



River East Personal Care Home Newsletter



Reminder

A reminder for families this Christmas Season – if you bring your loved one clothing as a gift for Christmas, please bring it in a bag with their name on it to the Neighbourhood Nursing Station.

This will ensure that it can be labelled properly prior to it being put away.
Thank you!

Staff Appreciation During the Holidays

Our families are always so thoughtful and generous at giving gifts to our staff especially over the holidays. The overwhelming amounts of treats are very appreciated, however with many staff dietary restrictions another alternative may be donating a gift card which can be included in our Staff Christmas Giveaway Raffles. Gift cards may be dropped off at the Business Office.

Fragrance Free



Please be reminded that we are a fragrance, scent free home. Using these products creates an unhealthy environment for those who cannot physically tolerate them.

We may not be able to eliminate all fragrances and scents, but we must strive for the least possible.

Room Bookings

Please contact Julie, Life Enrichment Supervisor, if you are interested in booking the Friendship Centre or the Gathering Room for get-togethers.
204-668-7460 ext. 230 or email julie.zabudny@exeassist.ca

The Friendship Centre is available for bookings on evenings and weekends and the Gathering Room is available for bookings outside of program times.

A note from the nursing team....

In the coming weeks Hope Haven and Serenity Cove will have ceiling tracks installed in their spa rooms. The renovation should take approximately one week for each neighborhood to complete. During the installation period the spa rooms on Hope Haven and Serenity Cove will be closed to all elders and staff. During this time the neighborhood staff will need to arrange with another neighborhood to use their spa room. During this time there should be no elders missing their baths but there may be a delay on the time their bath is being given on their bath day.
Hope Haven's ceiling tracks will be installed November 25th – 29th



"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today."
-Amy Leigh Mercree

Walkers Gone Wild

November was Falls Prevention Month. As part of the activities for the month, elders were busy decorating their walkers for the "Walkers Gone Wild" initiative (initiative by Alberta Health Services).



A study in Essex, UK found that decorating walkers resulted in a 60% reduction in falls. After walkers were personalized, they were easier to see, elders were less likely to forget them, and staff noticed that elders were more likely to move about their space. This program also supported positive mental well-being, socialization and gave elders pride in their walkers. Be on the lookout for the creativity!!

CHRISTMAS CHEER BOARD DONATIONS

We are sponsoring the Christmas Cheer Board Feed-a-Family program and collecting donations for Christmas Hampers. We are looking for donations of non-perishable food items as well as monetary donations to purchase additional groceries such as dairy, meat, fresh fruit, vegetables and gifts for all children in the home. All donations can be dropped off at the front office until December 13th. With our help the Christmas Cheer Board will get more hampers into the hands of families in need across Winnipeg this holiday season!

Examples of Non-Perishable food items:

- Canned vegetables
- Canned fruit
- Crushed or diced tomatoes
- Canned or packaged soup
- Canned or dried beans
- Peanut butter
- Canned tuna
- Quick oats
- Pasta
- Rice
- Pasta sauce
- Macaroni and cheese
- Boxed cereal
- Crackers
- All-purpose flour
- Mashed or scalloped potatoes
- Pancake mix
- Sugar
- Pancake syrup
- Fruit spread/jam
- Jelly powder
- Cookies
- Cake mix
- Candy