

# The Summit

April  
2024



Covenant Living  
Evanston Summit

## April Newsletter



March was full of music with the students from Kenneth D. Taylor singing to celebrate Mary's 100<sup>th</sup> & Carl's 101<sup>st</sup> birthdays! Martha's family came to lead a wonderful sing-along and resident Ellie's brother and his duo amazed us with their talented fiddle playing. The Horticultural Centre came to lead a workshop on how to create your own tropical planter. It was so popular that I added a 2<sup>nd</sup> session. We had our 2<sup>nd</sup> Alzheimer presentation that was well attended and we heard so much useful information. We introduced our first Travelogue on New York, New York with a performance by Paul Michael Stoia. If you haven't gotten your passport, it's not too late. Please see Mikee to get your photo taken and we look forward to all the travelogues we'll do in the future.

April is full of lots of great things to do like a violin recital and introduction to our Singing for Fun session with our very own Jennifer (housekeeping). We will head down to Okotoks to discover a popular vintage store and will enjoy some delicious treats and drinks at a unique coffee shop. You will also be able to go shopping here at Evanston Summit when "If the Shoe Fits" will be in. Make sure to pop by to check out their selection.

Now the tough part, please join me in saying "see you later" (not good-bye, as I'm sure we'll see each other again) on Friday, April 19<sup>th</sup> for a group photo at 2:00pm in the lobby and happy hour at 2:30pm. This will give me time to say farewell to each one of you and let you know how much you have touched my heart these past 5 years.

"How lucky am I to have something that makes saying goodbye so hard"  
-Winnie the Pooh

Victoria



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# Bus Schedule

Meet in the Lobby

Bus outing to for errands to Beacon Hills, Sage Hill and Creekside shopping areas

*Friday, April 5, 10:00am*

Bus outing to Ascension Catholic Parish mass

*Saturday, April 6, 4:15pm*

Bus outing to Okotoks for 94 Take the Cake coffee shop and vintage store

*Wednesday, April 10, 10:00am-1:00pm*

Bus outing to Cross Iron Mills and Casino

*Saturday, April 13, 10:00am - 1:00pm*



Bus outing to Ascension Catholic Parish mass

*Sunday, April 14, 9:15am*

Bus outing to Ascension Catholic Parish mass

*Saturday, April 20, 4:15pm*

Bus outing to for errands to Country Hills Michaels and Superstore

*Saturday, April 20, 10:00am*

Bus outing to Market Mall

*Saturday, April 26, 10:00am - 1:00pm*

Bus outing to Ascension Catholic Parish mass

*Sunday, April 28, 9:15am*

## Farewell, Victoria!

Please join us in the lobby on April 19 at 2:00 for a large group photo with Victoria. At 2:30, the Happy Hour will be a farewell theme.



## Entertainment Schedule



### Jerry Proppe

and birthday celebrations

Friday, April 5, 2:30pm (Dining room)

### McCool and the Fools

Friday, April 12, 6:30pm (Dining Room)

- April 2nd *Al*
- April 10th *Gwen*
- April 12th *Jeannette*
- April 15th *Arlene W*
- April 16th *Barb Z, Lil G*
- April 17th *Yvonne*
- April 18th *Fred*
- April 22nd *Harry Sali*
- April 27th *Shirley T*
- April 27th *Michael*



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

### **April Birthstone**

The April birthstone, **diamond**, is the hardest natural material on Earth—58 times harder than anything else naturally occurring. It has long been a symbol of eternal love, given as an engagement or wedding ring or as an anniversary present. For centuries, the diamond was thought to possess healing powers and provide clarity and balance.



### **April Birth Flower**

The April birth month flowers are the **daisy** and the **sweet pea**. The daisy stands for innocence, purity, and true love, while the sweet pea is a way to say goodbye, send good wishes, or merely convey a thank you.





