

# Newsletter

March 2019



*A message from the Activity Convenor...*

Hello all and thank you so much for the warm welcome in February! I'm looking forward to a great year, and I hope you are too. A quick reminder that Daylight Savings begins on Sunday, March 10<sup>th</sup>. Set your clocks ahead!

## Upcoming Events

- St. Mathew's School Student Visit
- Art Gallery of Alberta Outing
- Greek Themed Lunch
- Manicures
- Card Bingo
- Spring Tea Party
- Who Am I?  
What Am I?
- Pet Therapy
- LCR Dice Game
- Crib Tournament
- Bean Bag Twister
- Resident Birthday Party
- Capital Pizza Lunch Outing
- Crokinole
- Bread Making
- Arm Chair Travel
- St Patrick's Pub Night
- Meditation

In March we will be having St. Patrick's Pub Night, as well as making shamrock shakes and holding a Welcome Spring Tea Party. We will also be going to Capital Pizza for lunch on an outing, and visiting the Art Gallery of Alberta.

-Samantha Frelick

## 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 or 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.



When I am told, "You'll regret that in the morning", I don't let it bother me.

Being a problem solver, I just sleep in till noon.



**Elianne. D Sandy. S**

**Roy. B Josephine. T**



**BIRTHDAYS  
THIS MONTH**

## Photo Gallery

### **Did you know???**

There is a blood pressure clinic every month in the Rotary Room. Check the recreation calendar for the scheduled date!



**Valentine's Day Social**

### **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.



**February Birthday Bash**