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(Canada) Inc.



September 2022

Maitland Manor News

Message from Rylee Bechard, Interim Program Manager



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Maitland Manor LTC

World Physiotherapy Day—September 8, 2022

Big thank-you goes out to Art and Al. Your hard work and dedication are truly appreciated!!

Fall Season— is approaching! At Maitland Manor, we are getting ready for Fall and Winter seasons. We asked if you please take home any spring/summer seasonal items from your loved ones rooms and closets for organizational purposes.

September is National Pain Awareness Month

Tips for Everyday Health

September focuses on the challenges associated with pain and chronic pain during National Pain Awareness Month.

Pain can be temporary, or it can be crippling. Nearly everyone experiences some kind of physical pain in their lifetime – headaches, back pain, joint pain, a bruise, or broken bone. However, chronic pain persists over long periods of time with little relief.

A variety of conditions may cause chronic pain. For example, arthritis, fibromyalgia, traumatic injury, migraine, cancer, and other diseases like diabetes may cause long-term physical pain. Sometimes, the cause is unknown.

Those who live with chronic pain often face difficult choices. Their jobs and relationships often suffer due to the constant pain. The stigma associated with chronic pain suffers is another burden they carry. Unrelieved, chronic pain can lead to job loss, depression, and isolation, as well as other medical conditions.

Pain Awareness Month speaks to medical professionals, family, and friends of the chronic pain suffer, and the suffers themselves. Due to the wide variety of pain and its causes, chronic pain can be difficult to treat. Therapies and treatments vary depending on the cause of the pain – and not all treatments work for all people. It's frustrating for anyone with chronic pain, especially when those around them don't understand.

How to Observe Pain Awareness Month

During September, learn more about the different kinds of pain and treatments available. You can also:

- Support research into pain treatments.
- Listen to and believe a person with chronic pain.
- Continue to invite a friend with chronic pain. Chronic pain comes with good days and bad days. You might catch them on a good day.
- Understand when a friend declines. Chronic pain has no schedule.
- Be an advocate. Share your concerns compassionately with your friend and let them know you'd like to help.
- Learn about their limitations.
- Talk to your physician about pain management.
- Share your experiences with pain.

Our deepest sympathy
is extended to the families of

Pete S.
Henry B.
Gail W.
Derk L.
Marg P.
Charlie F.

Tom K.
Audrey W.



Resident Council Meeting

September 19, 2022
At 2pm
Poplar Dining Room

SPECIAL EVENTS

Sept 2—Beach Bus Trip
Sept 5—T.V BINGO
Sept 6—National Read a Book Day
Sept 7—Music with Ron Allin
Sept 10—End of Summer Party
Sept 11—Grandparents Day
Sept 15—Birthday Party, Treats & Games
Sept 17—Oktoberfest; Travel to Germany
Sept 20—Hat Day
Sept 22—Pub Night and Music with Betty Blasdell
Sept 27—Leavin' Tracks
Sept 29—National Coffee Day; Coffee Social