



## Flu Season Tips to Stay Healthy!

- Clean your hands regularly - especially after touching surfaces in public areas, coughing, or sneezing.
- Avoid touching your face - especially your eyes, nose, and mouth - to prevent spreading germs from your hands to your mucous membranes.
- Disinfect high-touch areas regularly - such as door handles, light switches, remote controls, phones, and kitchen counters. These areas can harbor germs.
- Practice respiratory hygiene - When coughing or sneezing, use tissues or the inside of your elbow to avoid spreading germs into the air or onto surfaces.
- Wear a mask if needed - If you 're feeling unwell or in crowded places, wearing a mask can help reduce the spread of respiratory droplets, especially in enclosed spaces.
- Stay home when you are sick: If you're feeling unwell, especially with flu-like symptoms (fever, cough, sore throat), stay home to avoid infecting others. Postpone your visit until you feel better.
- Consider vaccinations: The flu vaccine will be available here at the home soon and all residents who have consented will be vaccinated. You can get the flu vaccine at your local Pharmacy. The flu vaccine helps reduce the risk of getting the flu and can reduce symptoms of the flu.
- Ventilate indoor spaces: When possible, open windows and doors to allow fresh air to circulate, even if just for short periods.




Happy National Seniors Day  
October 1





## October Promotions

October 1 to October 31 before 9:30 AM ET

Brunet		
		3% 1-5%
		
IKEA Canada		
		4% 3%
		
JOEY Restaurants		
		7% 6%
		
Metro (Quebec)		
		3% 1-5%
		
Roots		
		15% 10%
		
Super C		
		3% 1-5%
		

 Physical  Electronic  Reloadable

## Grief Resources for Persons with Intellectual and Developmental Disabilities (PWIDD) and their Families



Hospice Wellington and Hospice Waterloo have provided Long Term Care Homes with some book recommendations, Apps, videos and websites to support Persons with Intellectual and Developmental Disabilities (PWIDD) and their Families. Please click/copy the link below for more details.

If you have any questions, or require more information, please contact Elizabeth (BSO) at [emantey@bennettvillage.ca](mailto:emantey@bennettvillage.ca).

<https://acrobat.adobe.com/id/urn:aaid:sc:US:ac86670a-5dac-4e4d-9e2b-faef65089538>

### Cooking Class with our Dietician Sofia!

On November 12<sup>th</sup> at 1:30pm, we will be hosting a cooking class featuring our Dietician Sofia. Families are encouraged to join! For more info, or to RSVP, please contact Sonia at [sfedele@bennettvillage.ca](mailto:sfedele@bennettvillage.ca). Please let me know no later than November 5<sup>th</sup>!



## New Fall Winter Menu!

Winter Mix vegetables/ Donuts and different variety of cakes for dessert /Bagels at Breakfast every Monday and Bacon every Sundays!

Special menu items for Gluten free and Lactose residents!

Special Meal for holidays like Thanksgiving and Christmas!



There will be a cart near the East Dining Room from Monday October 6<sup>th</sup> until Friday October 17<sup>th</sup> that will have all unlabeled clothing. Families are welcome to come and see if any of the clothing belongs to their loved ones. After October 17<sup>th</sup>, all left over clothes will be donated.

## Special Dates in October

### Mall Dates

October 7<sup>th</sup>  
October 14<sup>th</sup>  
October 21<sup>st</sup>  
October 28<sup>th</sup>

### Take out Supper

Chinese Food  
October 27<sup>th</sup>



### Meal Outing

October 9<sup>th</sup>  
Angels Diner





Hello Family Members!

First, a warm welcome to new family members to the Bennett Centre in recent weeks. We hope you can join us in future Family Council meetings that we have on a regular basis. Family Council NEWS emails are sent out regularly with future meeting information and Zoom link. We hope you will join us! These meetings are only 30 minutes and it's well worth the time to express and share any and all concerns and learn more about the Bennett Centre.

We had a good meeting at our last meeting with our Nurse Practitioner Karen North-Lewis giving a great presentation. We're having another guest and presentation for the October 23 meeting - Sonia Fedele! She will talk about DEI - Diversity, Equity and Inclusion as it applies to the Bennett Centre.

Please join us!

Neil & Rick

Co-Chairs, Bennett  
Centre Family Council

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Family  
Councils  
Ontario

