

# Newsletter

January 2021



*A message from the Activities Convener...*

Hello all,

If you would like to do virtual calls let us know and we will assist you.

**This Month:** We will be celebrating the New Year with guess the resolution. Hangman, Brain Games, Colouring, Wii Games, and iPad Time are back! We also have Card Games so you can play some of your favourites and maybe learn a new one! There are limited spaces available. If you want to be guaranteed a spot please sign up. Have a look at your recreation calendar and our new signup sheets posted in the 8<sup>th</sup> floor recreation board for all the details.

*-Nicholle Lloyd*

## Upcoming Events

- Hot Cocoa & Music
- Pub Afternoon
- Tuck Cart
- Guess the Resolution
- Hangman
- Colouring
- Wii Games
- Cards
- Brain Games
- iPad Time
- Fit for Life
- Roman Catholic
- Ukrainian Catholic
- Ukrainian Orthodox

*Stay  
safe &  
enjoy*

## Did you know...?

### 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. 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 <https://www.alz.org/what-is-dementia.asp> **For more information visit:** <https://alzheimer.ca/> or speak to your health care professional.



## December Birthdays

Lyn S, Jan 9  
Caroline O, Jan 10  
John S, Jan 10  
Lucy D, Jan 13  
Kevin N, Jan 26

### **Did you know?**

The education board above the piano on the 8<sup>th</sup> floor changes monthly. Come check it out.

### **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.

*Have Great Day*

## Photo Gallery



**Residents made Christmas cards!**



**Residents enjoyed the Photo-shoot!**



**Residents celebrating Christmas with a party!**