

# March 2018



## Activity Newsletter

The Collingwood Nursing Home Ltd.

### Programs of the Month

March is the beginning for all new in nature such as animals being born, spring flowers and birds building nests to hold their eggs. The days are getting longer and warmer, it is truly a wonderful season! We have a special Chinese Lunch scheduled for March 6th. Residents must sign up for these special lunches and there will be a small fee to cover the cost. Seating is limited and the residents must be on a regular diet to be able to attend this program. Bingo shopping will be held on March 14th so the residents will have an opportunity to come and spend their bingo bucks. We will be hosting our St. Patrick's Day Party on March 15th. Gerry Chaput will be here to entertain us with his musical talent. We encourage family members to join their loved ones for this special event. We offer Protestant Church Services and Catholic Communion every Friday morning at 11:00 a.m. We would like to take this opportunity to thank all of our community churches for volunteering their time and sharing their spiritual support with our residents.

Happy Spring Everyone!



Bev Cloutier, Activity Director

### Happy Birthday.....

Joyce Ewart.....March 4th  
Dorothy Wyant.....March 7th  
Victor Campbell.....March 7th  
Ross Carne.....March 14th  
Michael Marritt.....March 21st  
Jack Johnson.....March 22nd  
Gordon Pratley.....March 25th  
Kenneth Edgar.....March 27th



*Good Bye*

*"We say goodbye with fond memories, our lives have been enriched because we have known you"*

Maureen McMahon

Marion Mitchell



### **Who Can Physiotherapy Help?**

Physiotherapy can help residents who have difficulty with balance, strength, ambulation, falls, bed mobility, ROM, Pain and transfers. Physiotherapy works one to one with the individual to help achieve functional goals set by the patient and physiotherapist.

### **How do I join the Physiotherapy Program?**

A Physiotherapist upon admission will assess every resident. Once the assessment is completed the Physiotherapist will determine who is eligible for the 1:1 PT program depending on several factors such as

- 1) Patient goals,
- 2) Ministry of Health and LTC criteria
- 3) Rehab potential.
- 4) Resident Consent

If a resident meets the criteria a treatment plan will be developed by the Physiotherapist and carried out by the Physiotherapy Assistant.

### **Luka Senk, Physiotherapist**



### **REQUEST**

**We are in need of volunteer knitters for our Tuck Shop.**  
**We supply the yarn. Please contact Bev Cloutier, Activity Director if you are interested in donating your time & talent.**



### **Collingwood Nursing Home Exercise**

We get together Monday through Thursday mornings for a head to toe workout with our Physio Therapy Assistant.

Physio has put together a program that helps with balance, strength, flexibility and range of motion.

In our class everyone is encouraged to participate as much as they can. Our residents have developed friendships and encourage each other to do well. There is usually a few good laughs as everyone tells little stories and/or jokes.

After 30 minutes of exercises those that can walk or stand are encouraged to get together in the hallway for standing exercises holding onto the railing. This part of the exercise takes about 15 minutes as we do exercises for balance and strength.

### **Cindy Sheppard, Physio Assistant**

#### **Volunteer Village**

**Come & discover all the exciting wonderful ways that you can get involved in your community. A chance to interact and explore a variety of volunteer opportunities. We offer hands on experience, a chance to develop new relationships, to share skills and talents. Retired, Seniors, and students are Welcome!**

**For more information please contact -**

**Bev Cloutier, Activity Director or Janice Bristow, Volunteer Village Attache.**

**\*\*We are in need of volunteers to assist with outings, friendly visiting, and Tuck Shop.**

