



MARTHA'S COMMUNITY CORNER

JANUARY 2025

A Message from your Site Manager

*Welcome January!
New month. New Year. New Chapter.
New Lessons. New Blessings.
New Beginnings. New Mindset.
New Focus. New Intention.
New Inspiration.
New Opportunities.
New Results.*



Welcome to Martha's House

Please give a warm welcome to Jock Carpenter have recently joined our Martha's House family.

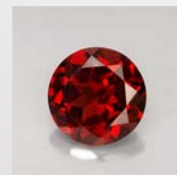
January Birthdays

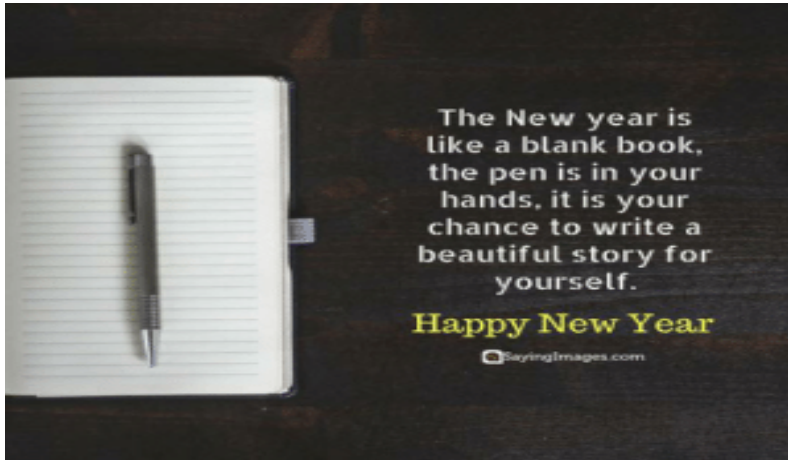
Happy Birthday to the following residents and staff:

January 1 – John Cicman
January 2 – Marie Moar
January 6 – Jim Long
January 10 – Sharon Mook
January 11 – Marlene Pittman
January 13 – Linda Tynan
January 16 – Owen Niehaus
January 25 – David Kress
January 27 – Maud McLean
January 31 – Edith Grieser

Staff Birthdays

January 1 – Fab Atem
January 3 – Dee Williamson
January 7 – Michelle Macdonald
January 7 – Frankie Saragaco
January 17 – Roberta Kostersky
January 30 – Kathy Shi





1. 4 Sisters 3 Brothers
2. The letter "M"
3. The Man's son

1. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
2. What comes once in a minute, twice in a moment, but never in a thousand years?
3. A man looks at a painting in a museum and says, "Brothers and sisters, I have none, but that man's father is my father's son." Who is in the painting?

Pajama & Hot Chocolate Social

On Wednesday, January 29th there will be a pajama and hot chocolate social. This will take place in the dining room at 7:00 pm. There will be hot chocolate and a snack for everyone to enjoy. For those that wish to spruce up their hot chocolate with a little something like Peppermint Schnapps or Baileys you may do so for \$4.00.

Here is a helpful hint for those of you who wake in the night.....

This 90-second rule could help prevent a fall or worse.

When you wake up to go to the bathroom, remain lying down for 30 seconds after waking up. Then sit in bed for 30 more seconds. Then lower your legs quietly and sit on the edge of the bed for another 30 seconds and only then get up to go to the bathroom.

By following these steps the chances are very good that you can avoid a fall due to rising too fast, regardless of age.



Keep Moving

It can be hard in the winter to stay motivated. But it is still extremely important to keep moving! Some great options are to walk the halls with a friend, take the time to stretch in your suite or join us for our Sit & Fit exercise classes Monday to Thursday at 8:15am and 9:05am in the activity room at the end of the hall across from the hair salon.

Site Manager Update

Happy 2025 Everyone!

Each month I will be providing important updates regarding projects occurring at Martha's House, updates regarding Covenant Care/Covenant Living, etc.

1. We will be continuing with the installation of the new emergency call system and administration phone system as of Monday, January 6, 2025. Announcements will be made on a regular basis updating all residents and staff in regards to what work will be done when.
2. I have made final submissions to the Covenant Foundation for grant requests for the 2025-2026 fiscal year. I have asked for two grants...a) School Lunch Program and b) a refresh of our front entrance – including a landscaping update, adding flag poles and flags, and enhanced lighting. Announcements regarding these foundation grant requests will be made in the spring.
3. Covenant Care/Covenant Living would like to extend a hearty welcome to Robyn Morris, our new Director of Quality, Practice & Education. Robyn will be based in Edmonton, but plans on visiting each of the sites on a regular basis.
4. Due to the success of continual meal service, a decision has been made to continue in the new year. Thank you for your cooperation with this change.

On a personal note, thank you to everyone for the well wishes, the beautiful homemade card, and the flowers while I was recovering from gall bladder surgery in early December. Your thoughtfulness cheered me immensely during my recovery.



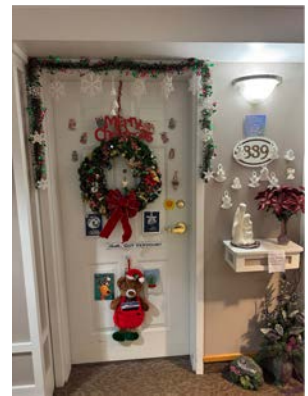
IMPORTANT REMINDER!

Please do not put loose shredded paper in the recycling bins. All shredded material **MUST** be bagged.

Thank you for your cooperation.

Christmas Door Decorating Contest

Here are the winners of our door decorating contest that was held during the month of December. There were so many beautifully decorated doors that it was really hard to pick three! Thank you to all for making our hallways look so festive.



Toonie Tuesday

Congratulations to May N. who won the December 2nd pot of \$125.50,
and Ellen B. who won the December 17th, pot of \$104.00

Thank you to everyone who participated!





Words from the Book Nooks!



Happy New Year!

We have a Brand-New Year to fill with lots of reading.



Each Floor has received 10 new books which have been placed in the three display areas. Please have a look.



Wow!!

We have just received a donation of 40 books. These will also, be distributed shortly. What a way to start the New Year.

Happy Reading!



Dates to Remember

Saturday 4th – EJ & Lena 2:00 pm

Tuesday 7th – Toonie Tuesday 10:30-2:00 pm

Wednesday 8th – Pedicures & Manicures 10:00 am

Wednesday 8th – Birthday Social 2:00 pm

Wednesday 8th – Doug & Friends

Thursday 9th – ST. Andrews Presbyterian Service 10:00 am

Saturday 11th – Water Color

Tuesday 14th – Resident Council 9:00 am

Wednesday 15th – London Drugs 12:45 pm

Wednesday 15th – “Just Us” 7:00 pm

Monday 20th – Robbie Burns Day – Norbridge Senior’s Centre 1:00pm

Tuesday 21st – Toonie Tuesday 10:30-2:00 pm

Tuesday 21st – Massage Students from College 1:00 – 3:00 pm

Wednesday 22nd – Casino 12:45 pm

Wednesday 22nd – Hank & Alvina 7:00 pm

Thursday 23rd – Facial Waxing 9:15 am

Saturday 25th – Water Color

Wednesday 29th – South Walmart 12:45 pm

Wednesday 29th – Hot Chocolate Social 7:00

Check your Calendar for more

Activities & Events