

January 2019



Health Topic

Mental Health



Mental Health is about more than mental illness. It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

For more information visit:
<http://mentalhealthweek.ca/> or speak to your health care provider.

Emile C: Resident of the Month



Emile was born in New Richmond, Quebec. He speaks English, but French is his first language and is fluent in French. He is married and has 8 children, 1 girl and 7 boys. He has lived at Grove Manor for over 1 1/2 years.

Emile moved all over Canada for work. He used to own motels...18 at one point. He enjoyed travelling and travelled to the US especially Hawaii for vacations.

He enjoys playing bingo, horse races, cribbage and particularly enjoys Country Songs. His favorite holidays are Christmas and New Year's. His favorite season is Summer because it is nice and warm and he enjoys the heat. He likes dogs particularly big dogs and used to have a German Shepherd and a Collie. He used to enjoy fishing and the biggest fish he caught was 40 inches long.

When asked what his best talent is, he replied "I could drive anything", "If I can drive something I'm happy, no matter what it is...a tractor, grater, snowmobile, heavy equipment, backhoe, trucks or a snow blower." His favorite thing to talk about is his "life story"

Resident of the Month is an initiative for Grove Manor's Site Newsletter and you could be next to be interviewed.

Let's Celebrate January Birthdays

January 8 th	Betty B
January 10 th	Bob MacQ
January 11 th	Kay S
January 13 th	Brian N
January 14 th	Paulette H
January 14 th	Emile C
January 27 th	Betty G

Manager's Corner

Blood Pressure Clinic:

The next Blood Pressure Clinic will be held on Thursday, January 24th at 1:00pm in the Library in the C/D Room.

Mental Health Presentation:

There will be a Mental Health Presentation on Monday, January 21st at 1:30pm.

Friendly Reminders:

- Just a friendly reminder to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs especially during the current Flu Season and year around. Also remember to please cover coughs.
- Also please remember to close windows in winter especially if temperatures dip into the minus degrees to avoid pipe issues in the building.
- Parking lots can be slippery, please use caution. Snow shovels are available outside the back exit door of the garbage room if any resident, staff, volunteer or family member needs to use one.

Recreation Department:

Bus Outings:

Tuesday, Jan. 15th-11:15pm. Bus Outing for Lunch at Bings Chinese Food Restaurant

Monday, Jan. 14th-1:30pm. Bus Outing to the Seniors Fun Dance at the Spruce Grove Pioneer Centre

Tuesday, Jan. 29th-10am. IMAX Movie Bus Outing and Lunch Out

New Program: "The Crown" Mini-Series

"The Crown" is a biographical story about the reign of Queen Elizabeth II.

Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at sclarke@smhg.ca

Photo Gallery



Greenland Garden Greenhouse Christmas Bus Outing



Reindeer Races-Grove Manor Staff



Grove Manor Resident Christmas Party