



Courtyard Terrace

September 2017 NEWSLETTER



Labour Day!

There is no denying we work hard for a living! Every September we celebrate the year long toil of all hard working citizens across the country and enjoy a well needed rest from the daily slog. A very, very, very good reason to have another Party! *Let's have some fun - is working at having fun, working?!?*

CT Events:

Labour Day Party

- Sept. 7th @ 2:30

Bob Collins will be here to help us celebrate all hard working British Columbians. *So come on down to the lounge and join us, as we start Sept. with a party! Get your dancing shoes on.*

Birthday Party - Sept. 19th @ 2:30

The Birthday Party will be on Tuesday this month and Heather Spinelli will be here to entertain! Join us as we celebrate the continued youth of September's VIPs with love, laughter and cake!

Concerts in Care Program

- Sept. 21st @ 3:00

The BC Care Providers Association are sponsoring The Health Arts Society "Concerts in Care" Program and they are performing for you! Don't miss *The Event of the Year* and join us for an afternoon of music and laughter. EVERYONE Welcome!

CT Business:

- The *Tenant /Chef Meeting* hosted by Michelle, Imelda & Pauline will take place on **Sept. 14th at 2:30 pm.**
- The *Wellness Clinic* on **Sept. 28th** will be hosted by the Gerry from SimpeQ Care. *Join us for an open conversation on the possibility of life after death!*

August Retrospective.

We celebrated the beauty, diversity and talent of our home province with a special visit from our long-term volunteer, Aishwi, as she show-cased some traditional Hindi dance for us. Everyone enjoyed the afternoon in laughter and friendship.

And then came the Birthday Party with a second performance by Caitlin Carhoun. The laughter and happiness flowing around the room was overwhelming and delightful. Thank you to all the family members who came to enjoy the afternoon with us.

Thank You to Jordan from The Medical Pharmacy for coming out last month to inform us all about the importance of Vit. D (the happy vitamin). Another Successful Wellness Clinic.

We were honoured to welcome Mary into the CT fold. "Welcome aboard Mary!" It is sure going to get interesting, energetic & creative with your energy added to the mix!

The mini Food Fair on the 25th and the Garage Sale on the 26th were both big draws and both extremely successful. Thank you to everyone who came out to support our vendors and our fund-raising efforts. Your presence, energy, help and donations were more than appreciated.

Sending out gratitude & love to All!

From all of US at CT

September Outings

Join Us If You Dare?



- Sept. 6th:** Back to Walmart at Queensborough
Lunch at McDonalds and shopping 'til your heart's content.
- Sept. 13th:** Pajo's Fish 'n Chips at Rocky Pt. Park, Port Moody
- Sept. 20th:** Buffet Lunch at The Villa Casino
- Sat. Sept. 30th:** Cloverdale Heritage Railway - Train Ride (\$10)
Coast Country Diner - Lunch (\$20)
**Must be able to transfer to a seat on the train. Times: TBA*

Outings cost 2 bus tickets for the Handy Dart ride there and back (\$5.70 or two 1-zone bus tickets) and whatever you spend on the trip (shopping at Walmart and/or Lunch). Come with us and get out of the house for a few hours.

If you wish to join the outings, you **must** sign up at the table in the lobby 8 days prior to the outing date by 5 pm & you **must** be a registered Handy Dart user. Only 1 wheelchair, 4 walkers and 5 ambulatory (able to walk without mobility aids) can be accommodated per outing. (If there is no wheelchair the bus can accommodate up to 6 riders with walkers and 4 ambulatory.)

Outings will be scheduled to leave between 10:15 - 10:45 am. Please be in the lobby and ready to go by 10:15 am - the Handy Dart will only wait for 4 minutes upon arrival.

Life after Life



Sarah Knapton, Science Correspondent for The Telegraph

Death is a depressingly inevitable consequence of life, but now scientists believe they may have found some light at the end of the tunnel. The largest ever medical study into near-death and out-of-body experiences has discovered that some awareness may continue even after the brain has shut down completely.

It is a controversial subject which has, until recently, been treated with widespread skepticism. But scientists at the University of Southampton have spent four years examining more than 2,000 people who suffered cardiac arrests at 15 hospitals in the UK, US and Austria. They found that nearly 40 per cent of people who survived described some kind of 'awareness' during the time when they were clinically dead before their hearts were restarted.

One man even recalled leaving his body entirely and watching his resuscitation from the corner of the room. Despite being unconscious and 'dead' for three minutes, the 57-year-old social worker from Southampton, recounted the actions of the nursing staff in detail and described the sound of the machines.

