

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.



A young visitor enjoying the community area at Alderwood.

February, 2012 Newsletter

February is Heart & Stroke Disease Awareness Month

Heart disease and stroke takes 1 in 3 Canadians before their time. The [Heart&Stroke Healthy Weight Action Plan](http://www.heartandstroke.com) is all new and improved. This free online tool guides you through a reliable, no-nonsense approach to goal setting, planning, and tracking. Get started today!. <http://www.heartandstroke.com>



FEBRUARY BIRTHDAY HONOREES

Kaye Reynolds
Lloyd Rintoul



February Events

- Gospel Singers Feb. 3rd
- Introduction to Shuffle Board Feb. 10th
- Valentine Party Feb. 14th
- Birthday Party Feb. 18th
- Poker Bingo Feb. 11 & 25th



Beatrice Pierro was busy in the kitchen on Monday when she helped staff make a birthday cake for Debbie Pierrard, who just turned 50.

Happy Birthday Debbie!!!!

This queen size quilt was hand quilted and donated by Joanne Turner.

Tickets on the quilt are available through Alderwood Recreation for \$2 each or 3 for \$5.



Thank You to the Baddeck Fire Ladies for sponsoring our Jan. Birthday party. Thank You also to Brian Mason for the music. A good time was held by all.



Volunteers Angela Hardy and Jessie MacKenzie, enjoy a game of cards.

Staff News...

Welcome new staff members:

Pauline Wenham RN

Melissa Hart-MacKay LPN

Cindy Mac Kinnon Food Services

Wellness Fair:

"HEALTHY WORKPLACE DAY"

FEB 9, 2012

9:00 - 9:50 -Team Building" Brenda Nicholso

Nutrition- Debbie MacLean

10:00 - 11:00 - WCB - Injury prevention, Audry

Jessome, Judy Costello, Kimberly Kennedy

11:00 - 12:00 - Dept of Labour - OH & S, Don

Martell Roles & Responsibilities

12:00 - 1:00 -Pot Luck

Collette Morrison - Guest Speaker

1:00 - 2:00-Dept of Labour - OH & S,

Don Martell, Roles & Responsibilities

2:00 - 3:00-WCB - Injury prevention -Audry

Jessome, Judy Costello, Kimberly Kennedy

3:10 - 4:00-Team Building, Brenda Nicholson

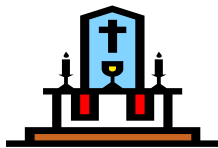
Nutrition, Debbie MacLean

The morning and afternoon sessions are the same presentations. Those who are attending in the afternoon will cover for those attending in the morning.

The staff attending the morning session are the staff regularly scheduled for that day.

Staff who are off that day can attend either the 9-1 or 12-4 session and will be compensated.

Great education, great food and.....balloons!!
1,2,3 hours off...but...you have to be here to pick your own balloon!



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

Ken Bryon
Margaret Gillis

VALENTINE'S DAY is celebrated on February 14 in most western countries. Children give valentines and have a party in school. Young and old exchange cards with loved ones. This custom is hundreds of year's old, valentine greetings have been found to date back into the 1400's.

Memo from the Recreation Department Nova Scotia Recreation Professionals in Health Week

February 5th-11th, 2012

Top Ten Reasons for Residents to attend Recreation Programs

1. Recreation assists in improving social skills.
2. Recreation assists in increasing communication skills.
3. Recreation assists in increased passive and active range of motion.
4. Recreation assists in decreased stress and agitation.
5. Recreation assists in decreasing the amount of falls for certain residents.
6. Recreation assists in decreasing the amount of medications for certain individuals.
7. Recreation assists in decreasing signs and symptoms of depression.
8. Recreation assists in decreasing confusion and inappropriate behaviors.
9. Recreation assists in increasing self-ambulation.
10. Increased recreation opportunities decreases the amount of supervision needed on the units for nursing.



Thank You

Alderwood thanks

Darlene Cameron for her years as treasurer of Alderwood Working Council and welcomes Minnie Noseworthy, as our new treasurer.

Alderwood Memorial Fund donated \$3000.00 towards Euro Commode Chairs and an examination table.

FEBRUARY QUOTE

Thirty days hath September,
April, June, and November;
All the rest have thirty-one,
Excepting February alone
Which hath but twenty-eight, in fine,
Till leap year gives it twenty-nine.