



# Dania Manor News

Issue Date: March 1 2023

## OUR MISSION:

*At our community's campus of care, we excel in seniors housing and person-centered care for all, reflecting our Danish heritage.*

## OUR VISION:

*Providing a loving and caring home.*

## OUR VALUES:

*Excellence, Compassion, Diversity, Respect, Integrity*

## March Birthday Celebrant

**PEI FANG Y.  
MARCH 29**



**SHAMROCKIN PARTY  
WITH LEO A.  
MARCH 17, 2:00 PM**

**Mickey Mouse  
March Madness Day  
March 31st**



Dania is one of a few care homes in Canada to have earned Accreditation with Exemplary Standing from Accreditation Canada . Accreditation Canada certifies that Dania and its contractors meet the national standards of quality for health services set by the Council.







**Breaking Ground on Dania Seniors**  
**Affordable Housing Project**  
**February 10, 2023**

**BORHOLM**

THIS, EXOTIC, PART OF DENMARK WITH RUGGED CLIFFS AND BEAUTIFUL BEACHES WILL BE MORE ACCESSIBLE FROM 2023 THANKS TO THE LARGEST HIGH-SPEED FERRY IN THE WORLD, THE EXPRESS 5. THE SAILING ROUTE ENDS IN RØNNE ON BORNHOLM AND STARTS IN YSTAD IN SWEDEN - WHICH YOU CAN ALSO EASILY TRAVEL TO BY TRAIN FROM COPENHAGEN. [HTTPS://WWW.VISITDENMARK.COM/DENMARK/HIGHLIGHTS/NEW-2023](https://www.visitdenmark.com/denmark/highlights/new-2023)



**CHEF CLUB**

**1:15 PM**

**RESIDENT**

*Council Meeting*

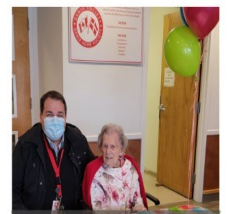
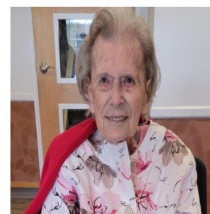
**1:30 PM**

*Wednesday, March 22 2023*

*2nd fl. Lounge*



**ELLEN'S 103RD BIRTHDAY CELEBRATION**



**FALL PREVENTION FOR THE ELDERLY**

**What to do if they fall**

1. **Stay calm** and do not panic
2. **Assess the situation & check** for any injuries
3. If they wish to get up, help them get off the floor slowly
4. If at any point they are in pain or gets stuck, **STOP**
5. If they are unable to get up, call an ambulance



**Main Causes**

- Foot problems
- Environmental hazards
- Lack of exercise
- Side effects of medication
- Poor vision or hearing



Homeage

**Prevention Tips**

- Keep moving and stay active
- Keep your bones strong
- Go for regular eye checkups
- Always stand up slowly
- Wear proper non-slip footwear
- Light up your living space
- Install assistive devices

...and more

