



May 2018

Activity Newsletter

The Collingwood Nursing Home Ltd.

Programs of the Month

The earliest history of Mother's Day dates back to the ancient annual spring festival of the Greeks dedicated to maternal goddesses. The more recent history of Mother's Day dates back to 1600's England. Today's Mother's Day is celebrated in several countries including Canada, U.S., India, Denmark, Finland, Italy, Turkey, Australia, Mexico, Japan and Belgium. People take the day as an opportunity to remember or pay tribute to their mothers and thank them for all their love and support. Happy Mother's Day to all! We have many programs this month to come out and get involved in. There is a special K.F.C lunch being held on May 1st. There is a small fee for this lunch and the sign-up sheet is at the Activity Office if you are interested. We have Dan Gold Trio performing on May 16th at 1:30pm. This will be their first performance at our home so please come out and welcome them. There will be a Wine & Cheese Party on May 31st at 1:30pm. This is a great opportunity to socialize and to make some new friends. Our educational program 'Our Changing World' will be held on May 24th. This program is very interactive and it is enjoyed by all.

Special Announcement-

Naomi Bristow will be performing again at our 'Annual Western Barbecue Fund Raiser' in June. Date to be announced.

Bev Cloutier, Activity Director

Happy Birthday.....

Vivienne McLeod

May 14th

Jacqueline Brownlee

May 15th

Betty Davidson

May 19th

Murray Ede

May 25th

Trent Hollingshead

May 25th

Lois Weldon

May 26th



WE 
VOLUNTEERS



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.

