

### Frequently Asked Questions

#### Q: CAN I BRING GUESTS TO THE DINING ROOM FOR A MEAL?

Yes. However, kitchen or administrative staff must be notified of the number of guests joining the meal at least 24 hours in advance.

Also, guests are asked to wait until after 6pm to come to the dining room for the supper meal as we are at capacity for seating.

#### Q: WHAT SHOULD I DO IF I AM HAVING ISSUES WITH MY TV OR INTERNET SERVICE?

If you are having issues with your tv or internet service, please phone 611 from your landline telephone or 1-833-624-9291 from any phone. If the problem persists, please let administrative staff know on the next business day.

### YOUR MONTHLY UPDATE FROM FENWYCK HEIGHTS

## Happy Thanksgiving!



"We should just be thankful for being together. I think that's what they mean by Thanksgiving."

-Charlie Brown

### WELCOME SANDY - ACTIVITY CONVENER



Please help us welcome Sandy Clarke, our second Activity Convener to the team! Sandy joins us from Grove Manor and has been working with St. Michael's for 9 years. Sandy and Joan will work together to provide even more fun and exciting activities to the residents of Fenwyck Heights! Welcome Sandy!



# MONTHLY

## HEALTH AWARENESS

**October: Flu Season**

### About influenza

Influenza, sometimes called the flu, is an infection of the nose, throat, and lungs that is caused by a virus. Influenza is a respiratory illness. The number of people who get sick with influenza is different year to year. On average each year, more than 12,000 people in Canada have to stay in a hospital because of influenza, and 3,500 people die from it.

### Prevent the spread

To stop influenza from spreading:

- Get the influenza vaccine every year.
- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.

**Source:** My Health Alberta

For more information visit:

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or speak to your health care professional



# FALL



DO YOU HAVE QUESTIONS OR NEED MORE INFORMATION?

# CONTACT US!

(780) 962-6598

[fenwyckheights@smhg.ca](mailto:fenwyckheights@smhg.ca)