

Newsletter

December 2024



A message from the Activities Convener...

Hello all,

Last month we decorated for Christmas and now it's time to enjoy the holidays with parties, baking, and more.

Some key points to highlight this month include Christmas dinner on December 6th doors open at 4pm with the program starting at 4:30, resident & staff Christmas party on Dec. 13 at 2pm with live entertainment and special guests, Listen and sing Christmas songs during our Christmas violin duet and our sing-along, We also have a Christmas walk in the basement to check all the decorated doors that staff have put together for everyone to admire!

Outings for this month include Candy Cane Lane & Summerside Grande Boulevard Christmas lights, and The Glow Christmas Festival. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details. Merry Christmas everyone!

-Nicholle Lloyd

Upcoming Events

- Christmas Party
- Christmas Dinner
- Violin Christmas Duet
- Christmas Sing-along
- Choir
- Gingerbread Decorating
- Health Awareness Presentation
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy
- Pub afternoon

Stay safe & enjoy Winter Everyone!!!



Did you know...? What is prediabetes?

Prediabetes is a warning sign that you are at risk for getting type 2 diabetes. It means that your blood sugar is higher than it should be. But it's not high enough to be diabetes.

The food you eat naturally turns into sugar. Your body uses the sugar for energy. Normally, an organ called the pancreas makes insulin. Insulin allows the sugar in your blood to get into your body's cells. But sometimes the body can't use insulin the right way. So, the sugar stays in your blood instead. This is called insulin resistance. The buildup of sugar in your blood means you have prediabetes.

Prediabetes is also called impaired glucose tolerance or impaired fasting glucose. Most people who get type 2 diabetes have prediabetes first.

Source: myhealthalberta

For more information visit: www.myhealth.alberta.ca or speak to your health care provider.



December Birthdays

Marie L. December 2nd

Lillian Z. December 3rd

Marsha J. December 3rd

Carrie S. December 6th

Todd S. December 7th

Leona M. December 14th

Annette S. December 26th

William "Bill" D. December 27th

Jack Wayne O. December 31st



Residents dressed up for Halloween!

Want to Volunteer?

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or
Jasmine (780-473-5621 Ext. 4534).



Residents visiting with Gwen & Gilly!

Did you know?

Our menus are changed seasonally, and we offer a 4-week menu rotation. A copy of the menu is on the board next to the dining room. If you would like a copy, please see Charlotte.

Your Safety

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you.

These forms can be found in a binder on the main floor, next to the sign in/out book.



Residents helped decorate our trees and more!

Have Great Day