

The Summit

February
2024



Covenant Living
Evanston Summit

February Newsletter



Mercedes, Sheryle, Helen, Jo, Yvonne, Arlene

We continue to offer educational sessions to our Residents and in January we hosted Respiratory Homecare Solutions discussing Respiratory Wellness. Troy, the RRT demonstrated the safe use of different inhalers along with detailed explanations of supplementary oxygen therapy, types of machines, explained sleep apnea and differentiate between CPAP and BiPAP machines. We also had Katrina from Home Care Professionals who explained different foot conditions such as fungal infections, corn, bunions, how to care for them and generally how to maintain healthy feet.

February will be another exciting month as we will be hosting Cindy, a registered, Certified Reflexology Therapist on February 8th. She will be explaining and answering questions on Reflexology and the benefits. Co-op will be in for our bi-annual walker clinic on February 15th. And, we are very excited to be hosting Alzheimer Calgary on February 27th with a discussion on Dementia. This session will be open to the public.

Novlette Ramsamugh, LPN
Wellness Coordinator
1-587-598-9439

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Bus Schedule

Meet in the Lobby

Bus outing to for errands to Beacon Hills, Sage Hill, Creekside.

Friday, December 2, 1:30pm

Bus outing to Ascension Catholic Parish mass

Saturday, February 3, 4:15pm

Bus outing to Cross Iron Mills and Casino

Wednesday, February 7, 10:00am - 1:00pm

Bus outing to Ascension Catholic Parish mass

Sunday, February 11, 9:15am

Bus outing to for errands to Country Hills Michaels and Superstore

Friday, February 16, 10:00am

Bus outing to Ascension Catholic Parish mass

Saturday, February 17, 4:15pm

Bus outing to North Hill Mall

Wednesday, February 21, 10:00am—1:00pm

Bus outing to Ascension Catholic Parish mass

Sunday, February 25, 9:15am

Mary Makuk's 100th Birthday

Mary Makuk will be our second resident to turn 100 within a year!

Saturday, February 24, starting at 6:30pm, there will be a celebration in the Dining Room. It will be Hawaiian themed so dust off your floral shirts and mumus for an evening of entertainment, presentation, and honouring of Mary.

Her actual birthday is Tuesday, February 26. That morning at 10:30am, there will be a children's choir from Kenneth D Taylor school in the Dining Room to continue the celebration of our dear resident.



Entertainment Schedule



Dario Ficaccio

and birthday celebrations

Friday, February 9, 2:30pm (Dining room)

Jerry Proppe

Friday, February 16, 6:30pm (Dining Room)

Harmonica's Tableau

for Mary Makuk's birthday

Saturday, February 24 6:30pm (Dining Room)

February 13th *Glen*

February 16th *Shiu-Ying*

February 22nd *Terry & Helene*

February 24th *Don & Ross*

February 26th *Mary M*



If you're celebrating a birthday this month and aren't on this list, please let Concierge know.

February Birthstone

Amethyst is the most popular variety of quartz crystals that is considered the most powerful and protective stone. It is a semiprecious violet stone that is often used in jewelry and for healing purposes. It has been sought after throughout the ages for its stunning colors and ability to stimulate the mind and emotions.



February Birth Flower

February's birth flowers are the violet and primrose. While many relate red roses with February thanks to Valentine's Day on the 14th, the violet is actually the February birth flower. This purple-hued bloom is a symbol of modesty, faithfulness and virtue.

Pink Shirt Day

Pink Shirt Day is an antibullying campaign that celebrates diversity and creates environments where all people can feel safe, valued and respected. Each year, workplaces, schools, organizations and individuals join the movement to make a stand against bullying.



We would like to extend a very warm welcome to our new neighbours!

Adrian Second Floor

Anna Fourth Floor

Doctor's Note

If your designated family physician is one of our visiting doctors, please book your appointments through Concierge. Please note this change: you will now need to sign the patient sign-up yourself.

Dr. Collins will be in February 1, 15, and 29 this month. If you are thinking of changing your family doctor to our visiting physician, ask Concierge to schedule a Meet & Greet with the doctor and you can both decide if your needs/care are a good fit.

In case of urgent care, there is a walk-in clinic in Creekside called Infinity Medical, as well as a Medicentres Family Care Clinic in Panorama Hills (across Stoney Trail) by Save On Foods and Rexall.

DID YOU KNOW?

Lunar New Year

In Chinese culture, each year is associated with an animal sign according to the Chinese zodiac cycle.

2024 is the year of the Dragon, specifically the Year of the Wood Dragon.

The Chinese Zodiac sign of the Dragon represents power, success, honor, and luck among the Chinese. You can see why many Chinese parents want to have children in Dragon years! Hopefully, the year of the Wood Dragon will be a creative and auspicious year of progress for everyone.

2024 is a year of Prosperity.



What is a leap year and how does it actually work?

