



Sagewood Newsletter

November / December

Happy holidays from our family to yours!

Message from the General Manager

This fall has been such a busy yet productive season. Now we look forward to the Christmas season.

Sagewood has passed our accommodation Audit with 100%. Not only did we meet the criteria of the audit, we exceeded them and have been granted a 2 year license for Supportive Living. This is rare so thank you to all the staff for making this a great place to be.

As most people are aware we welcome the AUPE union to our site and we look forward to working alongside this organization.

As our Administration Team work tirelessly making sure Sagewood operates with the highest of standards, the feedback forms that are found in each neighborhood is a valuable tool to ensure all needs are being met. If you have concerns please feel free to contact myself, Glenda Boc the Director of Care or the Resident Care Managers. Shereen Khan is the RCM for Eagle Lake/ Dawson Lake and Elizabeth Oforiwaah is the RCM for Golden Hills, Langdon and Rockyford neighborhoods.

I personally would like to invite all Residents and their families to our annual Christmas Party on Dec. 17th at 2:00. I would also like to extend the happiest of holiday seasons to each and every one. My wish is that everyone has a safe and fun filled holiday season.

Amir Rajani
General Manager

Director of Care

This fall has been a very busy time for everyone here at Sagewood. We have had the Community Paramedics and Geriatric Mental Health Outreach Nurse attend our Family Association meeting which has been extremely helpful explaining these 2 areas of care. We have also organized 2 sessions of the Dementia family education facilitated by Mary Elizabeth Cooper our Nurse Practitioner. Because this was such successful event, we are hoping to host another session in January. Please watch for dates as we will advertise on bulletin boards and our newsletter.

Our resident flu clinic was extremely successful! Both Supportive living and Long Term Care were administered the flu vaccine with great results.

November is Dementia month for our staff so we will be doing some targeted, focused and experiential learning for all of our staff.

If there is any other education that families would like to see, please let me know.

*Life isn't about waiting for the
storm to pass...
It's learning to dance in the rain*

Glenda D.O.C.

Special Events to look forward to:

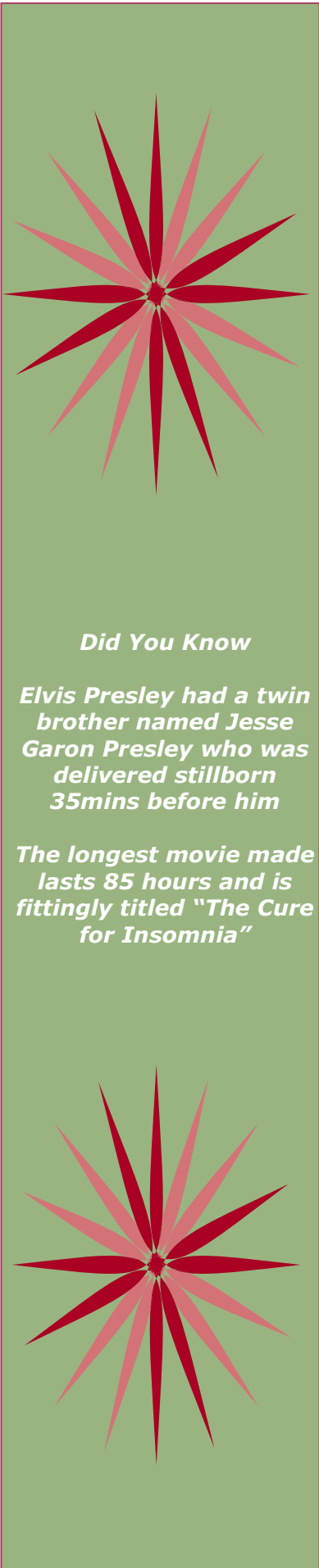
- Dec. 3rd we are decorating our facility
- Dec. 17th is our Sagewood Christmas Party
- Dec. 19th is our Happy Hour
- Dec. 25th is the Sagewood Christmas Dinner-Tickets are \$15.00. They will be sold at Reception until Dec.12th.
- Dec. 31st is our New Year's Party

Support Our Local Food Bank

*We are joining our
AgeCare Food Drive!*

*What we raise
AgeCare will match.*

*So please bring in
what you can.*



Did You Know

Elvis Presley had a twin brother named Jesse Garon Presley who was delivered stillborn 35mins before him

The longest movie made lasts 85 hours and is fittingly titled "The Cure for Insomnia"

Message from Sagewood Estates

Sagewood Estates consists of 42 independent suites with 49 residents. Over half of the tenants have called the Estates home since we opened in October 2011, making the 42 unit building more like a 42 unit family. New tenants, some of whom have spouses living on the Supportive Living or Long Term Care side, are welcomed to the Estates family and enjoy the opportunity to be close to loved ones, make new friends or re-establish old friendships with those who also have moved to Strathmore from farming communities within the Wheatland County.

