

The

Beverly

Estate

Monthly

Newsletter

January

2015



Happy New Year Estate Residents;

My wish for you all in 2015 is for health, happiness and peace. The New Year brings new beginnings; maybe you want to start exercising more in order to help with your balance and mobility, we have space available in our exercise programs. Please check your calendars for program days. Or if you would like to spend some time on the exercise bike, but are not sure how to operate it, please ask me I will give you quick and easy instructions.

I will be starting some learn how programs this month for cribbage and Wii bowling. I think that we could have some fun with some tournaments during these colder months of winter. Come out and join in the fun and excitement!

The special Monday outings for December are:

Grey Eagles Casino - January 5th, @ 1:15 - 4:00 pm

Bass Pro & Cross Iron Mills - January 12th, @ 11:15 - 3:00 pm

Winter Wonderland Country Drive - January 19th, @ 1:15 - 4:00 pm

Deerfoot Inn Casino & McKenzie Towne Shops - January 26th, @ 1:15 - 4:00 pm

Also, if you would like to purchase a resident calendar for 2015 or for that special person please see myself or Drene. We still have them available.

Wishing you, your families and friends a very special 2015!

Thanks everyone,

Sandi

~Sandi Barton - Estate Activity Coordinator

A decorative border of blue and white snowflakes and circular patterns surrounds the text.

Coordinator's Corner – Jan , 2015

Reminders:

The resident hosted “Staff appreciation” will be held on Wednesday, Jan 14th 2:00pm in the Estate Dining Room. I will be collecting your donations until the Wednesday Jan 7th, 2015. The invites will be available on the sign-in table in the estate. Please make sure you invite your Homecare, housekeepers, hairdresser etc. This afternoon is for them

*-Drene Friesen
Estate Coordinator*

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Food Services Update & News;

The estate Christmas dinner was a great success... thank-you for your help in making it a great family event! Any ideas for next year?

Next Food Services Meeting:

- Tuesday, Jan 13th 10:00am in the Estate Lounge.

Legion 

*Horton Road # 285
Legion Lunch and Dance*

*Thursday,
January 22nd,
@ 12:00 – 2:30pm*



Entertainment!

Memory Lane Fashion Show

Wednesday, January 7th at 2:00pm in the Atrium

William Bjorn

Wednesday, January 14th at 3:00pm in the Atrium

Sox & Sax

Wednesday, January 21st at 3:00pm in the Atrium



Vendors!

Tocara Jewellery

Thursday, January 16th 10am – 3pm
in Atrium

Towne Hall Meeting

Next meeting will be:

**THURSDAY,
JANUARY 15TH,
@ 2:00PM
IN THE
ESTATE LOUNGE**

Please bring your suggestions, comments, questions and concerns that affect the greater community of the Estate. If you have a personal concern please let housekeeping, food services, maintenance, recreation or the department/person that handles it know.

See you all there!

Beverly Estate -----Jan 2015

What you should do if you have the Norovirus or a gastrointestinal episode:

1) stay in your suite – (3 days after last symptom)

2) let someone know:

-the front desk -403-873-2600 & kitchen 403-873-2609

-if you are on Homecare- let them know

-Drene- Mon- Thurs 8:30 – 4:30 ph: 403-873-2842

AB Health requires we track our #'s – 2 or more is considered an outbreak

3) what should you expect:

Tray service –

1st day (or until symptoms have cleared) ---clear fluids

2nd day- soft or light foods i.e. toast, applesauce

3rd day – regular menu

-if you are on Homecare they will deliver the trays – if you are not on Homecare – kitchen staff will deliver trays –

NOTE: this will be done after regular dining service is complete

If for any reason you do not receive a tray call the kitchen at 403-873-2609

4) if you have spoiled clothing &/ or bedding - place all items in a plastic bag to avoid further contamination – If you are using the public washing machines they should be sterilized after using them – which includes running the machine with bleach 1/3 cup per gallon of water – dryer – high heat for 10 minutes

(let housekeepers know if you have had the virus BEFORE they do your laundry and they will take proper precautions)

Last: if you have a loved one in LTC please do not visit –

Personal wellness in flu season... Influenza prevention

Respiratory Etiquette

Rub hands vigorously for at least 15 seconds covering all surfaces (Sing Happy Birthday!!).

- ✓ Rinse your hands under running water.
- ✓ Dry hands with clean or disposable towel.
- ✓ Turn off the faucet (if needed) using paper towel.



Cover your mouth & nose with a tissue when you cough or sneeze,



or, cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



Rub hands vigorously for at least 15 seconds covering all surfaces (Sing Happy Birthday !!).

- ✓ Rinse your hands under running water.
- ✓ Dry hands with clean or disposable towel.
- ✓ Turn off the faucet (if needed) using paper towel.



Should I get an influenza shot every year?

YES...

- Strains of the influenza virus change every year, and new vaccines are produced to counter them as soon as they are identified
- The immunization you had last year will not be effective against this year's virus
- Even if you have avoided getting influenza so far, it does not mean that you will not get sick this year
- By not getting the influenza immunization, you are increasing your chances of becoming ill