

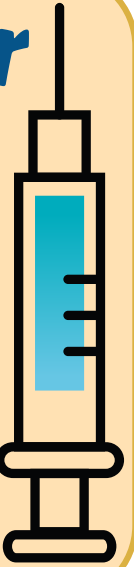
January

January 1st
New Years Day
January 25th
Robbie Burns Day
January 31st
National Hot Chocolate Day



Flu Shot Reminder

It's not too late to get your flu shot! Please connect with OSR pharmacy on-site, Shoppers Drug Mart or Rexall on Lakeshore Road about getting your influenza vaccination. You can also contact your family doctor for more information about the flu shot.



WINTER WEATHER



SAFETY TIPS



- Ensure you are dressed appropriately for the weather– wear layers, gloves, and something to keep your head warm and dry
- Wear bright clothing so you are visible
- Wear boots with good tread on the soles
- Take your time and walk carefully
- Keep your hands out of your pockets for better balance and to prevent tripping
- Avoid going out in stormy, hazardous weather if possible; wait until walkways have been cleared

Beat the Winter Blues



Stay Active & Social
Participate in the many Healthy Living Programs offered at OSCR



Brighten Up Your Suite

Open your curtains to let the natural light in, or turn on more lights if it is an overcast day



Have Fun Hibernating

Keep cozy with a good book and a hot beverage

Happy Birthday To You!

Eugene C.
Rubyann L.
Chantal D.
Allan S.
Lynda B.
Kasyani L.
Leonard A.
Sheldon C.

Ted P.
Joan G.
Anton D.
Randy S.
Linda T.
Tony M.
Michael L.

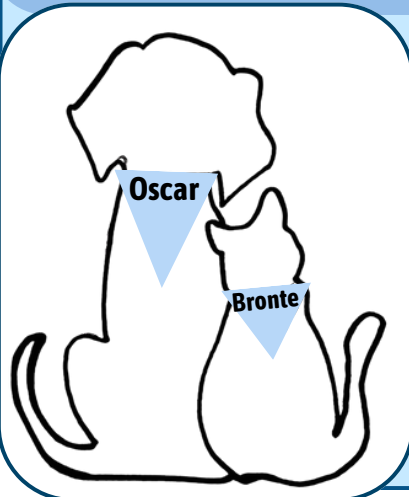
Staff Spotlight



This month our Staff Spotlight shines on Claudia, who is a Personal Support Worker at OSCR. Claudia has been working here since 2014; we are grateful for her dedication to our organization, and for the caring support services she provides clients each day. Say hello to Claudia when you see her around OSCR!



OSCR SENIORS ASSOCIATION



The Seniors Association wish their fellow residents a very Happy New Year! We'd like to take this time to remind you of our Suggestion Box; it is located in the seating area between Bobby's Hair Salon and the Nurses' Station. This box is opened monthly by the OSCR Seniors Association. Please fill out the suggestion form in detail, making sure to add your name, as anonymous forms will not receive attention. Your input is appreciated, and you will receive feedback on your suggestions.

Resident Guide Recap: Flu Prevention

OSCR works hard to fight the flu. You can help us prevent an outbreak by following these recommendations:

- Get the Influenza Vaccination (flu shot) annually. Once you have received the Flu Shot and/ or COVID-19 vaccine, please let the Quality and Safety Department know.
- Common symptoms of respiratory illnesses include fever or chills, cough, muscle or body aches, extreme weakness or fatigue, hoarse voice, sore throat, headache, nasal or chest congestion, and watery eyes. Contact Client Services if you develop any of these symptoms. In order to protect other clients, your family, and friends, you will be asked to stay in your suite on Home Stay until you are feeling better; contact your Client Services Coordinator and arrangements will be made to accommodate you for meal service while you are unwell.
- If OSCR is in Cautionary Outbreak or Outbreak, notices will be posted throughout the building and on the TV monitor in the front lobby; please follow recommended protocols during this time. Please encourage your visitors to wait to visit until OSCR is no longer in Outbreak; if your visitors are unwell, please advise them not to visit.
- Clean your hands often using soap and warm water, and/or an alcohol based hand rub. Cough or sneeze into your elbow rather than your hand.



**Original.
Social.
Creative.
Recreation!**

