



Celebrating February

Canned Food Month

Time Management Month

Black History Month

Pancake Week

February 17–23

Groundhog Day

February 2

Thank a Mail Carrier Day

February 4

Bagel and Lox Day

February 9

Galentine's Day

February 13

Valentine's Day

February 14

International Sword

Swallower's Day

February 22

Single-Tasking Day

February 22









World Spay Day

February 25

FündScrip

March Promotions

March 1 to March 31 before 9:30 AM ET

<p>Bier Markt</p>  <p>7% 5%</p>	<p>CLÉMENT</p>  <p>7% 5%</p>
<p>East Side Mario's</p>  <p>7% 5%</p>	<p>Elephant & Castle</p>  <p>7% 5%</p>
<p>Harvey's</p>  <p>7% 5%</p>	<p>Kelseys</p>  <p>7% 5%</p>
<p>Montana's BBQ & Bar</p>  <p>7% 5%</p>	<p>New York Fries</p>  <p>7% 5%</p>





March is Nutrition Month!

As a dietitian, I know how powerful the right nutrition can be. This March, I'm excited to share how food can nourish more than just our bodies—it nourishes our minds, our emotions, and our overall well-being. Let's nourish our bodies to flourish, together!

Sofia Shahzad, RD

Why is 'eating well' important?

Eating well is crucial for everyone as it helps the body get the right balance of nutrition to function optimally. This article focuses on identifying and treating undernutrition.

Symptoms to look out for?

If someone you know is at risk of losing weight or becoming underweight, look out for these signs:

- BMI less than 20
- Unplanned weight loss
- Poor appetite or trouble finishing meals
- Eating less food or drink than usual
- Difficulty keeping warm
- Poor concentration or irritability
- Loss of interest in food
- Social withdrawal
- Pressure ulcers or poor wound healing

Who is at risk?

Risk of losing weight increases with age.

Various factors can contribute to weight loss:

- **Social factors:** Isolation, loneliness, work and financial pressure, lack of cooking skills, difficulty shopping or preparing food, and lack of knowledge about food and nutrition.
- **Psychological factors:** Confusion, anxiety, depression, and bereavement.
- **Physical factors:** Poor appetite, illness, recent hospital stay, swallowing problems, memory loss, poorly fitting dentures, sickness, nausea, diarrhea, loss of taste and smell, and dementia.

Tips for eating more

Losing weight is not a natural part of the ageing process. If your loved one is losing weight, the following eating guidelines may apply to them:

- Offer small, frequent meals and snacks, instead of 3 large meals
- Offer snacks around their favourite TV programs
- **High calorie/protein snack ideas** include thick and creamy yoghurts, cake, cheese and crackers buffet foods full and fat dairy products
- Avoid '**diet**' or '**low fat**' products
- Include nourishing drinks, e.g. whole milk, milky coffee, milkshakes, hot chocolate, malted drinks e.g. Ovaltine, Horlicks
- **Fortify food** – add extra calories without increasing the food portion. Examples include adding cream to soups and casseroles, or adding butter and cheese to mashed potato



Hairdressing Memo

Effective March 1st, hairdressing will have an increase of cost for services. The prices will be as follows.

- Men's Haircut - \$26.00
- Women's Haircut - \$30.00
- Women's Wash and Set - \$32.00
- Women's Wash, Cut and Set - \$50.00
- Colour, Wash, Cut and Set - \$70.00
- Perm - \$90.00

If you have any questions, please contact Sonia at sfedele@bennettvillage.ca



Employees of the Month!



Samreen and Ati!

Thank you for all you do!

A Message from Bennett Centre Family Council

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 usually have once a month.

Our next Family Council meeting will be a hybrid meeting: Thursday March 27 from 7:00-7:30pm You can join us on Zoom or in person at the Bennett Centre boardroom (details and link will be shared in an email next month).

It's always scheduled for the 4th Thursday of the month. We need your involvement in the Family Council. 30 minutes of your time, one time a month is very important.

Neil & Rick

Co-Chairs, Bennett
Centre Family Council

email: bennettcentrefamilycouncil@gmail.com

Special Dates in March

Mall Dates

March 11th

March 18th

March 25th

Outing to Angel's

March 13th



Take out supper

Fish and Chips

March 31st

