

## Recreation

### *First day of summer – June 21st!*

June has arrived! In June we have many enjoyable programs for residents to attend. Please be sure to follow the Recreation Calendar for times, dates and locations of the programs.

The Recreation department has been inspired by an Italian resident whose specialty is cooking Italian gnocchi – on June 6th at 10:15am, the department will make gnocchi with tomatoes sauce for all residents to try. Double days bingo is held on June 8th at 1:30pm in the 300/400 dining room. Win double the money for each win! Bingo is free to play. Some new programs on the calendar this month are darts and casino games. Shuffleboard is held on June 2nd and June 16th at 3:45pm in the 1000 lounge. If visitors would like to play shuffleboard with residents, please sign out the equipment from the Recreation Department.

A pen pal program has been initiated by students in grade 3. For the last few months, the students and residents write letters back and forth. On June 21st, the students will be visiting the residents in the 1000 dining room in Venta Care Centre.

### *Father's Day Social*

A Father's Day Social is scheduled for Sunday June 19th at 2:00pm in the 1000 dining room. Visitors are welcome to attend. Coffee/tea and a snack are \$1.25 for visitors and free for residents.

### *June Resident Birthday Party*

The June Resident Birthday party is Monday June 13th at 1:30pm in the 300/400 Dining Room.

## June Events

June 2<sup>nd</sup> at 1:45pm

**Valentine**

June 9<sup>th</sup> at 1:45pm

**Dwayne Cannon**

June 16<sup>th</sup> at 1:45pm

**Northern Delights**

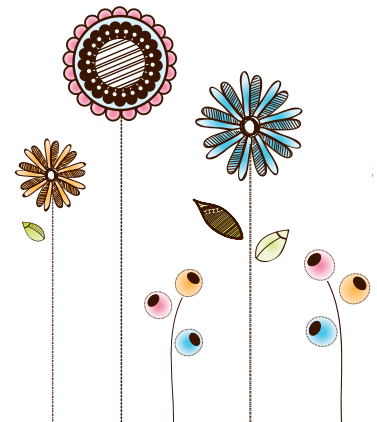
June 23<sup>rd</sup> at 1:45pm

**Family Harmony**

June 30<sup>th</sup> at 1:45pm

**Running Boards**

*All shows starting  
at 1:45pm are in the  
1000 Dining room*





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## *More from Recreation*

### *Senior's week, June 5th -11th*

Senior's week, June 5th -11th is a time to celebrate seniors and their contribution to our community. Senior's week events are held across the province at different locations, including Venta Care Centre! Visit [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca) for more information. An information display board of activities will be set up in the front foyer during this time.

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### *Residents' Council Society: Tomato Sale Fundraiser*

The recreation tomato plants are growing fast and are ready to purchase. Tomato plants are \$2.50 each, or 3 for \$6.00. Please visit the Recreation Department if you wish to purchase plants. For sale are Sweet Millions Cherry tomatoes, pomodoro (Italian) tomatoes and beefsteak tomatoes.

This month's Residents' Council Meeting is held on Wednesday June 1st at 3:00pm in the Recreation Area. Be sure to attend if you would like to request specific Recreation Programs. Family and friends are welcome to attend the meeting. The July meeting is scheduled for July 6th, 2011.

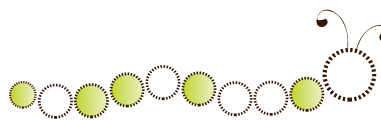
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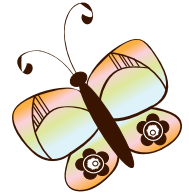
### *Family Support Group*

The next family support group will be scheduled for either July or August 2011. If there are any requests for education presentations, or for more information, please contact Jennifer Masek, Recreation Manager (780) 377-4406.

## **Venta Volunteer**

For those who are looking to join the Venta Care Centre Volunteer team, please contact Jennifer, the Recreation Manager at (780) 377-4406.





