

Radiant Care Tabor Manor

Tabor Times

May 2019

MONTESSORI MOMENT

Have you seen our new dry-erase colouring boards? Colouring has many therapeutic benefits including an increase in relaxation and mood and a decrease in anxiety and agitation. On top of that, colouring is an activity that helps maintain motor function and provides an outlet for self-expression and a sense of accomplishment! It's no wonder that we've embraced colouring as one of our many Montessori based activities here at Tabor. Our colouring boards have already been put to good use by many of our residents and it's a great activity for both young and old to do together during visits from family!

WE REMEMBER...

Margarete Hannah
Joyce Krzysko
Domenica Bosco
Cesar Baptista

WE WELCOME...

Lucy Ann Greenway
Victor Dick
Roger Gauvreau
Helene Peters
Annie Paige
Betty Unruh

WE CELEBRATE

THE BIRTHDAYS OF...

Merritt "Bud" MacGregor—1st
Bentley Haughton—6th
Heinrich Friesen—7th
Peter Kauffman—9th
James Gorday—9th
Muguette "Mimi" Fournier—9th
Elizabeth Alek—22nd
Bruce Penner—22nd
Mary Klassen—23rd
Carole Ann Peagram—24th
Margaret Jansen—26th
Alma Dyck—28th
Marjorie Secord—30th



Nurse's Notes—Karen Pental

The topic of the Month for May is Skin and Wound care. Did you know that Radiant Care Tabor Manor has a Wound Champion Nurse who monitors healing progress and treatments for many different types of wounds & skin issues? Skin care and wound prevention takes a team approach – nutrition, activity, offloading of pressure areas, and hygiene are all factors to preventing wounds and promoting healing. The Nursing department staff have been complimented on the high level care provided. There are some wounds that will not heal fully, so the goal is maintenance. Please speak to the Registered staff for further information.

Please be aware that there will be a rotation of the PSW assignments this May. If there are any questions or concerns regarding Nursing care, please speak to the Charge Nurse or contact the Nursing Clerk (Stacey) at the 2nd floor office and she will schedule an appointment to meet with me.

Biblically Based—Jim Evans

A little girl walked to school daily. One day, on her way home, a storm was brewing. Her mother felt concerned that her daughter would be frightened and in danger as she walked home from school.

The mother drove along the route to her child's school. As she did, she saw her little girl walking along, but at each flash of lightning, the child would stop, look up and smile.

When the child got into the car, her mother asked; "Why did you keep stopping and look up with a smile?"

The child answered, "I am trying to look pretty, *God keeps taking my picture!*"

Psalm 121:8 promises that; 'The Lord will watch over your coming and going both now and forevermore.'

Whatever storms you may be facing, never forget, God is always watching over those who trust in Him through Jesus Christ! Keep looking up, and....

DON'T FORGET TO SMILE!



Spring Tea with the Sunshine Singers

Tuesday May 14 2:30-3:30pm
in the Great Room

Proudly sponsored by the
Radiant Care Tabor Manor Auxiliary



On April 4th we celebrated our volunteers with an afternoon high tea! Tabor Manor is incredibly grateful for ALL the wonderful support we receive from our volunteers. In 2018 over 4,518 hours were served. Many thanks for all the hard work and dedication.



Dietary's Dish—Barbara Osborne

Is weight gain a concern in the elderly? Answer: Maintaining a healthy weight IS important as you age. Instead of dieting to lose weight, it's better to make wise food choices, watch your portion sizes and try to be active. Remember that fast weight loss is not healthy. When you lose weight quickly you can lose muscle and this can affect your health. Canada's Food Guide provides good advice on what foods to choose and how much you need to eat to be healthy. They also recommend to limit high sugar foods, eat your meals slowly and stop when you are full. You can find the newest version of Canada's Food Guide at www.healthcanada.gc.ca.

SAVE THE DATE

Radiant Care
Tabor Manor
HERITAGE DAY

Saturday June 8th
10am-1pm

Fun for the whole family! Join us for live music, BBQ, ice cream, pony rides & much more!

Please plan to accompany your loved one to this event!