

Black Rock News

October 2021

From your Assistant Manager,

October, the month of Thanksgiving.

Into our second year of the pandemic and all the stresses and strains that come with that on top of the usual life challenges; it is good to be reminded of the positive things.

For me, I am thankful and grateful for each and every one of you. All of you have enriched my life in one way or another, and continue to make coming to work each day a source of joy, and even lots of fun. Also, welcome to all the newer Black Rock residents. We are happy to have you join our "family".

If COVID challenges permit, we are hoping to do something different and special for Halloween this year, so stay tuned and watch for posters

Happy Thanksgiving! Happy Halloween!

Karen Mahar

Special Events

- Oct. 4 Meet the Chef
- Oct. 6 Massage Students
- Oct. 6 Bus Trip
- Oct. 6 Borscht Tasting Lunch
- Oct. 7 Checkmate ♪
- Oct. 8 Horse Races
- Oct. 11 Thanksgiving Day
- Oct. 13 Walker Clinic
- Oct. 14 JR & Diamond ♪
- Oct. 15 Birthday Party with
The Good Timers ♪
- Oct. 19 Bus Trip
- Oct. 22 Ray Sauer ♪
- Oct. 26 Classic Legends ♪
- Oct. 27 Massage Students
- Oct. 29 Bus Trip
- Oct. 31 Halloween

Welcome our New Residents:

Wayne B.
Lil W.
Sara Z.
Pauline H.

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.

Which Borscht is Best?

There has been much discussion about the borscht soups created in the kitchen. We are inviting residents to share their borscht recipes with the kitchen prior to October 1!

On October 6, we will determine which soup will remain un-beet-en!



Happy Birthday!

Wedad C.	October 2
Yoshi S.	October 3
Marie M.	October 6
Goldie V.	October 8
Martha B.	October 12
Joseph S.	October 16
Vivian H.	October 23
Pauline S.	October 30
Helen M.	October 31

Our birthday party will be on Friday, October 15 at 2:00 p.m. with The Good Timers entertaining.



Sign up for a FREE mini massage!

Lethbridge College massage students will be coming to the lodge on:

October 6 and 27 from 10:00 a.m. to Noon

Get your walker tuned up on October 13, starting at 10:00 a.m.

Dig out your Halloween costume for Happy Hour on October 29 at 3:00 p.m.! Prizes to be given to the best costume!

There is no Foot Care in the month of October. The next foot care date is taking place on November 2, 2021.

Shoppers Drug Mart will be holding an

Influenza Immunization Clinic

at Black Rock Terrace starting at

8:00 a.m. on Thursday, October 14.

See your Manager for more details.

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.