



SEPTEMBER 2015

The Hamlets Herald



Dear Readers,

September is here, and with it comes falling leaves and the vibrant colours of nature! With summer season winding down, we look back on all the wonderful memories we've had these past few months...hot weather and all! We will also anticipate our special END OF SUMMER barbeque on September 30th!

Please see our "Seen Around The Hamlets" section for some Kodak moments from some of our special programs and events!

Resident /Family involvement and awareness are critical to us meeting best practice standards. Alongside our "Community Corner" bulletins, families and guests are welcome to inquire about educational opportunities with our Director Of Care, Diane Cameron (ext. 166)!

Jason Villanueva
 Recreation Manager
Evergreen Hamlets at Fleetwood
Communities where Health & Happiness are a Way of Life
 Tel: 604-597-7906 (x400) Fax: 604-597-9025

IMPORTANT REMINDER

Evergreen Hamlets Management and Staff wish to remind Families, Friends and Guests to please use extra discretion when entering or communicating DOOR CODES. This is very important as it ensures the protection and safety of our residents. Some ways to assist with this include the following:

- Covering the code keypad with your hand or body
- Do not share codes with other residents
- Do not say the code out loud; whisper it softly (if necessary)
- Report to staff immediately if you suspect door codes have been compromised



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RESIDENT COUNCIL MINUTES

Staff present: Jason, Krista

CURRENT TOPICS

- ⇒ No new 'Resident Safety' concerns were mentioned.
- ⇒ Current programming for August was well received:
 - ◆ Parachute Games is enjoyed
 - ◆ Positivity program every Wednesday is benefiting participants.
 - ◆ Upcoming events to be anticipated: PNE Outing and End Of Summer BBQ in September. Council is reminded that they voted for 'Steve Hillis' as their entertainer for this day.

NEW TOPICS

- ◇ Future programs requested : Clay Sculpting, Air Hockey, Men's Club
- ◇ Lunch Outing: ABC Restaurant is voted for
- ◇ Take Out Dinner: Taco Bell is voted for



What is Resident Council?

An open-group council comprised of residents, staff and families who collectively brainstorm & discuss all areas including, but not limited to: Resident Care, Activities, Safety, & Food!

MENU COMMITTEE

Staff present: Chrissie (Dietician)

- ◆ RESIDENT'S CHOICE MENU: Council agrees on trying a French Canadian dish, as recommended by one of the Council members.
- ◆ Soup will be trialed/served 3 times a week for the Fall/Winter menu
- ◆ Various soups were enjoyed and approved (i.e. Hamburger soup)
- ◆ Butter Chicken and Ravioli were some previous menu items that were well-received
- ◆ Suggestion by council member if Ice Cream cups can be kept in freezers on some of the floor/units **(TBD)**



FUN CORNER

"Fun Corner" contains various articles, pictures, and updates from Residents and Staff at Evergreen Hamlets! If you wish to contribute something, please let the Recreation Department know!

SMILE OF THE MONTH

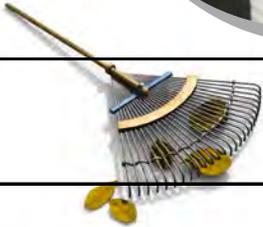


SEPTEMBER BIRTHDAYS

VANESSA D. LAURA H.
CAROL J. DOUGLAS A.
BRADLEY J. ROBERT B.
ILEANA W.



TOP 10 FACTS ABOUT FALL



1. September 22 is the autumnal (fall) equinox. There are two equinoxes each year and the other is in March at the start of spring.
2. The Chinese celebrate the Moon Festival around this time with particular emphasis on being thankful for the success of the summer harvest.
3. In Japan, this is a time to remember the dead and there is a week of Buddhist services during this period.
4. The custom of bobbing for apples originates from Roman times.
5. The ushering of the cool weather is a sign of relief for those who suffer from allergies.
6. When the leaves turn colors in the fall, they actually are returning to their normal colors. During the summer months, the chlorophyll present in the leaves causes the leaves to turn green, blocking the leaves' actual colors.
7. The fall season received this common name about five hundred years ago when Middle English was spoken and expressions like "fall of the leaf" and "fall of the year" were commonly used.
8. The official day for the first day of autumn is based on astronomy – the movement of the sun, moon and planets.
9. Because the exact day and time of the equinox changes each year so does the first day of autumn.
10. The fall planting months are September, October and November.