"We know the brain can't function when the heart has stopped beating," said Dr Sam Parnia, a former research fellow at Southampton University, now at the State University of New York, who led the study. "But in this case, conscious awareness appears to have continued for up to three minutes into the period when the heart wasn't beating, even though the brain typically shuts down within 20-30 seconds after the heart has stopped.

"The man described everything that had happened in the room, but importantly, he heard two beeps from a machine that makes a noise at three minute intervals. So we could time how long the experienced lasted for. "He seemed very credible and everything that he said had happened to him had actually happened." Of 2,060 cardiac arrest patients studied, 330 survived and of 140 surveyed, 39 per cent said they had experienced some kind of awareness while being resuscitated.

In The News

Courtyard Terrace News



- **ALTERNATE MEALS, MENUS, OUTINGS:** A table has been set up in the front lobby (beside the store) on which copies of the weekly menu, the monthly calendars, the suggestion/complaints form, the alternate meal request form and the sign up sheets for all outings are placed. *Help yourself, your independence is important to us!*
- **Prevention:** Remember frequent hand washing is still your best prevention, even in summer. Sneeze or clear your nasal passages into a Kleenex then throw the Kleenex away safely. If you feel sick, please see your doctor. Rest, heal and take good care of yourself. *You are important and you are needed, so please take care of YOU!*
- **Join Wii Bowling on Mondays and Trivia on Tuesday mornings** after exercises *at 11:15 am in the lounge. Let's get our groove on and our minds moving.*
- **REMINDER TO ALL TENANTS & GUESTS:** Please sign in and sign out every time you are entering or leaving the building & please don't let anyone into the building that you don't know.
- **SAFETY REMINDER TO ALL TENANTS & GUESTS:** Please do NOT dispose of broken glass, sharp objects or needles in your regular garbage. Please request help from the staff to safely dispose of these items. All needles must be disposed off in a needle container obtained from your pharmacy.
- **DINNER/LUNCH GUESTS:** If you have guests coming for lunch or dinner please let the kitchen know ahead of time in order to make sure that your guests can be accommodated. Please provide at least 1 hour notice if you have only 1 extra guest and 4 hours notice if you have more than one guest. You can purchase meal tickets from the care manager.

Grateful

Something to contemplate . . .



"Thank You for being you."

Pauline Leahy

Meal Service Table Schedule

Order of Meal Service



The tables listed will be served first on the specified day:

Monday:	Table 1 & 6	Friday:	Table 5 & 10
Tuesday:	Table 2 & 7	Saturday:	Table 13 & 11
Wednesday:	Table 3 & 8	Sunday:	Table 14 & 12
Thursday:	Table 4 & 9		

CT Business

ALERTING ALL TENANTS



THANKSGIVING FAMILY DINNER

- **Fri. October 6th at 5 pm.** The annual *Thanksgiving Family Dinner* will take place on Friday, Oct. 6th in the lounge. Serving will begin promptly at 5 pm. Please join us for this popular event. Seating is open until September 25th at 5 pm. Make sure you don't miss this delicious traditional Turkey Dinner with all the trimmings and book your ticket soon. Adults \$15/ Children under 12 \$10/Tenants: Free.

- **50-50 DRAW** tickets are now on sale for this month's Draw. The winning ticket will be drawn **at Dinner on the 28th.** *You Are the Winner. Imagine It. Believe It. Make it happen!*

*Are You
Ready to
WIN?*

YOU could be next!
1 ticket for \$1
3 for \$2, 7 for \$5
20 for \$10

- **THE STORE** is set up in the front lobby - prices are marked! Everything you need and more. Rec. and the LPN in charge have the key. All proceeds go toward events & parties. Coffee, Soap, Laundry, Depends, Choc, Coffee Mugs, etc.

- **THE RECREATION BOTTLE DRIVE:** is a continued success and adds approximately \$20.00 a month toward the cost of supplies, goodies and treats. Keep 'em coming.
- If you wish to join an outing, **PLEASE SIGN UP** for the outing **8 days in advance.** Last minute additions cannot be made.
- **DONATIONS** are gratefully accepted for store supplies, activity supplies and event boosters. No donation is too small whether in the form of time, energy or goods.
- **HALL DISPLAY:** We are decorating the halls with all our in-house pictures. Jan-June will be displayed throughout the east hall; while, July-Dec is displayed through the west hall. *Check it out and tell us what you think!*
- **SUBMISSIONS** keep your submission coming. This Newsletter is your voice and we want you to speak up loud and clear. Please have your submissions to the front desk by September 15th. All submissions will be accepted.
- **YOUR VOICE. YOUR IDEAS.** Let's hear them . . . ALL OF THEM!