



Constable Mathew Christie & resident Sandra MacPhail, visiting after the July 1st Parade

Alderwood... truly a place we call home

Our Mission

Providing the very best resident-centered care by assisting each resident in attaining the highest quality of life by meeting their physical, psychological, emotional and spiritual needs.

August, 2011

Baddeck—Learn to Run Program

There will be a **LEARN TO RUN PROGRAM** starting in Baddeck!! I have had a lot of people express interest in learning to run. Many had heard about the programs being offered in Sydney and New Waterford through the Cape Breton Fiddlers Run. I contacted the Fiddlers Run organizers and they very willingly shared the guidelines that they followed. Here are some comments from them:

“We know that travel can sometimes be a barrier for people when it comes to physical activity opportunities,” says Fiddlers Run Race Director, David Gabriel. “People may not always have the means or transportation to travel to a gym or recreation facility. By expanding the *Learn to Run* program, our hope is to get people in other communities starting to run so that eventually they feel comfortable just grabbing their sneakers and heading out on their own.”

Councillor Kim Desveaux, a New Waterford resident, participated in the *Learn to Run* program in Sydney last year. After completing the program and finishing her first 5 km race at the Fiddlers Fun Run, Desveaux was keen to get a *Learn to Run* program offered in her community.

“For me, a busy, working mother, I looked forward to weekly group runs. I met a lot of people, learned a lot and was so proud of finishing the program and completing the 5km distance.”

Over the course of the eight-week *Learn to Run* program, participants follow a walk/run schedule and eventually work their way up to running a 5km distance. In addition to the weekly group run, physicians and dieticians visit to discuss everything from injury prevention to proper nutrition.

Registration for the program will be on **August 17, 2011 @ 6:00 pm**. We will meet as a group in the Common Room (front entrance) at Alderwood, located off the Shore Road at 89 Alderwood Lane. There will be a \$10 registration fee that will be donated to Alderwood’s Run for the Cure team; “NITA’S NOCKERS”. There won’t be any running this evening, just the registration.

Please note: registration will be limited, as well all registrants must be 16 years or older and must have parental consent form signed. Please contact me if you are interested in registering. Contact number is 295-2448 or e-mail: enelra@hotmail.com also, if there are any runners who would like to help out, please let me know!!!

So come on, challenge yourselves!! All you need is a good pair of sneakers and determination! Arlene Morrison

AUGUST BIRTHDAYS

Kaye Skinner
Mary Mac Intyre
Connie MacMillian
Dora MacDonald
Sadie MacInnis
Eva MacRae
John MacAulay



Thanks to the Middle River Senior’s Club for sponsoring our July Birthday Party.

August Events

- Friday Aug. 5th 2pm Gospel Singers
- Monday Aug.8th 2pm Celtic Cowboy
- August Birthday Party Aug 19th at 1.30pm
- Mon. Aug 22nd 2pm Reptile Show



Kate and Brook Oland & family came for a visit and brought 5 piglets ...thank you for the visit!!!!

Staff News...

Mandatory Education for CCA, PCW, LPN and RN'S : **Topic** Body Mechanics and Use of Lifts—August 23rd 1.30pm-3pm, August 30th 1:30 -3pm, September 20th 10.30-12 noon.

Alderwood goes smoke-free Sept 1/11

New smoking cessation program begins Sept 6/11

Reminder: **Family Council** happens every month right after Resident's Council

Carla Anglehart will be back Wednesday, Aug 17/11, to repeat the Staff Education day for those who missed the first one. Everyone is welcome.

Welcome to our Alderwood Team Kelsey & Kathy Dixon & Kristen MacDonald, OT

Welcome back to Roxanne MacLeod & Claire Bonin

All the best to James in OT.

Get Well Wishes to George & Kathy Dauphney, Patsy Mac Leod, & Cathy Dauphney

Our Condolences to Connie Stevens.

Congrats to Chelsey Parsons she was awarded the Bursary from CUPE Local 1635 at Alderwood.

Run for the Cure

Our Hot Dog Sale was a huge success and proceeds of \$748.00 went to the Run for the Cure - 'Nita's Knockers'

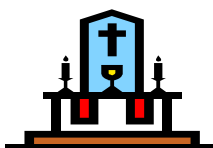
Thanks to everyone!!!



50/50 winner was Sharon Phillips \$269.00
Congrats!!!



Alderwood residents would like to thank Shane Mac Farlane for his services as our bus driver when we go on road trips.



We remember with great affection those who passed away recently...

Peggy Nicholson

Reptile Show: Come join us for another event hosted by the Positive Aging Fund Program on Aug 22nd at 2 pmeveryone is invited to see live reptiles on display at Alderwood -free admission.

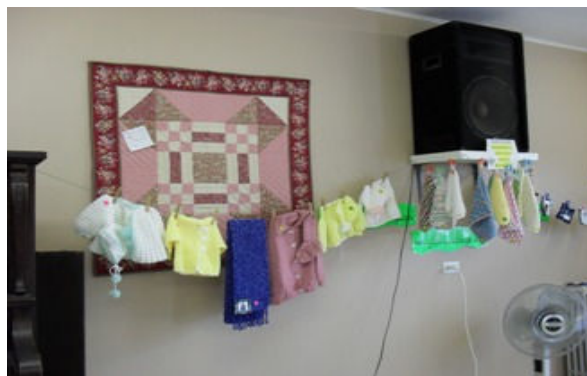
Baddeck Working Council has raised \$1512.00 with their bake-less bake sales
Thank You to all you gave so generously.

www.alderwoodbaddeck.com

The residents of Alderwood had a special day in North Sydney. We enjoyed a theme of 'Hawaii Day' and had a lovely lunch of potato salad, ham and a slice of delicious cake for dessert. We danced to live music and finished the day off with ice-cream at the Red Caboose!

Thank You to Cape Breton Regional Recreation Association.

Alderwood Knitting Club



sells their products at the Baddeck Gathering Ceilidhs. Thank You Nancy!!!