

February Newsletter

February Program Highlights

Valentine's Movie Afternoon – February 12th at 2:00pm

Sweethearts Supper for the Couples of River East – February 13th at 5:30pm

Invites have been handed out to the couples.

Please remember to **RSVP** to the Life Enrichment Team by noon on February 7th.

Valentine's Day Party – Friday, February 14th at 2:00pm

Entertainment will be provided by Vesna on the piano. Since this party falls on a Friday, the Happy Hour Bar will still be open.

A Concert by Grant Simpson's Vaudeville on the Go – Wednesday, February 19th at 2:00pm

A one-person variety show. Grant plays ragtime piano, banjo, guitar, ukulele and musical saw.

He also adds some stories and comedy to his shows.

This concert is made possible by a portion of our Garage Sale profits.

Happy Hour with entertainment by Donald Plant – Friday, February 28th at 2:00pm

Elder Spotlight – Mel W.

Mel was born and raised in the Fort Rouge area of Winnipeg. One of his favourite childhood memories was being a part of the first class to open Churchill High School in 1955. A brand new school and new clothes made it an exciting day!

Mel went to college in California. This was both an exciting and challenging time in his life as he was witness to the effects of the Vietnam conflict on his classmates and community.

Mel likes to spend his leisure time watching movies (especially Westerns with John Wayne), watching sporting events, going to entertainment and happy hour, and spending time with his pal Shauna. Mel also volunteers with the Life Enrichment team, helping with different events and programs in the Home. Mel's advice for future generations is to finish what you start, whether school or projects, so later in life you have no regrets.



Family Information Session

Coping with a loved one's difficulty swallowing can be heartbreaking, frustrating and frightening for family and caregivers. Providing care for an elder we love involves nurturing and nourishing them. When the ability to provide pleasure through food is taken away, family and caregivers may end up feeling rejected.

Our Registered Dietitian will be offering a session on "**Feeding and Swallowing**" on both February 18th at 2pm and February 20th at 11:00am. These sessions will be held in the "Friendship Center" and is open to all family and caregivers. Topics that will be covered are:

- What is Dysphagia?
- Symptoms of Dysphagia
- Diet Texture and Consistency
- Safe Feeding Guidelines

Hope to see you there☺



February Spiritual Services

February 1st at 2:00pm
Christian Family Ministry
Church Service

February 6th at 10:30am
Worship Service

February 20th at 10:30am
Anglican Church Service

February 27th at 10:30am
Hymn Sing with Lynn

February 28th at 10:30am
Roman Catholic Mass

*Please note – Due to unforeseen circumstances, the Golden Opportunity Ministry Group is no longer available on the 4th Thursday of the month.

We thank them for their years of volunteering!

Manitoba Health Standards Review

Manitoba Health Standards Visit will be taking place at River East on Wednesday, March 25th. Standards visits for all Personal Care Homes in Manitoba are scheduled every two years.