

Everyone loves visits from the children

# *Alderwood... truly a place we call home*

## *June, 2011*

### June Events

**June 6th - Drive to Margaree**  
**June 21st - Visit from Gr 6,  
 Baddeck Academy**  
**June 25th - Birthday Party**  
**Bingo**  
**Church Services**

Alderwood Board of Directors would like to invite the public to use the walking track around Alderwood. We have a ¼ mile walk... all are welcome to use it.



### **Reasons to Start Walking**

Why should you start walking? Walking for 30 to 60 minutes each day is one of the best things you can do for your body, mind, and spirit. Here are great reasons to start walking.

1. [Walkers Live Longer](#)
2. [Walking Helps Prevent Weight Gain](#)
3. [You Can Walk Off Weight](#)
4. [Walking Reduces Risk of Cancer](#)
5. [Walking Reduces Risk of Heart Disease and Stroke](#)
6. [Walking Reduces Diabetes Risk](#)
7. [Walking Boosts Your Brain Power](#)
8. [Walking Improves Mood and Relieves Stress](#)
9. [It's Easy to Get Started Walking](#)

Resident's Council meetings are held on a monthly basis, usually the 3<sup>rd</sup> Monday each month. We are changing our format a bit and are inviting family members to attend with their concerns or just to observe.



### **JUNE BIRTHDAYS**

Marion Dilette  
 Wilhelmina MacDonald  
 Lillian Mac Donald  
 Evelyn Kaiser  
 James Barron  
 Anne Turner  
 Kaye MacDonald  
 Margie Purves  
 Marguerite Bartlett



## **Scent Free ZONE**

Alderwood is a scent free home. We would like to request that strong scented perfumes & flowers not be used or taken into our home as many residents and staff have sensitivity to these products.

### **Quote**

How you feel is more important than anything else. And this is something you get to choose, moment by moment...



### **Katie Reashore Receives Award**

Katie Dawn Reashore is the recipient of the Outstanding Volunteer Service Award: Younger Generation for her contributions to Alderwood, Baddeck. Katie, a 13-year-old student at Baddeck Academy, visits with residents twice a week, providing companionship, participating in events and conducting programs including crafts and decorations. She purchased teddy bears for all the residents and provides all of the supplies for her crafts.



**Welcome back to Dianne Banks, a volunteer for over 30 yrs. Dianne spends her winters in Belize and plays Bingo at the Lion's Den there...she brings back her ideas to us.**

## Staff News...

**Condolences** to Shannon Kerr on the recent loss of her grandfather, Johnny Mac Donald.

**Get Well Wishes** go out to Patsy Mac Leod, CCA and George Dauphney, Maintenance.

**Congrats** to Chris and Nichole on the birth of a baby girl and to Nick and Stacey on the birth of a baby girl.

June 8<sup>th</sup> at 12.30pm in Board Room a in-service for Staff on **Massage Therapy**.

Staff In-services for **Eden Philosophy**

June 13<sup>th</sup> 3.45pm-4.30pm

June 20<sup>th</sup> 3.45pm-4.30pm

June 27<sup>th</sup> 3.45pm-4.30pm

All meetings are in Boardroom.

**Smoking Cessation Program** will begin at Alderwood for Staff if there is enough interest. Contact Arlene for more info.

**Staff Dinner** June 16th at 12.45 pm  
Guest Speaker Judy Mac Dougall  
Radiating Possibility.

## Positive Aging Fund Photo Day



Do you have a digital camera that you aren't sure how to use?

Want to learn how to attach photos to an email?

Do you have photos that you would like scanned and saved on your computer or put on a CD?

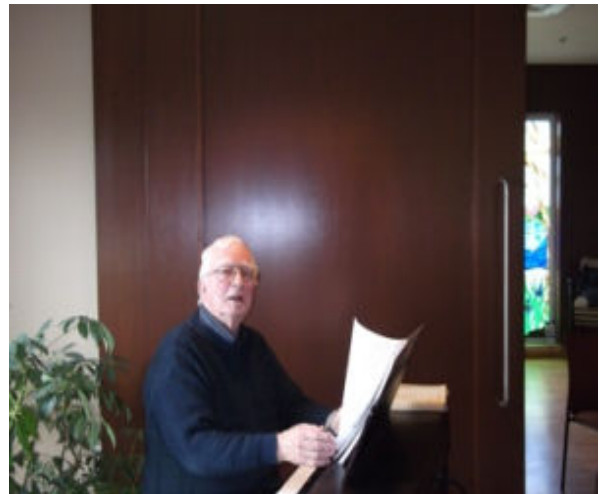
**Come and join us on June 20th from 9:30 am—11 am for a photo workshop & photo presentation day!**

**This workshop is open to seniors in Baddeck & surrounding communities and residents of Alderwood.**

**For more information or to pre-register, phone 295-2644 ext. 226**



May and June are Staff Appreciation months and every week we will have an in-service on Healthy Living. Debbie Mac Lean, our Dietician, spoke on the importance of our diets and salt intake.



Guest Organist Ray Mac Kay... Thank You Ray!



Thanks Yvonne LeBlanc, for the goodies for Mother's Day!

**HAPPY FATHER'S DAY**