

## September 2020



### Health Topic Hand Hygiene

Cleaning your hands (also called hand hygiene) is one of the best ways you can stop germs from spreading. The main way germs spread is by your hands. You can pick up germs almost everywhere, including phones, doorknobs, and railings. You can spread these germs through a hospital, clinic, or other healthcare facility without even knowing it.

Your hands may look clean, but they can still have germs that cause infections. When you forget to clean your hands or don't clean them well, you can spread germs to other people. You can also spread germs to yourself if your hands aren't clean and you touch your eyes, mouth, nose, or a cut on your body.

It's important to encourage your family members, visitors, and healthcare team to clean their hands whenever they visit you or help you with your care. Help stop the spread of germs that cause infections in healthcare facilities. For more information please visit: <http://myhealth.alberta.ca/Albertas/Pages/hand-hygiene-in-care-facilities.aspx> or speak to your health care professional

### Art T: Resident of the Month



Art was born in Barrie, Ontario. He had 6 siblings, 4 brothers and 2 sisters. He was married and has 7 children including 2 step children. Art spent 2 months in Europe in 1992 when he rented a home on the Mediterranean. He also travelled extensively to Mexico, Bali, New Zealand, Scotland, England and Wales as well Hawaii, Arizona, Alaska, Las Vegas and to most parts of the USA.

Art completed 25 years in the RCMP and received 5 medals for good conduct and has most recently produced his memoirs with many interesting stories of his years with the RCMP.

His favorite season is Spring. His favorite colour is green because it reminds him of Summer. His favorite holiday is Christmas because it reminds him of home. His favorite animals are horses especially racehorses particularly Pacers.

Art's favorite activity is reading, but he enjoys many of the activities at Grove Manor including Bingo, Horseraces, BBQ's and Travel Movies to name a few. He also enjoys Country & Western music as well as Marching Band music.

One thing Art is very proud of that he made himself was a sailboat and he always enjoyed sailing it.

### Let's Celebrate September Birthdays



Sept. 8 <sup>th</sup>	Doug R
Sept. 13 <sup>th</sup>	Donna H
Sept. 13 <sup>th</sup>	Margaret N
Sept. 18 <sup>th</sup>	Donna J
Sept. 29 <sup>th</sup>	Peter S
Sept. 29 <sup>th</sup>	Mac N
Sept. 30 <sup>th</sup>	Helen JF

## Manager's Corner

### Friendly Reminder:

- 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 and upcoming 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. Thank you so much for your cooperation☺
- Please do not use scented products such as perfumes, strong colognes, strongly scented deodorants, etc. in the building as some residents have severe reactions causing breathing difficulties. Your consideration of others to make Grove Manor a "Scent Free" Building is appreciated.

### Did You Know?

- The Blue Bins in the Garbage Room are for Drink Containers ONLY i.e. Milk, Juice, Wine or any other beverage container that is recyclable. Please do not put cardboard, paper or any other recycle products in the blue bins. Thank you for your assistance☺

### 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☺

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

## Photo Gallery



*Evening BBQ Enjoyed in August☺*



*Afternoon Entertainment by Local Musicians Enjoyed by All*



*Monthly Birthday Party-July 2020*