## 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 April 11 and 25 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?**

### What's with the free flowers?

One of our residents has a daughter, Julie, that works at Calgary's flower wholesaler. Each week, they receive new flowers from the west coast to supply the city's florists. When the new flowers come in, unfortunately the old flowers are garbage to them. Julie fills a couple buckets of the discarded flowers and drives them over here to us. They're just as fresh as the ones you buy at the grocery stores but too old for the wholesaler to sell.

We appreciate Julie's volunteer time to bring these flowers over to us for residents enjoy.

### Flower Care Tips

Despite common belief, adding sugar, sprite, or vodka to the water vase does not prolong your flower life. While it does add some nutrients for the blooms, it actually encourages bacterial growth on the submerged stems and will shorten the flower's life. The best way to prolong the life of cut flowers is to trim the stems a bit and replace the water daily. Any leaves below the water level will rot so be sure to clear off any leaves on the lower stems.



## Wellness Update

This month we have two great sessions scheduled. Sign up at Concierge for the following:

### *Let's Talk Medication Management*

Tuesday, April 2nd at 1:30pm in the chapel, **Co-Op Pharmacy** will be here to discuss medication safety, interactions, medication review, blood work and much more.

### *Let's Talk Physio for Seniors*

Thursday, April 18 at 2:00pm in the Movement Studio. [6:25 PM] Novlette A. Ramsamugh

Energize Health will be on site to talk about the benefits of physiotherapy to also include Pelvic Floor Physiotherapy an effective solution for chronic pelvic pain, urinary incontinence, urgency, and frequency concerns.

Vestibular physiotherapy which can address Dizziness, Vertigo, Imbalance, Associated symptoms: nausea, headaches, fatigue, anxiety .

Stay tuned in May for another presentation on Green Sleeve/Advanced Directive and Canada Dental Benefits for Seniors.



## Hot Water Shut-Off **Important!**

The hot water for the entire building will be shut off on Wednesday, April 17 from 10:00am and 8:00pm.

Please plan ahead for showering and hot water use for that day.

# Announcements

## New Resident Council Members

A very warm welcome to our two newest Resident Council members, **Paul** and **Michael**.

Thank you for everyone who took the time to vote. It was a close one!



## Renters Insurance Rates

It is each tenant's responsibility to have renter's insurance for the contents of their suite and general liability.

We suggest that your rate for tenant's insurance should not be more than about \$200 annually (based on \$30k contents and \$2M liability).

Shop around and get the best rate you can!

We do not have affiliation with any insurance providers but we do recommend Marsh Insurance as they have a specific Seniors Tenant Program. Website: [Marsh.ca/SR30](http://Marsh.ca/SR30)

## Travelogue

Activities has started a new Passport activity! Get your photo taken and added to a paper Evanston Summit Passport. Each month, a destination will be the theme of specific entertainment or activities. Come collect your destination "passport stamp". At the end of the calendar year, you can verify your passport for prizes.

April's armchair destination will be Paris!



## Earth Day—April 22

Earth Day is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a *day of action* to change human behavior and create global, national and local policy changes.

Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and

## *In Memoriam*



*Diana Day*



*Jean Martenson*



*Harry Spies*



# Month in Review









# OPEN HOUSE

150 EVANSPARK MANOR NW



May 25 (Sat)



10:00am - 3:00pm



## ALL-INCLUSIVE ONE-BEDROOM SUITES

STARTING FROM \$3,480  
**SAVINGS OF UP TO \$9,000**

\*LIMITED AVAILABILITY



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Living in joy  
— BODY, MIND, AND SOUL

Get   
**\$1000**

Next Open House: May 25, 2024,  
10:00am-3:00pm



### 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 - 9:00am—2:00pm

WEDNESDAY - 9:30am—11:30am

THURSDAY - 9:00am—2:00pm

FRIDAY - 1:00pm—4:00pm

CALL OR POP IN TO  
BOOK AN APPOINTMENT

**403-923-2505**



Covenant Living  
Evanston Summit

For special requests call us at  
587-538-7511 or e-mail [info.evs@covenantliving.ca](mailto:info.evs@covenantliving.ca)



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