

Georgian Heights

November 2022 Newsletter

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Fall Greetings from Trish

I am excited to now be a part of the Georgian Heights Family! For those of you who I have not had the chance to meet, allow me to introduce myself.

My name is Trish Nolan, and I have worked in Long Term Care for over 38 years. I have a nursing background, but have held multiple different positions throughout my career. Long Term Care has and always will hold a very special place in my heart—I love serving our Residents.

I'm sure that you are all anxious to know when we will actually be moving into our new home—Southbridge Owen Sound. Things continue to move ahead with set up beginning November and we are looking at occupancy on the new home to take place in December.

This is a very exciting time for everyone and we look forward to living and working in a beautiful new home. Some may have feelings of uncertainty—please remember that we are always here to support.

Sincerely,

Trish Nolan, Executive Director

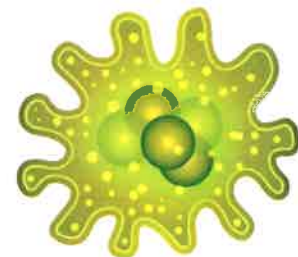


For those of you that may not know, our Chaplain Wanda Goodyear passed away September 29/22. She spent the last 11 years supporting our home in many ways and she will be missed immensely. In her honour, the Chapel at Southbridge Owen Sound will be "The Goodyear Chapel"

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!