



a commitment to CARE ♡

We shall continuously provide excellent care in a secure environment, with family and community support

HELP WANTED—GARDENERS

If you have a green thumb and an extra hour or two of time this month, consider helping out in our gardens. We have extensive gardens here at Grove Park Home that are enjoyed by residents, families, volunteers and staff. This summer we were fortunate to have the great folks at RBC come out and volunteer over 50 hours of time fixing up many of our garden areas. This involved new plants and materials (that they paid for!) and lots of sweat moving, planting, digging, cutting and creating new and lovely garden areas.

To keep these gardens looking great, we are seeking volunteers who might like to “adopt” a garden area this fall. If you have some gardening knowledge about cutting back plants and getting a garden winter-ready, send an email to Linda at lindam@groveparkhome.on.ca



And just around the corner...

If you are new to our Home, you better get ready for the upcoming Christmas Season! This is certainly our busiest time of the year. It will all start at the Christmas Twilight Show & Sale in November

SAVE THE DATE

Thursday November 15th 3-7pm
Bakers Wanted for the Bake Shoppe
Crafters Wanted for Craft Rooms
MORE DETAILS COMING IN NOVEMBER
OR FOLLOW US ON TWITTER AND FACEBOOK

For more information call Nikki
705-792-7398 or email nlatour@groveparkhome.on.ca



Small businesses can join us throughout the season. Call Nikki for more information

Gardening with a Purpose—DementiAbility at work

We have a resident “Sally” who loves to be outside and has expressed this to staff. Sally will wander back and forth from her room, packing and unpacking her belongings and asking for the doors to be opened to leave the unit. Sally can be easily redirected depending on the activity. By spending some one-on-one time with Sally, we learned of her love of gardening and being outdoors. Staff asked Sally if she would like to assist with some gardening work on the patio. SUCCESS! Sally has been very receptive to this; helping water the plants, sweep the patio, pick the produce and weed the garden. She has now been seen self-initiating some of these activities to pass the time and provide a sense of purpose. After being outside, Sally is observed to be more settled and will go to her room to relax, rather than to the doors to ask to leave.

NOTE: The DementiAbility funds from our 50th Anniversary have now paid for the 2019 Vegetable Garden Supplies. Gardening seems to be a very welcome activity for our residents and it was decided this was an extremely good use of these donated funds. More spending is planned for this year. Stay tuned for more news coming soon.



You are welcome to join us anytime!

October Highlights:

Alzheimer's Coffee Break Oct 11-café (9-12)

Fan Fav Gary Chaput Oct 23—auditorium (1:30)

Halloween Party and Parade Oct 31—auditorium (1:30-3:00)

Check the Activity Calendars in resident rooms to see lots of great activities that you can join with your loved one.

FAMILY INFORMATION NIGHT

Please plan to join us on Wednesday October 17 at 6pm for a Family Information evening in the Centre of Excellence. All family members and POA's are welcome to attend. Light refreshments will be served.

Join us to share your questions and comments. See you then!



New to the Home? This bi-annual event is your opportunity to meet the management team, learn what is going on in the Home, and to share stories, questions and comments with other family members and the Grove Park Home team.

FLU SEASON APPROACHES

As flu season approaches, we thought we would share some MYTHS and FACTS that are posted on the www.simcoemuskokahhealth.org website. We take the flu vaccine very seriously at Grove Park Home and want you to be informed as you make your decision to get this simple and free vaccine.

MYTH: Influenza is not a serious illness; just a fever and a few aches and pains. Influenza is a mild illness.

FACT: Influenza makes most adults miserable for a week with a cough, fever, chills and painful muscle aches. No other vaccine-preventable illness on a yearly basis is so disruptive to families and society, or results in such high rates of admission to hospital, death and absence from school, daycare, and work. Outbreaks of flu virus worldwide have claimed lives throughout history and many could have been prevented by the flu vaccine.

