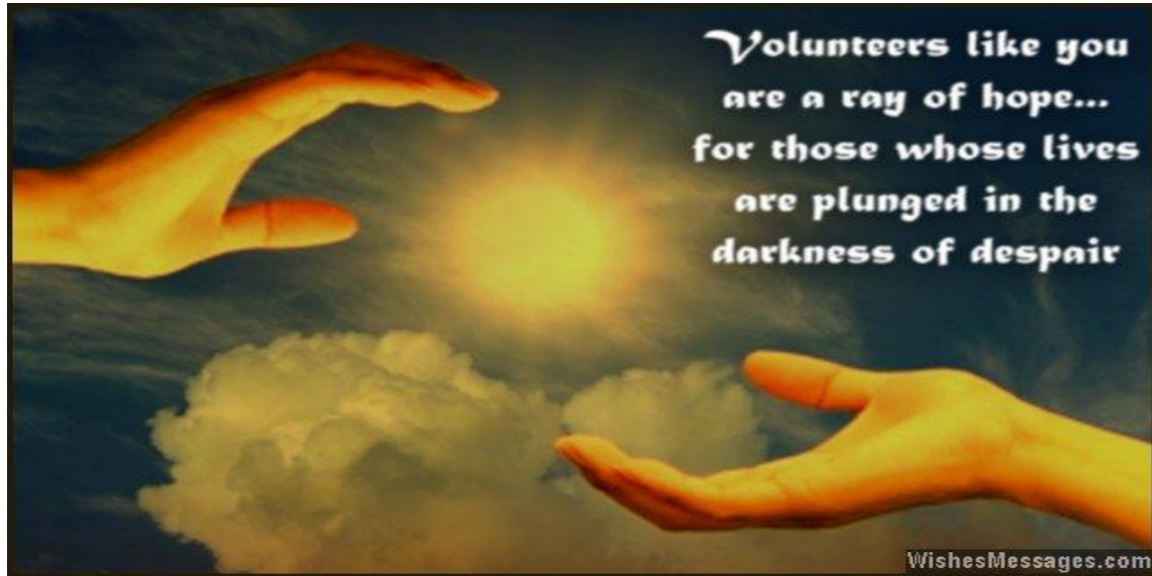


Thank
you!

VOLUNTEER
POWER!



Volunteer Recognition Celebration



It is an honour that we celebrate our amazing volunteers on Tuesday April 12th. There are two ways of spreading light- to be the candle or the mirror that reflects it. Thank you for being that light for our residents. From our staff and management!

We welcome the following staff members to Saugeen Valley

- Sarah Byham- PSW
- Mellissa Patton- PSW
- Annie Vileneuve- Housekeeping



The Village Chronicle



SHARON VILLAGE
CARE HOMES

Saugeen Valley Nursing Center

April 2016



April Special Events and Entertainment

- Friday April 1st- Young at Heart Square Dancers-2:15pm
- Saturday April 2nd- Piano music with Steve- 2:15pm (3rd Floor)
- Monday April 4th- Music with Fireball Four- 2:15pm
- Tuesday April 5th - Music with Bill Johnson- 2:15pm
- Thursday April 7th – Maplefest Outing- 10:00am to 2:00pm
- Friday April 8th- Ladies Breakfast- 8:00am
- Saturday April 16th- Music with Dolores- 10:30am (3rd Floor)
- Sunday April 17th- Martin Choir- 2:15pm
- Tuesday April 19th- Birthday Party with Helen Stewart- 2:15pm
- Friday April 22nd- Chinese Food Luncheon- 12:00pm
- Sunday April 24th- Memorial Service- 2:15pm
- Tuesday April 26th- Music with Tonia- Joy – 2:15pm (3rd Floor)
- Friday April 29th- Timmies Social- 2:15pm

Please refer to the calendar for a complete list of recreation opportunities for our residents.

TIPS FOR BOOKING MEDICAL APPOINTMENTS

- If you book an appointment for a resident, please let nursing staff know about it several days in advance so any paperwork or prep can be done properly.
- Family is responsible for arranging transportation to appointments. If nursing staff books a test or appointment ordered by the physician, they will call you to arrange transportation. Voyageur Transport is available at a cost and must be arranged by family as they require a credit card number or cheque at time of pick-up.
- CCAC does not normally notify the home of pre-existing appointments made for the resident prior to admission. Family is expected to notify the home of date and time of appointment.

If you have any questions please don't hesitate to contact
Cindy at ex 29.

Happy Birthday to you!

Cindy Blundell April 1 Johannes Steringa April 8
Elizabeth Coutts April 10 Steve Martyn- April 11
Paul Berberich April 15 Constance Barlow- April 17
Raymond Couturier April 22



Monthly birthday party is taking place on Tuesday April 19th. Come out and celebrate with cake and entertainment with Helen Stewart.

Skype is offered on Sunday evenings at 6:15pm If you are interested in skyping your loved one, please contact Sheryl at ex 25

All family and friends are welcome to come to our Sunday teas in the Maple Room from 2:00pm-4:00pm. Coffee, tea and treats are provided. This is a drop in program. Come and enjoy a cup of tea and conversation with your loved ones.

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, March 29th from 1:00PM-3:30PM in the SVNC library.

With Sympathy for the loss of:

Alma Ward
Eileen Schoonberg
Walderman Kopp
Robert Penrose
John Corley
Earl Galbraith
You will be missed dearly!



Cable TV update!

We have decided to go forward with Wightman to supply our cable, internet and telephone service. Wightman will be installing fibreoptic cable into the building which will allow for digital cable. They will be bringing more information for you as we move forward, including pricing, etc. The installation will take approximately 6 weeks. In the meantime we will be contacting residents and POAs regarding billing for the services. Wightman's customer service has always been excellent, so we are hoping the change will be a positive experience for everyone.

If you have any questions please don't hesitate to talk to Cate at ex 22.

Did you know?

Here are some more facts that might surprise you:

- One in three older adults fall each year.
- Over one in three of those who fall develops serious injuries.
- Falling is also the leading cause of injury-related admissions in hospitals for people over 65 years of age.

What can you do?

- Rise slowly from a bed or chair to avoid any sudden drop in blood pressure. Ask for assistance when needed.
- Watch for slippery surfaces when outdoors especially in the winter.
- Chair-based exercises, stretching and walking are examples of exercises to improve your strength and balance. Before starting on an exercise program, consult with a health care professional (your doctor or nurse).
- Wear appropriate footwear (non-skid rubber soled and low heels) and avoid wearing only socks on tile or wood floors.
- Use gait aids prescribed for you such as a walker or cane for ambulation.
- If you are at risk of falling, wear hip protectors to reduce your risk of injury.