

After a long winter we are happy to finally see the spring come to life with green grass, trees, and spring flowers! We hope you and your families have the opportunity to get outside in our beautiful city and enjoy the spring weather!

At Exquisicare Senior Living and Care at Home by Exquisicare we are committed to bettering the lives of seniors in our communities.

Please take a moment to peruse our newsletter and the articles related to caring for our aging loved ones.

Seniors Nutrition Myths

The right diet and nutritional intake is arguably more important for seniors than for any other age group. Seniors have unique nutritional needs that can only be addressed when they are understood. Unfortunately, many false beliefs about a senior's nutritional needs exist. Be aware of these myths so that seniors can start eating right or improving their health in other ways.

Here are a few common but false beliefs about senior nutrition:

Myth #1:

It's Natural For Older People to Lose Their Appetite

Myth #2:

It Doesn't Matter Whether a n Older Person Eats Alone or With Others -

Myth #3:

As Long as Seniors Follow Healthy Eating Guidelines, They'll Be Fine

Myth #4:

Seniors Have Slower Metabolisms and Need Fewer Nutrients

Myths #5:

Seniors With a Weak Appetite can Safely Skip Meals



[Read full article](#)

What Aging Parents Want from Their Kids



There 's a fine line between caring and controlling- but older adults and their grown children often disagree on where it is.

As parents get older, attempts to hold on to our independence can be at odds with even the most well-intentioned "suggestions" from our children.

We want to be cared about, but fear being cared for. Hence the push and pull when a well-meaning offspring steps onto our turf.

[Read full article](#)

Games for Seniors Living with Alzheimer's or Dementia

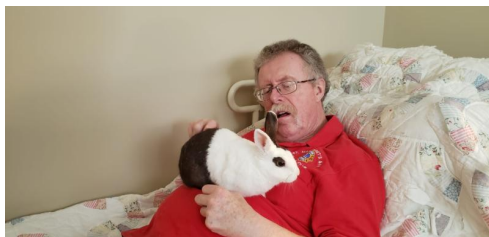
Research shows that brain games can be effective in delaying the onset of dementia in older adults.

However, there are plenty of fun, stimulating games for those already living with dementia. Seek out games that offer social interaction and include an appropriate amount of mental stimulation -that may slow cognitive decline.

[Read More](#)

Recreation & Activities

Our resident's enjoyed our Easter Celebrations and a visit from a real Bunny! Our Life Enrichment Coordinator plans a full calendar of meaningful daily activities and stimulating outings for our residents each month.



"You don't stop laughing when you grow old, you grow old when you stop laughing."

George Bernard Shaw



Save the Date! September 12, 2019

Exquisicare is pleased to be hosting a Client Appreciation and Free Alzheimer's Education Evening on September 12, 2019 at The Derrick Golf and Winter Club.

The evening will include a presentation from The Alzheimer's Society .

Registration details will be available in our next newsletter.

AlzheimerSociety
ALBERTA AND
NORTHWEST TERRITORIES

Our Home Care Services



Upcoming Events

See us at these upcoming events!

June 6, 2019
Older Bolder Better Symposium

June 6, 2019
Sage Awards

COMING SOON!

Exquisicare Senior Living is excited to announce our 3rd Senior Living home will begin construction soon! We will provide updates as we progress!

**JOIN
OUR MAILING LIST**

**FORWARD
TO A FRIEND**

Follow us on **twitter**

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June 4, 2019

North Edmonton Seniors
Health & Wellness Fair

July 19, 2019

Callaghan Golf Tournament

Quick Links

[Alzheimers Society](#)

[Alberta Continuing Care Association](#)

[Alberta Senior Citizens Housing Association](#)

[Alberta Council on Aging](#)