



The Village Chronicle



SHARON VILLAGE
CARE HOMES

Saugeen Valley Nursing Center

March 2017

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 Saugeen!

Sylvia Kampmann- PSW

We wish you all the success working here at Saugeen 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 7- 50s & 60's party with Lyndsay Morgan- 2:15 pm

Friday March 10- Men's Breakfast- 8:00am

Saturday March 11- Hockey Night Social- 6:15pm- 2nd Floor lounge

Tuesday March 14- Music with Peter- 2:15pm

Wednesday March 15- Residents Council Meeting- 10:30am

Friday March 17- Travel to Ireland Social- 2:15pm

Sunday March 19- Church Service- 2:15pm

Tuesday March 21- WC Cleaning Day!

Tuesday March 28- Birthday party with Mary Anne Holst- 2:15pm



Residents Council Pie fundraiser!

Staff and family members have the opportunity to:
pre order a homemade frozen pie.

Cost is \$10.00

Flavours to choose from: Blueberry, Cherry, Raspberry, Apple

Let us do your Easter baking for you!

All the proceeds go towards the Residents Council fund!

Call Sheryl at ex 25 and place your order by: March 26!

Pies will need to be picked up April 10th to the 14th in the Sunshine room!

Medications

A reminder that medications can't be stored in residents rooms. All medications need to be reviewed by the doctor and kept in the nurse medication cart for the protection of our residents. If you have any questions please speak to the RN at ext 44 or Cindy at ex 29.



HAPPY BIRTHDAY TO YOU!

Dorothy Jackson- March 4th
Gail Payne- March 8th
Richard Mehling- March 12th
Isobel Schultz- March 12th
Leona Timbers- March 15th
Walter Ellsworth- March 17th
Diane McDougall- March 28th

Join us for our Monthly birthday party
on Tuesday March 28th at 2:15pm
with Mary Anne Holst!



PALLIATIVE CARE UPDATE!

At Saugeen Valley we strive to provide exceptional care from the 1st day of when residents move in and all the way until one takes their last breath. Our palliative care committee is working on creating an honour guard program at Saugeen when residents pass away staff, residents and families have the opportunity to say good bye as the resident leaves the front door of Saugeen. If you have any questions please contact Sheryl- Director of Recreation/ Palliative care lead at ex 25.



With Sympathy for the loss of:

Iain Forbes, William Attwood and
William Cady!

You will be missed dearly!

ALZHEIMER'S CAREGIVER SUPPORT MEETINGS

The Alzheimer's Society of Guelph Wellington holds monthly caregiver support meetings at Mount Forest Family Health care at 525 Dublin Street. Anyone wishing to attend these supportive meetings is invited to call 519-836-7672 ex 2015.

VOLUNTEERS WANTED!

We are currently looking for someone that has a passion for doing watercolours and would be interested in assisting or running a water colours program once a month. Come and join our volunteer team! Contact Sheryl McTavish at ex 25 for more information.



Residents Council and the BSO team would like to extend a great big thank you to the community for assisting us in raising funds for the blanket warmer.

The benefits of warm blanket therapy include:

- Aide in relieving pain such as headaches, arthritis, stiffness and general muscle aches.
- Aide in improving circulation flow.
- Improve ones quality of sleep.
- Decrease anxiety and loneliness.
- Promotes oxygen flow within the blood thus aiding in wound healing.
- Makes one feel good when generally unwell and cold.

Let's curl up with a warm blanket and get warm!