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# Newsletter

Issue 65

October 2023



**Thanksgiving** is an annual celebration of the harvest and other blessings of the past year. It means giving thanks to family, friends, food, health, and other positive things.



Despite the meal being the show's star, there is still more to Thanksgiving than enjoying a large, delicious meal with friends and family. We've pulled together a list of activities to keep you and your family and friends **full of joy and happiness**.

## Spotlight

1. Thanksgiving
2. Winter Blues
3. Pendant Carrying
4. Fire Drill Recap
5. Alzheimer's Walk
6. Opera's Night



## Let's celebrate Thanksgiving

- 1) Thanksgiving Special    2) Farmers' Market Outing  
Lunch (Oct 5 Thursday)    (Oct 12 Thursday)

- 3) Opera's Night  
(Oct 26 Thursday)

### Fun Facts:

"Jingle Bells" (the classic Christmas song) was originally a Thanksgiving song.



# Seasonal affective disorder - Winter Blues

It is believed to be brought on by the earlier sunsets and colder weather of winter. **Symptoms** of seasonal affective disorder can start out mild and become more severe as winter progresses.

- Lack of energy, feeling sluggish
- Loss of interest in once-loved activities
- Increased need for sleep and/or problems with sleep
- Trouble concentrating
- Becoming anti-social, wanting to be alone
- Increase in appetite or weight gain
- Feelings of worthlessness or hopelessness



## 4 ways to prevent and manage seasonal affective disorder symptoms

1. Know the **risk factors**
2. Increase **light** exposure
3. Get regular **physical activity**
4. Seek **assistance**



### Pendant Carrying

We've observed that some residents occasionally leave their pendant either at their doorstep or on a table, rather than keeping it within easy reach. This has led to instances where they are unable to call for assistance because their phone and pendant are out of reach.

To ensure your safety and well-being, we kindly remind everyone to practice the habit of carrying your pendant with you even in your own room.



### Senior Scam

Reports have surfaced of some individuals from South Asia approaching seniors in Chinatown, wearing counterfeit and elaborate jewelry, and soliciting money in exchange. We advise you to disregard their advances and refrain from engaging in any conversation.

### Moving Out - Service Transfer / Termination

Please remember to notify the following service providers to avoid unnecessary recurring charges when you move to your next home: Home Care, Tenant Insurance, Internet service provider, and Pharmacy for medication delivery.

## Fire drill Recap

We successfully conducted our annual fire drill on August 30 thanks to the combined efforts of all staff and residents. It is essential to keep the following safety reminders in mind:

1) For residents staying in their units:

- Keep your unit's door unlocked but closed
- Use a wet towel, if necessary, to block smoke from entering your unit.

2) For those choosing to evacuate to the Muster point - walk with extra caution and watch your step!

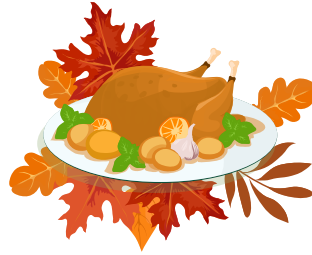
If fire breaks out in your suite, leave your unit immediately, but ensure your door is closed behind you. If possible, proceed to the stairwell on the opposite side of the nearest floor.



## Thanksgiving Lunch

Date: Oct 5 Thursday

Let's celebrate Thanksgiving by sharing a delightful, festive meal together.



**Happy Birthday!**

Francis, Sam, Poy  
Kim, Yuk Kwan,  
Kwong Wing, Er Lu

## Alzheimer's Walk/Run

Date: Oct 8 Sunday

Location: Prince's Island Park

Take strides for dementia in support of Alzheimer Calgary. All residents and families are warmly welcome.

## Opera's Night

Date: Oct 26 Thursday

Performed by local phenomenal opera singers: Herbert and Serena!



## Farmers' Market Outing

Date: Oct 12 Thursday

Join us in embracing this tradition by visiting the farmer's market to discover the freshest produce of the season.

## Annual Flu and Covid-19 Booster Shot

Date: Oct 3 Tuesday

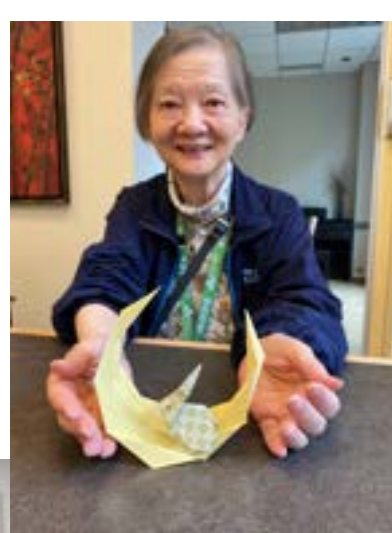
Stay vigilant against the virus; prioritize early protection.



**DON'T MISS OUT!**







# Mid Autumn Festival



## Other Activities

