

**July 2020**



## Health Topic

### Sun Safety



- Dress appropriately for the weather, light clothes will keep you cooler, but guard yourself from the sun
- Always apply sun screen if outdoors
- Keep hydrated, drink plenty of water
- If you feel weak and nauseated after being in the sun for an extended period of time, slowly sip water and seek medical help

For more information, speak to your health care professional.

## Doris M : Resident of the Month



Doris was born in Peace River, AB. and has a brother who lives in Lacombe, AB. She had 4 children, but lost 2 of her children.

Doris enjoys watching TV, Exercises, Entertainment and Dances. She enjoys Country Western Music. Her favorite season is Summer as she enjoys the heat. She spent her winters in Arizona. Her favorite person to spend time with is her friend who lives in Minnesota whom she met in Arizona. Her favorite colour is blue. Her mother always dressed her in blue. She likes cats and dogs and had a white Persian cat growing up.

When Doris was asked if there was anything she is proud of, she said working as a Ward Aide in a hospital and she used to be a really good cook and made good food especially chocolate cake 😊

Resident of the Month is an initiative for Grove Manor's Site Newsletter and you could be next to be interviewed.

## Let's Celebrate July Birthdays



July 5 <sup>th</sup>	Adelaine P
July 5 <sup>th</sup>	Joyce C
July 16 <sup>th</sup>	Ted S
July 31 <sup>st</sup>	Joan S

## Manager's Corner

### Friendly Reminders:

Please continue to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the current COVID-19 Pandemic Situation. Also please remember to sneeze or cough into your elbow area not your hand and please social distance 2 metres from one another. Thank you so much for your cooperation☺

### Did You Know?

Window Visits and Video Chats: Did you know you can arrange to have a window visit or video chat with your family or visitor in the Dining Rooms during week day times, but not during mealtimes. Please see Lina or Sandy to book a time.

### Recreation Activities:

If you see a Recreation Program on the Recreation Calendar that you are interested in attending, please sign up on the Activity Sign-up Sheets on the Bulletin Board across from the Laundry Room as activities are limited to only 10 people per program. If the program is full, please put your name on the Wait List in case a cancellation arises. Thank you☺

### Appreciation:

A Huge Thank you to Paul, one of our volunteers who refurbished the bench in the B Courtyard and for the continued care of the plants in the front of the building with his wife and volunteer Wendy.

A Huge Thank you to our residents who continue to look after their flowers planted in the A and B Courtyards so the other residents and staff can enjoy them☺

Thank you to Val, one of our staff who has been volunteering to assist with special entertainment events and Courtyard Picnics☺

**Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at [sclarke@smhg.ca](mailto:sclarke@smhg.ca)**

## Photo Gallery



*B Courtyard Bench Refurbishing Thanks to Paul, Grove Manor Volunteer*



*Courtyard Walk☺*



*Henry M, Winner of Father's Day BBQ Draw*