



GENERAL MANAGER MESSAGE

By Carol Law

We are excited about the roll out of the new AgeCare Walden Heights Newsletter. Going forward we will feature information about our previous MVP winners as well as various team members. We want you to know who they are and why they were recognized by co-workers, family members and residents are representing our guiding principles.

In an effort to keep families informed of when the family meeting are, we will post the dates and time for the calendar year in the elevators. We are looking into having guest speakers about topics that family members may be interested in. We ask that if there is a particular topic regarding seniors you would like us to have someone come in to address you let us know either by speaking to us or using the feedback forms. When there are special speakers or topics we will post this information as well.

The summer season has come earlier than anticipated with the mild winter. Please remember to have sun block and sunglasses available if you are going outside with the residents. It is very important to ensure that everyone remains hydrated on hot days. Our courtyards are now open and if the balcony door is secured the LPN or RN on the neighbourhood can have it opened for you.



Welcome NEW RESIDENTS

Bill K.
Robert R.
Rose M.
Catherine W.
Doris Z.
Joan W.

MAINTENANCE

By Richard Baran



Spring Cleaning

With Spring at our front door step over the next few weeks you will see the Exterior Window Washing being completed and Spring Clean-up of all Lawns, shrubs and hedges.

We will also be having the Parking Lot swept to remove all the gravel that was put down over the winter

Please watch for signage as we will be asking all Staff to park in noted areas to ensure that a proper sweep of the parking lot and parkade can be completed.

RECREATION CORNER

By Bonnie Whitney

AgeCare Walden Heights is turning 4!

Join us in the celebration ~ Friday, May 13th

10:00am-10:45am - Each floor will be doing a special game

11:00am-11:30am - The best of each floor will compete in our special game for a prize (Vista)

2:00pm-3:00pm - Anniversary Party with Entertainment by "The Black Jacks"

6:30pm - Armchair Travel: AgeCare Walden Heights Slideshow
The theme of the day is Fruit and Flowers.

We look forward to seeing YOU at our special events this month.



FROM THE HOSPITALITY TEAM

By Todd Gallant

The Hospitality Team is endeavoring to bring the residents at least one special event a month. Each event will include a signature meal, and possibly some themed decorations or entertainment as well.

Wed April 6th we teamed up with the recreation staff for our annual spring fling where the residents got to enjoy a special lunch and some afternoon entertainment.

* BUS OUTINGS *

Friday, May 27th, 2016

William Watson Lodge

9:30am-4:30pm

Cost: \$20 per person

Please note: for this special FULL DAY OUTING, we will be inviting specific residents to attend.

If you are interested in attending with your loved one independently (following the bus), please contact Bonnie at 587-349-6055

* BREAKFAST OUTING *

Monday, May 30th, 2016

9:00am-11:00am

Cost: \$7.00 to ride the bus, plus cost of food

Sign-up sheets will be available for residents

Our Next Big Event:

Mother's Day Brunch

May 8th

Tickets will be on sale until May 4th

*Go ahead and spoil your loved one.
We hope to see you here.*

RESIDENT SPOTLIGHT

Written By: Tiffany Singer



Name: June L.

Birthday: June 23rd, 1953

Nationality: Canadian

Birth Place: Ormstown Quebec
(50 Miles South of Montreal)

Hobbies/Interests: Board games, surfing on the computer, socializing, all recreation activities.

Favorite TV Show: Most of the Crime shows, i.e. the CSI shows, Blue Bloods, Bones, Matlock and westerns.

Favorite Food: I am a vegetarian. I enjoy Chinese with all the vegetables in it and my daughter is helping me to acquire a taste for Sushi.

“The excellent care that I received here helped me to think positive each day.”

June lived in the rural area of Hemmingford not far from Montreal. After graduating from Chateauguay Valley Regional High School she lived and worked in Montreal as a secretary and bookkeeper. After marrying she had two daughters and moved to Chateauguay just off the Island of Montreal.

Due to a disability caused by MS it was necessary for June to move into a residence at 59. Her oldest daughter arranged for her to move to Calgary where she and her sister lived in June, 2012. She later joined the AgeCare Walden Heights family on October 17th which happened to be the official Grand Opening Celebration of Age Care Walden Heights. There was a big party with people celebrating. What a way to be welcomed in!

June says it wasn't always an easy transition and it took a while for her to come out of her shell. June attributes participating in recreation programs as a big part of what has made Walden Heights home for her. “It took me about 3 months to adjust and help bring me out of my depression after getting divorced after 40 years. Talking with people, going to activities and being able to see my daughters at least once a week made the transition much easier.” June says the excellent care that she received here helped her to think positive each day. June likes to surround herself with other positive people but is always willing to lend an ear to someone in need.

June is the President of our Residents Council and is currently the Representative of the 2nd Floor Courts for the Residents Council. Along with all of that June still finds time to be an active volunteer within our home where she is part of our Welcoming Committee. She goes to see new residents and finds out how they are settling in and answers any questions they may have.

On top of all of that June spends a lot of time with her 2 daughters and her 4 beautiful grandchildren. She makes use of the Access Calgary buses and has as many outings with her family as possible in and around Calgary as well as shopping at the local stores.

HAPPY BIRTHDAY

- John E. ~ May 1st
Stella D. ~ May 1st
Gordon G. ~ May 1st
Marian C. ~ May 1st
Jean S. ~ May 2nd
Pollyanna P. ~ May 3rd
Pat S. ~ May 3rd
Dora H. ~ May 6th
Stan S. ~ May 8th
Violet S. ~ May 10th
Jackqueline N. ~ May 10th
Vincent W. ~ May 10th
Bill B. ~ May 14th
Joyce E. ~ May 17th
Evadine M. ~ May 17th
Sylvia B. ~ May 17th
Gloria D. ~ May 19th
Ed H. ~ May 22nd
Charles N. ~ May 23rd
Cliff B. ~ May 24th
Katherine M. ~ May 25th
Sorolta G. ~ May 28th
Jan M. ~ May 30th
Effie L. ~ May 30th

Spring Word Search

A S T R O A P R I L N O M I B
C A L L Y S L P R I N G B E I
G I N S M W A I T H T H E S R
P R I N A G N E R E T S A E D
Q U I N Y O T X A N D H E N S
B A B Y A N I M A L S O A D S
L W I T D H N T L H E W S W U
O M M E S R G F L O W E R S S
S N I A R O L S E T I R C E H
S S P R E I N H R G T S I T M
O E D A H Y T L B I S G R H T
M H O U T W R S M D L I M A R
S E B L O O M S U A B T L E A
S T T R M W E B D L V E H O U
R S G N I N E D R A G A D A Y

APRIL
BABY ANIMALS
BIRDS
BIRTH
BLOOMS
BLOSSOMS
BUDS
EASTER
FLOWERS
GARDENING
GROWTH
MAY
MILD
MOTHER'S DAY
MUD
PLANTING
RAIN
SHOWERS
THAW
UMBRELLA

Forever in Our Hearts

Marjorie R. — April 3rd

Elizabeth K. — April 4th

Ken V. — April 18th

Annette S. — April 27th

We cherish the memories of those who passed away



250 Walden Drive SE,
Calgary, AB T2X 0V1

(403) 873-4700
walden@agecare.ca