



A message from our Administrator

I would like to share with you some of the work that will be occurring within the home over the next 6 months.

Firstly, we will be replacing the kitchenette on Courage Bay with a new countertop, doors and additional storage. The team on Courage Bay was provided some input into the design of their new kitchenette with the final decision to look at colours for the cabinet doors and countertops. This project will be done before August 1st.

Secondly, in the fall, we will continue to complete roofing repairs as we have over the last 4 years. This year we will be replacing the flat section over the fire place lounge. This area is the most complicated: we have 8 units that must be removed via a large crane to allow the roofers to remove the old roof and install the new one. The work will be completed in mid to end of September and will involve closing off a section of a parking lot, either front or back, to allow for the crane to be stationed to remove all the units. I can speak for myself but I will be happy to no longer see white buckets in and around the lounge when it rains. Once this work is done, we can start planning on renovating the lounge and entrance, transforming the areas into a beautiful and functional space.

We have hired a new Landscaping company this year, Lawn Stylists. We will be working with them to start replanting around certain areas with new shrubs, prairie grass and flowers.

In the fall, we will be celebrating our Service Awards, recognizing those individuals who have dedicated many years of caring for our Elders. In addition to these awards, we also will be acknowledging those who continue to go above and beyond, as determined by those who live, work and visit our Home. If you wish to acknowledge someone or a group of individuals, please email us at dsauanders@extendicare.com or rparent@extendicare.com.

Lastly, we recently made some significant changes to our *Family Matters for Staff training (orientation for new team members is mandatory for all new staff)*. These changes included: extending the number of in class days from 2 to 3 and adding a full Eden day. We did so acknowledging that these 2 days were very overwhelming with all the information presented and wanting to dedicate time for 1 day, entirely on Eden and our values and philosophy of care. So far (after 2 months), the comments have been very positive. The next step is to start inviting existing team member to attend day 2: this is to acknowledge our growth in providing the best care possible is never ending, we are at different stages of our Eden journey, this in turn will allow those individuals to share their stories and reconnect with those we serve everyday.

Have a great spring!
~Ron Parent

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TIPS FOR SPRING CLEANING YOUR HEALTH...

Spring cleaning isn't just about de-cluttering your home and cleaning out closets and garages---it should also include getting your health in order.

Our winter hibernation is coming to an end and we are finally getting outside more as the weather warms. As the season changes many of us are exposed to allergies. The idea of a spring checkup is right on the mark for seasonal reasons!

While all of us should be focused on our health year round, spring is a prime time for a checkup. We tend to be more active as the weather warms and the summer heat can put us at risk for heat stroke and dehydration. You can prevent these ailments from happening by staying hydrated and keeping cool.

Here are three things to add to your spring cleaning to-do list to help better your health.

Get a Physical

Before you join the softball team or go for a run it pays to see your doctor to make sure you're healthy enough to engage in physical activity.

Schedule an appointment for a physical exam with your doctor to have your blood pressure, heart rate, respirations and temperature checked. Your doctor should also listen to your heart, exam your lungs and check your head, neck and abdominal area.

Check Medication Interactions

Speak with your doctor or pharmacist and review all of your medications. Ensure to ask if any of the medications you are taking may have a possible reaction to the sun or if your physical activity increases.

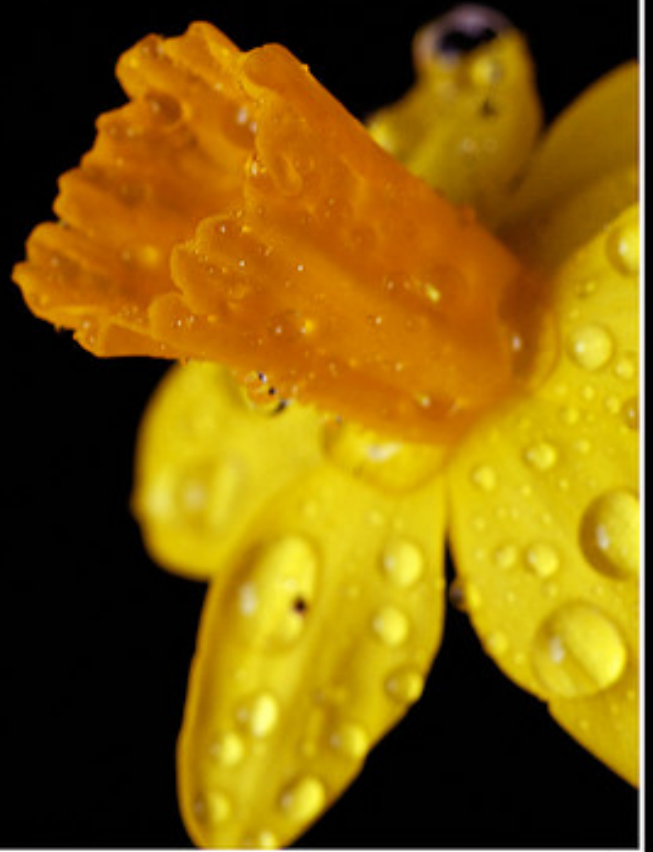
Ensure all your vaccinations are kept up to date. Become informed about bug-borne illnesses such as the risk of lime disease if you visit areas with heavy tick populations.

Get Heart Healthy

Simply walking for 30 minutes a day will improve your heart health dramatically. Physical activity not only helps with weight management but can also boost your mental wellness, lower your blood pressure and enhance your immune system.