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## *More from Recreation*

### *Pet Visits – 1, 2, 3 steps*

Is it wonderful to see visitors bringing their pet into visit a resident at Venta Care Centre. However, the Venta Care Centre Pet policy requires that visitors follow these steps prior to bringing their pet into Venta:

Phone or visit the business office (780) 377-4400 to book an appointment to register your pet.

Once registered you June bring your pet into the building. In advance, please phone or visit the business office to schedule a 1 hour pet visit. This will guarantee that no other pets are in the building.

When you bring your pet to Venta Care Centre, always sign-in your pet at the business office. Receive the “attention: dog on premises” sign and place at the visitor sign-in desk. Place the “woof” tag on your pet’s leash. Please return sign and tag when leaving.

No pet visits on Wednesday afternoons from 1pm – 4:30pm (due to pet therapy visits). Only 1 pet in the facility at a time



### **PET VISITS** Easy as 1, 2, 3!

- 1. Register*
- 2. Schedule a visit*
- 3. Sign in at the Business office*

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### *Family Support Group*

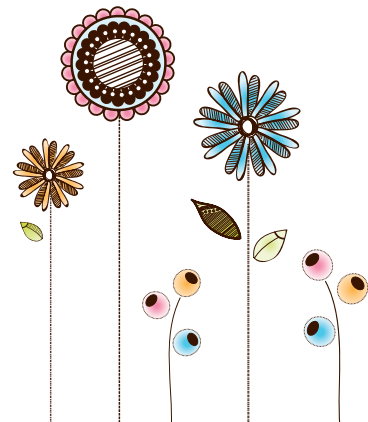
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### *Pastoral Care*

God, creator of unfailing light, give that same light to those who call upon you. June out lips praise you, our lives proclaim your goodness, our work give you honour, and our voices celebrate you forever. We ask this though Christ our Lord, Amen.

Happy Father’s Day to all the Fathers and bless you.





## **Memo: Notice Of Cable / TV Charges To Residents**

To all Residents/ Families /Guardians / E P O A's

On March 24, 2011 we received an announcement from Honorable Mary Anne Jablonski advising all members of the Alberta Continuing Care Association that the Long Term Care Providers will start to charge their residents for personal cable television services starting May 01, 2011.

Since 2003 and until now the providers have provided the cable television services to residents rooms at no extra charge to them. This decision comes in view of the fact that increases in maximum accommodation fees are unpredictable and many times fall short of the actual costs providing services. The bulk cable television contract with a major provider has also expired meaning that operators will be left with facing an immediate 25% increase in cable television service costs the first year and 3.5% more yearly over the next 4 years.

The ACCA advocates for the best continuing care system in Canada and their priority is to increase the quality of care for Albertan's, while in our members' care and seeks to secure adequate and predictable resources for quality care along with high standards and quality performance.

**Therefore this letter is to advise you that effective September 01, 2011 all residents that have TV's in their rooms will be charged \$25.00 each month for cable as we cannot shut it off in individual rooms. This will be added to your monthly Invoice.**

Please direct any questions that you might have to the Business office for clarification.

*Sincerely,*

Dr. Peter Birzgalis  
Chief Executive Officer



# Venta Cares

News | Events | Information | **June 2011**

Venta Care Centre's Social Committee Presents:

