

November 2020

Wellesley Times

Wellesley Central Place – 160 Wellesley Street East, Toronto, ON



Celebrating November

Page 1

A letter from the Manager of Programs & Volunteer Services

Page 2

Hand Hygiene, Independent Leisure Activities & Face to Family Program

Page 3

Welcome to the Re kai Family, October Birthdays, In Memory Of

Page 4

Hair Salon Information

Page 5

Burlodge Project

Page 6-9

November Fun Pack!

A Letter from the Manager of Programs & Volunteer Services

Hello Everyone,

Here are a few updates from the Life Enrichment Department...

Visits with Loved Ones:

Virtual visits are now being scheduled for all residents and their loved ones. Please contact Kayla or any member of the Life Enrichment Team if you are interested in scheduling a visit.

Programs & Outing Update:

During this time, all large group programs, outings, special events and community events are cancelled. Virtual community events may be available. 1:1 recreation programs will be provided to all residents. Small group programs have also begun. We are limiting groups to 3-5 residents so we can maintain physical distancing. If you are interested in any program on the calendar, please talk to the recreation team member on your floor.

Residents Council Update:

Residents Council executive members and floor representatives will meet this month for a socially distanced meeting on November 10th at 10:30am in the Chapel.

The Holidays at Re kai:

Though we are unable to celebrate as we normally do at the Re kai Centres, we want to make sure the holidays are still a special time for all. Exciting announcements to be made soon regarding the Holidays.... Stay Tuned!

Kayla Johnston
Manager of Programs & Volunteer Services

Hand Hygiene

Hands carry & spread germs. Touching your eyes, nose or mouth without cleaning your hands or sneezing/coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through good hygiene practice is one of the most important steps to avoid getting sick and spreading germs.

Follow these steps for perfectly clean hands:

1. Wet hands.
2. Apply soap.
3. Lather for 15 seconds, Rub between fingers, back of hands, fingertips, under nails. Don't forget your thumbs!
4. Rinse well under running water.
5. Dry hands well with paper towel.
6. Turn taps off with paper towel if available.



Independent Leisure Activities

Looking for something to help occupy your time during this quarantine?? Look no further! The Recreation Department is here with all of your leisure needs! If you need supplies – just let your recreation team know!

Here are some ideas of leisure activities you can enjoy independently:

- Watch your favourite TV show
- Read a magazine
- Do a crossword puzzle
- Do some light stretches
- Call your family or friends
- Read a book
- Do a sudoku puzzle
- Listen to some of your favourite tunes
- Colour or draw
- Write a letter
- Watch a movie
- Write a poem
- Give thanks!
- Meditate
- Listen to an audiobook
- Write a story

Face to Family Program

The Recreation Department has implemented the Face to Family program to help you keep in touch with your family or friends during this time!

We use iPads that allow you to see your loved ones in real time! Similar to a talking over the phone – but you are able to see the person also!

If you are not already using this service, please let Maria, Danielle, Millie or Kayla know so they can help get you started!



FaceTime

Welcome to the Re kai Family...

Negivan A.
Ida L.
Estrellita T.
Beatrice W.



November Birthday's

Happy Birthday to you....

Margaret A.
Tai-Sun C.
John H.
Helen I .
Christopher J .
Martin M.
William P.
Anthony P.
John Paul S.
James S.
Doug W.

*In Loving
Memory*

*William P.
David W.
Gabriella O.
Ronald G.*

Rolda & Owen Unisex Hair Salon & Spa

Wellesley Central Place Hair Styling Services Rendered at the Salon

Shampoo	Price	HST	Total
Regular shampoo and style	\$50.00	\$6.50	\$56.50
Cut, regular shampoo and style	\$60.00	\$7.80	\$67.80
Cut with Regular Shampoo & Mousse	\$35.00	\$4.55	\$39.55
Cut only no shampoo	\$30.00	\$3.90	\$33.90

Treatments (Extra)

Cream rinse	\$5.00	\$0.65	\$5.65
Anti Dandruff Shampoo	\$3.00	\$0.39	\$3.39
Damaged Hair Matrix	\$8.00	\$1.04	\$9.04

Colour Services

Colour Rinse (only)	\$6.00	\$0.78	\$6.78
Colour Set with Regular Shampoo	\$65.00	\$8.45	\$73.45
Colour,Cut with regular Shampoo &Style	\$70.00	\$9.10	\$79.10

THE BURLODGE PROJECT!

Meal service is often one of the most anticipated times at long term care facilities. Residents look forward to a healthy, delicious meal – served with confidence. The Burlodge project will focus on how the experience will increase resident food intake by targeting the olfactory receptors of the residents as we have observed that the sense of smell is a leading factor leading to increase intake in residents.

The Burlodge project in co-operation with Compass Group Canada, understands that a meal can brighten a day, encourage a smile and truly make a difference – each and every day.

The project will be in cycle from November 3rd 2020 to December 1st 2020. The data collected from this project will be implemented in the Cherry Long Term Care Project.





Fall Word Search



ACORN
APPLE
FALL
JACKET

LEAF
PUMPKIN
RAKE
SCHOOL



Sudoku Puzzle 1

	4	9				2		3
	2	6		8				5
	7		9					1
			1					
6	8							9
7		2		5				
			4					8
8				6		9		4
	3		7					

Sudoku Puzzle 2

	9			4		8		
	4				9		6	
					1	7	9	
	6					3	1	
							7	
8		5		2				
9	7					1		
	1	6	3			9	2	
5								

Answers - Sudoku Puzzle 1

5	4	9	6	7	1	2	8	3
1	2	6	3	8	4	7	9	5
3	7	8	9	2	5	6	4	1
4	5	3	1	9	6	8	2	7
6	8	1	2	4	7	3	5	9
7	9	2	8	5	3	4	1	6
2	6	5	4	3	9	1	7	8
8	1	7	5	6	2	9	3	4
9	3	4	7	1	8	5	6	2

Answers – Sudoku Puzzle 2

6	9	1	7	4	2	8	5	3
3	4	7	5	8	9	2	6	1
2	5	8	6	3	1	7	9	4
7	6	4	8	9	5	3	1	2
1	2	9	4	6	3	5	7	8
8	3	5	1	2	7	6	4	9
9	7	3	2	5	4	1	8	6
4	1	6	3	7	8	9	2	5
5	8	2	9	1	6	4	3	7