



The Village Chronicle



SHARON VILLAGE
CARE HOMES

Saugen Valley Nursing Center

March 2016

We all need to have a little laughter in our lives. Enjoy some Irish jokes!

Q: What do you call a fake stone in Ireland?

A: A sham rock.

Q: Why do people wear shamrocks on St. Patrick's Day?

A: Regular rocks are too heavy.

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: How did the Irish Jig get started?

A: Too much to drink and not enough restrooms!

Q: Why do leprechauns have pots o'gold?

A: They like to "go" first class!

Q: How can you tell if an Irishman is having a good time?

A: He's Dublin over with laughter!

Laughter relaxes the whole body, boosts the immune system, triggers the release of endorphins and protects the heart!



New Staff at Saugen!

We want to welcome Samantha Officer- Bryant to our Nursing Department and Julia Epoch to our Dietary Department. We wish you all the success working here at Saugen Valley and meeting the need of our residents.



Just a reminder of the Family and Resident Sunday Teas:

In the Maple Room from 2-4, coffee, tea and treats are provided. Come and enjoy time with your family and friends in a relaxed setting.

March Special Events and Entertainment



Tuesday March 1st- Price is Right- 2:15pm

Friday March 4th- Young at Heart Square Dancers- 2:15pm

Monday March 7th-Glenlee Choir- 2:15pm

Tuesday March 8th- Music with Peter- 2:15pm

Thursday March 10th- Karaoke Kin- 6:30 pm

Friday March 11th- Men's Breakfast-8:00am Invitation only!

Saturday March 12th - Singalong with Dolores- 10:30am 3rd Floor

Sunday March 13th - Sundaes with Grannie- 2:15pm

Monday March 14th – Country Drive- 2:00pm

Tuesday March 15- Irish Party with Lyndsay Morgan- 2:15pm

Wednesday March 16th – Residents Council Meeting- 10:30 am

Thursday March 17th- Irish Bingo- 2:15pm

Saturday March 19th- Resident and Children's Easter Egg Hunt- 2:15pm

Sunday March 20th- Church Service with Wendy- 2:15pm

Tuesday March 22nd- Birthday Party with Mary Anne Holst- 2:15pm

Wednesday March 23rd- Music with Cara Smith- 6:15pm

Friday March 25th- Good Friday Service- 2:15pm

Sunday March 20th- Easter Tea- 2:15pm

Tuesday March 29th- Restaurant Outing to the Gorge- 10:00am - 3:00pm



Family Council

Get involved and make a real difference!

Any questions can be directed to Sheryl at ex 25

Bayshore News



We welcome Joseph Reid to the Saugeen Valley Team as our new PTA. Joe is a vibrant person that is eager to do 1 to 1 Physio and strength, balance and ROM exercises with our residents. Joe will be working Monday, Tuesday, Wednesday and Fridays

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 1st from 1:00PM-3:30PM in the SVNC library.



Have you recently retired and looking to make a positive difference. Your gift of time and your compassion would be greatly appreciated. There are endless possibilities for volunteering. Please spread the word to all your friends and family! Contact Sheryl McTavish at ex 25 for more information.

HAPPY BIRTHDAY TO YOU!

Shirley Gilstorf- March 9th
Gail Payne- March 8th
Leona Timbers- March 15th
Walter Ellsworth- March 17th
Carol Simmons- March 22nd
Diane McDougall- March 28th
Bonnie Schoonberg- March 31st

Join us for our Monthly Birthday party on Tuesday March 22nd at 2:15pm with Mary Anne Holst!



At Saugeen Valley we strive to provide exceptional care from the 1st day of admission and all the way until one takes their last breath. Our palliative care committee is here to support our families and residents with providing comfort care at the last stage of life. Let's start the conversation! If you have any questions please contact: Katie at ex 23 or Sheryl at ex 25.

With Sympathy for the loss of:

Helena Sitek

You will be missed dearly!



BSO Quick Chat

What is a trigger?: events that set in motion a responsive behaviour. Synonym: prompt, elicit, set off, spark, touch off, provoke, stir up.

Triggers are very personal, usually occurring as a defence mechanism, helping the person avoid certain situations and stimuli that in the past has been a negative perception to the person who was triggered.

How can you help?

- Validation
- Do not argue with the person
- Allow that resident the time and space they need.