

January 2018

**Happy  
New Year**

*Special thanks to our volunteers and family members for joining us for our*

*Festive Family Day!*

*It was a great day enjoyed by all of us!*



## January is Compassionate Care Month.

Compassionate Care Month is an *awareness campaign* that illustrates the importance of kindness and compassion. We want to show you our love this month.



**Our home is enriched by the residents and staff who live and work here. We hope the message in this newsletter gives you a sense of your importance.**

## January is Alzheimer's Awareness Month

Alzheimer's disease is a fatal, progressive and degenerative disease that destroys brain cells. It is the most common form of dementia.

**Alzheimer's disease is not a normal part of aging.**

**Alzheimer Walk for Memories** is an event to raise awareness and funds for Alzheimer's care, support and education.

In keeping with the winter weather we will **wear our snow boots** on **Monday January 29 @ 10:30.**

Purchase a 'pair of boots' at our Tuck Shop for *minimum* \$2.00 or make a donation in memory of a loved one or someone you know who is living with this heart wrenching disease.



### Administration

Happy New Year everyone! We here at Carveth look forward to another positive year with continuing staff education, home improvements and providing the highest standards of care for our residents!

Brett Gibson, Administrator

### Nursing News

We look forward to purchasing new ceiling lifts and new beds in the upcoming year and we welcome Kamala Paudel who will be working as R.P.N.

on our nursing team.

Shelley Bender, Director of Care



### Restorative Care

Time to wear off those calories we all put on during the holiday season! Join us Wednesday afternoons at 2 p.m. for our weekly exercise classes. Be sure to move those body parts as much as possible. Relying on others can quickly lead to muscle contractures and weakness.

K. Sikora, Restorative Team Leader

### Housekeeping/ Laundry/Maintenance

Wet floors are dangerous to our residents, staff and visitors!

**Please REMOVE all wet footwear!**

(Blue booties are provided at all entrances for your convenience)

### Dietary News

We hope everyone enjoyed their holiday feasts!

Continue to look forward to hot stews, warm buns and other comfort foods during the cold winter months!

T. Running, Dietary Supervisor

### Volunteering

Why not start your new year off with becoming a volunteer? Volunteering is a rewarding experience for all involved.

For more information contact

Amy Heddon, Volunteer Co-ordinator

613-382-4752 Ext# 107

### Family Council

Family members are invited to join us on

**Tuesday January 19 @ 2 p.m.**

**in the**

**Fireplace Room**

All new family members welcome to attend!

## Upcoming Events

Mon. January 1.....Happy New Year  
 Wed. January 3.....Sled Dog Demonstration  
 Thurs. January 4.....Sit'n'Dance  
 Tues. January 9.....Family Council  
 Thurs. January 11.....Happy Hour with Dave Rowan  
 Tues. January 16.....Grace United Church Choir  
 Tues. January 16.....Twilight Group with Sheila Rosalie  
 Wed, January 17.....Diners  
 Thurs. January 18.....**Frost Fest\*\*WEAR YOUR WINTER PJ'S**  
 Tues. January 23.....Cat Café Outing  
 Tues. January 23.....Feline Visit  
 Thurs. January 25.....Pub Night with Wayne Scott  
 Mon. January 29.....Alzheimer's Memory Walk  
 Tues. January 30.....Birthday Party with Vicki Spurrell

### January Birthdays

#### Residents:

Mildred Sargeant.....Jan 05  
 Father Keyes—L.....Jan 12  
 Annie McMaster.....Jan 13  
 Jill Slack—L.....Jan 14  
 Sharon Price—L.....Jan 15  
 Anna Gray.....Jan 16  
 Norma Earl.....Jan 19  
 Rolly MacIntosh.....Jan 20  
 Brian Patterson.....Jan 20  
 Cobie DeRyke.....Jan 22  
 Lyle Burgess.....Jan 23  
 Virginia Gledhill.....Jan 26

#### Staff:

Cathy W.....Jan 01

Erica M.....Jan 04  
 Mike W.....Jan 06  
 Ken M.....Jan 14  
 Val L.....Jan 14  
 Olivia F.....Jan 16  
 Joan S.....Jan 17  
 Paula L.....Jan 18  
 Lindsey H.....Jan 24  
 Christine K.....Jan 25  
 Chelsea S.....Jan 29

#### Volunteers:

Liz D.....Jan 03  
 Flora K.....Jan 07  
 Sandra H.....Jan 29

### Bouquets

Cliff's Florist—corsages  
Goodbody Family—chairs  
Donna Warburton—dresser  
Carol McNeil—paintings  
Ray Dorey—sweet treats  
Cheryl Gavin—bingo \$  
Stevens Family—misc. items  
Yates Family—misc. items



And to all those who provided sweet treats for the staff  
over the holiday season we (& our waistlines)

THANK YOU!

### Hair Dresser Gossip

Do you know what the  
best cure is for the winter  
blues? A new hairdo!  
Come into Carveth Hair  
Salon and book your  
appointment today.



### Welcome Aboard

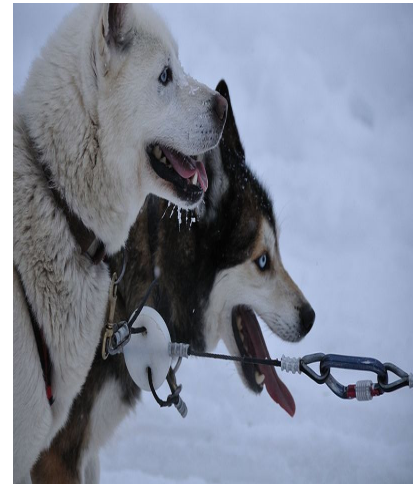


We would like to welcome Floyd Cole Rm# 14,  
Helen Whaley Rm# 212, Heather Ferguson Rm# 51, Leona Phelan  
Rm# 214, George Funnel Rm# 258 and  
Yvonne O'Hara Rm# 306 Lodge..

### *Resident's Council Welcome Tea*

*Resident's Council will be holding a  
'Welcome Tea' every three months to wel-  
come new residents, introduce  
council members and answer any  
questions they may have.*

*New residents are invited to join them in the  
Fireplace Room on Thursday  
January 25 @ 10:30.*



### Fondly Remembered

It is with great sadness that we must acknowledge the passing of Clifford  
Birmingham, Blanche Stevens, Pete Goodbody and Patricia Yates.

Gone but not forgotten.