A Big Thank You to everyone that participated in the Daffodil Days Sales on March 19th and 20th. In total we raised \$152 for the Canadian Cancer Society.

For the month of April, there are daffodil pins for sale at the front business office. All money raised from the sales of the pins will go to the Canadian Cancer Society.



River East Personal Care Home is organizing a team for the 2015 Memory Walk taking place at the Forks on Tuesday, June 9th.

Team Courage Bay participated last year and had a fun time raising money and awareness for a great cause.

If you wish to join the team or make a donation, please see Shauna from the Life Enrichment team.

All money raised goes to the Alzheimer Society of Manitoba for education, research and caregiver support.

More information on fundraising events will be posted on the information board in the coming months.

Eden Inspiration: “Aging, Life, and Tree Rings”

By Virgil Thomas, ChangingAging.org

You may think or hope I'm joking, but nope we're talking about tree rings today.

So, before you click away I encourage you to read just a few paragraphs more. For those of you who may not know these rings are how we measure a tree's age. Every year it grows a little, forming another ring. The story of a lifetime is left behind in these rings; how old the tree is, what years it faced drought or frost, what years it enjoyed bountiful growth.

Though the tree's appearance might change over time from a sapling to a massive oak, the tree rings tell us the rest of the story. Often people consider growth as system of replacing the older, smaller, weaker version with one newer, bigger, and stronger. And yet in every mighty oak there remains the rings that once comprised a sapling.

Without that core, without any of the successive periods of growth, the oak as we see it today could not exist.

Society often misrepresents growth as something segmented. Age 0-10 you are a child, 10-20 you are an adolescent, 20-60 you are an adult, 60+ you are old. When in fact every adult has within them their childhood, their memories and experiences. Every Elder has within them the growth rings from all stages of life.

But these experiences are not static like tree rings. Each new phase of growth shaped by the many experiences that come before.

In this sense titles like Elder, child, or adult are misleading. An Elder is someone who counts all of their growth rings not just the ones at the end.

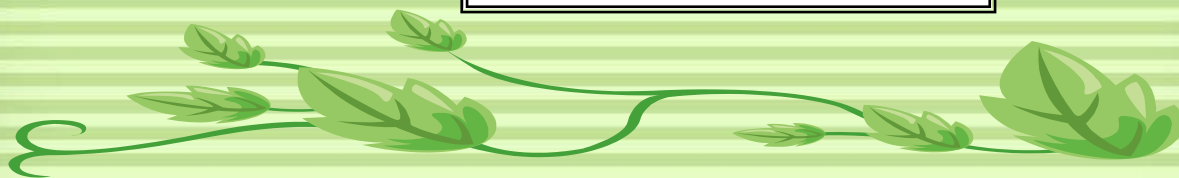
<http://www.edenalt.org/aging-life-and-tree-rings/>



Eden at River East



On April 1st the Home offered a “sweet” afternoon for the Elders, Families and Team members of the Home.



*An Elder-centered community imbues daily life with **variety and spontaneity** by creating an environment in which unexpected and unpredictable interactions and happenings can take place.*



An Elder Centered community commits to creating a “Human Habitat” where life revolves around close and continuing contact with plants, animals and children.

*The Life Enrichment Team invites you to
join us for our Mother's Day event:*

Entertainment by Elvis Presley
Wednesday, May 6th

At 6:15 pm

In the Gathering Room



*Dessert and Beverages will be
served at 6:15pm.*

*Entertainment by Elvis:
6:30pm – 7:30 pm*

*****Tickets are \$8.00 and can be picked up at
the front business office*****

*The deadline to purchase tickets is May 4th
(Elders do not require a ticket and there no cost
for Elders to attend this event)*

Due to limited space we will only be selling a set amount of tickets.

Upcoming Life Enrichment Special Events

Thursday, May 7th @ 1:30pm
~Spa Afternoon for the Ladies of River East

Wednesday, May 13th @ 11:30am
~Outing to Larters Golf Course for Lunch

Tuesday, May 19th @ 6:15pm
~Movie Night on the Big Screen

Wednesday, May 27th @ 11:00am
~Outing to Club Regent Casino for Lunch and Gambling

Wednesday, June 3rd
~Gardening Day (weather permitting)

Friday, June 19th
~Father's Day Breakfast for the Men of River East

Monday, June 29th @ 2:00pm
~Canada Day Celebration with entertainment by Fire and Ice

(Please see Julie from the Life Enrichment Team if you would like more information on any of the upcoming Special Events)



Happy
Mother's
Day

Motherly Humor – White Hair is no joking matter!

One day, a little girl is sitting and watching her mother do dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair.

She looks at her mother and inquisitively asks, “Why are some of your hairs white, Mom?”

Her mother replied, “Well, every time you do something wrong and make me cry or unhappy, one of my hairs turns white.”

The little girl thought about this revelation for a while and then asked, “Momma, how come all of grandma’s hairs are white?”

Our Photo Album

River East
Personal Care
Home

1375
Molson Street
Winnipeg, MB
R2K 4K8

PHONE:
(204) 668-7460

FAX:
(204) 668-7459

Got an idea for our
Newsletter?
Forward it on to Julie from
the Life Enrichment team.
jzabudny@extendicare.com

We're on the Web!
See us at:
www.rivereast.ca