Meeting for coffee in the Bistro or in the common areas of the 2nd and 3rd floors, as well as getting together for dinners in the main floor dining room, playing pool, shuffleboard or just gathering to enjoy each other's company are some of the activities many take part in. The Estate residents were the initial organizers of

the Wednesday night music program in the lobby and now also enjoy music on Sunday afternoons in the Community centre, along with other recreational activities offered by the wonderful Recreation Dept. Recently, a monthly birthday party has been established where we can visit, celebrate and eat good cake! October's party was a big hit with its Halloween theme, entertainment, skits and prizes for best costume (thanks Maxine!) Whether a tenant wants a quiet and peaceful place to call home or one where we can walk out the door to meet friends and neighbors, the Estates has it all □

Joette Lambert
Housing Coordinator

Message from the Education Dept.

This is the season for the Flu Bug to rear its ugly head...

Performing Hand Hygiene (Hand Washing) throughout the day is the best way to combat this ugly feller.

Did you know...

1. Germs have the capacity to stay alive on your hands for about three hours.
2. Hand hygiene with soap and water takes 1 minute...or singing the "Happy Birthday" song twice.
3. Hand Hygiene with hand sanitizer is done properly when there is enough sanitizer on your hands to make them moist for at least 15 seconds and then allowing them to air dry.
4. AgeCare Staff under-go Hand Hygiene Audits to ensure that proper hand hygiene procedures are followed thus reducing the chance of spreading germs from

one person to another.

So fight those flu bugs and wash your hands:

- Before eating a meal
- After using the toilet
- After touching surfaces that multiple people have access to such as hand rails in the hallways
- Before touching your face...After touching your face
- After playing a game of cards or doing a community puzzle



Virginia Roth
Educator



December Horoscope

The snowy winds of change are blowing in December! On the 23rd, structured Saturn will end a two-year run through intense Scorpio and move into expansive Sagittarius. Since October 2012, we've all had to do a deep-dive into our psyches and most intimate bonds. Now, our attention shifts to our wider world, which, let's face it, could use some help. Travel, media, cross-cultural relations, and religious institutions will all undergo some major restructuring from Saturn. Meantime, expansive Jupiter turns retrograde (backward) in Leo from December 8 to April 8, inspiring us to pause and take a more measured approach to any exciting developments that have occurred since mid-July. Meantime, friends new and old make the holiday season extra festive, thanks to a December 6 full moon in chatty Gemini and energizer Mars visiting social Aquarius from December 4 to January 12. One of those platonic pals could turn into major mistletoe bait, as red-hot Mars can turn friends into lovers. Santa, baby!

Message from the Kitchen!

The new menu started November 10th. This is a great menu with some really good soups for winter, some awesome traditional dishes and some delicious comfort foods. It runs on a four week rotation it. There will be some adjustments made to this menu when the next rotation comes around based on feedback and to ensure it is a better fit for the residents.

We have a new addition to the management team! Dyan Pierson, whom most of the residents have already met, is a team player with lots of experience in the industry and is focused on making our residents happy. She is very good at what does and will be a great addition to Sagewood.

-Kosta Galanos

A Message from Recreation

The 5 domains of recreation are Physical, Social, Emotional, Spiritual, and Cognitive well-being.

Our calendar is comprised of Recreation Programs that moves our residents in each of these domains and it is our goal to have a balance weekly. Our Rhythm and Reminiscent group is a Music Therapy based program hosted by Helen-Anne Metzger our Geriatric Mental Health Professional and moves our residents in all 5 domains using music as her tool.

-Rina Hempel

Happy Birthday

Ed B,	Lorna E
Lester B,	Clifford E
Al B,	Ray H
Eleanor B,	Penny M
Joan B	Ruby P,
Dorothy W	Ken J
Ruby H	Bette P

Meal times are:

Eagle lake:	Breakfast 8:45
	Lunch 12:45
	Supper 5:15
Namaka:	Breakfast 9:00
Lake	Lunch 12:45
	Supper 5:30
Dawson:	Breakfast 8:45
Lake	Lunch 12:00
	Supper 5:00
Strathmore:	Breakfast 8:00
Dining Rm.	Lunch 12:45
	Supper 5:15
Wheatland:	Breakfast 8:00
Dining Rm.	Lunch 11:45
	Supper 4:45

December Upcoming Events and November's review

November 10th was our Remembrance Day ceremony. There was a DVD made showcase some of Sagewood's Veterans!

November 15 we held our 1st annual Christmas market which turned out to be a very successful event. We had 16 vendors from our community come to showcase their product.

Dec. 3rd we are decorating our facility as well as having a Photo Booth for our residents.

There is a variety of groups coming in to entertain us and to partake in the festive Christmas season so please check your calendars

Dec. 17th is our Sagewood Christmas party- Residents and Families are invited and encouraged to join us as well as our staff!

Dec. 19th is our Happy Hour

Dec. 25th is the Sagewood Christmas Dinner-Tickets sold at Reception.

Dec. 31st is our New Year's Party