of Canada, National Volunteer Appreciation Week is being held from April 14-20th celebrating 24 million Canadian volunteers. At Grove Manor we will be celebrating and appreciating our wonderful volunteers at a Luncheon in May.

Please thank our volunteers when you see them and let them know they are appreciated here at Grove Manor. Our St. Michael's Volunteers wear a nametag similar to the staff nametags but are yellow in colour instead of white.

Our volunteers consist of Community Volunteers, Resident Volunteers and Staff Volunteers. Volunteers assist with so many things from helping with set up of recreation programs or running Horse Races and Card Bingo, participating as a reindeer in the Reindeer Races, helping with Afternoon Games or leading Evening Games, running or assisting with Bingos, Shuffleboard, leading Stretch and Strength and Fit Minds a few times per month, running a Movie Night, assisting with Entertainment, Leading Singalongs & Hymn Sings, assisting with Special Events likes BBQ's, Picnics, Special Tea's, Special Suppers, visiting with residents as a Friendly Visitor or playing cribbage one-on-one, volunteering in the Resident Library, assisting with the set up and take down of Church Services, assisting with the Crafts Program, Ice Cream Social, Happy Hour, Painting Class, Pet Visits, Assisting on Bus Outings, Seasonal Decorating, Plant Care & Gardening and much more....

We Thank Our Volunteers for all they do and are very grateful for the contribution our Volunteers make to the lives of our St. Michael's Grove Manor Residents!

Let's Celebrate April Birthdays



April 6th Maria L
April 11th Floyd H
April 12th Madeleine R
April 25th Rita F

Information Corner

Friendly Reminder:

- Please remember to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs. Also please remember to sneeze or cough into your elbow area not your hand. Thank you so much for your continued cooperation☺

Gardening Season:

Please attend the Gardener's Interest Group if you would be interested in planting flowers in the Courtyard Planters or Planter Pots in the Courtyards or the Planters outside the Front Entrance. Meeting will be held on Monday, April 15th at 3:00pm. in the C/D Room. Please attend if you are interested in gardening outside this summer☺

General Resident Meeting:

The next General Resident Meeting will be held on Tuesday, April 9th at 10:30am. in the C/D Room. Hope you can join us☺

Health Presentation:

The Topic for the April Health Presentation is on Advanced Care Planning and will be held on Monday, April 29th at 3:00pm. in the C.D Room.

Bus Outings:

Monday, April 8th -11:00am. Bus Outing to Boston Pizza for lunch and drive around town.

Monday, April 22nd-1:00pm. Bus Outing to visit residents at the Good Samaritan George Hennig Place.

Please sign up for Bus Outings on the clipboard on the wall by the laundry room and the cost of the bus outings is \$6.00 per resident☺

Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at sclarke@smhg.ca

Photo Gallery



St. Patrick's Day Party, Theme Day And Entertainment



Residents Enjoyed Coffee & Cheesecake at the Cheesecake Cafe



Thank You to our Volunteers who Lead and Assist with the Paint Class☺