## Venta Care Carnival!

### info:

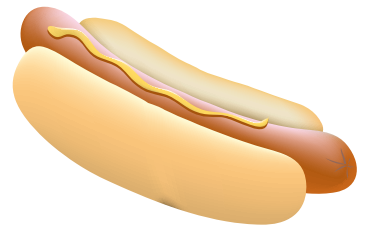
**When:** Wednesday June 29th, 2011

**Where:** Small courtyard

**Who:** Staff, residents, visitors

**Time:** 11:00am – 4:00pm

**What:** Dunk tank, hot dogs, floats, entertainment, door prizes, visit from MLA and more!



### prices:

**\$1<sup>50</sup>** Hot Dog

**\$1<sup>50</sup>** Ice cream floats  
(Root beer, orange or cola)

**\$2<sup>00</sup>** For 3 Balls at the Dunk Tank

**\$2<sup>00</sup>**<sub>7ball</sub> For CEO, Peter Birzgalis

**\$5** **Dunky Deal**  
Hotdog, Ice cream float,  
3 balls for dunk tank





## Sudoku!

Sudoku #1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 9 |   | 4 |   |   |   |   |
| 3 |   |   | 2 | 1 |   |   |   | 9 |
|   | 1 |   | 6 |   | 9 |   |   |   |
| 6 |   | 2 |   |   |   | 9 | 3 |   |
| 7 |   |   |   | 9 |   |   | 8 |   |
| 1 |   | 4 |   |   |   | 6 | 7 |   |
|   |   |   | 5 |   | 1 |   |   | 7 |
|   | 3 |   |   | 2 | 7 |   | 9 |   |
|   |   |   |   | 8 |   | 5 |   |   |

[www.SudokuPrintout.com](http://www.SudokuPrintout.com)

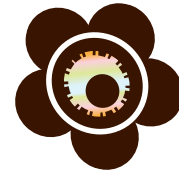
LEVEL: Beginner

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 9 | 6 |   | 7 | 4 | 3 | 1 |
| 8 |   |   |   | 5 | 3 |   |   | 9 |
|   | 6 |   | 2 |   |   | 5 |   |   |
|   |   | 8 | 9 |   |   |   |   | 6 |
|   |   | 2 |   | 4 |   | 7 |   | 5 |
|   |   |   |   |   | 1 |   |   |   |
|   |   |   | 5 | 9 | 4 | 3 |   | 2 |
|   | 2 | 7 |   | 3 |   |   | 1 |   |
| 4 |   |   | 1 | 2 |   | 6 | 5 |   |

[www.dctech.com/sudoku/](http://www.dctech.com/sudoku/)







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## *Tomato Recipes Recommended from Recreation*

### *Tomato sauce*



#### **Ingredients:**

- |                             |                               |
|-----------------------------|-------------------------------|
| 3 Chopped pomodoro tomatoes | 2 Garlic Cloves               |
| 1 Chopped carrot            | 4 Tbsp olive oil              |
| 1 Chopped onion             | 3 Fresh basil leaves, chopped |
| Salt                        |                               |

#### **Directions:**

- 1 Place all ingredients into a pot and cook for 30 minutes.
- 2 Process the cooked vegetables in a blender, or put through a food mill.
- 3 Simmer for 15 minutes and season with salt and add fresh basil.

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### *Panzanella Panini*

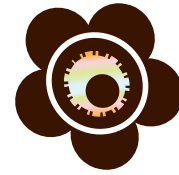


#### **Ingredients:**

- |                             |                            |
|-----------------------------|----------------------------|
| 1 French deli roll, split   | 1 Beefsteak tomato, sliced |
| 1 Teaspoon balsamic vinegar | 4 Fresh basil leaves       |
| 2 Slices mozzarella cheese  | Olive oil                  |

#### **Directions:**

- 1 Preheat a skillet over medium-low heat.
- 2 Sprinkle cut sides of roll with balsamic vinegar. Layer one slice of mozzarella cheese, tomato slices, basil leaves, and the remaining slice of mozzarella cheese on the roll. Close sandwich; rub outside with olive oil.
- 3 Place sandwich in preheated skillet; top with another heavy skillet to press. Cook until bread is toasted and golden, about 3 minutes. Flip sandwich; top with skillet. Cook second side until toasted, about an additional 2 minutes.



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## *Tomato Recipes Recommended from Recreation*

### *Marinated sweet millions Tomato Salad*



#### **Ingredients:**

4 Cups halved sweet millions tomatoes

¼ Cup vegetable oil

3 Tablespoons cider vinegar

1 Teaspoon dried parsley

1 Teaspoon dried basil

1 Teaspoon dried oregano

½ Teaspoon salt

1½ Teaspoons white sugar

#### **Directions:**

- 1** In a small bowl or cup measure, mix together oil, apple cider vinegar, herbs, salt, and sugar.
- 2** Pour dressing over cherry tomatoes in a serving dish, and gently stir to coat. Chill for at least 2 hours. Gently stir from bottom to top, coating all tomatoes, before serving.

