



UPCOMING MEETINGS

AL Resident Meeting

September 3rd 11:00am in the Assisted Living Dining room

LTC Resident Meeting

September 4th 1:00pm in the Multi-purpose room

Family Information Meeting

September 10th 5:30pm via Microsoft Teams

The Hamlets at Westsyde

September 2024 Newsletter



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"All the months are crude experiments, out of which the perfect September is made."

-Virginia Woolf

Programs



Birthday Celebration

The first Tuesday of each month we will be vamping up the usual happy hour to celebrate upcoming resident birthdays. Join us for cake and coffee, good friends and good entertainment.



Sing Along

Adding more music to our calendars, this program will be held every Friday at 1:30pm in the grand hall. We will be hosting sing-alongs with talented musicians including Sharen (Pianist) and Al (Guitarist).



Sit Fit ** New Schedule **

Held three times a week Monday, Wednesday, Friday at 10:30 am. Join us in the fitness room, on the 2nd floor, for a variety of exercise classes including stretch and strengthen, bend and balance, and more.



Celebration of Life

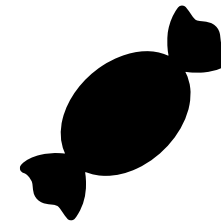
September 12th, we will be holding a Celebration of life Ceremony to remember those who brought so much joy to our lives and will be forever missed. A brief ceremony will be followed by refreshments and time to recall fond memories. Staff, families and residents are invited.

Our Products & Services



Hair Salon

The hair salon is open Tuesday and Wednesday. Contact Iris by phone or text: (778) 220-8665 or drop in to make an appointment. Iris is sure to help you look and feel amazing.



Tuck Shop

The Tuck Shop is open Monday-Friday. New Prices and New Products. Now taking credit and debit, with all proceeds going to the Resident Enhancement Fund!



Westsyde Wardrobe

The Hamlets has its very own Thrift Store, Westsyde Wardrobe! Saturday, and Sunday 10-3 Proceeds go to the Resident Enhancement Fund.



Mobile Library

Mobile library service offered by the Thompson-Nicola Regional Library. Choose your genre, print size, and the number of books you wish to receive each month. Then sit back and wait for them to come to you. Talk to the staff to find out more.

September Zodiac Signs

Virgo (August 23 - September 22)

Traits: Virgos have sometimes too discerning of an eye and may sometimes hone in on small details that other people kind of brushing over. Virgo is the sign that rules servitude, so sometimes the desire to be helpful can cause Virgos to put their own needs aside in the service of others.

Element: Earth people are in touch with their bodies and the pleasures of the physical world around them. They are givers of form and structure.

Symbol: Virgo is represented by the virgin or maiden carrying a shaft of wheat. The maiden symbolizes Virgo's need to help and serve and the wheat symbolizes Virgo's ability to separate the wheat from the chaff

Virgo Horoscope: Your ruling planet Mercury goes retrograde this month and conjuncts the sun; these transits will encourage you to be introspective, letting you do some deep inner work just in time for your solar return. Get in tune with your divine intuition by exploring nature with a quick day trip.

Libra (September 23 - October 22)

Traits: Libras are known for their love of balance and harmony. They seek fairness in all areas of life and have a natural inclination to see both sides of any situation.

Element: Air signs are intellectual and communicative. They thrive in social situations, enjoy the exchange of ideas, and are often the mediators in conflicts due to their ability to see multiple perspectives.

Symbol: Libra is represented by the scales, which symbolize the sign's association with justice, balance, and fairness. The scales are a reminder of Libra's need to weigh options and find a middle ground.

Libra Horoscope: This month, Venus, your ruling planet, is in a favorable position, enhancing your charm and social grace. You'll find yourself drawn to activities that promote harmony and peace. This is an excellent time to resolve conflicts and deepen relationships. Consider spending time with loved ones or engaging in creative pursuits that bring you joy.

