

The Battle is ongoing!

Keep that Seasonal Flu Bug off the Hill

You know the drill...

Wash your hands frequently; always after using the washroom. Use the hand towel to open the door in and out of the washrooms.

Sanitize before you go into and exit the dining room and Bistro.

If you use the handrails or touch many surfaces in high traffic areas, use hand sanitizer. An example of a high traffic area is the elevator buttons.

Sanitize when entering and exiting the building.

If you develop any illness, please report it to the Wellness Centre. This includes unusual headache, chills, vomiting, diarrhea, fever, cold symptoms, and cough. If you don't say anything and continue to participate in programs, it puts everyone in jeopardy.

If a family member is sick, suggest that they stay away until their symptoms are gone.

It takes the whole team to keep our home bug free. No one wants to stay restricted to their suite. We can do this! Let's aim for a flu free season.

Let's Have some Line Dance Fun!

Calling all line dancers. We've seen you on the dance floor so come out and join the fun. We have a line dance instructor coming in to teach a few lessons.

Classes will run every Wednesday afternoon at 3:30 beginning on September 9. Class will run for six weeks.



You must be able to move freely. You will be required to wear a mask for the entire class. Number of participants is limited. If there is enough interest we can offer a second class. Cost for the six weeks is \$25.00. Please bring your money to the Activity office or to the Recreation staff.



Cydney

Congratulations on your retirement! You've accomplished so much over your career and we're going to miss your guidance, support, and positive attitude. We're so pleased you'll have more time for yourself and that you can enjoy all those things you've wanted to do. Enjoy this new chapter of your life, and we wish you all the best

Harmony Hill Retirement Community

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A Few Thoughts on September

September is for sure a month of a lot of change typically from new routines, shifting weather, and more, but it also is full of abundance and it is still far from winter and the coldest parts of fall.

If we are lucky, we may be blessed with secret summer lingering till the first frost sets in. The mornings are cool but the sun arrives with it's warmth to remind us of our beach days.

The leaves will change before our eyes. One day there is the lush green of summer and too quickly comes the splendor of the fall colours, nature in all her glory.

In the orchards around us, the apples appear near perfect. The trees have nurtured the fruit and given them the most beautiful blush. Soon we will enjoy them in so many different ways.

September is the iconic month of the "farmer", a time of hard work and plentiful blessings for all that has been given to us in the harvest.

In September, we will continue the fight against Covid 19. Our armor will be our masks, our hand sanitizer and our social distancing.

In September
Open your eyes to the beauty around you, open your mind to the wonders of life, open your heart to those who love you, and always be true to yourself. – Maya Angelou

Remember...

We are still limiting the number of residents in every program. You must sign up for several events. The "SIGN UP" binder is in the Activity Room.

If you go to sign up but there is no room, depending on the event, we may be able to repeat the program. Let the Recreation staff now.

Some programs have a specific time for each of the buildings. Please be sure that you read carefully.

We will do our best to accommodate everyone.



Dear Residents,

I am writing this 7 months into my time at Harmony Hill – 5 months of which have been under the umbrella of COVID! I first want to share how impressed I have been with all the staff and residents. This pandemic has had the ability to bring out the worse or the best in us. I am happy to say, with few exceptions, people cooperated with our directives and pulled together to support each other and keep our home safe. We have an incredible story to tell – over 200 residents, and 70 staff all COVID free. Congratulations!!

We look forward to continuing to return to our new normal. We do not know what awaits us this fall and we hope that a second wave of COVID does not strike Durham region. We are, however, prepared if this is the case. It is easy for us to let our guard down, but please remember – the pandemic is far from over. The best defense is an offense! Continue to wash your hands frequently, stay 6 feet away from others, and wear a mask as much as you can in common and public spaces.

I look forward to eventually returning to a life of being mask free, giving hugs and not worrying so much about this pandemic! Thanks again to everyone for your support.

Sincerely,

Kristen Cleary, Executive Director



Farewell Tea for Cydney

Everyone is invited

Come with your best wishes to say farewell to Cydney.

Wednesday September 23 in Harmony Square beginning at 2:00

Check the calendar for your time.



Flu Frequently Asked Questions (FAQ)

By: Tara Clifford, Director of Care

1. Do I need to sign the HARMONY HILL FREE FLU SHOT CLINIC CONSENT FORM if I am getting my shot elsewhere or if I do not get the flu shot?

Yes. We need everyone to complete this form, sign, date and return it to Wellness (even if we will not be giving you the flue vaccine). This is how we know how many vaccines we need, and it is a legal requirement if you are getting a vaccine/medication from us that you provide consent. Plus, this form also has consent for Tamiflu.

2. Does my doctor need to sign the TAMILU ANNUAL PRESCRIPTION AUTHORIZATION FORM?

Yes, if you consent to taking Tamiflu antiviral medication if the home goes into influenza outbreak. Your doctor must provide the pharmacy with your most recent 2020 serum creatinine level and must sign and date the form.

3. Does it matter if I get my flu shot here or at my doctor's office?

No. If you choose to get the flu shot anywhere other than here please provide the Wellness Center with proof of vaccination for your file.

Goodbye and Thank you

With mixed emotions I am writing to you to thank you for giving me the opportunity to serve you over the last 4 years. I have laughed, cried, grieved, celebrated, and pretty much experienced all the range of emotions during my time at Harmony Hill with you. While I am sad to say goodbye, I am excited about the next chapter of my life. I can look back on the lessons that you have taught me, on how to retire well and to enjoy my retirement years. Most importantly I have learned from you is the importance of family. I am looking forward to being present to support my son's transition to university and to hopefully begin travelling the world with my husband when conditions allow. Over the next month I hope to connect with you all to say thank you.

Stay well!

Cydney

4. Why should I get the flu shot if I am going to take Tamiflu?

The flu vaccine is designed to protect for the duration of flu season and to prevent an outbreak. Tamiflu antiviral medication is given when you are sick with flu symptoms and or the home is in influenza outbreak. This medication only works while you take it approximately 14 days.