A leap year is a year that contains an extra day, 29 February (that is a Thursday this year), making it 366 days long instead of the usual 365 days. This additional day is added to the calendar to keep it synchronised with the astronomical year, which is approximately 365.2422 days long. By adding an extra day every four years, we can compensate for the extra fractional day and keep the calendar year aligned.

Canasta card game

Canasta, a game of the Rummy family, was the most popular American game in the early 1950s.

We have a couple of groups playing this card game already but we are looking for more/new people to form a group of 4.

Are you interested in learning how to play this game? Please sign up at Concierge and we can contact you directly to figure out when and where to play together.





Announcements

Fire Drill Tuesday, February 6 at 1:30pm

Fire Drills are designed to help us identify response times and pinpoint areas of improvement in the event of a real emergency.

1. Do not “anticipate” the drill and come to the lobby before the alarm sounds. We all need to practice what would actually need to be done in an emergency.
2. When you hear the alarm, please go to the LOBBY if you are able or go to the nearest stairwell/exit to your suite and wait in the corridor.
3. Do not use the elevator.
4. Do not call the front desk as everyone will be participating in the drill.
5. Once we have been given an “ALL CLEAR”, the alarm will stop and you may return to your suites.



Did you know that you are welcome to have your guests stay over in your suite?

If your furniture (and your patience) can accommodate them, they're welcome to stay with you. If they are staying longer than a week, please let the Site Manager know. They will need to sign in and out as usual so we know the number of people in the building (in case of emergency).

Guest suites are available for rent for your guests if you cannot host them in your suite. Inquire at Concierge. Regular fees apply for guest meals or extra services that your guests may need.

Let's Talk About Dementia Alzheimer Calgary

Gain knowledge about dementia and understand the impact of dementia on the person and their care partners. We will discuss treatable factors, how to reduce your risk, normal age-related memory loss and services offered by Alzheimer Calgary.

Tuesday, February 27 6:30pm
Dining Room
Please sign up at Concierge

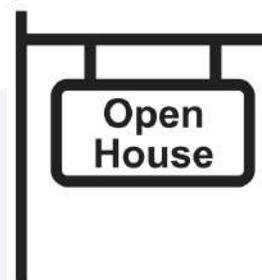


Resident Activities Photo Shoot

We have a professional photographer, Kelly, scheduled to come in on Saturday, February 17 from 10:00am—3:00pm.

We will schedule a number of activities in our amenities to try to get more “Lifestyle” photos for our brochures and ads.

Both seatings of lunch will be photographed so we will confirm your FOIP preferences on file—whether or not you'd want to be photographed. We will never publish a photo of you without your permission.



Next Open House: February 24, 2024, 10:00am-3:00pm

Month in Review







 The St. Andrew-Caledonian Society of Calgary
 The Calgary St. Andrew's Society was formed in 1916 to celebrate the feast day of St. Andrew. The Caledonian Society was formed in 1912 and held its first Highland Games in August 1913 at Victoria Park and the two societies were amalgamated in 1924. The St. Andrew-Caledonian Society of Calgary is an organization that supports Scottish cultural activities and assists those who participate in or perform Scottish cultural activity such as: Burns Supper, Highland Games, Tartan Day for the City of Calgary, Gaelic Language Classes, Golf Tournament, Dinner for the Homeless, Hogie Burns' Link, Scottish Country Dance, Kilted of the Tarans, Gaelic Choir, Scottish Country Dance Group, Pipe Band Drumming, Highland Games, St. Andrew's Ball, Gaelic Choir, Scottish Country Dance Group and Scottish Clan Societies.
 Celebrating Scottish Culture in Calgary for over a century.
www.standrewcaledonian.ca
www.calgaryscds.org



Marketing Update



Happy Valentine's Day!

February is a short month but not short on activity!

We're going to start an Ice Cream Social, where you get to build your own sundae! Come to the Bistro on Monday Feb 5 and Feb 19 to try out this new treat format.

We're going to try Drum Fit this month on Tuesdays. If it is as fun as it looks, it will stay on the exercise calendar.

Groundhog Day, Lunar New Year, Shrove Tuesday, Ash Wednesday, Mary Makuk's 100th birthday are all celebrations on February's calendar.

Charles and Mikee

Get 
\$1000

THE SUMMIT REFERRAL PROGRAM

Refer someone to Evanston Summit and after they have lived here for 90 days you will receive a cheque for \$1000.

Casey-Lee
HAIR AND MAKEUP ARTIST

TUESDAY - APPOINTMENT ONLY

WEDNESDAY - 9:00 AM - 2:00 PM

THURSDAY - 9:00 AM - 2:00 PM

FRIDAY - 9:00 AM - 3:00 PM

*CALL OR POP IN TO
BOOK AN APPOINTMENT*

403-923-2505



For special requests call us at
587-538-7511 or e-mail info.evs@covenantliving.ca



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