

Leacock Living

Issue 67, May 2019



Spring cleaning!

Please remember that walkers are not permitted to stay in the dining room or to be used as chairs. The servers as well as the Resident Attendants are here to assist you to remove your walker, as well as bring it to you at the end of your meal. Making sure that all of the walkers are out of the dining room helps to ensure the safety of all residents.

If you have any questions or concerns, please talk to our Assistant General Manager Jack Jarlette at ex. 3011

Our next stop is Australia!



Welcome to the land down under! Come explore with the dingoes and koalas as we learn more about Australia. From making your own boomerang to a trip to the Elmvale Zoo, this destination won't disappoint! Don't forget to continue attending our Destination 2020 events for those stamps in your passport!

Lunch at Tailwinds Bar and Grill



Our monthly lunch outing takes us to Tailwinds bar and grill located on the airport strip in Rama. New this month: Dawne our Culinary Manager is going to join us for some great food and conversation! Please sign up at the front desk as spots are limited.

S.A.L.T Ipad classes are back!



Do you own an Ipad and have questions? Would you like to learn more about Ipads without having to purchase one? Join us on Thursday May 16th, Thursday May 23rd and Thursday May 30th in the Library from 10:00am-11:00am for great information and a how-to session on technology!

Orillia Concert Band-Spring Concert



On Monday May 27th at 7:00pm please join us in the Simcoe Dining Room for our annual Spring Concert from the Orillia Concert Band. Seats at this performance fill up quickly, so arrive early!

Wellness updates!

May is our Fall Prevention Month!

Here are some quick tips to help you to reduce the risk of having a fall:

- 1. Address any medical conditions** – Attend regular medical checkups. The health of the individual is the most important aspect of fall protection.
- 2. Modify the environment** – To reduce the risk of a fall, reduce the number of hazards in your home. This includes area rugs and unneeded furniture.
- 3. Improve your physical fitness** – Beginning a daily exercise regimen greatly reduces the risk of a fall. The benefits include stronger muscles, bones, and connective tissue, an increased awareness of the environment, more energy for greater balance and a stronger gait, and a higher resistance to unexpected events.
- 4. Get the right clothes and shoes** – Avoid loose clothing that could catch on a door frame or furniture. Choose appropriate shoes that fit properly.
- 5. Turn on the lights when it is dark** – Your unit should be neither too bright nor too dark. A dark home hides trip and slip hazards.
- 6. Incorporate the appropriate assistive devices** – If you need to use a walker or cane to help you get around make sure to have it with you.
- 7. Get proper nutrition** – Eating properly helps everyone engage more thoroughly with the surrounding environment. A good diet improves the nervous system, gives energy to the body's muscle systems, and encourages heightened brain function. And getting adequate liquids can produce similar benefits.

Learn more about ***How to Prevent Falls*** in May's Health Talk with Kelly!

On May 7, 2019 at 10:00 am in the Theater Room.

Birthdays in May



A very special happy birthday to the following residents:

June Veitch
Frances Page
Nancy Entwhistle
Lois Percy
Shirley Kelly
Anne Gosden
Barb Pickett
Joe Morfitt
Elizabeth Rowlinson
Hans Konopatzki
Wanda Jenkins
Marilyn Murphy
Loretta Dick
Elfie DeWath

Come celebrate with us on **Friday May 17th** at 2:00pm!

