



Newsletter

September 2020



Hand Hygiene

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.

For more information please visit:

<https://myhealth.alberta.ca/Alberta/Pages/hand-hygiene-in-care-facilities.aspx>

or speak to your health care

What's Happening at Vegreville Manor?

Sept.8- Grandparents Day

Sept.23- Hat Day



In and Around Vegreville:

No Events at this Time

Resident & Family Council:

Any resident or family member interested in being part of our Resident & Family Council, please see Emily or Charlotte.

Photo Gallery

Funny clean jokes

What is worse than raining cats and dogs? Hailing taxis!

What did the nose say to the finger? Quit picking on me!

How do mountains stay warm in the winter? Snowcaps.

Have you heard the one about the skunk? Never mind, it really stinks.

Where do hamburgers take their sweethearts on Valentine's Day to dance? The Meat Ball!

Interesting Things:

Sept. 1 - Boxing champ Rocky Marciano (1923-1969) was born in Brockton, Massachusetts (as Rocco Francis Marchegiano). He fought Jersey Joe Walcott for the heavyweight title on September 23, 1952, and knocked him out. In 1956, he retired as the only undefeated heavyweight champion. He died in a plane crash in 1969.

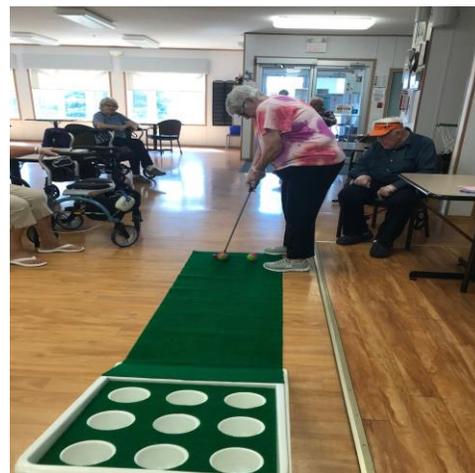
Sept. 5- Wild West legend Jesse James (1847-1882) was born in Centerville, Missouri. Following the American Civil War, Jesse and his brother Frank formed a group of outlaws, robbing banks, trains, stagecoaches and stores. In 1882, after the governor of Missouri offered a \$10,000 reward for their capture dead or alive, a member of the gang shot 34-year-old Jesse in the back of the head and claimed the reward.



Painting some piggy banks



Our Golfing Residents



Line up, aim and hit