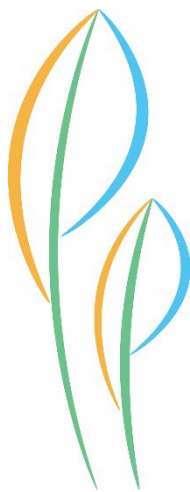


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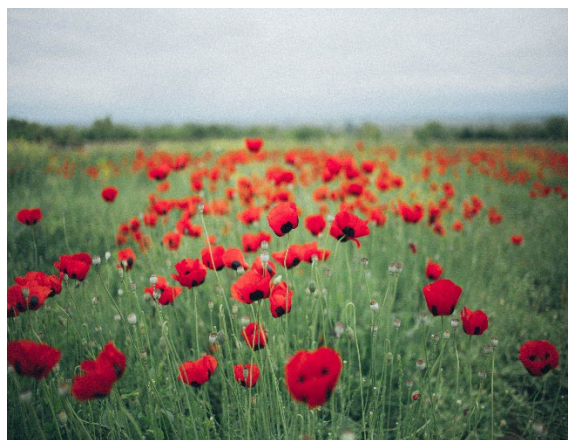


PEARSON PLACE

A Vibrant Community

Issue #14
November
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November 2022

11th - Remembrance Day

We honor those who have served our country

A Word From Alex

Hello to you all! I'd like to start by saying how much of a pleasure it has been meeting those of you that I have over the last month. I look forward to continuing this in the months to come and encourage anyone to reach out if you would like to chat.

As the weather starts to cool off and predictions of white fluff begin to stir, we are buckling down to come up with indoor activities and events for our residents. Please refer to the Recreation section of the newsletter for any donation needs and the calendar for upcoming events. We are more than willing to accept family volunteers if you are interested in being involved in a particular event, so please reach out to myself or Mackenzie if anything tickles your fancy.

Lastly I just want to say thank you to all the family's, ECP's, and resident's for welcoming me into their community and lives in this new role. I believe to my core that Pearson Place will be a bustling, joy-filled community for all and am striving to help make that happen anyway I can. Please bring any concerns, questions, or feedback to me as this process continues!

Pearson Place Community News

Our recreation team has grown and we are excited to introduce you to them. Pictured on the next page, our Rec Aide Michelle Kelso is joined by new ECPs Recreation coordinator Alex Jones and Rec Aide Chelsea Walter. They each bring something different to the table and we are looking forward to all the things this dynamic team will bring to our Community.

Alex grew up in Beaverlodge and still resides there today with her husband and their 3 boys. Life is busy but she would not have it any other way. When not at the hockey arena you can find them camping or river boating. Alex worked as a medical office assistant for 5 years before joining Pearson Place and is excited for this new adventure in recreation.

Chelsea is a Peace Country girl and currently lives on a farm outside of Hythe with her husband and 3 children. Chelsea is outgoing and she is just what we need here at Pearson Place. In her spare time she enjoys boating, snowboarding, and hanging out with her kids. Fun fact about Chelsea, she is also a certified personal trainer!

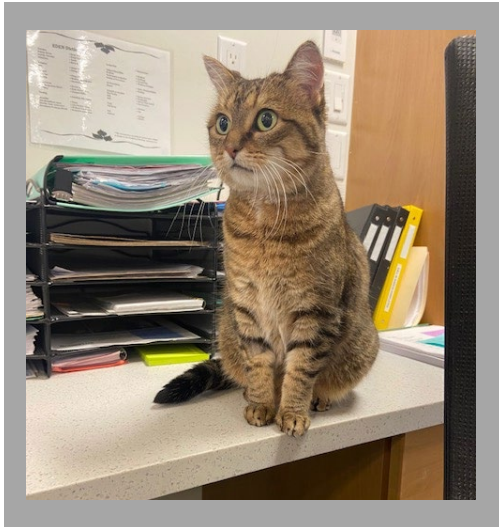
You may have seen Michelle around - she has been an ECP here at Pearson Place since July. She lives in Beaverlodge with her husband and their many fur children. Michelle loves getting to know the residents by spending quality one on one time with them and learning about their lives.

