



Congratulation Donna



Donna made the top 10 in the RHRA RESIDENT CHAMPION AWARD. Donna was nominated last year for her work helping to develop an Art program for our residents. She will be featured on the RHRA website. Below are some of the groups' art projects.



Stop the spread of the flu and COVID-19

This year, it's especially important to help keep our communities healthy. Protect yourself and those around you.

- Get your flu shot. Protect yourself, your family and community from getting and spreading the flu.
- Wash your hands often with soap and water or use a hand sanitizer.
- Cough and sneeze into a tissue or the bend of your arm.
- Avoid touching your face with unwashed hands.
- Clean and disinfect frequently touched surfaces and objects.
- Keep practicing physical distancing.
 - Wear a mask or face covering if you cannot physical distance.
- Stay home and away from others if you're feeling ill.

It can be hard to tell the difference between symptoms of the flu and COVID-19. If you have symptoms, isolate yourself from others and call your healthcare

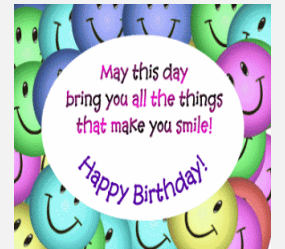
Welcome

New Resident
Gordon R.

Thanksgiving in Canada is always celebrated on the 2nd Monday of October.
Happy Thanksgiving everyone!



October Birthday Wishes to Muriel T



Residents Advisory
Wednesday
Oct 27 1:00pm
2nd Floor Dining Room.
Everyone welcome!

