



burtonmanor™

LONG TERM CARE RESIDENCE



**AIMING HIGH
TOGETHER™**



What's Inside ...

Quality Corner	p. 2	Residents' Council News	p. 3
Nutrition News	p. 3	Monthly Feature	p. 4-5
Family Council News	p. 3	Photos of Recent Events	p. 6



QUALITY CORNER

DEMENTIA

Dementia is a syndrome of progressive decline in multiple areas of cognitive function eventually leading to a significant inability to maintain occupational and social performance. Dementia is not a disease in itself, but characterizes a group of symptoms that accompany certain disease processes. The essential features of dementia include:

- Memory loss that affects day-to-day function and disorientation of time and place.
- Difficulty performing tasks.
- Problems with language.
- Poor or decreased judgment.
- Problems with abstract thinking.
- Changes in mood, behaviour and/or personality.
- Gait disorders.

Dementia affects how people express themselves and understand what is being communicated to them. For the person with dementia, maintaining relationships can be a complex process, especially when verbal communication is affected.

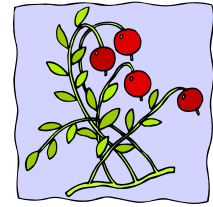
The following changes are common:

- Difficulty finding a word and/or talking less than usual.
- Creating new words for ones that are forgotten.
- Repeating a word or phrase (perseveration).
- Difficulty organizing words into logical sentences.
- Cursing or using other offensive language.
- Reverting to the language that was first learned.

Here are some COMMUNICATION TIPS for people with dementia that can help:

- Introduce yourself. Smile and be calm and gentle. You set the mood through the way that you approach the individual.
- Use visual cues for directions (e.g. - pointing in the desired location or patting the appropriate chair). Give instructions one at a time. Wait for a response. People with dementia need more time to respond. If he/she repeats the same question, answer like the first time.
- Use pampering (hand massage, manicure, comb her hair, etc.). Remember he/she responds to you and your body language. Be aware of your body language. Use it to communicate relaxation and reassurance.

NUTRITION NEWS



Cranberries

Cranberries are low creeping vines/shrubs that are 7 feet long and 2-8” in height. They have slender wiry stems and small, very green leaves. The dark pink flowers are pollinated by bees. The fruit is a berry that is larger than the leaves of the plant. Cranberries turn deep red when fully ripe. They are edible with an acidic taste that can overwhelm their sweetness.

Nutrients and Antioxidants

Cranberries are called the “Super Fruit” due to their nutrient contents and antioxidant qualities. Raw cranberries have moderate levels of vitamin C, dietary fiber, manganese and the essential dietary mineral.

Food Uses

Most cranberries are processed into products such as juices, jellies, compotes/ sauces traditionally served with turkey dishes and sweetened dried cranberries. The remainder are sold fresh to consumers. Cranberries are also used in baking muffins, cakes and scones.

Cranberry juice has many health benefits including:

- helping prevent urinary tract infection,
- strengthening bones and teeth,
- helping prevent tooth decay, and
- helping relieve colds/sore throats.

Residents’ Council Meeting: Wednesday, January 15th @ 10:30am (PL)

Food Council Meeting: Wednesday, January 15th @ 11:00am (PL)

Family Council Meeting: TBA

MONTHLY FEATURE



Birthstone (Garnet) - The name of January's birthstone is thought to be derived from the Latin *granatus*, meaning "grain." This may not make much sense until you consider an object with a similar name – the pomegranate, *Punica granatum*. The ruby-red seeds of this fruit are almost exactly the same size, shape, and colour as garnet crystals. While red is its most recognizable hue, this gemstone comes in a wide variety of colours - from bright greens to fiery oranges and yellows. Early explorers carried a garnet along in their travels, as it was believed to be a talisman to show the way through the darkness and protect the wearer from disaster. The garnet is also thought to help cure depression. If you receive a garnet as a gift, consider it a token of the giver's affection. It is also a symbol of their wish for your safe travel and a speedy return.

Flower (Carnation) - A symbol of love, fascination, and distinction, the carnation has remained a popular and significant bloom for thousands of years. Its scientific name, *Dianthus caryophyllus*, can be translated into "flower of love" or "flower of the gods." Because the carnation can be found in almost every colour imaginable, it is one of the most versatile flowers in terms of symbolism. Pink carnations express a mother's undying love, while white blossoms stand for pure love and good luck. Carnations with red shades have more romantic meanings, with light reds implying admiration and dark reds denoting deep love and affection. Those with January birthdays will be happy to know that they can wear their birth flower all year round – it is frequently worn on Mother's Day.



Fun Fact:

*Do you remember the song "A white sports coat and a pink carnation?"
It was written in 1957 by Marty Robbins in under 20 minutes while being driven in a car!*



Happy Birthday Wishes to:

Maria B - Jan 3rd
Habib H - Jan 3rd
Colleen P - Jan 9th
Terry P - Jan 12th
Louise H - Jan 13th
Ines C - Jan 20th
Reuven F - Jan 23rd



MONTHLY FEATURE

Special Events

- Happy Hour with Entertainment - Thursday, Jan. 2nd @ 2:00pm (CR)
- Men's Afternoon - Friday, Jan. 3rd @ 2:00pm (CR)
- Tribute to Elvis - Monday, Jan. 6th @ 2:00pm (CR)
- Happy Hour with Jay Franco - Thursday, Jan. 9th @ 2:00pm (CR)
- Sing-a-Long with Karen - Monday, Jan. 13th @ 2:0pm (CR)
- Visits with the Grade 5s - Tuesday, Jan. 14th @ 10:30am (CR)
- Happy Hour with Entertainment - Thursday, Jan. 16th @ 2:00pm (CR)
- Musical Entertainment with Ryan - Monday, Jan. 20th @ 2:00pm (CR)
- Ladies Social - Friday, Jan. 24th @ 2:00pm (CR)
- Sing-a-Long with Karen - Monday, Jan. 27th @ 2:00pm (CR)
- Visits with the Grade 5s - Tuesday, Jan. 28th @ 10:30am (CR)
- Monthly Birthday Party with Linda & Denis - Thursday, Jan. 30th @ 2:00pm (CR)
- Popcorn in the Lobby - Friday, Jan. 31st @ 2:00pm (Lobby)

Spiritual Programming

- Church Service with Samuel - Sundays @ 2:00pm (CR)
- Catholic Communion Visits - Tuesdays @ 6:30pm (1:1 visits)
- Catholic Communion Service - Wednesday, Jan. 10th @ 10:15am (CR)
- Portuguese Communion Service - Saturday, Jan. 18th @ 10:30am (CR)

Diner's Club

"Chinese"

Tuesday, January 28th

12:30pm (CR)

**Sign up required



PEOPLE PLACES & EVENTS



Residents' & Family
Christmas Party



Santa Arrives for the Party!



Enjoying a Christmas Lights Tour



Children's Choir