



September 4, 2020

Hello Everyone!

**We are happy to report that we do not have any cases of COVID-19 at Oliver Lodge.**

### **Outdoor Visits –**

- With the cool fall weather upon us, we are scaling back on the times of the outdoor visits. If you are a Designated Visitor for indoor visits, please book indoor visits only to leave outdoor visit openings for those who cannot enter our home. Thank you for your consideration.

### **Indoor Visits –**

Please remember:

- Visits can be booked by calling **306-986-5488**.
- Visitors must wear the medical grade mask that is provided for the ENTIRE visit. Please resist the urge to take your mask off during the visit! This rule is in place for the safety of your loved one.
- Gentle reminder that visitors are unable to eat or drink anything during their visit, as their mask **MUST** be worn for the entire visit.
- Visitors are **NOT** permitted to use the washrooms at Oliver Lodge.
- For infection control purposes, we are asking that you leave backpacks and purses at home. Cell phones and keys may be brought in.
- Only one Designated Visitor may be present in the building at a time.

Please keep the following in mind when booking your visits:

- Does your loved one like to sleep in?
- Does your loved one like to take an afternoon nap?
- Are they more alert in the morning or the afternoon?
- When does your loved one have their bath?

**\*\*\*** If your loved one needs to use the washroom or requires any type of personal care during the visit, the visit will be over and the visitor will be asked to leave the building as they would not be able to remain in the resident's room. **\*\*\***

**Please note that the indoor visits are subject to change with little notice, depending on the level of Covid-19 concerns in the greater community. Our first priority is the health and safety of our residents and staff at Oliver Lodge.**

## *Celebrating all that we are!*

Love to you all,  
Oliver Lodge




### ACTION CALENDAR: SELF-CARE SEPTEMBER 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>7</b> Remember it's ok not to be ok. We all have difficult days</p> <p><b>14</b> Talk kindly to yourself like you would to someone you love</p> <p><b>21</b> Remind yourself that you are loved and worthy of love</p> <p><b>28</b> Accept your mistakes as a way of helping you make progress</p>	<p><b>1</b> Remember that self-care is not selfish. It's essential</p> <p><b>8</b> Notice the things you do well today, however small</p> <p><b>15</b> Find a caring, calming phrase to say to yourself when feeling low</p> <p><b>22</b> Look at photos from a time with happy memories</p> <p><b>29</b> Write down three things you appreciate about yourself today</p>	<p><b>2</b> Be willing to share how you feel and ask for help when needed</p> <p><b>9</b> Avoid saying 'I ought to' or 'I should' to yourself</p> <p><b>16</b> Notice what you are feeling today, without any judgment</p> <p><b>23</b> Let go of other people's expectations of you today</p> <p><b>30</b> You matter. Remember that you are enough, just as you are</p>	<p><b>3</b> Free up time in your diary by cancelling any unnecessary plans</p> <p><b>10</b> Give yourself permission to say No to requests from others</p> <p><b>17</b> Leave positive messages for yourself to see regularly</p> <p><b>24</b> Ask a trusted friend to tell you what they like about you</p>	<p><b>4</b> Forgive yourself when things go wrong. We all make mistakes</p> <p><b>11</b> Aim to be good enough, rather than perfect</p> <p><b>18</b> Don't compare how you feel inside to how others appear outside</p> <p><b>25</b> Release yourself from inner demands and self-criticism</p>	<p><b>5</b> Plan a fun or relaxing activity this weekend and make time for it</p> <p><b>12</b> Let go of being busy. Allow yourself to take some breaks today</p> <p><b>19</b> Get active outside and give your mind &amp; body a natural boost</p> <p><b>26</b> Find a new way to use one of your strengths or talents today</p>	<p><b>6</b> Focus on the basics: eat well, exercise and go to bed on time</p> <p><b>13</b> Make time today to do something you really enjoy</p> <p><b>20</b> No plans day - make time to slow down and be kind to yourself</p> <p><b>27</b> Take your time. Make space to just breathe and be still</p>



**Self-care is not selfish. You can't pour from an empty cup**



ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)