



SORRENTO SCOOP

Monthly Newsletter



Welcome to Sorrento!

Where life awaits you...



Life at Sorrento is about spending time with family, making new connections and looking forward to new possibilities. Read about all the fun details inside this newsletter.



Community BBQ

We would like to thank everyone for attending our Community BBQ in honour of our first responders.

We hope you had fun, and we look forward to seeing everyone again at next year's Community BBQ.

We truly appreciate everyone's support & dedication.



What's Happening

At Sorrento there is always great food new friends and new experiences to enjoy.



Message from Executive Director

Dear Residents,

It feels like yesterday that we wrote about October and almost immediately, we are heading into a new month. I am so excited to be a part of this beautiful month of November. The fall especially, ushers in a different atmosphere. The beautiful colours of the trees and surroundings remind us of how blessed we are and how much beauty surrounds us every day. I try every day to go out for a short while just to inhale the fresh air and enjoy the beauty of creation.

At Sorrento, our joy is to ensure that our happiness as employees is seen in the service we provide. As we enter the winter months, we will forget the cold and snow, but will focus on the beauty that will be created within our home. Our theme for this period is “Winter Wonderland” and our decoration will reflect our theme. We all hope you will have as much fun as we plan to have. Together, let us keep our winter warm.

Sincerely

Ernest Chambi
Executive Director



Message from Director of Recreation

Dear Residents,

November is Fall Prevention Month

Seniors who fall once are two to three times more likely to fall again. Older Canadians are more likely to suffer an injury from a fall than the rest of the population. Falls are a leading cause of accidental death for older adults, the most common cause of ER visits and cause 95% of all hip fractures.

Preventing falls is important to staying independent. Falls do not have to be a part of aging. The choices you make can keep you healthy and independent. It is never too late to start.

Here are some tips for keeping you healthy & independent at any age:

Stay strong & Keep active

Be active every day to improve your endurance, strength, balance and flexibility. Focus on exercises that build balance and leg strength. Take an exercise class offered at Sorrento.

Be safe

Take your time and don't rush. When getting out of a chair or bed, sit then stand. Give your body time to adjust. Wear shoes with low heels and non-slip soles. Use ice grippers on your shoes in winter. Use walkers, canes and assistive devices as recommended. Make sure they are in good repair and are a correct fit.

Light your way

As you get older you need brighter lights to see well. Put nightlights with sensors in bathrooms and hallways. Increase the wattage of your lightbulbs. Keep walkways and stairs well lit.

Modify your suite

Grab bars in bathrooms are important. Install one vertical grab bar at the entrance of your tub, shower and next to the toilet. A second grab bar should be placed along the back wall of your tub/shower unit.

Take care

Have your medications reviewed by a pharmacist. Get your eyes checked at least once a year and update your glasses.

Eat well

Eat at least 7 vegetables and fruits a day. Don't forget to add meat and alternatives like fish, eggs, beans and lentils often. Try to drink 9-12 cups of fluid each day.

See your doctor

Have a check-up after a fall, or if you are having problems with balance or dizziness. See your doctor if you have trouble getting out of a chair, climbing stairs or walking.

Sincerely,

Teresa Harrington, Director of Recreation

Upcoming Events



November 1st Resident Information Meeting @ 10am

November 1st Ink Drawing w/ Oil Roughing 5 week class @ 2pm

November 2nd 5 Ingredient All Natural PB Cookies @ 2pm

November 5th DIY~Donut Decorating @ 2pm

November 9th Alzheimer's 101 presented by Alzheimer's Society @ 2pm

November 10th Afternoon Entertainment w/ Marcus @ 2pm

November 11th Canada's Growing Pains presentation w/Lianne Harris @ 2:30pm

November 12th Taste of Autumn @ 7pm

November 16th Homemade Truffle Cake @ 2pm

November 17th Henna Tattoos @ 1:30pm

November 18th Homemade Guacamole @ 2pm

November 23rd Battle of Vimy Ridge presentation @ 2pm

November 24th Afternoon Entertainment w/ Silvio @ 2pm

November 25th DIY~Face Masks w/ Merav @ 2pm

November 26th Travelogue: London (United Kingdom) @ 2pm

November 27th Makeover & Photoshoot @ 2pm

November 30th Cider Tasting @ 2pm

Sign up required for all above listed events*

For more information, please contact Teresa, Director of Recreation

