

**March 2019**



## Health Topic

### Nail Care

#### Are Your Nails Healthy?

You can usually tell by simply looking at them. Healthy nails are smooth and free of spots and unusual shapes and color. Signs of nail problems and diseases, on the other hand, can include pitting, ridges, streaks, yellowing and other forms of discoloration.

Nails are made of keratin, a hardened protein that is also in hair and skin. Their role is to protect the delicate tissues at the ends of fingers and toes. Nails grow from the base toward the tips of fingers, so the tips are the oldest part of your nails. The appearance of your nails depends on a number of things including nutrition, health, as well as contact with various substances (e.g. soap, chemicals).

Healthy nails can be a sign of overall good health, whereas nail troubles can betray a systemic disease of infection, such as diabetes, anemia and thyroid disease. Nail problems can also result from various medications used to treat diseases, such as antibiotics and chemotherapy.

For more information visit: <https://dermatology.ca/public-patients/nails/general-information/> or speak to your health care provider.

#### Erika W: Resident of the Month



Erika was born in Poland. She speaks English and German and has lived at Grove Manor for almost 4 years with her husband Walter. They had 4 children, but one passed away in 2005. Sadly her husband Walter passed away recently and our sincerest condolences go out to Erika and her family.

Erika's favorite season is Fall as when she first arrived in Canada she loved the many colours of the trees. Her favorite holiday is Christmas. Her favorite food are vegetables. Her favorite music is classical. She likes dogs and likes to talk about politics and cooking shows. Her favorite colour is blue. She likes to play cards. She did some travelling over the years, travelling to Germany, Berlin, the USA and British Columbia and her favorite books were handicraft books and she enjoys handicrafts, knitting, sewing and needlepoint.

Something Erika is very proud of was sewing her first wedding dress for her sister. Erika said the best gift she ever received were roses.

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

### Let's Celebrate March Birthdays

March 6 <sup>th</sup>	Evelyn M
March 12 <sup>th</sup>	Paul N
March 17 <sup>th</sup>	Mary P
March 19 <sup>th</sup>	Evelyn T
March 23 <sup>rd</sup>	Nola J
March 28 <sup>th</sup>	Yvonne Y

## Manager's Corner

### Foot Care Clinic:

There will be a Foot Care Clinic on March 1<sup>st</sup> and 15<sup>th</sup> from 11:00-2:00pm.in the Library in the C/D Room.

### Hearing Aid Clinic:

The next Hearing Aid Clinic will be held on Wednesday, March 6<sup>th</sup> at 9am.in the C/D Room.

### Blood Pressure Clinic:

The next Blood Pressure Clinic will be held on Thursday, March 14<sup>th</sup> at 1:00pm.in the Library in the C/D Room.

### Nail Care Health Presentation:

There will be a Nail Care Health Presentation on Tuesday, March 26<sup>th</sup> at 1:30pm. in the C/D Room.

### Friendly Reminders:

- Just a friendly reminder 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 Flu Season and year around. Also remember to please cover coughs.
- Scented Products-Please do not use scented products such as perfumes, strong colognes, strongly scented deodorants, etc. in the building as some of your fellow residents have severe reactions causing breathing difficulties. Your consideration of others to make Grove Manor a "Scent Free" Building is appreciated. Thank you so much☺

### Recreation:

Monday, March 11<sup>th</sup>-1:30-3pm. Alia/Tan Jay Clothing Sale in the C/D Room.

Thursday, March. 14<sup>th</sup>-St. Patrick's Party and Dance with "A Touch of Country" & Theme Day. Dress up and Win a Prize.

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

## Photo Gallery



*Grove Manor January Birthdays*



*River Cree Casino Bus Outing*



*Valentine's Day Theme Day Group Picture and Prize Winners*