

GENERAL MANAGER MESSAGE

By Carol Law

Flu season is coming and I am proud of how our health team has begun the preparation to help prevent it. We have recently had the flu shot offered to our staff and Residents in our Supportive Living neighborhoods. The Long Term Care neighborhoods were done shortly afterwards. Our goal is to have no outbreak at AgeCare Walden Heights. The best way to prevent outbreak is practising proper hand hygiene. We want to remind all family members to sanitize their hands when arriving at AgeCare Walden Heights, sanitize again when you leave a residents room and when you leave the neighborhood. We ask that should you be feeling unwell you delay your visit until you are free of any symptoms for a minimum of 24 hours with a cold and 48 hours with the flu. We want to keep our Residents and staff free of illness. Outbreak has a great impact on neighborhoods. Recreation is stopped, those that are not well as kept away from others as much as possible and we ask that visitation stops to those neighborhoods. As well, cold and flu have a much bigger impact of the health of our Seniors. Let's be outbreak free this year and enjoy the upcoming holiday seasons.

Hospitality

By Sacha Fritz

Did you know?.....

Why we serve our Food the way we do

We are following Canada Food Guide and have to cook all food to a minimum of 160F. We are preparing and cooking food for 292 residents for each meal, this is large batch cooking. With this large amount of meals we are not always able to flavor the foods to individual taste and preferences of the food, instead we prepare the food to a general taste. We have a large number of residents that have challenges with chewing due to dentures. With chewing challenges we need to provide extra soft vegetable and meats in sauces.

Welcome NEW RESIDENTS

Katie L.

Paul K.

Jaxon P.

Patricia C.

Marion C.



**Walden Heights
Remembrance Day
Ceremony**
Wednesday November 9th
at 10:00 am
Vista Main Floor

RECREATION CORNER

By Bonnie Whitney

AgeCare Walden Heights Christmas Market

JOIN US.....

We will have vendors selling a variety of products such as:

- *Crafts*
- *Jewelry*
- *Baking*
- *Chocolates & Candies*
- *And many more*

*We will have live entertainment & door prizes up for grabs at 2:00pm, 2:30pm & 3:00pm.
Also, remember to participate in the silent auction for great prizes!*

Friday, November 25th, 2016

1:30pm – 3:30pm

Main Floor VISTA

*****Please note: This event is not open to the general public. Only those who are friends/family of residents here may attend.**

LOOKING FOR A YUMMY CHRISTMAS SNACK?

- Snack will be available for **\$1.00 CASH**
 - **Where:** By aquarium in VISTA
- **Time:** Between 1:30pm and 3:00pm **(until quantities last)**
- **Includes:** 1 Christmas Goodie and 1 cup of hot apple cider.

VOLUNTEER NEWS

We are happy to announce some programs being facilitated by our dedicated team of volunteers. We encourage residents to attend these programs independently.

Southwinds Hymn Sing

Tuesday November 15th at 6:30 pm Vista Main floor

Card Making with Debbie and Pat *Sign up required*

Monday November 7th at 2:00 pm

Monday November 21st at 10:00 am

Emerald Dining Room

Coloring with Jewel and Kids – Movember Edition (Moustache)

Sunday November 20th at 2:00 pm Vista Main Floor

Pathfinders

Wednesday November 30th at 6:30 pm Vista Main Floor

Every Week

Colouring with Michelle

Wednesdays @ 2:30 pm

Vista Main Floor

Bible Study with Lynda

Wednesdays at 6:30 pm

Emerald Dining Room

Vista main floor

Piano with Shahana

Saturdays at 11:00 am

Vista Link - Vista main floor

RESIDENT SPOTLIGHT

By Angie B.



Name:	Glen H.
Birthday:	April 1 st
Nationality:	English and Norwegian
Birth Place:	Stettler, Alberta
Hobbies/Interests:	Horticulture and Photography
Favorite TV show:	Police and Crime shows, NCIS, Law and Order
Favorite Food:	Steak or Pizza

Glen was born in Stettler, Alberta, one of 3 children, where his parents had a mixed farm at Botha, with livestock, and where he lived for the next 18 years. His father farmed the land and his mother, prior to having her children, at 17 was a schoolteacher who taught in a one room school house in Iddesleigh. Life in Botha consisted of chores, school, more chores, supper and bedtime! They didn't have TV on the farm when he was growing up so, since his mother was a teacher, they did a lot of homework and reading.

He was bussed from Botha to high school in Stettler, which had about 375 students from surrounding areas. Life was busy for Glen with school and being a Member of the 4H beef club, an agricultural club, (the acronym "4H" standing for Head, Heart, Hands, and Health) where not only did he learn everything you ever needed to know about tending to calves but it also taught him important life skills and social graces through the various social events they held. The 4H club was where he learned about democratic procedures, public speaking and even how to dance!

Upon completing grade 12, he attended NAIT where he graduated in civil engineering technology and eventually worked as an engineering technologist within the oil and gas industry, working his first 10 years as field engineer in the construction of the facilities, before taking an office position as an estimator where he maintained employment until his retirement.

It was through the ski Club where he met and eventually married his wife of 40 years. Mona is from Saskatchewan and taught nursing throughout her working career.

Glen was so well spoken and highly engaged with his stories that I could have spent a few more hours just listening to him talk, but alas, I had another appointment to get to and so did he. Finally, I asked him his thoughts of Remembrance Day and what the services were like growing up in Stettler.

He told me Stettler has a Memorial Hall and Park and holds large memorial services where all members of the town attend for Remembrance Day, although as a kid, he said they didn't talk much about the war or what the veterans did to serve our country. He believes with social media reaching a broader spectrum of people, are more knowledgeable and more receptive to the military and having a better appreciation for our veterans than he did as a kid. Remembrance Day for him brings to mind the plight of the Syrians, fleeing their own war torn country and believes it is a good time to reflect and be more sympathetic to their troubles, after all, historically, all our ancestors were immigrants at one point or another, coming from different countries to a land they didn't know, trying to make things better for their families.. that's what makes up Canada.

In addition to being the Resident Council Representative for Emerald Vista 1st floor Glen is also a member of the horticulture club. He would be the person to approach with any group concerns regarding your facility and he would be more than happy to take your issues to the council.. or even help you with your orchids!

Forever in Our Hearts

Matz H. – October 6th

Diane B. – October 13th

Anne R. – October 15th

Orvall M. – October 15th

We cherish the memories of those who have passed away

HAPPY BIRTHDAY

Sheila B. - Nov 2nd

Mary S. – Nov 5th

Peter D. – Nov 5th

Tillie D. – Nov 6th

Bonnie M. – Nov 8th

Rosa S. – Nov 8th

Elizabeth K. – Nov 23rd

Bella M. – Nov 24th

Concetta N. – Nov 25th

Lucy B. – Nov 27th

Judy V. – Nov 28th

IN FLANDERS FIELDS

By Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks still bravely singing fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields



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