Managed by Extendicare (Canada) Inc.

November 2022

Maitland Manor News

Message from Rylee Bechard, Interim Program Manager

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Daylight Savings Time Day—November 6, 2022

Spring ahead, fall back. Make sure to turn your clocks back on hour on November 6, 2022.

November is National Epilepsy Awareness Month

November focuses on the challenges associated with epilepsy and what to do during a seizure in National Epilepsy Awareness Month.

About Epilepsy

Epilepsy is neurological condition characterized by recurrent, unprovoked seizures. It is estimated that:

- About 1 in 100 people worldwide have epilepsy.
- Over 260,000 Canadians are diagnosed with epilepsy.
- Epilepsy is highly treatable through medication alone.
- Epilepsy is more than just seizures. Other common challenges include: lack of independence; social life; stigma and discrimination; employment; cost of medication; access to specialists; access to disability programs; and education.
- About 1 in 10 people will have a seizure in their lifetime, but most people who have a single seizure do not have epilepsy.
- People of all ages live with epilepsy— 0 to 17yo (14.6%), 18 to 64yo (72.8%), and 65+yo (12.6%).

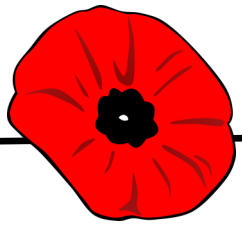
What do you do if someone is having a seizure?

- **Stay calm.** Most often, a seizure will run its course and end naturally within a few minutes.
- **Time it.** Call 911 if: seizure lasts more than 5 minutes; seizure repeats without full recovery between seizures; person is pregnant; person has diabetes; person is injured from the seizure; seizure occurs in water; and/or you are not sure if the person has epilepsy.
- **Protect from injury.** Move sharp objects away. If the person falls to the ground, roll them on their side when it is safe to do so and place something soft under their head. If the person wanders during their seizure, stay by their side and gently steer them away from danger. When the seizure ends, provide reassurance and stay with the person if they are confused.

Our deepest sympathy is extended to the families of

Those who fought for our country.

May we remember them.



Resident Council Meeting

November 14, 2022

At 2pm

Poplar Dining Room

SPECIAL EVENTS

Nov 2—Leavin' Tracks

Nov 3—National Sandwich Day

Nov 4—Chair Yoga with Erin

Nov 6—Daylight Savings Time Ends/National Nachos Day

Nov 9—Computer Training

Nov 10—Ladies Tea Social

Nov 11—Remembrance Day

Nov 12—Singing with Val

Nov 14—Resident Council

Nov 15—Crazy Hair Day

Nov 17—Birthday Party, Treats & Games

Nov 21—Music with Ron Allin/Gingerbread Social

Nov 23—Making Christmas Cards

Nov 28—The Price is Right Game