

October 2021

From your Manager,

Happy October everyone!

October 11 is Thanksgiving Day. We all have many things to be thankful for . . .

As Ernest Hemingway said:

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

This Thanksgiving Day, I would like to challenge all of us to think of what we can do, however small, to make someone else's day special.

Happy Thanksgiving everyone!

Yumara Coteron

Special Events

We will be enjoying a delicious shish kebab BBQ lunch on Friday, October 1.

The big garden clean-up will be on Wednesday, October 6, starting at 9:00.

Our Resident and Family Council Meeting will be held on Tuesday, October 19 at 2:30.

Come out to carve and/or decorate pumpkins on Wednesday, October 20 at 1:30.

The Coulee Players will be here on Friday, October 22 at 2:00. Come and enjoy their amusing skits.

It's Halloween time! We are having a bash, so wear your best costume to our Monster Mash on Friday, October 29 at 2:00.



Residency & Service Agreement

14.17 Residents acknowledge that keys may not be duplicated. Residents will be provided with one Suite key and one mailbox key (where applicable), and one entry fob (where applicable) upon move in. In the event of loss, the cost of replacement keys or fobs will be charged to the Resident.

Reminders

Shoppers Drug Mart will be holding an **Influenza Immunization Clinic** at Alberta Rose Lodge starting at **12:45 p.m. on Thursday, October 14.** See your Manager for more info.



Sign up for a **FREE** mini massage! The Lethbridge College massage students will be coming to the lodge on: **October 13 from 1:00 to 3:00 p.m.**



- Mildred J. October 2
- Rose T. October 14
- Maryanna L. October 15

Our birthday party will be on Wednesday, October 27 at 2:00 p.m. with music by Tom Price.



GRATITUDE

This spiritual discipline helps us to focus on what we have – not the murky wishes we think we need.

Being thankful helps us step out of the way, thanking our chosen God or spirit for all things, not relying on our own self-centered strength.

Gratitude can teach us the fun in discovering hidden blessings, treasures that we may have missed if we hadn't been paying attention.

Counting our blessings turns what our emotions blindly convey as bad into a "that wasn't so bad after all" type of reflection.



Emergency Preparedness - Loss of Power

In the event we lose power in the lodge, we have plans in place to ensure continuation of services. There are several things you can do to stay safe:

- ◆ Remain calm.
- ◆ Ensure you have a flashlight in your suite and check on a regular basis to ensure the batteries are still working.
- ◆ If you are on oxygen, ensure you have adequate supplies and use your portable tanks until power is restored.
- ◆ Ensure your windows are closed and secured to help retain heat.
- ◆ Fire doors close. Contact staff to assist you to open them.
- ◆ Hot food and beverages may still be provided as we have gas stoves. For any other questions, please see your Manager.