



AUGUST 2026 IN THIS ISSUE 8-14 AUGUST WEEKLY UPDATE

Daily Schedules

Monday - Friday

08h00 - Breakfast
11h00 - Activities
13h00 - Lunch
15h00 - Tea Trolley
17h00 - Dinner
20h00 - Snack

Other Activities

- Friends of Care
- Movies
- Musical sing along
- Daily walks
- Arts and crafts

Laundry Services through
Evergreen Health
Daily

Dear Residents

After a surprise taste of summer yesterday, it seems winter has returned with a vengeance today.

WOMEN'S DAY

A big thank you to Mrs. Olivier and the lovely ladies who accompanied her to hand out beautiful cards for Women's Day.



HOW TO PREVENT HEARING LOSS

Hearing loss is common, but there are ways to lower your risk. A normal conversation is likely between 60-70 dBA, and sounds above 85 dBA, like sirens and music at the loudest volume, can damage your hearing.

Ways to prevent damage include:

- Using hearing protection if you work around loud sounds
- Limiting the amount of time you are exposed to sounds above 85 dBA
- Being extra careful when cleaning your ears; cotton buds are not recommended
- Staying up to date with vaccinations; measles and the virus that causes shingles can lead to hearing loss
- Seeing your doctor if you experience any amount of hearing loss; getting help can prevent further damage

PHYSIO TIP FOR THE WEEK

Pain doesn't always mean damage. Pain is your body's alarm system, but like any alarm, it can sometimes become overprotective. This means you can feel pain even when no further damage is being done to your muscles or joints. In many cases, gentle movement helps calm this alarm system and is an important part of recovery. Understanding the difference between pain and damage can help you move with more confidence.

Live the Evergreen Lifestyle

