

Hearing & Balance Clinic

CALL 705-340-5050 FOR
An Appointment

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS EVERY 5 YEARS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario



Health & Safety protocols in place:
mandatory masks, screening,
disinfection between patients

CALL BEFORE YOU COME - 705-340-5050

www.LindsayEarClinic.com



Retirement
Community



Happy Hour!
September 1

Labour Day
September 4

SeniorFEST
Sept. 14

Oktoberfest
Sept 16-Oct 3

Oktoberfest
Celebration
September 15

Birthday
Party
September 20

First Day of
Autumn
September 23

Bank Trips
Sept. 6 and 20

Fifth Ave
Jewelry
September 28

National Day
for Truth &
Reconciliation
September 30



Resident Satisfaction Survey

It is time again for our annual Resident Satisfaction Survey!!

What is it?? The survey is designed to gather your feedback on life at Adelaide Place. To ensure confidentiality, the results are received and managed entirely by a third-party company- Rice & Associates. In fact, each resident will receive an envelope pre-addressed and stamped to mail their survey directly to Rice & Associates. Every Lev Senior Living (LSL) home participates in this annual survey. Rice & Associates reviews all of the results and sends us only the compiled result for Adelaide Place, as well as comparative data with results for all of LSL and Ontario homes overall. Following this, we create a detailed action plan to improve based on results and share it with you. Watch for this coming up in your November calendar!

What is measured?

- | | | | |
|------------------------------|---------------|----------------|--------------|
| 1.Meals | 2.Healthcare | 3.Housekeeping | 4.Recreation |
| 5.Reception & Administration | 6.Maintenance | 7.Laundry | |

Each category is measured in terms of team, management, facilities, and services.

What to Expect? Please join us on **September 6th** when we will review last year's results, what has changed as a result of your feedback and answer questions about the survey process. The survey will be distributed shortly after the meeting. Please complete your survey, and mail it to Rice & Associates by **September 15th**. Also, be sure to let the front desk know you completed your survey so we can enter you into a draw for great prizes!

Thank you! To all the residents, family members, Residents' Council and Food Committee members, we appreciate your ongoing feedback throughout the year. All of this, coupled with the survey feedback, assists us in making life here at Adelaide Place that much greater!

We look forward to getting your feedback again this year. Your thoughts and comments are so important! Receiving feedback from ALL residents helps us to ensure that we are hearing from your combined voices. There will be a separate survey for the Senior Living Community and the Retirement Community, allowing us to understand the feedback specific to each lifestyle choice.

Adrienne West

What's Inside...

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Call 8155 to hear the daily program schedule, including changes to program timing or locations (due to inclement weather for example). Leave a message to sign up for programs and outings, ask questions, become a volunteer, or anytime you need to speak to someone in the Recreation Department!

Party Room Closures

Want to use the Party Room for your next private event or get together? Call 8155 and for more details! Booking the room is no cost for residents, unless you would like to add catering, set up/clean up, etc. When we know of a booking in advance of the newsletter printing, we will now put it on the newsletter to give more advance notice to residents.

Currently, the Party room is booked on Tuesday Sept. 5, 12, 19, and Oct. 3 and 10 for the Caregiver Workshop, and October 1st for a private function. We will post in the Party Room when we have upcoming bookings to give residents more advance notice.

Residents' Council Notice

To all residents of Adelaide Place,

It is my sad duty to report the closure of your current Residents' Council, as of last June 26th, 2023. There was no other option, as there was no council members left to continue.

-Council rules mandate that members must retire after a total of four years served.

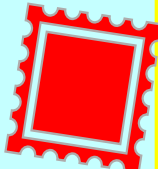
-Despite many requests to Adelaide Residents for new members, no lasting response was received.

Betty Thompson,
(past) Council President



Donate your Stamps!

Help those in need, without spending a penny



Ever notice the Used Stamp collection boxes in the laundry rooms, the café, and the tuck shop and wonder what they are for?

Donated stamps are collected by resident volunteers, trimmed and mailed to Oxfam. Oxfam sells the stamps to collectors and distributes the funds through their 20 international charity organizations all geared to alleviate global poverty. Simply cut the corner of your envelopes without damaging the stamp and place it in the little box!!