Our Furriest Care Partner

Meet Zeeley! She is here on a foster to adopt basis with Bandaged Paws. This means she will live in the Community for a time and if she loves it (we truly hope she does) then she will be adopted by Pearson Place and have a permanent home here with our residents.

Zeeley has been with us for about 3 weeks and our residents and Employee Care Partners have been eagerly sharing in her overall care.

Loving companionship is helpful in reducing loneliness in our residents and providing care to another living thing whether plant, animal, or human - contributes to reducing the feeling of helplessness. Zeeley is enriching our Community in so many ways.



What's Happening in Recreation

Our recreation team is working hard to create enjoyable and memorable experiences for our residents. We have a lot of new ideas and are looking forward to bringing our residents, family members and community members together.

A glimpse of November:

We are fortunate to have the Hythe Legion coming to Pearson Place on Thursday, November 10 for a Remembrance Day service. This will be held in the communal area on the main floor.

We are also planning a trip to the Festival of Trees on November 25 in Grande Prairie. What better way to get into the Christmas spirit! It would be wonderful to have some family members volunteer to join us, so if you are interested please reach out!

Speaking of Christmas, we are accepting donations of Christmas décor and decorations. This will be our first Christmas at Pearson Place and we really want to make it special for our residents. If you have anything you would like to donate it would be appreciated.

Donations of year-round items are also being accepted. A few things we are currently looking for are playing cards, board games, checkers, crokinole board, craft supplies, adult coloring books, seasonal décor, vinyl records, and crib boards. A crib tournament is in the works and we would love to have our friends from the Pioneer home over to play!

We are looking forward to what this month will bring, if you have any questions or suggestions for us, please feel free to reach out.

Michelle, Alex, and Chelsea

Recreation Team



Wellness tip, did you know?

This month we are putting special focus onto hydration. According to CNN Health article from September 2017, drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Our kidneys and liver work hard to get rid of toxins in our bodies and they depend on water to do their job. Additionally, if you suffer from migraines, studies show that a lack of fluids might easily trigger an episode. Headaches are also likely to last longer if you're low on fluids. Dehydration can leave you unable to concentrate, cause short-term memory problems, and leave you feeling both moody and anxious.

To assist in our efforts of making sure all residents are well hydrated, we are encouraging families to bring in a special cup or mug for their loved ones to use at our flavored water stations.

Slow-cooker Spiced Apple Cider
CountryLiving.com

64 oz. apple cider
6 chai tea bags
2 Cinnamon sticks
1 vanilla bean, split
1/4 c. lemon juice
Apple slices, for serving
Cinnamon sticks, for serving



DIRECTIONS

Combine apple cider, chai tea bags, cinnamon sticks, and vanilla bean in slow cooker. Cook on low 3 to 4 hours. Discard tea bags; stir in lemon juice. Serve warm with apple slices and cinnamon stick.

Pearson Place has a Facebook page!
Just search Pearson Place, then like and follow to receive updates on the Community.

We're hiring!

We are creating the best place to work and live. Join us in making this a reality!

What are the opportunities?

- **Licensed Practical Nurses:** Assesses care needs and provides care and treatment.
- **Health Care Aides:** Provides light hospitality, personal care and daily living services ensuring resident needs are met according to their preferences.
- **Care Aides:** Supports residents and the care team by providing services including personal care, activities of daily living, laundry, housekeeping, and recreational and leisure activities where applicable.
- **Hospitality Aides:** Plays a pivotal role in making the dining, social, housekeeping, laundry and recreational experiences within our Community filled with meaning memory, and relationships.

We pride ourselves on providing growth opportunities for caring people who would like an opportunity to become a Health Care Aide. To find out more about this great "first step into Nursing", please contact gm.hythe@connectingcare.ca