

Highlights

Keeping you in the know

March Highlights

World Compliment Day

Learn the Meaning of your Name Day!

Pierogi Day

Potato Chip Day

Let's Laugh Day

Waffle Day

Something on a Stick Day

First Day of Spring

April Highlights

National Walking Day

Scrabble Day

Moment of Laughter Day

Grilled Cheese Day

Pigs in a Blanket Day

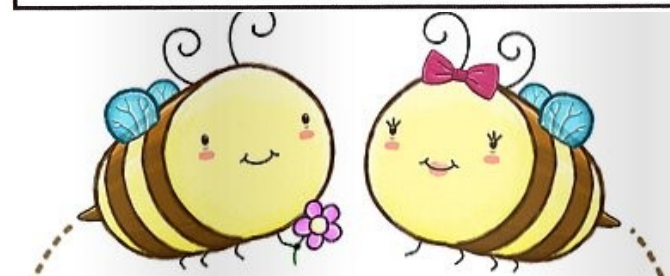
Donwood Manor has adapted the above International Day Celebration to make them suitable for our Residents. These celebrations make food fun, loads of laughter and we often learn something new !



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CARING FOR SENIORS WITH
DIGNITY,
RESPECT, AND
CHRISTIAN VALUES

MARCH 2022



STAYING CONNECTED - RESIDENT & FAMILY NEWSLETTER

March 2022

Donwood Happenings



Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10

from the desk of *Nina Labun*



As many of you will have already heard, I have submitted my resignation from my position of CEO with the Donwood organization after nearly 6 years. In countless ways, this time has been the most joyful, challenging, and fulfilling of my career. The relationships I have developed with many of you have enriched my life and you will be dearly missed. Many of you have also watched my sons grow up as they volunteered and worked at Donwood. Sometimes, they might tell you they were

"voluntold by Mom" to help out with snow clearing, gardening or other various tasks. But, through each opportunity, they too came to know and love you, and the Donwood organization. As I move on from Donwood, I am taking the opportunity to lean back into my roots as a nurse and will be joining the Misericordia Health Centre in the role of Chief Nursing Officer. My last day will be April 29. Please pray for the Donwood Board of Directors and the entire team of staff as they navigate this transition and prepare for the next chapter at Donwood.

Blessings to you all, Nina



Technology has been around for along time but over the last two years it has increased its presents ten-fold. Our Residents have embraced it and having fun with it!



Google Nest Hubs

Residents can ask google to play their choice of music, tell jokes, share stories, update them on the weather and news as well as search for YouTube videos. They do this with the simple phrase "Hey Google, tell me a joke about ducks!" Google responds with "Why did the duck have to get a second job? - He had too many bills to pay!"



Walking Program using Fitbits

Our walking program enables Residents to track the steps that they take as they participate. Recreation keeps track on their progress.



Cubii Cycling Program

Cubii allows Residents to sit in a chair or wheelchair and participate in an individual active program. This is a portable machine that is easy to use and allows for the Resident to feel safe while staying active. The Cubii is adjustable and records distance encouraging Residents to work towards further distances and greater resistance (getting stronger).

If you are interested in participating in any of these programs please contact the Recreation Facilitator for your unit. **Mariola - 1st Floor, Maria - 2North, Lisa - 2South**

Donwood Foundation - The Heart of Giving

For the Love of Fish...and Donwood

June and Lorne met while teaching at Kildonan East Collegiate where Lorne was the Department Head of the Electrical Electronics Department and June was the Teacher Librarian. They got married in 1986 and began a wonderful life together full of music, theatre, hobbies, gardening and travel. Laughter has always been a mainstay in their lives and they have turned many interesting experiences into fun adventures while visiting over fifty countries around the world. Their families and friends are very important to June and Lorne, and many reunions and travels together have brought them lots of laughs and great joy. They loved to entertain and their home was always open for any type of gathering. Lorne liked spending time doing repairs and he fixed not only everything around their own home but he always made time to do jobs for others.

When Parkinson's Disease robbed Lorne of his mobility he found a new home at Donwood Manor. June and Lorne have made many friends at Donwood including residents, staff and the families of residents. Lorne has always enjoyed participating in the activities, especially those involving music, and he greatly appreciates the wonderful care which he receives from all of the staff. There is a real sense of belonging along with feelings of comfort and security.

When June and Lorne discussed their donation to Donwood they wanted it to be something which could be enjoyed by all of the residents and staff. Fish can offer a feeling of serenity and beauty all year round. Their movements can be mesmerizing and they can give a fascinating glimpse into aquatic life. We hope that the aquariums will bring joy to everyone for years to come.