Find more information on their website: <https://www.oxfam.org/en>



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- MOBILITY SCOOTERS
- AIDS TO DAILY LIVING
- WALKERS
- AND MORE!
- LIFT CHAIR RECLINERS
- BATHROOM SAFETY
- HOSPITAL BEDS
- BRACES AND SUPPORTS
- SUPPORT SOCKS/COMPRESSION THERAPY

www.homesteadoxygen.ca



Browning Reptile Show

Not Lions, Tigers and Bears but Lizards, Snakes and Frogs OH YEAH!

Coming to Adelaide Place on Friday, Sept. 8th at 2:00p.m. This is not your typical reptile show. It's a family-owned operation and they bring lots of exotic reptiles and amphibians for you to learn about in an interesting, fun and interactive way!



Foot Care clinic at Adelaide: Call 8160 for more info, the cost or to book an appointment with the Marie, visiting footcare nurse.



Our monthly Blood Pressure Clinic is on on Sept 21st, the 4th Thursday of every month. Sign up through the Wellness Team at extension 8160



Look, but don't touch?? Not at this Reptile Show!! If you are brave enough, you can hold the different reptiles, and even get your picture taken! If you are not interested in getting close to the animals, that's okay too. You can learn plenty while keeping a comfortable distance from the little critters.



Call 8155 to sign up and leave your name and suite # and please tell us if you do not want to get too close to the reptiles.

<https://www.browningreptiles.com/>

Autumn Leaves Tour!!

The leaves will soon be changing, and fast becoming the most colourful, beautiful season we all love!

If you are interested in coming on the Adelaide Van for a drive to see the foliage, call 8155 to sign up. Some areas already have leaves starting to turn, so we expect to go on the driving tour at the end of September.

We don't yet have a set date. We will call everyone who signs up when we are ready to decide the dates. Be sure to sign up, or you won't get the chance to go!



September 2023

MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY

Retirement Community
Senior Living Community
Team Member Birthdays

Ava C

Liz L
Lina P
William D

						2
3 Heather J Carlene T	4 Sylvia G *	5	6	7	8	9
10 Susan M	11	12 Jackie K *	13	14	15	16 Courtney T Lacey G
17 Fran L	18 Elsie C	19 Doreen S John W	20 Bill M Cheyenne	21 Teagan H	22 Janice B	23
24 David M	25 Shirley N	26	27 Dawn J Sean H	28	29 Hugh M	30 Eleanor B

Senior FEST!

WE are celebrating the seniors in our community and we want you all to be part of it! On September 14th from 1:30-4:00p.m we are opening up Adelaide Place to the residents and the community. Everyone is invited to celebrate SeniorFEST at Adelaide Place!

We will have live music in three different areas throughout the event! Be sure to move around the home and experience all that is happening throughout Adelaide Place! Model suites will be open for tours, we have live music in three locations (locations and entertainers will change in the case of inclement weather), BBQ, Ice cream, prizes, give aways and a draw!!

There will also be a Silent Auction. 100% of the proceeds raised will be donated to the Kawartha Lakes Food Source.

Terrace: Music by Darlene and the Shamrockers, and Chef Mark's BBQ

Retirement Community main entrance: Music by Terry Maxwell and an ice cream truck!

Retirement Lounge: Music by Craig Brtnik and light refreshments

Possibly Outings for OCTOBER- CALL TO EXPRESS INTEREST!!

There are so many great events happening at the Flato Academy Theatre and Globus Theatre in October, we had trouble deciding which events to put on the calendar! If you are interested in coming to any or all of these events, call 8155 and let us know. The most popular ones will end up on the calendar next month!

Simply Queen (7:30): This COMPLETELY LIVE tribute performs all the iconic songs that have made Queen one of the most legendary rock bands of all time

Tribute to Grease (7:30): This company of talented singers, actors, and comedians will leave you spellbound with their uncanny portrayal of "Grease" and the music of the 50s and 60s. The concert version of Grease and the music of the 50's and 60's live on stage!

