

# SAM PROGRAM NEWSLETTER:



## September's Name

September got its name from the Latin word *septem*, meaning seven. That's because it was the seventh month on the old Roman calendar. Around 44 BC Julius Caesar reformed the calendar and made September the ninth month. The Anglo-Saxons called it the *gerst monath*, meaning barley month because it was the month they harvest their barley crops.

### September Dates To Remember!

September 6th: Labour Day  
September 9th: Rosh Hashanah begins  
September 12th: Grandparent's Day!  
September 18th: Yom Kippur  
September 18th: Oktoberfest begins  
September 19th: Adult Day Services Week!  
September 22nd: Autumn Begins  
September 23rd: Sukkot

**Birthstone:** Sapphire  
**Flower:** Aster  
**Colour:** Gold  
**Virgo:** August 23 to September 22  
**Libra:** September 23 to October 22



## Nurses Notes

By Pam, Sarah & Vicky

### September is Arthritis Month!

**Fibromyalgia** is a common rheumatic disease. Women are much more likely to develop fibromyalgia than men by a ratio of four to one. The incidence increases with age and it is most common in women 50 years or older. Fibromyalgia is a relatively new term, this syndrome was known by several other names in recent years, including soft tissue rheumatism, fibrositis and non-articular rheumatism.

### Signs and symptoms include:

- \* Fatigue
- \* Stiffness, particularly in the morning
- \* Numbness
- \* Disturbed sleep
- \* Joint or soft tissue swelling
- \* Dry eyes
- \* Intolerance to cold
- \* Poor memory and concentration
- \* Sensitivity to certain foods, medications or allergens
- \* Feeling of weakness

### A number of other conditions may accompany fibromyalgia including:

- \* Depression
- \* Tension
- \* Migraine headaches
- \* Irritable bowel and/or bladder
- \* Chronic fatigue

**Treatment options include:** medication, physical therapy and lifestyle management. Seek treatment after the onset of symptoms!

## September 2010



### Caregivers Corner

By Chantal, Dale & Leigh Ann

### Meals On Wheels Services!

#### Eligibility

Seniors and persons with disabilities that are unable to obtain or prepare adequate meals for themselves.

#### Food Prepared

Hot or frozen meals, kosher and special diets may be ordered. There are only frozen meals provided on statutory holidays and weekends.

#### Delivery

Meals are delivered to residents in several areas of Hamilton, Burlington and Stoney Creek by volunteers which provide social interaction and monitoring of client's well being. Volunteers are selected by a Volunteer Coordinator after an interview and screening process.

#### Cost

The maximum individual cost is \$6.00 per meal. Fees are adjusted according to ability to pay. Recipients are invoiced monthly.

#### Hours

Monday to Friday 8:30am to 4:30pm

#### How To Contact

VON Hamilton: 905-522-1022  
VON Dundas: 905-627-5461  
Burlington Red Cross: 905-637-5664  
Hamilton Red Cross: 905-522-8485

## Office Notes

By Shelley & Trish

905-525-5632 [www.samprogram.ca](http://www.samprogram.ca)

**Upcoming Closures:** Please note the SAM Program will be closed:

- \* Monday September 6th in recognition of Labour Day!
- \* Monday October 11th in celebration of Thanksgiving Day!

**SAM Garage Sale!** We would like to thank everyone who made donations of items and/or their time to the SAM East Garage Sale on Saturday August 28th. It was a great success and we couldn't have done it without you!! **A special thank you** to the SAM East clients who formed the committee to make this event possible!!