UPCOMING PROGRAMS



Program: WACKY THEME DAY/CARNIVAL DAY

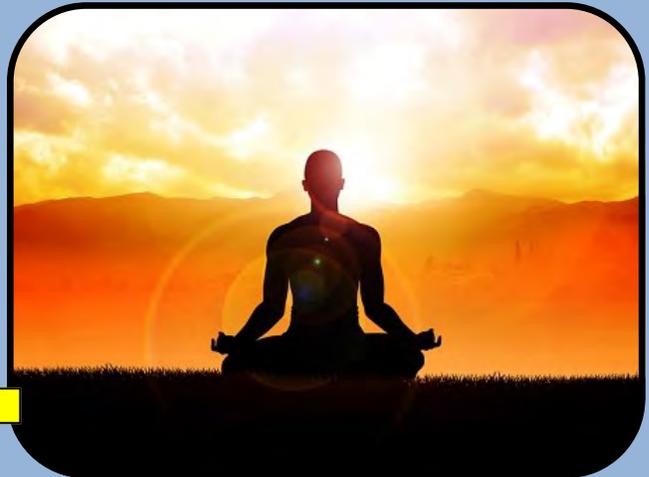
When: Sept. 8th - All day

On this day, staff and residents can dress in "wacky" clothes and have some good ol' fashioned fun with a special face-painting program in the morning and our ever-popular CARNIVAL DAY program complete with various games and activities that can win you a special PRIZE!

Program: The Art Of Mediation

When: Sept. 9th at 1:30pm

In this small group program, our participants will discover the practice and benefits of ,mindful mediation, various relaxation techniques, mind-body awareness and spiritual health will be discussed.



Program: END OF SUMMER BBQ

When: Sept. 30th at 12:00pm

Come join us as we partake in our last Barbeque event for 2015! We will enjoy a special 50's-60's music presentation alongside Steve Hillis! Please RSVP and let us know if you plan on attending due to limited seats! See you there!

SEEN AROUND THE HAMLETS



Krista and Chloe (Recreation staff), are seen here keeping our participants actively engaged in our special Canvas Painting program! Once completed, they were able to display their artwork in their room!



Brad and Kyle are posing for the camera while engaging in a special craft program: Bead & Jewelry making! Participants were able to make personalized bracelets or necklaces!



Michelle (Recreation staff), is busy leading a special "Strictly Science: Aviation" program. Here we see Laura about to test-fly her paper airplane and see how far it goes!



P.N.E. time! Our group went to the exhibition on a very busy, hot day! Here we are about to enter a special "Superhero" exhibit!



Bill is posing with a montage of Star Wars memorabilia at the P.N.E.! This is one of his favourite movies...before this picture, he was shouting "Harrison Ford!!!"



Meredith and Amy (Recreation staff) are escorting our group through the special Barnyard FARM at the P.N.E. It was truly a wonderful experience and everyone had a great time!

Have a picture you wish to share? Please forward to Jason in the Recreation Dept. !

COMMUNITY CORNER

“Community Corner” provides educational monthly articles that offer important information and updates for all Families, Residents and Staff!

Dangers of Horseplay:

Each year hundreds of people are injured at work due to horseplay; in some areas horseplay is considered deliberate acts. This means criminal prosecution can occur to those who participate in or who start horseplay activities that result in injuries to bystanders. This is another reason why it's important to eliminate horseplay at work. Horseplay can be defined as rough, rowdy play or pranks that can occur at work. This type of activity usually starts out with an innocent purpose but may result in serious injury. Often horseplay incidents go unnoticed because it's seen as harmless fun; however, each year hundreds of people are injured at work due to this so-called harmless fun. While these playful activities may break-up the day and make work more interesting; regrettably this behavior can result in unfortunate events.

Results of horseplay:

Engaging in horseplay creates unnecessary risks and is dangerous for everyone. When our focus shifts to non-work related activities, we are less likely to notice everyday work hazards. For example, when we engage in horseplay it's less likely that we would notice a wet floor; which could result in a slip and fall injury. Also, we know horseplay creates a hazardous environment for those who are involved; it also can be dangerous to those not involved. Horseplay activities increase the chances that innocent bystanders including co-workers, client employees and guests/customers will get hurt. To ensure a safe work environment for everyone, we must make an effort to eliminate horseplay in the workplace. Adopting a professional attitude at work and making an effort not to engage in horseplay will help eliminate this preventable hazard.

Tips to eliminate horseplay at work include:

- Pledge to be responsible and act in a professional manner at all times.
- Don't participate in horseplay. Don't start it. Don't get pressured into participating in it.
- Never play practical jokes on people.
- Teach co-workers on the dangers of horseplay.
- If you see someone acting in an unsafe manner, please report it.
- It is important to recognize the part we play in the overall safety picture and how our actions can affect others around us.
- Always follow all safety rules and procedures. Most accidents are caused by unsafe acts and horseplay itself is an unsafe act.
- Chasing after one another
- Playful Hitting

