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PEARSON PLACE

A Vibrant Community

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October 2022

- 1st - National Seniors Day
- 4th-5th - Yom Kippur
- 5th - World Teachers Day
- 10th - Thanksgiving & World Mental Health Day
- 31st - Halloween

What is the best way to stuff a turkey?
Serve him lots of pizza and ice cream!

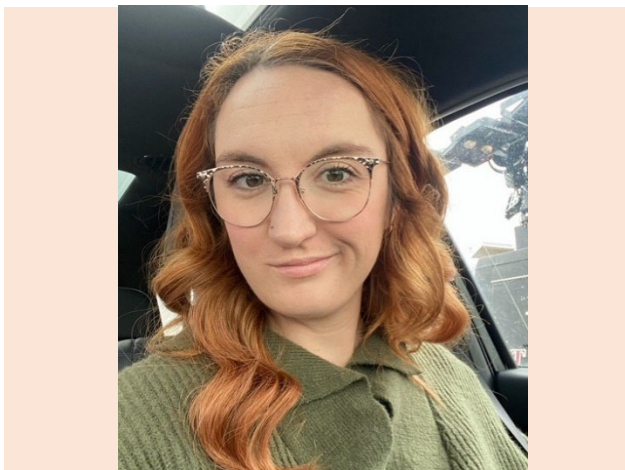
Pearson Place ECP Recognition

Thank you to the following Employee Care Partners who have been with us since the very start (6 months!) and have worked hard every step of the way, your hard work and dedication is appreciated

Terry, Ramanpreet, Mackenzie, Jade, Ivy, Heather A, Gerald, Emma H

Pearson Place Community News

You may remember we had introduced Alex Molitowsky last month as our new community educator - well her hard work and passion for Pearson Place were obvious and she excelled in the role, making a home for herself here. That being said, we are proud to announce that Alex has accepted the position of general manager for our community! We are excited to be working with you, Alex and look forward to what the future holds.



A Word From Alex....

Hello! Some of you may be familiar with me as I've been a part of the Pearson Place Community for over a month now as the Educator. If you haven't met me yet, I look forward to interacting with you as I move forward in this new role! My medical background is that of a Registered Nurse and I come from an acute care background in both Beaverlodge and Grande Prairie hospitals. I was born and raised in the area and as such I feel deep ties to the rural community and those who call it home. I can't wait to help Pearson Place continue to adapt to meet the needs of the larger community while simultaneously meeting the needs of the residents who call it home. I believe we are assembling a team that's invested in growing, learning, and enriching Pearson Place - I'm thrilled to be a part of the journey!

After two mild years, Alberta could face severe flu season

Calgary Herald September 11, 2022

The past two years have seen nearly non-existent flu seasons as circulation of the flu declined amid the pandemic. This year, experts are warning that a "perfect storm of factors" could lead to a severe influenza season this winter helped along by eased public health measures, messaging, and lessened population immunity. These concerns are heightened by the current situation in Australia, which has their flu season earlier than we do. Currently, confirmed flu cases in Australia are about triple the nearly average, and in New Zealand flu hospitalizations are at a 7-year high. The flu vaccine is not yet available in Alberta, with the province's annual immunization campaign scheduled to start in mid-October. Last year less than 27% of Albertans got a flu shot. This year, experts are encouraging people to think beyond themselves when considering getting the shot, with pharmacist Brian Jones saying "Most of us in our lives, we've got vulnerable people around us. We've got grandparents, we've got immunocompromised people, we've got people with asthma or other lung conditions, people who are going through chemotherapy. We could come across these people and not even realize it, just in our regular day. So, it's a do-for-others mentality that I would strongly urge for people."

Garden Party and Tulip Planting

Late September saw a few days of unseasonably warm weather and we were thrilled to be able to host a small spur of the moment garden party for residents, family members and ECP. With the help of our residents and lots of very good gardening tips, we planted tulip bulbs in our remaining garden plot in the courtyard. Mackenzie served up some fruit, cookies and punch from the kitchen while Dana, Alex and Shannon really got their hands (and shoes) dirty! We are already looking forward to spring!!



Flu Vaccination Information

Pearson Place will be hosting a Flu vaccination clinic for our residents mid-October, final date to be announced. The 2022 - 2023 AHS Influenza Immunization Program will begin for all Albertans six months of age and older mid October 2022. AHS is focusing immunization efforts on those at greatest risk of influenza who are unable to access influenza vaccine through pharmacists, physicians or other community providers. Individuals five years of age and older are encouraged to get immunized at their local pharmacy or physician's office. Please call ahead to your pharmacy or physician office to confirm if they will be offering influenza vaccine in the 2022-2023 season. Getting your influenza immunization every season – and as early in each season as possible – is the single most effective way to arm yourself against influenza. All Albertans six months of age & older should be immunized each season. No matter how healthy you are now, without immunization, you are at risk. Why chance it? This information and more at www.ahs.ca/influenza

Wellness tip, did you know?

It is the season for all things pumpkin! This delicious squash is packed full of vitamins such as Vitamin A, E, C, K, and B6 these vitamins are helpful to your eye, skin, muscles, immunity and energy levels. Also packed with fiber and potassium, eating pumpkin can aide in weight loss and weight management, help regulate blood pressure and keep the heart in good health. And don't toss those seeds from your Halloween jack-o-lantern, roast them for a delicious crunchy snack. They contain antioxidants like carotenoids and vitamin E that help reduce inflammation and protect your cells from harmful free radicals.

So many great reasons to add the humble pumpkin to your fall menu.

Roasted Pumpkin Apple Soup – aseasyasapplepie.com

Ingredients

1 lb. (450 g) pumpkin	1 Granny Smith apple cored, and quartered
1 medium onion quartered	2 cloves garlic
1 tablespoon olive oil	¼ teaspoon cayenne more to taste
1¼ cup (300 ml) vegetable stock	Salt and black pepper to taste

pomegranate arils, pumpkin seeds, and fresh parsley finely chopped

Preheat the oven to 392°F (200°C). Line a large baking sheet with parchment paper.

Cut the pumpkin in half lengthways and scoop out the seeds. Then, slice each pumpkin half in half again to make quarters and place, cut side up, on a baking tray, along with the onion. Drizzle with olive oil and sprinkle with salt. Bake for 20 minutes, then add the garlic and apple, flip the pumpkin cut side down and roast for another for 20 minutes, or until the flesh is soft. Use a spoon to carefully scoop out the flesh of the pumpkin (discarding the skin) and transfer to a high-speed blender along with the apple, onion, garlic (remove the skins), cayenne, vegetable stock. Blend on high for 2 minutes, or until silky smooth. If it's too thick, add a bit of vegetable stock to thin it out and blend again. Taste and adjust seasonings. To serve, ladle the soup into bowls and top with pomegranate arils, pumpkin seeds, fresh parsley and freshly ground black pepper.



Mackenzie and Alex were our Pearson Place ambassadors at the TARA Centre job fair September 15, they met so many awesome people and even had a few applications come in! They were giving out swag and candy, one lucky winner even got to take home the gift basket pictured to the right.

A job (fair) well done Mackenzie and Alex!



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 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