**Grand Opening!** Please join us on Monday October 4th as we officially launch our SAM STEPS UP Program, the senior friendly gymnasium and the opening of our new

**Computer Lab** at the SAM Flamborough location! Thank you to the Ontario Trillium Foundation for their financial support, Sandy Sheffield Young of S.T.E.P.S., Trish Balardo and the staff at the SAM Flamborough Program for taking the "steps" to make this possible!! **Great job!!**





## Foot Care Dates

**Central:** October 5th ~ Call First Place Hamilton at 905-525-9800

**East:** September 24th ~ Call Step Ahead at 905-385-4654

**Flam:** September 9th ~ Call Debbie at 905-336-5230

## Extra Extra.....

### SAM Central: 905-525-1181

- \* SAM Central's **Monday culinary experts** will be making a delicious **soup** from the fresh vegetables of the season! Let the challenge begin!
- \* **Meal Services and Congregate Dining** at First Place! Find out more September 7th to 10th!
- \* Here's **Diego!** Our favourite **Miniature Horse** will be visiting us on Friday September 10th.
- \* **Apple Days** are back! Enjoy the aroma and test your taste buds on Tuesday September 28th!



## Highlight Of The Month!

### Harvest Days!

- \* Flower Arranging
- \* Seed Collecting
- \* Tastes of Fall



## SAM Smiles



If I had known being a grandparent was so much fun, I would have done it first!

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask her what colour it was. She would tell me and she was always correct. But it was fun for me, so I continued. At last she headed for the door and said, Grandma I think you should try to figure some of these out for yourself!

My grandmother moved in with our family of five. As I was brushing my teeth one morning, she tapped on the door and said, is anyone in there? I mumbled an answer, to which she replied, was that a yes or a no?

Two little boys were visiting their grandfather and he took them to a restaurant for lunch. They couldn't make up their minds about what they wanted to eat. Finally the grandfather grinned at the server and said, just bring them bread and water! One of the little boys looked up and asked, can I have ketchup on it?

Perhaps you know why couples over sixty don't have babies. They would put them down somewhere and forget where they left them!

### SAM East: 905-544-4550

- \* **Going Green!!** Join us on Tuesday September 7th to design our very own **reusable bags!!**
- \* **All Aboard...**On Friday September 24th SAM East will **travel** from port to port in the **Western Caribbean.**
- \* **Arrrr! Pirates** will board the SAM East site on Thursday September 30th!

### SAM Flam: 905-689-5244

- \* Hey SAM Flam, are you ready for some friendly competition? We'll be making a **homemade soup** on Friday September 10th to be entered into the **SAM Soup Challenge!**
- \* On Thursday September 16th the **Bird Aviary** will be visiting us with some **exotic** friends!!
- \* Hope you have a sweet tooth! On Tuesday September 28th we'll be baking some **apple pies** and enjoying some of our **fall harvest!**

## Leisure Tidbits

By Bev, Nicole & Shannon



Soup has been around for many centuries and has been perfected by chef's all over the world! Did you know that the very first cook book with soup recipes was published in 1742 and was titled "The Complete Housewife". Soup first gained it's popularity in Europe. As Europeans immigrated to North America, chefs, especially the French, started to open up their own restaurants that quickly became famous for their soup dishes. It didn't matter whether people were rich or poor, people from all class levels ate and enjoyed soup every day. To this day, soup is a food that continues to be consumed and enjoyed by cultures all over the world! Whether you're sick in bed or it is a cold wintry day, soup is still to be considered a primary comfort food. This month, we will be having our **SAM Soup Challenge!** Each site will be making homemade soup from fresh vegetables of the season!

## Did You Know?

**That.....World Heart Day is held every last Sunday in September?**

This is the day to show your heart that you really love it!! The World Heart Federation encourages you to eat healthy, stay active with exercise, don't smoke or drink too much, maintain a healthy weight and stay aware of your heart numbers such as blood pressure, cholesterol and glucose levels. Other holistic methods also help you stay heart healthy. Tai Chi is an ancient Chinese art that combines deep breathing and relaxation with movement and good posture. Music Therapy also helps to achieve both mental and physical health! **World Heart Day will be celebrated this year on Sunday September 26th!** Reaching a ten year milestone, the World Heart Federation is urging us all to reduce the burden of heart disease and stroke! Take responsibility for your own heart health and make sure you: get active, say no to tobacco, maintain a healthy weight, limit your alcohol intake, choose healthy food options and encourage stress free moments!

