

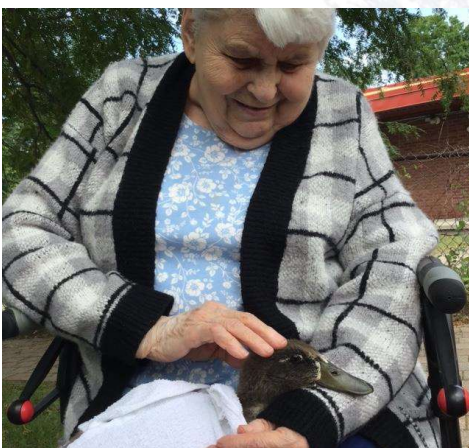


SHERWOOD PARK MANOR

IMPORTANT UPDATES:

Please remember, for community and overnight outings, the Charge Nurse **must** be contacted 24-48 hours in advance. This is to allow medications, treatments, and hygiene tasks to be completed.

613-342-5531 x103.



UPDATED ACCOMMODATION AGREEMENTS

Now that rates have been updated, new accommodation agreements have been sent to each POA or resident. Please make sure those agreements are signed and returned to the finance office. It is required.

If you need any assistance with completing that agreement, don't hesitate to contact the front office, or finance office.

WEBSITE

Many people have been utilizing the new Tour and Meal Booking tools on our website, they have been downloading the admission information packages, and they have been interacting with our resident calendar. It's great to see the website getting heavy use.

We are pleased to inform you that a new page will be coming within the next month, that is specifically designated for our Redevelopment. It will give details and will act as an area to excite individuals to donate to the project. In-line with this, the main page donation link is routed to the Redevelopment donation portal.

We appreciate anyone who donates, and we are excited about the coming construction! This is your chance to be part of the change.

LOST AND FOUND

We will be providing access to the Lost and Found bin from the dates of September 6th to September 20th. After the 20th, the bin will be provided to the residents, in order to see what items they can utilize.

If you think an item may be missing, please take time to check the bin.



IMPORTANT UPDATES:

Masking is no longer a requirement within the Manor.

We all ask everyone to still respect the wishes of each individual resident, and to also respect any infection prevention measures that may be applied now, or in the future.

SHERWOOD PARK REDEVELOPMENT

On Thursday August 31, 2023, the Minister of Long-Term Care provided the following correspondence:

“I am pleased that your application for funding to develop 96 long-term care beds as part of Sherwood Park Manor has been approved under the Long-Term Care Home Capital Redevelopment Funding Policy, 2022.”

This means that we can begin the process to start construction of our new 96 bed additio. This is great news and I wanted to take an opportunity to thank Ken Durand our Board Chair and the rest of the members of the Board of Directors for its tireless work over the past two years. I would like to thank our architects led by Dan Wojcik from +VG the Ventin Group, for their team’s work to make this happen, along with Susan Conner of Prism Consultants who helped us every step of the way.

ISMILE

















The Manor has secured another dental contractor for the facility. ISmile is a fully mobile dental hygiene practice which focuses on retirement homes, long-term care, and hospital settings. The company is owner/operated by Irene Dehaan, a registered dental hygienist with over 20 years of experience. We are happy to welcome her to the team!