Things to Celebrate

September Birthdays

- | | |
|----------------|-----------|
| 🎂 Claudette C. | 🎂 Karl C. |
| 🎂 Deborah F. | 🎂 Judy M. |
| 🎂 Cheryl G. | |
| 🎂 Alice L. | |
| 🎂 Pauline R. | |

Happy moments. Happy thoughts.
Happy dreams. Happy feelings.
Happy birthday.

HAMLET NEWCOMERS

- *Claudette C*
- *Frances T*
- *Opal & Gerry S*
- *Robert J*

"Let us welcome one another with open hearts, warm smiles, and words of kindness."

~ Unknown

GRIEF AND LOSS

August was...



The experience of grief and loss is deeply personal, will often change throughout the journey and can vary widely from one person to another. The process of dealing with grief and loss can be particularly complex due to the emotional challenges that come with it affecting both residents and family members.

It's essential to acknowledge that feelings of grief and loss can arise from various situations, including:

- The Decline in Health: Witnessing a loved ones or your own health deteriorate, or their abilities change can be a profound source of grief.
- Transitions in Care: Changes in care settings or routines can evoke feelings of sadness or loss.
- The Loss of Connection: Reduced communication or interaction with your loved ones may lead to feelings of distance or loss.

Coping with Grief and Loss:

1. Acknowledge Your Feelings: It's natural to experience a range of emotions, including sadness, anger, hopelessness, loneliness guilt, or confusion. Allow yourself to feel and express these emotions.
2. Seek Support: Don't hesitate to reach out to friends, family, or support groups. Sharing your feelings with others who understand can provide comfort and perspective.
3. Utilize Resources: Employ counseling services, support groups, or grief workshops. These resources can be valuable in helping you navigate your emotions.
4. Practice Self-Care: Take time for activities that bring you peace and comfort. Prioritize your well-being to better support both yourself and your loved ones.
5. Communicate with Care Team Members: Our team is here to support both you and family members. If you have concerns or need additional support, please reach out to us. We are committed to providing compassionate care and addressing any concerns you may have.

Please remember that you are not alone—our team members are here to assist and provide resources to help you cope with these emotions.

WHAT IS DEMENTIA?

The term “dementia” does not actually refer to one, specific disease. Rather, it is an overall term for a set of symptoms that are caused by disorders affecting the brain. These symptoms may include memory loss, changes in mood, difficulties with thinking, problem solving and language. Many times the symptoms start small at the beginning, but will start to affect the day to day lives of people with dementia. People will often confuse Delirium and Depression with Dementia – these are not the same. Delirium and Depression are different and must be treated accordingly.

The most common type of dementia is Alzheimer’s Disease but there are many diseases and conditions which can cause dementia. Dementia is caused when brain cells become damaged and eventually die. Dementia is not a normal part of aging, and it is important to understand the differences between symptoms of dementia and normal aging.

Normal Aging	Dementia
Forgetting events from a year ago.	Forgetting details from recent events.
Becoming lost occasionally.	Becoming lost frequently in familiar places.
Occasionally struggling to find words.	Frequently pausing and using substitutions when trying to find words.
Able to speak clearly and well.	Increase in slurred speech and other language problems.
Predictable and stable moods.	Unpredictable changes in mood and behaviour.
Able to follow and participate in conversations.	Difficulty in following or participating in conversations; frequent repetition of questions and stories.
Ability to perform everyday tasks like paying bills and shopping.	Difficulty with remembering to do everyday task, like paying bills or shopping.

Early diagnosis and interventions can help manage the symptoms of dementia and enable people to continue with a full life. Often lifestyle changes that encourage brain health can also help improve quality of life, these are things like, exercising your brain with cognitive exercises, protecting your head from injuries, stay socially connected, be physically active, eating healthy, take care of your hearing, visit your doctor, quit smoking, and reduce alcohol intake.

Dementia does not just affect elderly people, while most people living with dementia are over the age of 65, a small number of people in their 40’s and 50’s can and do develop dementia.

Our team members collaborate with the residents and their families to develop a plan of care for residents with dementia to assist them in their everyday activities. We offer therapeutic recreation to aide in keeping the brain and body as healthy as possible.



