

The Marnwood Monthly

October, November 2010 | Volume 2 , Issue 8



NEWS FROM THE ADMINISTRATOR

Summer is behind us and fall is upon us. With the arrival of the cooler weather we gently remind family members to please remove air conditioners from residents' rooms.

Unfortunately, we do not have storage space here at Marnwood, so families & friends will need to take units home until next season.

We would like to welcome our new hairdresser - Vera to Marnwood. Be sure to come down and meet her. All families have been sent new contracts to sign and return. The new hairdresser is unable to honour the old contract so please be sure to fill out and return as soon as possible.



We Want to Hear from You; should a resident or family member have any concern or question related to their care here at Marnwood please let us know. Our doors, and ears, are always open so please speak with your charge nurse or department head at any time. **We would also like to invite all residents, family and friends to our Family & Friends Meeting – to be held November 16 at 2:00 p.m. in the Library .**

Sincerely,
Tracey Werheid, Administrator

WHAT'S HAPPENING

It never ceases to amaze me what a busy month October is – and this year is no different. We start it off with a Hawaiian Luau, and Fall Colours Bus Tour with the Kinsmen. Before you know it, you can smell turkey and pumpkin pie from miles away as Thanksgiving arrives! Thanksgiving dinner at Marnwood will

be Sunday October 10. October also brings the return of our very popular Lunch-Ins – this month, residents have decided to order one of their absolute favourites – Fish & Chips from Captain George's, on October 13. Be sure to join us Wednesday October 20 for our monthly birthday bash. The following week we will be getting ready for Halloween – Edna Thompson Daycare "ghosts & ghouls" will be here on the 26. We will be preparing for Halloween with crafts and Baking – our big **Halloween Party will be Friday October 29 at 2:30!** As usual keep your eyes and ears open for more event details!

Cheers,
Holly Dobson, *Programs Manager*



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WORK YOUR BRAIN

Thanksgiving

I C M I T S E V R A H T L L L
 A E R A I P O C U N R O C R O
 D L B S T U F F I N G F F C Y
 I E C U A S Y R R E B N A R C
 N B I A E N I G N R C N T O G
 F R L P G P R T E M D C F U N
 R A H N N G I W U I U F T G I
 A T O O M I O L E R R T Y E R
 E I L T F L K D G I K L U D E
 M O I N F E Y P E R I E R A H
 E N D Y E A A N M M I T Y R T
 A S A E M E D S A U R M O A A
 L M Y S I S U F T R P B S P G

FEAST
 FRIENDS
 GATHERING
 HARVEST
 HOLIDAY
 MAYFLOWER

AUTUMN
 CANDIED YAMS
 CELEBRATION
 CORNUCOPIA
 CRANBERRY SAUCE
 FAMILY

MEAL
 PARADE
 PILGRIMS
 PUMPKIN PIE
 STUFFING
 TURKEY

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Legend of the
Jack O Lantern



Carving Jack O' Lanterns is a Halloween custom that dates back to ancient Ireland, although the first Jack-o-Lanterns were made of turnips, beets or even hollowed out potatoes, not pumpkins. The large orange squashes didn't come into prominence until Irish immigrants settled in the United States, where pumpkins were cheaper and more plentiful than turnips.

Several version of an Irish legend tells of a man named Stingy Jack, who invited the Devil to have a drink. When it came time to pay, he convinced the Devil to change into a sixpence, but instead of paying for the drink Jack pocketed the sixpence and kept it stored beside a silver cross, which prevented the Devil from changing back. Jack made a deal with the Devil before letting him free that the Devil could not harass him. Next Halloween Jack died and was turned back from the Gates of Heaven. He went to the Gates of Hell and the Devil told him to go away, as Jack had made him promise not to claim his soul. Jack didn't want to leave because it was dark and he couldn't find his way. The Devil tossed Jack a glowing coal and Jack put it inside a turnip, and ever since with this "Jack O' Lantern", Stingy jack's lonely soul has been roaming the faces of this earth.



Halloween Jokes

Q. What is a Mummie's favorite type of music?

A. Wrap!!!!

Q. Why do demons and ghouls hang out together? **A. Because demons are a ghouls best friend!**

Q. What's a monster's favorite bean?

A. A human bean.

Q. What do you call a witch who lives at the beach? **A. A sand-witch.**

Q. Where does a ghost go on Saturday night?

A. Anywhere where he can boo-gie.

Q. Why did the ghost go into the bar?

A. For the Boos.



FLU SEASON



Flu season is upon us! Flu shots will be available for residents by the end of October. Families and POA's please speak to your charge nurse regarding signing this year's consent form.. **Find out what you can do to keep residents, your family and yourself healthy!**

Volunteer Corner

We are currently seeking dedicated volunteers for the following:

- Evenings from 6-8pm & Weekends (Mornings or afternoons)
- Palliative Care



If you or someone you know is interested in volunteering, stop by Marnwood and pick up a volunteer application, or email me at hdobson@extendicare.com, or call 905-623-5731 ext. 14.

SPECIAL EVENTS

- ❖ Sunday October 3 – **Fall Colours Tour**
- ❖ Lunch-In – Fish & Chips from Captain George's - \$7 pls sign up with activities
- ❖ Friday October 15 1:30pm – Dance at the Beech Centre (\$4.60) per person)
- ❖ Wednesday October 20 at 3:00 – October Birthday Bash
- ❖ Halloween Party – Friday October 29 at 2:30



BIRTHDAYS

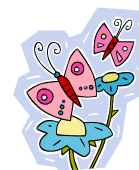
Long Term Care Home

Isabel Carlson	October 8
Betty Forsey	October 18
Lois McIntyre	October 19
Diana Charuk	October 28



IN MEMORY

Lorne Atkinson
Edgar Millson
Noreen Schroter



WELCOMINGS

Eve Wilsdon
Berta Warner
Fern Reid
Ernest Bowen

Fax Marnwood Lifecare Centre
26 Elgin Street, Bowmanville, ON., L1C 3C8
Phone - (905) 623-5731
Fax - (905) 623-4497
- (905) 623-4497

We're on the Web!
See us at:
www.ourhomeyourhomecanada.ca