

September 2023

The Ressam Times

Ressam Gardens | 1041 West 5th St, Hamilton, ON | (289) 426-3074

Celebrating September

World Alzheimer Month

Labour Day
September 4

Salon Grand Opening
September 5

Grandparent's Day
September 10

Resident Birthday Party
September 13

Terry Fox Run
September 17

Resident Meeting
September 21

Fall Equinox & Fall Social
September 23

**National Day for Truth &
Reconciliation**
September 30

A Message from Dr. Nafia Al-Mutawaly

In light of World Alzheimer's month, I would like to draw the spotlight on the incredible community we have built here at Ressam Gardens. From our valued residents and families, to our dedicated staff, Ressam Gardens has become a safe space for all, bonded by our shared experiences with dementia and passion to provide quality care for our residents. The emotional toll the disease can have on afflicted individuals and their loved ones has always been acknowledged within our homes. As such, Ressam Gardens consistently strives to provide the needed support to members of our community including staff, residents, and families. Whether it's through mental health resources provided through our partnership with the Alzheimer's Society, or customized care plans to ensure ease of mind, our team will always be happy to provide solutions and assistance.



General Manager – Dr. Nafia Al-Mutawaly

Clinical Director – Brooke Rioux

Executive Chef – John Millar

Life Enrichment Manager – Jonathan Van Delft

Maintenance Manager – Husam Hameed



World Alzheimer Month

This month we aim to raise awareness and challenge stigmas surrounding Alzheimer's Disease. Millions of people around the world are living with Dementia. Understanding their day-to-day experiences, struggles, and successes helps to raise awareness globally.

The Alzheimer Society

Our partnership with the Alzheimer Society provides our residents, their families, and the community with a unique set of tools. The Alzheimer Society here at Ressam Gardens can provide support, knowledge, expertise, and referrals. Their programs offer a wide range of information that brings together all aspects of the care and management of dementia in Canada.



Terry Fox Run

On April 12, 1980, Terry started his Marathon of Hope. Every year on September 17th, Canadians continue the annual Terry Fox Run surrounded by messages of love, hope and inspiration. The annual Terry Fox Run has become a fall tradition in Canada, with more than 650 communities, big and small, urban and rural, English and French, fundraising for cancer research.



Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON



RESSAM GARDENS
MEMORY CARE COMMUNITY

Fall Equinox

When will summer end and the cooler days of fall begin? The fall equinox—also called the September equinox—arrives on Saturday, September 23. Not only do temperatures fall, but also plant life slows down and so do we.

A successful growing season is coming to a close here at Ressam Gardens. We will begin preparations for the colder months to come and plant winter growth vegetables.

Our gardens have provided a fun way for our residents to engage in physical and social activity. Physical activity can help you feel better, reduce stress and maintain health. It helps to prevent muscle weakness and health complications associated with inactivity. Physical activity also promotes a normal day-and-night routine and may help to improve mood.



Hairdresser Grand Opening

We are proud to announce the grand opening of our hair salon here at Ressam Gardens! Teri McArthur is joining our team on September 5th and will provide residents with a range of salon services to fit their needs. We are so excited about this new addition to our community!



BACK TO SCHOOL!



Back to School!

September marks the start of a new school year. Parents are back to school shopping while children are enjoying the last few days of summer break.

Going back to school is not just for kids, adults of all ages can benefit from sharpening their pencils and minds! For those living with dementia, prolonged educational programs can help maintain decision-making, cognitive function, and social interactions.

September

Departing summer hath assumed
An aspect tenderly illumed,
The gentlest look of spring;
That calls from yonder leafy shade
Unfaded, yet prepared to fade,
A timely carolling.

No faint and hesitating trill,
Such tribute as to winter chill
The lonely redbreast pays!
Clear, loud, and lively is the din,
From social warblers gathering in
Their harvest of sweet lays...

-William Wordsworth

Birthdays in September

Resident Birthdays

Peter - September 14
Guiseppe - September 16
Patrick - September 18
Nellie - September 19

Celebrity Birthdays

Keanu Reeves (actor) – September 2
Beyonce (singer) – September 4
Idris Elba (actor) – September 6
Otis Redding (singer) – September 9
Lauren Bacall (actress) – September 16
Frankie Avalon (singer) – September 18
Gene Autry (cowboy) – September 29

HAPPY BIRTHDAY



September Birthdays

In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented.

Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

