

## Did you know?

You can receive the Newsletter and Calendars electronically through email, as well as other email communication.

To sign up:

- 1.) Go to the AgeCare website at [www.agecare.ca](http://www.agecare.ca)
- 2.) Go to Communications and click on Valleyview. From there you will see the options as pictured below.
- 3.) Go to Email sign up and complete the form. Be sure to tick your email preferences e.g Newsletter and Calendars
- 4.) You're all set up!

This feature is open to residents, friends, family and the wider community.

The screenshot shows the AgeCare website interface. At the top, there is a navigation menu with 'Communities' highlighted. Below this, there are tabs for 'RETIREMENT LIVING' and 'SENIOR CARE'. The main content area displays information for 'AgeCare Valleyview, Medicine Hat', including its address and contact details. A sidebar on the right contains a list of services and links, with 'Email Sign Up' highlighted by a red arrow labeled '3.)'. Another arrow labeled '2.)' points to the 'Communities' menu item.

# January 2019

## THE VALLEYVIEW VOICE

# Best Wishes for 2019

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

### Welcome to Valleyview

Don M  
Marguerite L

### HAPPY BIRTHDAY TO YOU!

Loretta R- 2nd  
Katherine M - 3rd  
Roberta M - 5th  
Wilda M - 24th  
Sean M - 29th

AULD  
JANUARY  
NEW  
YEAR

COUNTDOWN  
LANG  
RESOLUTION

GATHERING  
MIDNIGHT  
SYNE



AgeCare Valleyview | 65 Valleyview Drive SW, Medicine Hat | (403) 526-7000

## COMMUNITY CHAT

Lorna (Trendy View Hair Salon @ Valleyview) is now doing sculptured fingernails . This includes cleaning, filing, color of your choice and sealed with a shiny top coat, all for \$10!. Why not treat yourself and book in with Lorna on 403 952 8704 or in the salon on opening days.

### Resident and Family Council

We have two separate Resident Councils:

- ♦ one for Long Term Care residents/families
- ♦ one for Retirement Living residents.

The province of Alberta requires that we have a Resident/Family Council for Long Term Care. We also have a separate Council for Retirement Living.

We don't currently have an official Resident / Family Council for Long Term Care or Retirement Living.

Valleyview management staff are committed though to assisting in the establishment of these Councils. Therefore we continue to hold regular meetings every other month for residents and families until an official Council is established.

If you are interested in being involved in these Councils – residents and/or family members please let us know.

Our next meetings are as follows:

#### Long Term Care

Wednesday, January 9<sup>th</sup>

10:30 AM

Recreation Room

#### Retirement Living

Friday, January 11<sup>th</sup>

10:30 AM

3<sup>rd</sup> floor Lounge

Congratulations to Frank who has generously donated to the Medicine Hat College. The College has implemented the Frank Walther Award which provides two students \$500 every year.

## RECREATION BUZZ



The Recreation Department has not forgotten New Year's. We will be having our RING IN THE NEW YEAR PARTY on January 4<sup>th</sup> at 2:00 P.M. 2<sup>nd</sup> floor. We will be offering Happy Hour and snacks.



Bingo is one of our most popular programs...just want to remind everyone that it is FREE to play.



Reminder about excursion sign-up sheets, they will be put in the binder at the front desk at the beginning of each month.



As we welcome a New Year, the Recreation Department would like to wish everyone a great year in 2019 and would like to make note that at any time if any of you have ideas, concerns, or comments about Recreation feel free to let one of the Recreation Staff know.

*Debbie Jesse-Recreation Therapist*

*Mary Anne Janzen, Angela Good-Recreation Aides*

*Judy Folk, Judy Taylor, Mona Lebel & Sheila Schwab-Casual Recreation Aides*