

# AgeCare Sagewood

September/October  
2018

## Administrator's Message

By Glenda Boc

Where did the summer go? Our Annual Heritage days BBQ was a success again this year, with over 300 people in attendance. We ran into some unsettled weather so the festivities had to be brought indoors, but it was still a great evening with live music.

We have made a couple of changes in our leadership structure. Melissa Therrien, our Clinical Resource Nurse, will be overseeing Eagle Lake until further notice and Maria Frig, RCM, will be concentrating on Long Term Care.

We have been working on a Dementia Care strategy that includes staff education, family and staff focus groups, creating a Code white team that will help support and mentor Dementia care here at Sagewood, Eagle Lake environmental changes last but not least, creating a sensory (Snoezelan) room that includes a blanket warmer that was purchased by Resident Council through fundraising as well as a generous donation in the name of George Freeman by his family, Strathmore Legion and Strathmore Elks.

Upcoming events; we will have our Accreditation Canada audit late September. Accreditation Canada is a national organization that organizations can choose to be a part of that ensures you are providing the highest quality of care according to their standards. I have posted an information poster on each neighborhood as well you can visit the accreditation Canada website. We currently have exemplary status which is the highest status you can have. There have also been a few requests for our Evening Dementia Education for families so a session will be held this fall, posters will be put up once a date has been determined.

If you have any concerns, comments, or compliments please feel free to contact me either by phone 403-361-8009 or by email [gboc@agecare.ca](mailto:gboc@agecare.ca).

Thanks, Glenda



# Message from the Kitchen



## Every GOOD SOUP has a story.

I am a soup maker. For most of my adult life, I have taken care of family and friends with soup. If someone was down or needed some extra care, I would show up at their door, most often unannounced and with soup. I knew that this simple gesture had the power to change their day and, in the process of making it, I was letting them know how much I cared. The whole exchange – the soup-making, the visit, the comfort it provided and appreciation it returned – created a fulfilling cycle of giving.

In 2009, I was approaching a milestone birthday (50!). I invited 30 girlfriends to a soup-making birthday party held at a professional kitchen. That night my wonderful friends became the inaugural Soup Sisters.

Since that day in 2009 over 1.5 million servings of soup that we like to call a 'hug in a bowl' have been delivered to women and children fleeing domestic violence. We are letting them know that we are taking a stand against family violence while offering them the comfort and healing warmth that comes from wholesome soup. There is a heartfelt message that goes with every bowl of soup that says, 'We care, you aren't alone and you have the support of a community on your journey toward a life free from abuse.'

Proceeds from the sale of our delicious soups will go to help Soup Sisters 'keep the soup flowing' nationwide.

Souper thanks and yours in soup,  
**Sharon Hapton**  
Soup Sisters, Founder and CEO

## Did You know?

- The frozen green peas that we get are local grown and grown in Taber.
- Bonduelle is the processing plant in Lethbridge which does the processing for Wal-Mart, Superstore, Sysco and GFS.
- Peas take anything between 57-75 days to be fully grown for harvesting.
- The processing time from fresh to frozen is less than 1.5 hrs that is from field from where it is harvested and to the final packaged product so that it retains its freshness.
- This year Bonduelle will be harvesting around 2500 acres of peas for the season.
- Approximately 125 acres of land is harvested within 36 hours when the production happens.
- The cost of harvesting machine which is fully automated is about 1 million dollars.



**soup sisters**  
HUG IN A BOWL

## Eat Fresh. Give Fresh.

With every bowl of soup served, Soup Sisters will deliver a 'hug in a bowl' to someone in need.

Learn more about our delicious cause brand at [huginabowl.ca](http://huginabowl.ca)

Find out more about our non profit organization at [soupsisters.org](http://soupsisters.org)



## Educator's Message

By Desiree Havelock

As the summer starts to wind down the influenza season is just beginning. Outbreaks can occur as early as September, so it's a great time to review your hand hygiene practices. In August we reviewed Outbreak and Pandemic planning with staff, and hand hygiene is an ongoing topic of discussion.

Did you know the influenza virus can live for hours on hard surfaces? This year the influenza vaccine is being offered to all Albertans over 6 months of age starting in October. The influenza strains in circulation change slightly each year, so annual vaccinations are recommended as the vaccine is tailored to protect against specific pathogens. Even if the vaccine is not an exact match to the strains that are circulating it can still offer some protection.

Alcohol based hand sanitizer is the preferred method of hand hygiene if the hands are not visibly soiled. When using hand sanitizer remember to rub until hands are completely dry (about 15 seconds).



*These posters are throughout Sagewood!*

## Message from the Recreation Team

As September begins you will notice that our Recreation members will be spending the vast majority of their time on new neighborhoods compared to August. Their new neighborhoods will be Lana on Dawson Lake, Tracy on Eagle Lake, Annie on Namaka Lake last but not least Christie on Golden Hills, Langdon & Rockyford.

On the September Calendar you will see that our intergenerational programs are back in full swing and estate money bingo on Thursday nights.

Come October our Calendar will start to look even more different as we will be switching to our winter programs, which in case you weren't with us last winter more indoor programs such as bowling, sewing, woodworking, arm chair travel and book club.



**September**

- 3<sup>rd</sup> - Labor Day - No Programs
- 7<sup>th</sup> - Dennis Toner
- 9<sup>th</sup> - Grandparents Day
- 14<sup>th</sup> - Swallow Singers
- 21<sup>st</sup> - Happy Hour - Old as Dirt
- 24<sup>th</sup>-28<sup>th</sup> - Outdoor Flower clean up

**October**

- 8<sup>th</sup> - Thanksgiving - No Programs
- 31<sup>st</sup> - Halloween Costume Parade

Please see Dailies on Neighborhood Bulletin for most up to date information!