

November News 2018

November at Georgian

Hannah Greig, Resident Program Manager

The residents have been busy over the last few months making many special projects to sell at the annual Christmas Bazaar. The Bazaar is going to be held on November 17 at 1:30 in the Dining Room. All are welcome! All proceeds from the Christmas Bazaar go directly to the resident's council and assist them to purchase special entertainment or meals throughout the year.

The Program Department is happy to announce that we have hired a new Activation Aide; Anna Helm. Anna comes to us with years of experience as an Activation Aide, and is already showing herself as a great asset to Georgian Heights. Welcome Anna!

The Program Department is

also pleased to announce that we have a full time co-op student joining us for the semester. Kaylin Mustard will be assisting us from 9-3 each day until February.

The residents will be going on a shopping trip in November to Walmart to get their Christmas shopping started.

A reminder to all family members at Georgian Heights that flu season is upon us. Please refrain from visiting your loved one if you are feeling unwell. The senior population is very vulnerable when it comes to influenza, and it can lead to further complications. If you feel it absolutely necessary to visit, please wear a mask and ensure you are hand sanitizing diligently.

The residents said farewell

to another long term staff member in October. Troy Fenton made the decision to part with Georgian Heights early last month. The residents will miss you Troy!



Trip to Hibou Park

Protect Yourself and Others from the Flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

Avoid close contact with people who are sick. When you are sick, keep your

distance from others to protect them from getting sick too.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory

illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Don't Forget!!

*November 17, 2018 at
1:30—4:00 Georgian
Heights Christmas Bazaar.*

