<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>9:30 Sit ’n Fit (Lobby) 1:00 FOLDING Daily Chronicles / ‘Humor: Authors Say the funniest Things’ 2:30 Game On!</td>
<td>9:30 Group Exercise 1:00 FOLDING 1:30 Daily Chronicles/ November IQ 3:00 Games</td>
<td>9:30 Group Exercise PALESTYLIST 1:00 FOLDING 1:30 Daily Chronicles Analogies 2:30 Quarter BINGO</td>
<td>9:30 HOLY COMMUNION 10:30 Group Exercise 1:00 FOLDING 1:30 Daily Chronicles/ Can You Picture This? 2:30 Toss Game</td>
<td>9:30 Group Exercise 1:00 FOLDING 1:30 Daily Chronicles/ Picture It: Photographic 3:00 Quarter BINGO</td>
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Veterans Day (US) Remembrance Day (Canada) Thanksgiving Day (US)

Resident Birthday Corsages are COURTESY of Roy’s Florists, Cornwall ON! Support this local business. HB! Robert A. (4th) 9:30 Group Exercise 10:30 Sing-a-long w. Lucien 1:00 FOLDING 1:30 Daily Chronicles/ ‘Personalized TRIVIA Pursuit’ 3:00 Games

9:30 Group Exercise 10:30 Sing-a-long w. Lucien 1:00 FOLDING 1:30 Daily Chronicles/ Festive Fixin’s Detective 3:00 Games

9:30 Group Exercise 10:30 Sing-a-long w. Lucien 1:00 FOLDING 1:30 Daily Chronicles/ ‘Concentration’ Puzzle 2:30 Quarter BINGO

9:30 Group Exercise 10:30 Sing-a-long w. Lucien 1:00 FOLDING 1:30 Daily Chronicles/ ‘What’s My Line?’ 2:30 Quarter BINGO

FYI: Any Changes to the Schedule Are Posted on the bulletin Boards.

NOTE: Small Group and 1-1 activities are not listed on the Monthly calendar. Activities include: Recreation and Restorative Nursing.

November 2016

TSHIONKWANHSOTE (LTC) * Recreation & Leisure Program * like us on FACEBOOK: ‘friends of Tshionkwahsnote’ * 613.932.1409.

TSIONKWANHSOTE (LTC) * Recreation & Leisure Program * like us on FACEBOOK: ‘friends of Tshionkwahsnote’ * 613.932.1409.
Considerations for the Holidays for Staff Working with Persons with Dementia and their Families
Source: MAREP (Murray Alzheimer Research and Education Program University of Waterloo)

Holidays may be a joyous celebration for some and distressing or sad for others. Some clients/residents may have family or friends who visit and others may be alone. Be sensitive to the needs and feelings of persons with dementia at this time of year.

Be respectful and take the time to learn about the person with dementia—their preferences, culture, religion and ethnicity. Provide opportunities for persons with dementia to celebrate the holidays according to their own preferences. Invite residents, whether living at home or in the community, to participate in holiday and other recreational festivities as appropriate.

Families can be asked to share photo albums of previous holiday celebrations which can often assist with a relaxing form of reminiscence. For some people, playing familiar holiday movies and holiday music may be comforting. This can be a helpful strategy for persons who are restless during evening/overnight shifts.

Where appropriate, holiday decorating can be used both as an enjoyable activity and as a topic of conversation. Sharing holiday practices and traditions from a person’s country of birth can be a meaningful exchange for both staff and persons with dementia.

Pay attention to the person sitting alone in their room or may not be getting visitors. Providing them with a holiday card (e.g. Christmas, Chanukah) or seasonal plant may bring cheer to them—take the time to stop by and visit those who may need comfort or would enjoy a smiling face.

Do consider the noise level and multiple distractions that can impact upon a person with dementia with possible increased activity and visits to a person’s home or long-term care home.

Be considerate of the words “do you remember.” Staff may explore broader reflections like “how do you like to spend the holiday?” or “Tell me about what you enjoy about the holidays.” If need be, ask closed ended questions like “did you used to skate/go on sleigh rides/cook a big meal during the holidays?”

Be sensitive to family members who can no longer celebrate the holidays as they once did. This may be a difficult time for them—provide as much continuity in the lives of the person with dementia and their family partners in care as possible (e.g., dinner together). Provide opportunities for persons with dementia and their families to celebrate the holidays together through shared family activities and programs.

Family member, Friends and Staff members of Tsiionkwanonhso:te:
How busy are your Holiday plans for family and friends this 2016 Christmas season? How do they compare with those of years before?

You may not see any difference between this year and last year’s plans for your loved one. If you are familiar with the recommendations set out by the Alzheimer Society, it now becomes important for you to take into consideration the cognitive and physical abilities of your loved one.

However, what about the Folks who cannot go out for a visit? If you’re worried that Christmas day may not be celebrated at Tsiionkwanonhso:te, be assured there will be appropriate activities for the day and a Holiday meal at noon.

We ask families to provide a small gift for your loved one to open on Christmas morning. Staff ‘Santas’ will visit each Resident after Breakfast and wish each one a ‘Merry Christmas’. There will be a day of music, games, and sweets to eat and everyone is invited.

Gentle reminder from the Resident Handbook that Staff members are NOT ALLOWED to accept gifts from Residents. A note of appreciation is always welcome.

If you would like to join us for any congregate meals, please call ahead and let us know how many guests to expect to make proper arrangements.