

ILARION RESIDENCE

2509 Louise Street Saskatoon SK.

S7J 3L7

www.ilarion.ca

(306) 373-7011



Summer Fun

This Summer we are welcoming a new member to our staff team. Emma Fulawka will be joining us as our new co-coordinator and looks forward to planning events and fun activities for everyone this summer. She hopes to get to know the residents better and to make sure to plan events based off of what the people at Ilarion are most interested in. Keep a look out for upcoming events on the calendar for July and August, you won't want to miss them. Make sure to introduce yourself to Emma if you haven't already, she is very excited to get to know everyone. If you have any fun ideas or suggestions for upcoming events in the summer make sure to drop by her office and talk to Emma or Dianne about what you would like to see happen for future events at Ilarion.

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The Court Yard

The courtyard is meant to be a quiet and peaceful area for the residents to relax and enjoy the surroundings. The courtyard includes beautifully-manicured live annual and perennial flower beds, decorative patio furniture (benches, chair and coffee tables), water fountain, brick pathway, storage unit and a underground sprinkler system. The courtyard pathway is maintained year round by volunteer tenants.

The Courtyard was built in 2005. The severe winter conditions created structural changes within the courtyard preventing tenants from enjoying it. In 2007, while waiting for renovations to the courtyard structures and pathway, and removal of problematic tree. The program coordinator and her husband gathered and filled the entire courtyard with donated flowering bedding plants from all Saskatoon nurseries. In May 2008, Dianne invited tenants and their families to donate bedding annual/perennial flowering plants to the courtyard and the woodworker committee to use funds from their recycled newspaper to refurbish the furniture and install a donated new gazebo which was in later years wind-damaged and had to be removed. In 2016, the Board of Directors approved funding to facilitate installation of an electron door opener to enable easier and safer access for individual with wheelchairs and walkers. Today, tenants continue to enjoy the relaxed beautiful floral gardens.



Pictures from recent events in May and June



Donations and Birthdays

RAISED GARDEN BED DONATIONS

Thanks to Rona and Canadian Tire for their generous donation of Raised Garden Boxes for Assisted Living Folks. Many of the residents come from years of experience growing gardens in their younger years. The donated raised garden boxes enable the residents to enjoy their summer months even more so in a safer and accessible manner. The raised garden beds are located in the east walk way, make sure to take a look at them and see whats being planted.



Birthdays!

CELEBRATING OUR JULY AND AUGUST BIRTHDAYS

JULY

Maureen E.
 Sharon F.
 Sylvia G.
 Ken L.
 Laura L.
 Frances O.
 Fern P.
 John S.
 Jerry S.
 Irene T
 Don T.
 Richard T.
 Betty W.

AUGUST

Art B.
 Marjorie E.
 Andree G.
 Elaine G.
 Lois H.
 Clara H.
 Bill S.
 Loreen W.
 Julia Y.
 Peter Y.

Summer Safety

Information was taken from SeniorAdvisor.com

Summer tends to bring a lot of fun and excitement and a desire to get outside and be active. But for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the in the summer. As long as you're careful and stick to a few main safety tips then you can have fun in the sun while also staying safe. Here are some simple tips you can follow.

- **Stay Hydrated-** The standard suggestion is to aim to drink 6-8 cups of water a day. If you plan to spend more time out in the sun you may want to aim even higher to avoid dehydration.
- **Don't stay out for too long-** If it gets really hot outside, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun - stick to a couple of hours and then head inside for a break.
- **Check the forecast before going out-** Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon.
- **Keep sunscreen where it is easily accessible-** If you carry a purse, keep your sunscreen in it at all times!
- **Check the side effects of your prescriptions-** Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions.
- **Use your air conditioning-** Making sure you're reasonably comfortable and safe in your own home is worth the splurge.
- **Know the early signs of heat related illness**

Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. These tips are much better than a trip to the emergency room.

Upcoming Events

Events that are started up again for the summer:

- **Nail Painting every Monday at 2:30-4:00pm. Come and join us upstairs outside the hair salon and get your nails all painted for summer! A fee of 2 dollars**
- **Wii Games every Friday at 2:30 - pm. Come to the lower lounge and enjoy playing some wii bowling**
- **Movie every Friday at 2:15 - pm. Come to the assisted living lounge and sit back and watch a movie with some snacks. You can make suggestions to Emma or Dianne for what movies you want to see played.**
- **Bocce ball most Wednesdays at 6:30 - pm. Come to the upper lounge and have a good time playing bocce with a group of people.**
- **Men and Women's socials- Through the summer there will be different social events coming up. Make sure to check your calendar to see when it is the month.**
- **Pet visiting's- Check the calendar to see when all the dogs will be coming to Ilarion.**
- **Outdoor games- There will be different games played outside like Bocce ball, Croquet, Horse shoes and several other games.**

Other programs you can get involved in:

- **Bowling- Make sure you are checking your calendar for when bowling is, you won't want to miss it!**
- **Jack's Slideshows**
- **Arm Chair Yoga**
- **Floor shuffleboard**
- **End of the month Tenant**
- **Birthday Social**
- **And many more programs to get involved with at Ilarion- Check the calendar or monitors**

