

Hawthorne Place News



Monday May 19th at 10:00 am
Join us in the lounge for a coffee,
snack and conversation.



Monday May 7th

Piano with Patty in the
lounge at 1:30



Important Dates

May 3rd

Lifeline and In-suite testing

May 7th

Patty Plays Piano

May 11th

Mother's Day

May 15th

Bruce Feltham

May 19th

Victoria Day



Kate

May 8th

Edie

May 10th

June

May 11th

Helen

May 15th

From all the staff
of Hawthorne Place!



WHAT'S HAPPENING

Rise and Shine!

Armchair Yoga

Every Friday at 11 am!



Sunday Movie

1:30



Second Monday of every month at 1:30



Tuesday & Thursday at 1:30

Armchair Travel

Every second

Saturday at 1:30 pm



Happy Hour Friday at 4 pm



Friday at 1:30 pm **GAMES!**

every second Friday

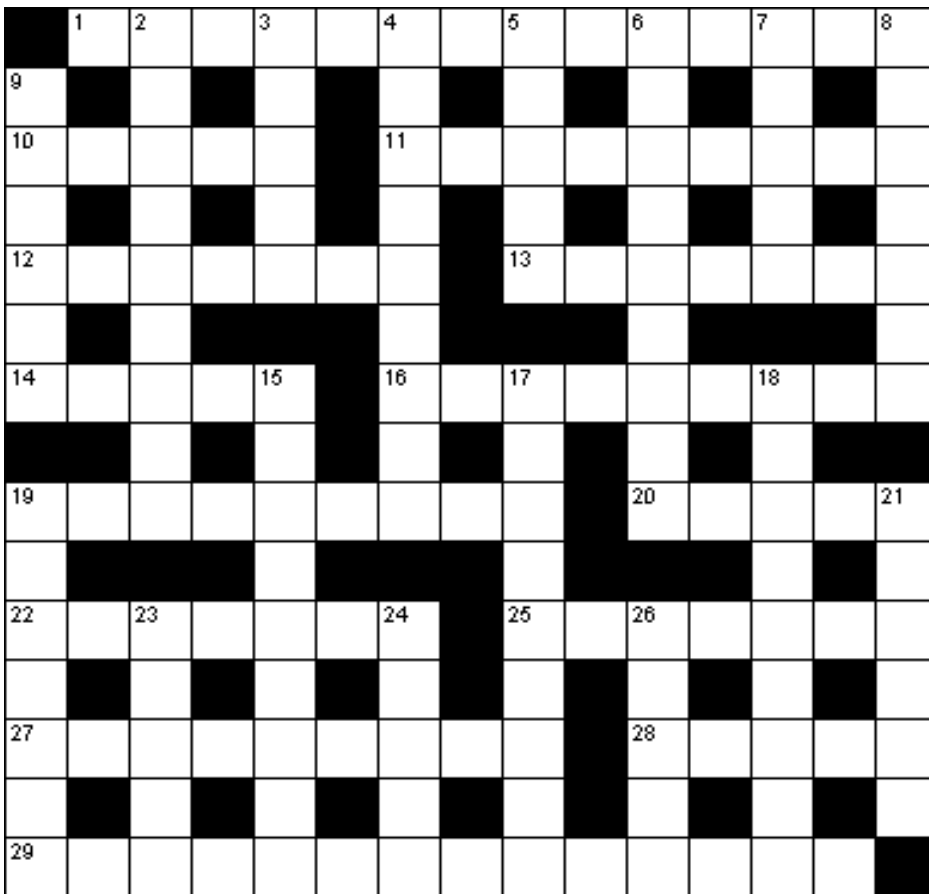


Transportation to and from medical appointments

For transportation to Nanaimo Hospital, and doctor appointments, Island Health has recently been awarded the contract which was previously held by Wheels for Well-ness. The information you need to contact this division of Island Health is **1-844-940-6617**. ISLAND HEALTH has set this up this service with AC CABS (bright yellow cabs) Wonderful service provided by ISLAND HEALTH!



Quick Crossword Puzzle #1024



Across

- 1. Wild (14)
- 10. Bucolic (5)
- 11. Underscore (9)
- 12. Prattle (7)
- 13. Low leather step-in shoes (7)
- 14. Views as (5)
- 16. Booster (9)
- 19. In the Bible, either New or Old (9)
- 20. What we're called (5)
- 22. Perception (7)
- 25. Primitive eel-like fish (7)
- 27. A tiredness of the eyes (9)
- 28. Eighteen in Roman numerals (5)
- 29. A caretaker (14)

Down

- | | |
|---------------------------|---------------------|
| 2. Thwarters (9) | 15. Butchery (9) |
| 3. Lubricated (5) | 17. Peevishness (9) |
| 4. List (9) | 18. Submergence (9) |
| 5. Like some currents (5) | 19. Arm muscles (7) |
| 6. Gillyflower (9) | 21. Frustrate (6) |
| 7. Banal (5) | 23. Nap (5) |
| 8. Chest of drawers (7) | 24. Prepare (5) |
| 9. Coined (6) | 26. Blended (5) |



STAYING STABLE AND SAFE

Likely, between 20 and 30 percent of seniors have one or more falls a year, and falling is a leading cause of injury. A serious fall can result in long term disability, chronic pain, and loss of independence. Age brings less muscle mass, reduced balance, poorer vision and slower reaction time. The danger of falling increases steeply as we reach 75 and especially 80.

If you lose balance, you have to recover as soon as you can, but if your reaction time is delayed, you'll find yourself on the ground. Most falls are predictable and preventable. Helpful hints in prevention.

Unclutter your home 2. Exercise to build muscles, strengthen bones, and reduce the risk of fracture if you do fall 3. Work on balance Regular exercise also enhances cardiovascular health, spurs appetite and improves sleep. Yoga, Pilates and Tai Chi improve balance strength, and flexibility. And – exercise is so helpful in staving off the fear of falling.

Five days to preventing falls

Monday: De-clutter and ditch slippery footwear

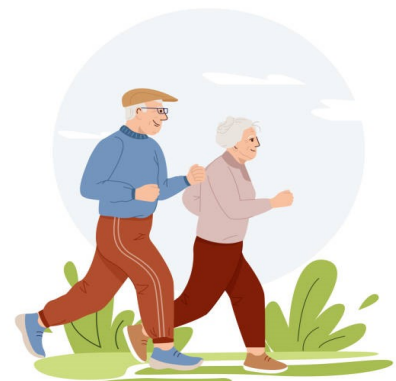
Tuesday: Schedule an eye exam

Wednesday: Check medication for side-effects that might increase the risk of falling

Thursday: Find ways of improving your balance while standing – like standing on one foot while raising your other leg to a 90 degree angle. Alternate legs every 30 seconds. Make sure you have something to grab if you start to topple.

Friday: Do you have a healthy diet and drink plenty of fluids? That will help maintain muscle strength and strong bones, and ward off dizziness and lack of coordination.

If you do fall, take your time getting back up. Call for medical assistance if you are hurt or can't get up. And tell your doctor about the fall in case there's a medication or other issue.





A Mother's Love

A Mother's love is something that no one can explain, It is made of deep devotion and of sacrifice and pain, It is endless and unselfish, and enduring come what may, For nothing can destroy it, or take that love away, It is patient and forgiving when all others are forsaking, And it never fails or falters

— Helen Steiner Rice



Solution to Quick Crossword Puzzle #1024



The QBFM is year round on Saturdays from 8:30am-12:00pm Veterans Way in the heart of Qualicum Beach.