Dolly Parton(2pm): Live concert, featuring feathers and finery, sassy one-liners and much-loved hit songs from every era of the Rhinestone Cowgirl's career, 50s and 60s

Jukebox Musical Concert (7pm): Broadway feel with Band, Singers, Dancers, Tributes, Video, and Trivia" A one-of-a-kind show that takes the audience through Music History, Trivia & Memories of the 50s & 60s.

Green River Revival(8pm): Canadian CCR tribute band, best in North America! The singer sounds so much like John Fogerty, you'll swear it is the real CCR!

Physiotherapist, Athena hands-on Presentation: Increase Balance and Reduce Falls

Meet Athena, our new Physiotherapist from Closing the Gap on Friday, September 22nd in the Activity Room at 2:00p.m. She will be presenting an information and Q&A session about reducing your risk of falls and how to improve your balance. Then she will help you put those techniques and suggestions to practice!

Everyone can fall down. But as we get older, changes happen to our body that can increase the risk of falling. For seniors, falls are a top cause of getting injured and ending up in hospital. Many factors increase our risk as we age. Here are some examples:

- **Vision:** Problems like cataracts make it harder to do things like safely step off a curb.
- **Leg strength:** When we were younger, we could rebalance and recover if we tripped on something left on the floor. As we age, reduced leg strength might mean a fall instead.
- **Foot problems:** Issues like foot pain, weak muscle strength, poor range of motion in your ankle, and bunions can increase your chance of a fall.
- **Bladder control:** People who have urinary incontinence might need to rush to the bathroom. That increases the risk of tripping and falling.
- **Your surroundings:** The environment you live in can put you at risk. For instance, loose rugs on the floor or clutter can create tripping hazards.

The importance of Continual Exercise

Active Aging Canada strives to promote a society where all adult and older adult Canadians are leading active lifestyles that contribute to their overall well-being.

According to the latest Canadian Health Measures Survey (2019) only 1 in 3 older Canadians achieve the recommended 150 minutes of moderate-to-vigorous physical activity per week.

Being physically active helps us to stay independent and mobile. It boosts immune function and reduces the risk of chronic illness. That is why it is so important to do more to meet physical activity guidelines. Then we can reap the many benefits and age well.

Research shows that many factors support getting and staying active. These include:

knowing and valuing the benefits of physical activity
getting and staying motivated
knowing what physical activities are best for you
knowing how to do your activities safely and with the most benefit
getting more confident.




Physical activities can be changed to suit anyone's physical ability or health condition. So, this Fall, take action to prevent falls. Physical activity is a big part of that!

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RECREATION PROGRAM LEGEND <u>Senior Living Locations</u> BR- Billiards Room L2- 2 nd Floor Lounge D2- 2 nd Floor Dining Room PR- Party Room SP- Albert St. Parking Lot		Entertainment on the Terrace will be moved to the Retirement Lounge and games on the terrace will be moved to the Activity Room in the case of bad weather. Call 8155 for day-of details Movies will be playing every evening in the Theatre at 7:15p.m. Movie Schedule will be posted in the lobby. All Trips are in BLUE Call 8155 for information. Residents must sign up at least 48 hrs in advance. Timing is determined by the number of people going. Only residents who have signed up will be called to confirm their departure			1 9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 11:00 Book Club Meeting with Deb (PDR) 2:00 Planet Earth (TH) 2:00 Scrabble & Board Games (AR) 3:00 Happy Hour with Art Lajambe (TR)	2 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Dollar Bingo-1\$ to play (AR) 3:15 Charades! (AR)
3	4 <i>Labour Day</i>	5	6	7	8	9
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia-Born in August (AR) 3:00 Hymn Sing with Grace (AR)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: The Whale (TH) 2:15 Stretch Exercise (AR) 3:15 Ladder Ball (AR)	Lucy Gray Alterations 1-4:00 (L1) Medical Transportation 9-4 9:45 Strength Exercise(AR) 10:30 The Church of Jesus Christ of Latter Day Saints Service (TH) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 TV Series: Three Pines 3:00 North Patio Drink\$ & Social (NP) 7:15 Wheel of Fortune(AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 2:45 PBS Series: Grantchester (TH) 3:30 Resident Satisfaction Survey with Adreinne West (AR) 3:00 Resident Social (L2)	Trip to Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:00 Presentation with Wildlife Photographers Tracy and John from Ashton Photography 3:00 Cambridge Street United Church Service (TH) 3:15 Stretch Exercise (AR)	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Browning Reptiles Presentation- Plus, Hands on visit pictures! See page 6 for details! (AR) 3:00 Documentary: Planet Earth (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Big Screen Bingo (AR) 3:15 Creative Colouring and Social (AR)



