



NEWSLETTER

We Take Care to Heart

SUMMER 2010

With summer here things at Monterey Place start to Sizzle!



I was very proud of my new yellow jacket until staff decided to find as many items as possible that matched it, including the yellow edging strips on the stairs, now I'm not so sure.....!

On a more serious note, we recently held our 10th Anniversary Gala, which was a big success and enjoyed by Residents and staff alike. Celebrating with us were two Residents who have lived at Monterey Place for 10 years, Christine and Betty, and 10 staff who have worked here for 10 years. We also completed the evening with 10 surprise draws for those staff who attended the Gala for a two night stay in Canmore. Monterey Place staff members have accepted a challenge to complete a 30 person Big Bike Ride (all on one bike) in September. Staff members are hoping to raise \$3000 which will be donated to the Heart & Stroke Foundation. If any Residents or family members would like to support us, please see Sonya in Marketing.

The Monterey Place Cookbook is printed and is now available at reception for \$10. One dollar from each cookbook sold will go to the Heart & Stroke Foundation. Many of the recipes in the cookbook are from Residents, family, and staff. We would like to thank everyone who gave us recipes to make this book so special.

Enjoy the rest of the summer and enjoy as many of the outdoor activities as you are able with Lifestyles.



Photo: Betty, Christine

- Ellie Bromley
Operations Manager

A travelling Dental Clinic (Smile Dental Clinic) has been coming to Monterey Place every other month. They provide a variety of services which are covered by Alberta Health Care. If you are interested, we have the Smile Dental Clinic forms available on the main floor. The next clinic will be in September.

Upcoming Events:

The next Resident-Family Meeting will be held on Friday September 17th at 2pm. Because September is National Arthritis Month, we will have a guest speaker from the Arthritis Society.

Monterey Place is hosting Personal Touch Fashions on August 18th from 9am-11am. Personal Touch Fashions will bring a variety of clothing lines. Residents can enjoy shopping right here at Monterey! Please contact the Lifestyles Department if you have any questions.



Photo: Mumtaz, Sadhna, Saveeta, Jill, Rebecca, Josephine, Donna, Rose B

Monterey Place 10th Year Anniversary Celebration

On June 2nd, our 10th Anniversary Party was enjoyed by Residents, Family and Staff. The building looked particularly festive with the lovely black and white décor which was the theme for this gala event. The evening commenced with a delectable roast beef or chicken dinner which was prepared and served to Residents by our Food Services team. Family and staff joined in later for the festivities. Wine and cheese, punch, and other delicious appetizers were served. To commemorate our 10th year anniversary, Residents, Betty Clayton and Christine McHenry did the honors of cutting the cake.

A slide show was presented which paid tribute to Residents during the last 10 years. We enjoyed music by the barber shop quartet "Four N Affair" which made their rounds during the evening. Special guests, Jim Biblow and Aziz Dedhar attended. Mr. Biblow recognized Residents and staff for their ongoing contributions and support. A special gift was presented to the Residents and Staff who have been with us for 10 years.

The management team at Monterey has received very positive feedback on this event so we're already talking about doing something special again next year. Thanks to all those who attended! And thanks to all staff for all your hard work to make this event so special.



Photo: Jewel, Eva, Tony, Bev, Riny

Tips for Summer Sun Safety



Although we need the sun to get our Vitamin D, we need sun safety because harmful rays from the sun can cause eye problems, weaken our immune system, cause sunburns, skin spots or skin cancer. We can protect ourselves from the sun's harmful rays by doing the following:

1. Stay out of the sunlight between 11am and 4 pm as this is when the sun's rays are the strongest.
2. Cover yourself: Wear long pants, sleeves and a wide brimmed hat.
3. Use a sunscreen that has a SPF (Sun Protection Factor) of 15 or more; sunscreen should say "broad-spectrum" (protects against UVA and UVB rays) on the label and be water resistant or waterproof. Put on your sunscreen 20 minutes before going out into the sun and reapply your sunscreen every 2 hours while in the sun.
4. Wear sunglasses that wrap around your face and have a UVA and UVB protection of 100%
5. Review your medications with a health care professional because some medications may increase your sensitivity to the sun.
6. Check your cosmetic ingredients. Cosmetics with alphahydroxy acids (AHA's) can also increase your sensitivity to the sun.
7. Remember to keep hydrated. Sitting in the sun or heat can cause dehydration so remember to drink extra fluids.
8. If you have questions on Sun Safety contact your Health Care Professional.

Use the Health Canada's Sun Safety Motto: "Cap it, Shade it, Drink it and Screen it"

(Health Canada: Sun Safety Basics; Health Canada: Sun Safety, Safety Tips; FDA Consumer Health Information: Sun Safety Save Your Skin!)



Smiles at the Gala!
Photo: Mary Bell

Monterey Mothers take a walk down our Residence Runway

Four of our lovely Residents and Tony from Maintenance participated in our Mothers Day Fashion Show. Walking the Runway in style left smiles on everyone's faces!

Stampede BBQ

Ya Hoo! The sun shone brightly on our Annual Stampede BBQ on July 9th. Residents and Family Members enjoyed tasty vittles cooked up and served by the Food Services Team. Music was provided by 'Sox and Sax' and 'Loonie Toon the Clown' entertained the young at heart. Special thanks to the Staff and Volunteers who helped make this a great success.



Photo: Larry (hardworking volunteer!)

A COWBOY RODE INTO TOWN.....

A cowboy rode into town and stopped at the saloon for a drink. Unfortunately, the locals always had a habit of picking on newcomers. When he finished, he found his horse had been stolen.

He comes back into the bar, handily flips his gun into the air, catches it above his head without even looking and fires a shot into the ceiling. "Who stole my horse?" he yelled with surprising forcefulness.

No one answered.

"I'm gonna have another beer and if my horse ain't back outside by the time I'm finished, I'm gonna do what I dun back in Texas and I don't want to have to do what I dun back in Texas!"

Some of the locals shifted restlessly.

He had another beer, walked outside, and his horse was back! He saddled up and started to ride out of town.

The bartender wandered out of the bar and asked, "Say partner, what happened in Texas?"

The cowboy turned back and said, "I had to walk home!"