



Frequently Asked Questions

Q: WHAT CAN I USE MY EMERGENCY PENDANT FOR?

Emergency pendants are to be used in emergency situations only. Some examples of appropriate emergency pendant use are: you have fallen, you are having a medical episode such as feeling light headed or chest pain, you need other immediate and **emergent** assistance. It is not appropriate to use the emergency pendant for any non-emergency requests. If you need further clarification please speak to management.

Q: I THINK I MIGHT NEED HOMECARE SERVICES, HOW DO I ARRANGE THIS?

If you would like to arrange homecare services, please contact the central intake line at 780-496-1300 and request a homecare assessment.

YOUR MONTHLY UPDATE FROM FENWYCK HEIGHTS CELEBRATING ONE YEAR OPEN

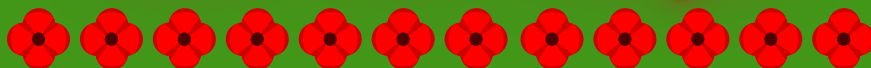


What a year it has been! Since Fenwyck Heights opened its doors to our very first resident on October 31, 2023, so much has happened!

We are now getting close to 90% occupancy, with more residents scheduled to move in soon! We have opened our Bistro, commenced recreational activities and outings for the residents, welcomed clients to our hair salon and hired many more staff. It's wonderful to see our building become a hub of activity!

Thank you to all our residents who have chosen to call Fenwyck Heights home and to all our staff who work hard every day to make this such a special place!

Lest We Forget



"On Remembrance Day, we mark the sacrifice made by veterans in serving their country in war." — Jagmeet Singh

FENWYCK HEIGHTS RESIDENT ACTIVITIES



MONTHLY HEALTH AWARENESS

November: Falls Prevention

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people ages 65 and older.

There are many reasons older people fall. They may lose their footing when stepping off a street curb. Or they may fall after getting dizzy from taking medicines. Some falls may be related to the effects of aging, such as muscle weakness or delayed reflexes. Or falls may be related to the results of a stroke.

Experts agree that some falls in older adults can be prevented. But since each person's risks are a bit different, talk to your doctor about what might be most helpful for you.

Source: myhealthalberta

For more information visit:
www.myhealth.alberta.ca or speak to your health care provider.



DO YOU HAVE QUESTIONS OR NEED MORE INFORMATION?

CONTACT US!

(780) 962-6598

fenwyckheights@smhg.ca