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia (AR) 3:15 Mini Putting (TR)	11 Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 3:00 Activity Planning Meeting (AR)	12 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 Louise Penny TV Series: <u>Three Pines</u> (TH) 3:00 North Patio Drinks & Social (NP) 7:15 Word Games (AR)	13 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno (AR) 2:45 PBS Series: <u>Grantchester</u> (TH) 3:00 Dancercise! (AR) 3:00 Resident Social (L2)	14 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) SeniorFEST TODAY!! 1:30-4p.m.   	15 9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Oktoberfest Party with Don VanHaltren! (TR) 3:00 Documentary: <u>Planet Earth</u> (TH) 3:15 Mexican Train Dominoes (AR)	16 9:30 Aquafit Class 1 10:15 Aquafit Class 2 10:45 News and Social Discussion (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Travelogue: <u>Oktoberfest Across the Globe</u> (AR)
17 Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia-Who Sang it Best (AR) 3:00 Hymn Sing with Grace (AR)	18 Trip to Great Blue Heron Casino 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: <u>The Bridges of Madison County</u> (TH) 2:15 Stretch Exercise (AR) 3:15 Making Birthday Hats for September Birthday Party! (AR)	19 Medical Transportation 9-4 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 Louise Penny TV Series: <u>Three Pines</u> (TH) 3:00 North Patio Drinks & Social (NP) 7:15 Jeopardy! (AR)	20 Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 PBS Series: <u>Grantchester</u> (TH) 3:00 Birthday Party with Kathy Wiles (TR) 3:00 Resident Social (L2)	21 Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:15 Stretch Exercise (AR) 3:00 TV Series: <u>Outlander- Episode 1</u> (TH) 3:15 Balloon Volleyball (AR)	22 9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Documentary: <u>Planet Earth</u> (TH) 2:00 Physiotherapist Athena Presentation and Q&A: Balance (AR) 3:15 New Resident Social- Everyone Welcome! (AR)	23 <i>Autumn Begins</i> 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Big Screen Bingo (AR) 3:15 Creative Colouring and Social (AR)
24 Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia (AR) 3:15 Bocce Ball (TR)	25 Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: <u>The Good House</u> (TH) 2:15 Stretch Exercise (AR) 3:00 Word Game Challenge! (AR)	26 Medical Transportation 9-4 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crocheting with Jess (AR) 2:15 Chair Yoga (TH) 3:00 TV Series: <u>Three Pines</u> (TH) 3:00 North Patio Drinks & Social (NP) 7:15 Finish the Lyrics (AR)	27 Lunch & Shopping in PORT PERRY 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno (AR) 2:45 PBS Series: <u>Grantchester</u> (TH) 3:00 Seated Upper-Body Exercise (AR) 3:00 Resident Social (L2)	28 Fifth Avenue Jewelry 10-2pm Trip to the Whitney Town Centre and LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:15 Stretch Exercise (AR) 3:00 <u>Outlander</u> (TH) 3:15 Bean Bags (AR)	29 9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Presentation and Q&A with Author Victoria Holland (AR) 3:00 Documentary: <u>Planet Earth</u> (TH) 3:15 Scrabble & Board Games (AR) Academy Theatre: Van Halteren Festival Fundraiser	30 National Day for Truth & Reconciliation 9:30 Aquafit Class 1 10:15 Aquafit Class 2 (PL) 10:45 News and Social (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Documentary-Truth and Reconciliation: <u>We Were Children</u> (TH)