

# Radiant Care Pleasant Manor

## Preacher's Ponderings



During these summer months the common lectionary's focuses much on the book of Ephesians, an awesome book that teaches about the love, truth, and peace of Christ and what our response, as a community of faith, should be. Paul says to let the Holy Spirit renew our thoughts and minds, to not

let unwholesome talk come out of our mouths but words that edify and give grace to those who hear. What would that mean for us as we talk about and to each other? How might our words extend grace, reflecting the love, truth and peace of Jesus?

## JOIN US FOR WATERMELON & ROLLKUCHEN SOCIAL

Pleasant Manor Tenants  
AUGUST 21<sup>st</sup> 2:00pm CV Link



Heritage Place Residents  
AUGUST 7<sup>th</sup> 2:00pm  
Courtyard



## Volunteers Needed

Volunteer recruitment is an ongoing process. Our volunteers include people from the community, residents, tenants and family members. A reminder that Pleasant Manor continues to look for volunteers especially during the daytime from Monday to Friday for our Tuck Shop. Please contact Norma if you are able to volunteer your time.

*"Those who can, do. Those who can do more, volunteer."* ~Author Unknown~

## Megan's Muttering

This past weekend I had the pleasure of wandering around the farmer's market in St. Catharine's and we couldn't stop commenting on how much wonderful local produce there was – we wanted it all! There were still some local strawberries, but we also stocked up on cherries, spinach, garlic, baby potatoes and zucchini. There were even some early cobs of corn to try! I hope you take advantage of our local goodies, and maybe pray for a little rain for our farmers too.

## Highlights

**August 3<sup>rd</sup>** - Music With Mendelt

**August 7<sup>th</sup>** - Watermelon & Rollkuchen Picnic Heritage Place

**August 8<sup>th</sup>** – Bus Outing – Happy Ralphs & Avondale Dairy

**August 12<sup>th</sup>** – Worship time with Irene & Friends - Heritage Place

**August 21<sup>st</sup>** – Watermelon & Rollkuchen Social Tenants

**August 29<sup>th</sup>** Birthday Party – Heritage Place



# Pleasant Manor Post

August 2018

## Karen's Korner

We would like to welcome to Dr. Elaine O'Reilly, our New Medical Director for our Long Term Care and Convalescent Care programs. Dr. O'Reilly has agreed to take over for Dr. Reimer's position effective July 1<sup>st</sup>. She will be a great addition to our health care team.

This month's staff training foci are Lifts & Transfers techniques as well as prevention of spread of infections especially Influenza virus. A reminder that during heat waves such as we have had this summer frail seniors are at greater risk of heat stress/heat stroke. Outdoor activities are limited during these days, and staff offer more fluids to keep our residents hydrated.

In August we start preparing for the Mid-October start 2017-2018 influenza season – there is a lot of behind the scenes preparation that takes place in order to be ready! For example, Public Health comes to do a fridge inspection; the DOCs attend training at Public health to stay current each year; staff education and training takes place; the registered staff speak to residents and substitute decision makers for vaccine consents; and much, much more.

Since there is no cure for Influenza, just supportive treatment, Prevention is key... What can families and other visitors do to help with prevention? Staying healthy and ensuring proper Hand hygiene are first priorities. Getting a flu vaccine as early as it is available - There are options for vaccines to prevent each year's strain of influenza virus – ask your primary health professional. Visitors need to screen themselves for symptoms –cough, congestion, runny nose, with or without fever, and delay visiting. Stay informed... For further information see the bulletin board across from my office.

## Quote of the Day

"If we have no peace, it is because we have forgotten that we belong to each other."  
~ Mother Teresa ~