



### The Christmas Gift of Knowing You!

The Christmas season fills our hearts with Joy,  
Bright happy days bring special kinds of pleasure.  
Were wrapped in the excitement of it all,  
The sights, the sounds, the smells, the tables we treasure.

Yet when we leave some quiet time to think,  
About our finest blessing all year through,  
We focus on our family and friends,  
And appreciate the gift of knowing you.

From the entire staff at Saugeen Valley  
we wish you all the happiness and health this holiday season!  
Merry Christmas and a Happy New Year!

### Shoes, Shoes and Shoes



Just a reminder as the snow is upon us to please  
bring in your indoor shoes when you come in to visit. All family and  
friends are welcome to leave their outdoor footwear in the lobby  
area, where you sign in. This will help to keep our floors from  
getting to slippery for our residents. If you have any questions don't  
hesitate to contact Diane at ex 24.

# The Village Chronicle



SHARON VILLAGE  
CARE HOMES

## Saugeen Valley Nursing Center

December 2014



### December Special Events and Entertainment



- Dec 1<sup>st</sup>- Outing to Mount Forest Greenhouse- 9:15am to 12:00pm
- Dec 2<sup>nd</sup>- Christmas Show with Lyndsay Morgan- 2:15pm
- Dec 5<sup>th</sup>- Resident and Family Christmas Dinner- 12:00pm
- Dec 8<sup>th</sup>- WC/Walker cleaning day!
- Dec 14<sup>th</sup>- Church Service- 2:15pm
- Dec 15<sup>th</sup>- Christmas Carols with the Barbershop- 7:30pm
- Dec 16<sup>th</sup>- Creative Story Writing and Social with St. Mary's School- 9:30am
- Dec 16<sup>th</sup>- Christmas Tea and Social with Frank and Derrick- 2:15pm
- Dec 17<sup>th</sup>- Residents Council Meeting- 10:30am
- Dec 20<sup>th</sup>- Staff and Resident's family cookie decorating- 2:15pm
- Dec 21<sup>st</sup>- Trina's Music Recital- 2:15pm
- Dec 22<sup>nd</sup>- Music with Joy of South Grey- 6:45pm
- Dec 23<sup>rd</sup>- Birthday Party with Bill Johnson (One Man Band)- 2:15pm
- Dec 24<sup>th</sup>- Christmas Eve Service- 2:15pm
- Dec 25<sup>th</sup>- Santa Claus Gifts and Visits- AM
- Dec 26<sup>th</sup>- Boxing Day Bingo- 2:15pm
- Dec 27<sup>th</sup>- Spa facials, foot soaks and Massage- 2:15pm
- Dec 30<sup>th</sup>- New Years Celebration with Lyndsay Morgan- 2:15pm

### New Recreation Programs

The recreation department continues to provide recreation programs that meet the needs of our residents. Here are a few new programs that you will see on the calendar:

**Doll Therapy-** We have purchased two life like baby dolls through a generous donation. Doll therapy is a very effective form of treatment for residents that are affected by Alzheimer's and other related dementias. Doll therapy can reduce episodes of aggression and distress, increase wellbeing and allow residents to nurture the doll and provide opportunities for reminiscing.

**Choir-** Wendy Smith will be starting Choir practice on Friday mornings and the choir will sing at the Sunday monthly church services. By offering this program we are allowing residents to participate in a past activity of singing in church, give a sense of control through choice of hymns, provides physical and cognitive stimulation, form friendships, gain sense of purpose and belonging, improve self esteem and self confidence while having fun.

**Creative Story Writing-** We have a partnership with St. Mary's Catholic school. Mrs. Lions grade 5 /6 class and Saugeen residents are writing stories in a group setting and each month the students and residents receive each others stories to enjoy. Once a month a themed picture is selected with probing questions both the residents and students work on to create a story. Twice a year the students and residents in the program will come together for a social and to do some creative story writing together. At the end of the year the students will compile a book of all the stories written as a keep sake for many years to come. The benefits of creative story writing: allows residents to express and organize thoughts and feelings, use imagination and build team work.

### ALZHEIMER'S CAREGIVER SUPPORT MEETINGS

The Alzheimer's Society of Guelph Wellington holds monthly caregiver support meetings at SVNC. Anyone wishing to attend these supportive meetings is invited to call 519-836-7672 for more information. The next meeting will be held on Tuesday, December 23rd from 1:00PM-3:30PM in the SVNC library.

### HAPPY BIRTHDAY TO YOU!

Wolter Kroes- Dec 13  
Dennis Simmons- Dec 18  
Kathleen Murray- Dec 19  
Dorothy Watson- Dec 19  
James Wright- Dec 19  
Jayne Gowing- Dec 21



With sympathy for the loss of:  
Josephine Feairs & June Schmidt

You will be missed dearly!



### Family Council

We want you to make a difference in our home and have some fun too! Family members and friends are encouraged to get involved. Contact Sheryl McTavish at ex 25. Meetings are held on a quarterly basis.

### Volunteers Needed

Are you wanting to provide a helping hand. We are recruiting volunteers to help with outings, recreation/spiritual programs and friendly visits. Contact Sheryl McTavish at ex 25 for more information.

