

January 2021



Health Topic

Alzheimer's

What is dementia?

Dementia is an overall term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem solving or language, severe enough to reduce a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour.

Dementia is progressive, which means the symptoms will gradually get worse as more brain cells become damaged and eventually die.

Dementia is not a specific disease. Many diseases can cause dementia, including Alzheimer's disease, vascular dementia (due to strokes), Lewy Body disease, head trauma, fronto-temporal dementia, Creutzfeldt-Jakob disease, Parkinson's disease, and Huntington's disease...Cont'd on Reverse

Lena S: Resident of the Month



Lena was born and raised in Bashaw, Alberta and is one of 8 brothers and sisters. Her family homesteaded their land and had a mixed farm. She is a widow, had 2 Stepdaughters and had 1 Stepson who has since passed away. Lena is our oldest resident. Next month Lena will be celebrating her 105th Birthday on February 4th. What a milestone☺

Lena enjoys music and especially enjoys the Bands and Choirs that have come to entertain at Grove Manor. She said she enjoyed listening to music from an early age and remembers listening to music on a gramophone. She also enjoyed reading and going for Sunday drives with her parents and siblings. Her favorite memory is in the barn with a few of her siblings and climbing up on the loft to look outside from the opening, although it was scary she enjoyed the view and did this at least three times a week.

Lena's favorite animal is the horse and she enjoyed riding them with her siblings. She enjoys reading nature magazines and watching nature shows. She moved off the farm to Edmonton to work in a factory during the Second World War. She worked in a restaurant in Alaska in her younger days and travelled with her husband to various places in the United States and has also been to Mexico.

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

January Birthdays to Celebrate

January 8th	Betty B
January 10th	Bob MacQ
January 14th	Emile C
January 14th	Paulette H
January 17th	Francis S

Grove Manor News

Handwashing:

- Please remember 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 and the current Flu Season. Also please remember to sneeze or cough into your elbow area not your hand and please social distance 2 metres (the length of a hockey stick) from one another. Please wear a mask also when going out. Thank you so much for your continued cooperation☺

Did You Know?

- Please put your recyclable beverage containers ie. Milk, juice, wine or any other beverage container that is recyclable in the Blue Bins provided in the Garbage Room. Please rinse all containers especially milk containers. Thank you for your assistance☺

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These conditions can have similar and overlapping symptoms.

Some treatable conditions can produce symptoms similar to dementia, for example, vitamin deficiencies, thyroid disease, sleep disorders, or mental illness. It is therefore important to arrange for a full medical assessment as early as possible.

Getting a timely diagnosis can help you access information, resources and support through the Alzheimer Society, benefit from treatment, and plan ahead.

Source: Alzheimer's Association <http://www.alz.org/what-is-dementia.asp> For more information visit:

www.myhealth.alberta.ca or speak to your health care professional.

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

Photo Gallery



Resident Christmas Party



Christmas Carol Singalong



Monthly Birthday Party & Afternoon Music-December