

# Georgian Heights

## November 2021 Newsletter

1115 10th St. E., Owen Sound, ON, N4K 6B1, (519) 371-1441

### Welcome November!

This month we have a trip planned to Joe Tomatoes for Lunch on Tuesday November 9th at 12:00pm. If you are interested in joining us, please contact Jenna for more information.

We will be hosting a Remembrance Day service on Thursday November 11th with Chaplain Wanda Goodyear at 10:30am. Family are welcome to join.

Residents have requested to continue our Monday morning breakfast clubs in the Harvest Room followed by preparing a soup for lunch. The residents love helping to prepare meals for everyone to enjoy. We will also continue to host our Thursday afternoon LUNCH BUNCH in the Harvest Room where a small group get together to enjoy a meal of request and each others company.

Of course Bingo is another staple in the home. Our Residents Council has requested to have BINGO 2-3 times per week as you will see on the calendar.

If you have any programming suggestions or concerns, please don't hesitate to reach out.

Jenna Bunn, Resident Program Manager

Our Management Team is currently working on creating the resident room plans for our new home. If you have a special request for your loved ones living arrangements or are interested in changing them to a private room. Please let us know as soon as possible.



## It's Flu Season



### *What is the Flu?*

- It's a highly contagious viral infection of the nose, throat and lungs
- It can cause serious illness in infants and seniors
- It is NOT to be confused with the 24 hour flu or a stomach flu
- 5-10 % of the Canadian population gets influenza every year

The single best way to prevent the flu or reduce its severity is to get the flu vaccine. Don't wait to get the flu shot. Full protection in 2 weeks after receiving the vaccine.

It is also very important to remember to complete regular hand hygiene and cover your cough.

Stay Safe!



### **Dietary Notice:**

A traditional turkey dinner was had by all on Thanksgiving Sunday at Supper. Chef Kev roasted turkey and served it with all the trimmings!

Now that Thanksgiving is behind us, looking ahead brings the Fall/Winter Menu. Implementation date is October 25<sup>th</sup> and it promises to bring all the Fall Flavours. A copy of our menus is posted outside of the dining room to the left of the door.

Lori MacPhaden, FSM