



Errinrung

Long Term Care Home



Its had to believe it is already February! February is not only the month that Wiarthon Willie predicts an early or late spring, its also Heart Month! February is a time to bring attention to the importance of cardiovascular health, and what we can to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. In celebration of Heart Month we will be hosting 2 extra exercise classes every week in order to raise awareness for cardiovascular health.



Calling all Travelers!

Have you been on a trip recently? We want copies of your photos! Our residents would love to travel to these places all in the comfort of their own chair! If you have any photos from past or recent vacations and would like to share them, please contact Kristina in programs (519)599-2737 ext 6 ☺



Quiet Areas – Family Visits

For those of you that seek a private, quiet place to visit with your loved one-please feel free to ask Errinrune staff about the use of our wonderful rooms, such as the Georgian Bay Room, The Chapel, the Café, or Interaction Room!

Having a party? Call Kristina (519) 599-2737 in programs to reserve a room for your event!



- February 1st- Catholic Church
- February 5th- Beaver Valley School Visit
- February 5th- Chinese New Year
- February 5th- Pancake Tuesday!
- February 7th - James Skarnikat
- February 8th- Music with Mike Smith
- February 9th- Micheal Semenuk
- February 11th- Happy Fiddlers
- February 12th- Resident Council
- February 14th- Valentines Day Party With Jones and Jones
- February 20th- Pajama Party
- February 28th- Resident Memorial

On January 25th our furry bunny friend chose his name! Our residents and staff narrowed it down to the top 5 names and then he picked his own name- Welcome Oreo! We love you so much already!



If you need us....

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February Birthdays

February 18th- James Rankin
February 21st- Audrey Hoggard



My Wishes



Aquarius Jan' 20-Feb' 18

Those born under the Aquarius sign are generally erratic. Their behavior and temperament are so unpredictable that it is impossible to define their personality type. However, they usually make wonderful first impressions. At first sight, an Aquarius will come across as a most charming and well-mannered person. People find them very interesting company as they are active and adventurous by nature.

Pisces Feb' 19-Mar' 20

Gifted with a wild imagination, Pisceses have an unrivalled talent for story telling or anything artistic for that matter. They also have a great capacity for love and the depth with which they feel sometimes makes them extremely sensitive. So be very careful when relating to a loved one born under the Pisces zodiac sign as a harmless remark can prove to be incredibly hurtful to them.

"My Wishes" program is an opportunity for the residents to think about what is important to them. Not only as they are living, but also what is important to them on their journey towards the end of their life. The aim of the "My Wishes" program is to assist in starting discussions about topics such as pain, involvement in decision making related to care, dying at home (nursing home) etc.

The "My Wishes" program was **designed by residents-for residents!** All of the questions were developed by residents to facilitate conversations regarding these topics. Residents are provided with 10 cards and they are to group them into categories of 1) Important or 2) Not Important. We are rolling this out for post 2 week admissions and then for all existing residents that are able to complete.