WHAT'S HAPPENING AT THE HAMLETS

Birthday Celebration

- **Date:** Tuesday September 3rd, 2024
- **Recurrence:** Recurring monthly
- **Location:** Grand Hall
- **Time:** 1:30pm-2:30pm

A Birthday Bash during our regularly schedule Happy Hour. Come eat, sing and be merry while we celebrate August Birthdays!

Celebration of Life

- **Date:** September 12th, 2024
- **Recurrence:** Recurring monthly
- **Location:** Grand Hall
- **Time:** 1:30pm-2:30pm

Join us in celebrating the lives of those we have lost. We will be hosting a small ceremony followed by refreshments.

THAW Open House

- **Date:** September 14th, 2024
- **Location:** THAW
- **Time:** 1:00pm-4:00pm

A day to show the community what The Hamlets at Westsyde has to offer. Join us for entertainment in the Grand Hall from 1:30-3:30.

Truth and Reconciliation Day- September 30th

A time for reflection and unity as we honor the history, cultures, and resilience of Indigenous peoples. This day is an opportunity for learning, healing, and building a future rooted in respect and understanding.

Let's come together to reflect on the past, acknowledge the truth, and commit to a path of reconciliation.

September's Smile

In September's golden light, we find,
A gentle breeze, so soft and kind,
Leaves whisper secrets, red and gold,
Stories of days, both young and old.

The air is crisp, yet warm with cheer,
As autumn's magic draws us near,
To memories that softly glow,
Like firesides from long ago.

Apples ripe and pumpkins bright,
Fill our hearts with pure delight,
With every sip of spiced warm tea,
We celebrate this season's glee.

Let's walk together, hand in hand,
Through September's vibrant land,
Where every step and every mile,
Is met with love, and a joyful smile.

So as the leaves begin to fall,
Remember, you are cherished, all,
In September's arms, we gently sway,
Bringing peace and light your way.

LAUGHING MATTERS

What do you get from
a pampered cow?

Spoiled milk!

What's a grandparent's
favorite type of exercise?

Stretching the truth!

*I used to be indecisive, but now
I'm not so sure.*

*I tried to catch some fog, but I
mist*

Have you heard the
rumor about butter?

Never mind, I shouldn't
be spreading it.

I can't believe someone broke into my garage and
stole my limbo stick.

Seriously, how low can you go

WHAT'S HAPPENING IN KAMLOOPS



Wednesday Kamloops Farmers' Market

- **Presented By:** Kamloops Regional Farmers' Market
- **Dates:** August 03-October 30, 2024
- **Recurrence:** Recurring weekly on Wednesday
- **Location:** 400 block Victoria Street
- **Time:** 8:30 AM to 1:30 PM

Music for the People

- **Presented By:** Presented by Music for the People
- **Dates:** September 8th, 2024
- **Location:** Powwow Arbour
- **Time:** 6:30 PM to 8:30 PM
- **Price:** Free

Kamloops Fire Fit Championships

- **Presented By:** Fire Fit
- **Dates:** September 25 - 29, 2024
- **Location:** McArthur Island
- **Time:** Times vary daily
- **Price:** FREE to watch! Registration costs vary.

HEALTHY BODY

Reducing Stress

When stress becomes chronic, or when you find that you're constantly having an outsize reaction to small stressors, that's when stress can impact your emotions, cognition, and physical health in a negative way.

Tips To Help with Relieving Stress:

Physical activity: Engage in regular exercise to release endorphins and reduce stress.

Prioritize self-care: Make time for activities that nourish your body, mind, and soul.

Practice gratitude: Cultivate a mindset of gratitude to shift your perspective and reduce stress.

Connect with others: Seek support from loved ones and engage in meaningful social connections.

Time management: Establish healthy boundaries and prioritize your tasks to minimize stress.

Relaxation techniques: Explore various relaxation techniques like meditation, yoga, or deep breathing.

Get quality sleep: Prioritize sleep hygiene and create a restful environment for optimal rejuvenation.

HEALTHY BRAIN

How many squares in each puzzle?

