



Errinrung

Long Term Care Home

November – 2018



Its November already and we have seen snow in most of Ontario! Our residents had an awesome October with the Happy Fiddlers, David Lathum, Michael Semenuk, a trip to the Value Village, an Oktoberfest party with Maureen Patterson, Hunting and Fishing Group, and finally our Halloween Festivities!

As we gear up for Christmas we would like to remind everyone about our annual Christmas tea on November 24th from 2-4! Come and join your loved one for snacks, fun, and musical entertainment by John Bino. Will be having, hot apple cider, appetizers, coffee/tea and a silent auction. The retirement home and nursing home will be expanding our Christmas Teas due to the volume of families we had come last year! Retirement home will be hosting their tea in the retirement dining room and nursing home will be in the south lounge to accommodate more people! We welcome as many families and friends as possible as we gear up for Christmas. Please RSVP to Kristina in programs 519 - 599-2737 ext 6 ☺





COFFEE SHOP



Join us for coffee shop on Thursday's at 3:00! We invite residents, families, and staff to relax and enjoy a hot cup of Tim Horton's coffee and homemade cookies!

Mission:

To develop a best-in-class portfolio of care homes and retirement communities that consistently delivers excellence in care and services

Strategy:

To create environments where our residents feel connected to their community and experience individualized, quality care in a home that they can truly call their own

Approach:

Commitment to change, Enable others, Inspire our residents, Create caring environments, Protect the legacy

We are thinking about going to an Orchestra In December! We are planning on attending the Saturday afternoon show December 1, 2018. If you are interested in going with your loved one please RSVP to Kristina in programs (ext 6) before November 9th to ensure there is space!

CHORALWORKS
Presents

G.F. HANDEL'S
Messiah
with orchestra and soloists under the direction of Brian Rae

Two Performances **FRIDAY EVENING**
November 30, 2018 | 7:30 pm
SATURDAY AFTERNOON
December 1, 2018 | 2:00 pm

New Life Church - 28 Tracey Lane, Collingwood
Tickets \$30 | At the door \$35 | Youth 16 and under \$15
Available on-line: www.choralworks.ca
Heather at 705.888.4454 | or any ChoralWorks member



UPCOMING EVENTS

- October 29- November 2nd Staff Appreciation Week
- November 2nd- Catholic Church
- November 8th- Jones and Jones
- November 12th-Happy Fiddlers
- November 13th-Resident Council
- November 15th- Music with David Lathum
- November 15th- ½ Notes/ ½ Nuts
- November 16th- Family Council
- November 17th- Michael Semenuk
- November 21st- Rick Groves
- November 23rd- Music with Lang and Ackroyd
- November 24th- Annual Christmas Tea
- November 26th- Crafts with Mary

Finding a Balance...

Balance exercises can prevent everyday injuries through core strength. Balance begins in your core. The core is more than just the abdomen; strong hips, ankles and gluteal muscles are also critical to good balance. Persons with weak core muscles are more prone to falls, decreased mobility in the spine, slower reflexes and lower back injuries.

Good balance can also support mental clarity and ease anxiety. Researchers concluded that people who took part in balance exercises had greater cognitive gains than those who did not. One can build their balance by:

Be a Tree- Stand on one foot for at least 30 seconds, and then switch.

Have a Ball- Sit on a stability ball with your feet planted flat on the floor, shoulder-width apart. Lift and extend one leg at a time, while simultaneously raising your opposing arm to shoulder-level.

Leg Swing- Start by standing with your arms at your sides and feet shoulder-width apart. Lift one leg to a 45-degree angle and swing it back and forth at least 10 times before switching. R

Drinking Bird- Begin by standing on one leg with lifted leg at a 45-degree angle. Bending at the waist, lean forward to touch the ground. Then, with one hand touch the ground.

One set of the exercises listed above will take about 5 minutes. Dedicate 5-15 minutes per day, or per week, to this routine and you will see the benefits in less than 2 weeks.

If you need us....

Jenny Allison

Executive Director

ext.5 or jallison@southbridgecare.ca

Kerry Baker

Business Office Manager

Ext. 7 or kbaker@southbridgecare.ca

Kristina Marquis

Programs Manager

ext. 6 or kmarquis@southbridgecare.ca

Dona Kurian

Director of Care

ext. 3 or dkurian@southbridgecare.ca

Ryan Gillespie

Food Services Manager

ext. 227 or rgillespie@southbridgecare.ca

Michelle Wilson

Resident Services Coordinator

ext. 243 or miwilson@southbridgecare.ca

Debbie Alexander

Resident Services Coordinator

ext. 243 or dalexander@southbridgecare.ca

Christine

Alannah Ranger

Retirement Home Manager

ext. 4 or aranger@southbridgecare.ca



November Birthdays

- November 15th- John Morgan
- November 22nd- Don Browning
- November 23rd- Doreen McQuire
- November 26th- John Ondercin
- November 28th- Teresa Boland



Astrological symbol: [Scorpion](#). It is representative for people born between October 23 and November 21 when the Sun is in Scorpio. This symbol denotes the passionate nature and the sense of mystery surrounding these individuals.

The [Scorpio Constellation](#), one of the 12 constellations of the zodiac is placed between Libra to the West and Sagittarius to the East and its visible latitudes are +40° to -90°. The brightest star is Antares while the whole formation is spread on 497 sq degrees.

The name Scorpio comes from the Latin name for Scorpion. This is the most common used name to define the zodiac sign for November 8 zodiac sign, however in Spanish they call it Escorpion.

Staff Appreciation Week

From October 29th- November 2nd we will be celebrating our AWESOME staff with a week of pampering massages, bath bombs, homemade apple sauce, root beer floats, a BBQ, and so much more. There are mailboxes located at each nurses station so that residents, staff, and family can leave a note of appreciation and recognition if they see a staff member go above and beyond their call of duty for a resident or coworker! Lets all appreciate our AWESOME TEAM! ☺



Helen celebrated her
100th Birthday on
October 20th!
Happy Birthday Helen!

