

Bayfield Buzz

February 2019



From the Wellness manager's desk Fara's Facts

Cold

vs

Flu

- | | |
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| <ul style="list-style-type: none">- You may feel chills but fever is rare- Cough, chest discomfort
(Mild but may last a while)- Body aches & pains (mild)- Tiredness (you can still do your daily activities)- Headache (Mild) | <ul style="list-style-type: none">- Fever- Cough, chest discomfort
(dry cough can be severe)- Body aches & pains
(can be severe)- Bedridden (you may feel
extremely exhausted) |
| <ul style="list-style-type: none">- Sore throat- Stuffy, runny nose, sneezing | <ul style="list-style-type: none">- Headache (can be severe)- Stuffy, runny nose |

Home Medical Equipment (HME) will be here every Friday to "tune" your walkers and other medical equipment. Ask the wellness team for details

Note from Nicole - The General Manager

Dear Residents,

Following our discussion at the last resident meeting, I have copied three excerpts regarding smoking, fire and evacuation taken from the Resident Handbook you would have been provided with upon move in, for your review:

1. In compliance with provincial legislation, our ***building is completely non-smoking***. Smoking is permitted outside the building 9 meters away from the entrance or in designated smoking areas only.”
2. Please remember that ***during any fire drill or alarm situation, do not leave your suite*** or your present locations until asked to do so by Bayfield House Retirement Lodge staff or the Fire Department.

However, during the fire drills, residents may be asked to evacuate their suites and go to the nearest exit as part of the procedure. We appreciate your cooperation at all times.

It is imperative that you treat each alarm as a fire emergency. Prepare to evacuate by putting on appropriate footwear and outerwear and be waiting by your suite door in the event that we need to evacuate your zone.”

3. Keep a flashlight and batteries on hand as an emergency light source – ***never use candles***.

You are encouraged to review your handbook for the complete instructions. If you have misplaced your handbook and would like a new copy, ask Michele at the front desk.

If you have any question or concerns regarding any of these procedures, just ask

Nicole Maurice
General Manager

February The Month of Love and Kindness

Join us for Glamour Shots February 19 2:00 pm

Calling all residents both male and female!! Let our “beauty team” glam you up for a photo opportunity with our guest photographers.

Photos will be printed and distributed to you as soon as they are available. The photos will make a fun gift for you to share with your loved ones. Wear your best outfit and your winning smile.

Winterama parade

Saturday February 16 at 10:30 am come watch the Winterama parade and have some hot chocolate on the 2nd floor lounge. Dress warmly if you wish to sit in the sun rooms.

Beverage by the Bay

Starting Friday February 1st join Lise on select Fridays in the private dining room for special beverage at \$3.00 per drink.

The bar will also be open for those who prefer a different beverage. Come join your neighbours for a light - hearted social time from 3pm - 4pm !

TV Series The Crown

Beginning on Saturday February 2nd and Sun Feb 3, you will be able to view the TV series "The Crown" in the Theatre Room. This is an original Netflix series portraying the life of Queen Elizabeth the 2nd, highlighting the decades of personal intrigues, romance and political rivalries of the Royal Family.

We will run the same episode twice on the posted days.

Keep your eye on the calendar for times

Coffee and Chat with Lise

Come and have coffee and chat with Lise every Wednesday at 11am in the 3rd floor Craft Room.

Around the World

Join our volunteer world travellers as they feature photos and videos of their destinations for your enjoyment. Coffee and treats will be served

Outings:

Friday February 1, Lunch at Dino's

Monday February 4, Giant Tiger Midland

Tuesday February 5, Penetanguishene Library

Wednesday February 13, Walmart

Friday February 15, Lunch @ Burger Barr Midland

Tuesday February 19, Penetanguishene Library

Tuesday February 19, Dinner at Pie Restaurant Midland

Wednesday February 27 Dollar Tree

Thursday February 28, Shoppers Drug Mart

Remember to let Lise know of any special outing requests



Happy Valentines Day



