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MANOR - ISMS

A Newsletter by and for Norfolk Manor residents, family, staff and volunteers

A New Beginning

Welcome to the inaugural edition of Manor-isms, a resident designed and published newsletter in collaboration with Dawn Keating, Activity Director. Our hope is to share stories, celebrations and information with our family and friends. In addition to this newsletter, you can also follow us on Facebook. If you have email, please let us know, we would love to send this and other communications to you electronically.

A Birthday Celebration



Happy 80th Birthday to our very own "Queen Mum" -- Patricia Ing. It was a royal celebration with Alan as our Master of Ceremonies guiding us through an afternoon of memories, laughter and friendship as everyone shared stories over a cup of

tea and a piece of cake all in honour of a very special lady.

and a sports one



Norfolk Manor Girls Soccer 2014 an amazing season full of fun, friendship and great teamwork. Congratulations ladies --- we are so proud of our U13 team for bringing home Silver, with coach David Ing assisted by daughter Jasmine.

We're equally proud of our U18 girls who made it to the Semi-Finals. Here's a big **thank you** to all the girls and their families. It's been a great soccer season full of lots of memories.

Live Music... Coffee, Tea and Cookies --- a wonderful afternoon treat with Singer Christine Karster. As you can see it was a full house -- our residents love hearing the magical sounds of live music and we are so thankful for all of our performers who share their talents with us. Residents, staff and volunteers filled the lounge again for a seminar on "Infection Control" presented by inspectors from the Health Department.

Concerts, Seminar



And Ice Cream



you told us that living here
"feels like home".

Our residents love living downtown Guelph . Here is a recent snap from our visit to The Boathouse for ice cream

25 Years of Service

Residents and staff gathered at Norfolk Manor during the summer to acknowledge Kim Sayer and her 25 years as a trusted member of our Care Team.



CONGRATULATIONS, KIM, WE'RE VERY PROUD OF YOU & YOUR ACOMPLISHMENTS!!!

Volunteer Spotlight Tracy Colby



Six years ago Tracy Colby was looking for a place to share her love of stories and words with seniors. At the time, her daughter Ruby was a youngster and Tracy would bring her in to read one-on-one with some of our residents. Today, Tracy runs a fun and interactive word game every Friday morning to a full house in our main lounge. With words on paper and pens in hand, it's a competitive game of mind-challenging exercises that has become a weekly favorite amongst the residents. When asked why she devotes her time and love of words to our Norfolk family, she says "I get more than I give. They light up my day, greet me with a big smile. I always enjoy my time here in such a warm and homey place and I leave feeling happier and more fulfilled every week".

It's volunteers like Tracy that really brighten our days and make Norfolk a great place. Many thanks Tracy for all that you do and the time you give.

As Summer ends and Fall begins, I want to introduce some programs we'll be enjoying in the coming month.

On October 30, beginning at 7:00 p.m., we'll gather in the 1st floor lounge for our annual **Halloween Costume Party** to which our families, friends and ghouls are welcome. For those without costumes, don't let that stop you: I have some available and we'll get you dressed and ready to go. Another must is a visit to the **Halloween House** of our volunteer Cheryl Steele who will have decorated every corner of her house in Halloween style and prepared Halloween treats for all.

VON Canada, will continue its nationally accredited SMART program: an exercise program designed specifically with seniors in mind. It includes attention to cardio-, muscle strength, endurance, flexibility, balance and co-ordination. The program, offered 5 times per week, is a great way to start your day and we encourage and welcome all to attend.

We'll also be introducing a class in **yoga dance**. Sparrow Cassel our new volunteer teacher, will guide us through this new and exciting venture. Watch for it on your calendar.

Guelph Public Library has established a service with Norfolk Manor that will greatly benefit seniors, especially as winter approaches. You name the item, title, series or author and, when available, it will be hand-delivered to you.

For all of these programs, check your calendar.

Dawn Keating,

Activity Director

The Word-Ing

It's been a very busy summer for our **Norfolk Family**. It's great to see family and friends joining us at events, volunteering their time or popping in for a visit. It's part of the magic that makes Norfolk Manor so special.

In a recent survey **you**, the residents of Norfolk Manor, told us that living here "feels like home". We couldn't be more pleased to learn that you feel this way. Many of you said you "love the food – especially the choice" the servers "make you laugh"...or "it's like one big family" and "everyone is so kind and caring". We appreciate you taking the time to give us your feedback and we are working on many of your suggestions, like "can we have chips & nuts in the tuck shop". These are now in stock! Many thanks for your input, please keep the suggestions coming.

The care and safety of our residents is a top priority to us. We are pleased to announce that Dr. Rosebush, our house doctor, has added a new nurse practitioner, Susan Quirk, to our care team.

Working with our local Fire Marshall, we continue to surpass the Fire Standards, As part of those measures we conduct frequent mock evacuations. The Fire Marshall's office is greatly impressed with the high standards we have achieved.

Guest speakers from the local Health Department conducted a special seminar on "infection control" They presented much information, and shared suggestions and ideas with an enthusiastic audience of residents, staff and volunteers. They were impressed with the high numbers in attendance and the quality of the questions asked. Maintaining a safe and healthy lifestyle in a caring environment is important to us and we thank you for your interest and support.

As we welcome fall, and celebrate Thanksgiving we give thanks to the many residents and families who have chosen to make Norfolk Manor their home and to our dedicated and caring staff at Norfolk Manor we say "Thank you". We are grateful that you're a part of the Norfolk family.

by David Ing

Managing Director