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2024 ~ Volume 1

*Happy
New Year*

Greetings from Gwen

2024 is well underway & winter has arrived.

Personally I'm not a big fan of New Years Resolutions - too much pressure! One thing I do is have a personal motto for the year. This year it is, "Nothing on the floor in 2024" - floor being both literal and figurative. I'm aiming to get things done, sorted, taken care of more efficiently this year!

Do you have New Years Resolutions? Do you chose a word for the year? A motto? If you're comfortable to share, please click "reply all" and tell us. :)



Stats Update:

- Clients
 - Clients - 13
- Volunteers
 - Training complete - 18
 - Training in progress - 5

Who do you know?

Nav-CARE needs clients & volunteers.

Our goals from now to June 2024 are:

30 Volunteers
60 Clients

Do you know anyone who can help us reach these goals? Volunteer training is always available online.

Please reach out to me & lets discuss ways to group our team!



January is Alzheimer Awareness Month!

The brain is one of your most vital organs, playing a role in every action and every thought. Just like the rest of your body it needs looking after.

Please take a look at the brochure "Heads Up for Healthier Brains", attached to the same email as this month's newsletter. This could be a benefit for ourselves and to better understand our clients.

Important Dates

- January 25 - Nav-CARE training in St Laurent
- January 30 - Volunteer Learning Workshop - RSVP by January 25.
Location Lions Manor Meeting Room @ 1:30pm
- February - In person training in or near Stonewall - location TBD