DIGITAL RENDER OF THE REDVELEOPMENT BATHROOMS



September 2023



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|---|
| <p>3 Baking 10am</p> <p>Exercise Program 10:30am</p> <p>Manicures 2pm</p> <p>Name That Singer 2pm</p> | <p>4</p> <p></p> <p>Exercise Program 10:30am</p> <p>Labor Day Bingo 2pm</p> <p>11 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Church Service 11am</p> <p>iPod for Memories pm</p> <p>Food Around the World 2pm</p> <p>Men's Night 6:30pm</p> <p></p> | <p>5 Exercise Program 10am</p> <p>Random Acts of Kindness 10:30</p> <p>Darts 2pm</p> <p>A Look into the Past 2pm</p> <p>Tea and Toast 6:30pm</p> | <p>6 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>iPod for Memories am</p> <p>Shopping 1:30-3:30pm</p> <p>Movie Night 6:15pm</p> | <p>7 Exercise program 10am</p> <p>Montessori Activities 10am</p> <p>Board Games/Crosswords 10am</p> <p>iPod for Memories pm</p> <p>Chili Sauce Preserve Preparation 1:30pm</p> <p>Pathways Music 6:30pm</p> | <p>8 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Outdoor Adventure 10:30am</p> <p>iPod for Memories pm</p> <p>Bingo 2pm</p> <p></p> <p>Bingo 2pm</p> <p></p> | <p>9 Pen Pals 10am</p> <p>Exercise Program 10:30am</p> <p>Knitting Group 2pm</p> <p>Balloon Racquetball 2pm</p> |
| <p>10 Yoga 10am</p> <p>Montessori Art 10:30am</p> <p>Jeopardy 2pm</p> <p>Reading Short Stories 2pm</p> | <p>12 Exercise Program 10am</p> <p>Mexican Games 10:30am</p> <p>Volleyball 2pm</p> <p>Knitting Group 2pm</p> <p>Tea and Toast 6:30pm</p> | <p>13 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>iPod for Memories am</p> <p>Birthday Party with Jimmy Leroux 2pm</p> <p>Movie Night 6:15pm</p> <p></p> | <p>14 Exercise program 10am</p> <p>Reading Group 10pm</p> <p>Puzzles /Word find 10:30am</p> <p>iPod for Memories am</p> <p>Manicures 2pm</p> <p>Bowling/Hockey 2pm</p> <p>Pathways Music 6:15pm</p> | <p>15 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Music Jam 10am</p> <p>Trivia 1on1 10:30am</p> <p>iPod for Memories pm</p> <p>Sensory Montessori 2pm</p> <p>Bingo 2pm</p> <p></p> <p>Bingo 2pm</p> <p></p> | <p>16 Healing Scents 10am</p> <p>Exercise Class 10:30am</p> <p>Ukulele Practice 2pm</p> <p>Stuck in the Mud 2pm</p> | <p>23</p> <p></p> <p>Pen Pals 10am</p> <p>Exercise Program 10:30am</p> <p>Knitting Group 2pm</p> <p>Air Hockey 2pm</p> <p>30 Baking 10am</p> |
| <p>17 Ice Cream Making 10am</p> <p>Exercise Program 10:30am</p> <p>Montessori Activities 2pm</p> <p>Name That Singer 2pm</p> | <p>18 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Hockey 1on1 10:30am</p> <p>iPod for Memories pm</p> <p>Ducks on the Patio 2pm</p> <p>Sensory Montessori 2pm</p> <p>Mini Golf 2pm</p> <p>Tim Hortons Night 6:30pm</p> <p></p> | <p>19 Exercise Program 10am</p> <p>Animal Crafts 10:30am</p> <p>A Look into the Past 2pm</p> <p>Random Acts of Kindness 2pm</p> <p>Tea and Toast 6:30pm</p> | <p>20 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>iPod for Memories am</p> <p>Therapeutic Music with Sue 1:30pm</p> <p>Pub Day with Tom Vallequette 2pm</p> <p>Movie Night 6:15pm</p> <p></p> | <p>21 Exercise program 10am</p> <p>Doll Therapy 10am</p> <p>Montessori Literacy/Math 10am</p> <p>iPod for Memories am</p> <p>Outdoor Adventure 1:30pm</p> <p>Sing a long with Sue 1:30pm</p> <p>Manicures 2pm</p> <p>Pathways Music 6:30pm</p> | <p>22 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Current Events 10:30am</p> <p>Music Jam 10:30am</p> <p>iPod for Memories pm</p> <p>Bingo 2pm</p> <p></p> <p>Bingo 2pm</p> <p></p> | <p>24 Yoga 10am</p> <p>Mandala Art 10:30am</p> <p>Jeopardy 2pm</p> <p>Autumn Watercolor Painting 2pm</p> |
| <p>24 Yoga 10am</p> <p>Mandala Art 10:30am</p> <p>Jeopardy 2pm</p> <p>Autumn Watercolor Painting 2pm</p> | <p>25 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Church Service 11am</p> <p>iPod for Memories pm</p> <p>Food Four Ways 2pm</p> <p>Ladies Night 6:30pm</p> <p></p> | <p>26 Chiroprapist</p> <p>Exercise Program 10am</p> <p>Mexican Games 10:30am</p> <p>Ball Games 2pm</p> <p>Knitting Group 2pm</p> <p>Tea and Toast 6:30pm</p> | <p>27 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>iPod for Memories am</p> <p>Therapeutic Music with Sue 1:30pm</p> <p>Music with Hudson Majaury 2pm</p> <p>Movie Night 6:15pm</p> <p></p> | <p>28 Exercise program 10am</p> <p>Reading Group 10am</p> <p>Musical Bingo 1on1 10:30am</p> <p>iPod for Memories am</p> <p>Sing a long with Sue 1:30pm</p> <p>Manicures 2pm</p> <p>Pathways Music 6:15pm</p> | <p>29 Walking Program 9-noon</p> <p>Exercise Program 10am</p> <p>Physical Games 1on1 10:30am</p> <p>Music Jam 10am</p> <p>iPod for Memories pm</p> <p>Bean Bag Toss 1on1 2pm</p> <p>Bingo 2pm</p> <p></p> <p>Bingo 2pm</p> <p></p> | <p>24 Yoga 10am</p> <p>Mandala Art 10:30am</p> <p>Jeopardy 2pm</p> <p>Autumn Watercolor Painting 2pm</p> |

1on1 activities are provided when formal programs are not in progress. Activities subject to change without notice. Please refer to large white boards by main nursing stations.