

# FENWYCK HEIGHTS

## NEWSLETTER



### Frequently Asked Questions

#### Q: WHAT FORMS OF PAYMENT DOES THE BISTRO ACCEPT?

The bistro accepts cash, debit and credit payment.

#### Q: WHAT DAYS AND TIMES IS THERE SOMEONE WORKING AT THE FRONT DESK?

Our incredible Administrative Assistant, Jinky, is here Monday to Friday from 8am to 4:15pm.

#### Q: WHAT SHOULD I DO IF I HAVE A MAINTENANCE CONCERN ON THE WEEKEND?

If you have an **urgent** maintenance concern in the evening, night or over the weekend, please report it to any staff member on duty immediately. If it is non-urgent, please report it to the front desk on the next weekday.

### YOUR MONTHLY UPDATE FROM FENWYCK HEIGHTS

#### FENWYCK HEIGHTS BISTRO NOW OPEN

We are happy to share that our Bistro is now open and serving a delightful assortment of sandwiches, wraps, salads, yogurt, drinks, snacks and even soft serve ice cream! All items are available for purchase every day from 7:30am until 7pm.



### Hello September!

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."

-Helen Hunt Jackson



# MONTHLY HEALTH AWARENESS

## September: Grieving

### What are grief and grieving?

Grief is a natural response to the loss of someone or something very important to you. The loss may cause sadness and may cause you to think of very little else besides the loss. The words sorrow and heartache are often used to describe feelings of grief.

Grieving is the process of emotional and life adjustment you go through after a loss. Grieving after a loved one's death is also known as bereavement.

Grieving is a personal experience. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience. There is no "normal and expected" period of time for grieving.

**Source:** MyHealthAlberta

For more information visit:

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=hw164282> or speak to your health care provider.



DO YOU HAVE QUESTIONS OR NEED MORE INFORMATION?

# CONTACT US!

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