

# Newsletter

September 2020



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## *A message from the Activities Convener...*

Hello all,

**Last Month:** We started a new program called chair dance where we learned some dance moves and had a good laugh. We also brought back the birthday parties to celebrate everyone that had a birthday since March. Boy were those some good treats. Roman led a water balloon toss on his last day with us, where he was drenched from head to toe. We will surely miss him.

**This Month:** We are bringing back colouring and having a spelling bee contest this month. 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.

**Reminder:** There will be no organized activities on Monday, September 7<sup>th</sup>, 2020 due to Labour Day. If you have any questions or need help, you can come see me on the 8<sup>th</sup> floor.

*-Nicholle Lloyd*

## Upcoming Events

- Colouring
- Spelling Bee
- Learn Foosball, Hockey, Pool, & Table Tennis
- Cribbage
- Brain Games
- Chair Dance
- Roll-O-Trump
- Frisbee Golf
- Ladder Ball
- Darts
- Tuck Cart
- Hangman

*Choose  
activities  
with less  
risk to  
stay safe  
& enjoy*

## Did you know...?

### Why do I need to clean my hands?

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 our 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.



## SEPTEMBER BIRTHDAYS

**Hedwig K. September 2<sup>nd</sup>**

**Wallace P. September 19<sup>th</sup>**

**Mona K. September 25<sup>th</sup>**

**Mike Y. September 27<sup>th</sup>**

### **Tips for taking care of your health during the pandemic:**

- Stay socially connected to friends and family through: email, phone calls, video chats, and social media.
- Try to exercise regularly and get plenty of sleep.
- Focus on the positive aspects of your life and things you can control.
- Be kind and compassionate to yourself and others.

### **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 Days*

## Photo Gallery



**Residents enjoying our new 4 in 1 table!**



**Resident showing off some nice dance moves at the birthday party!**



**Residents said goodbye to our summer student and celebrated their birthday!**