

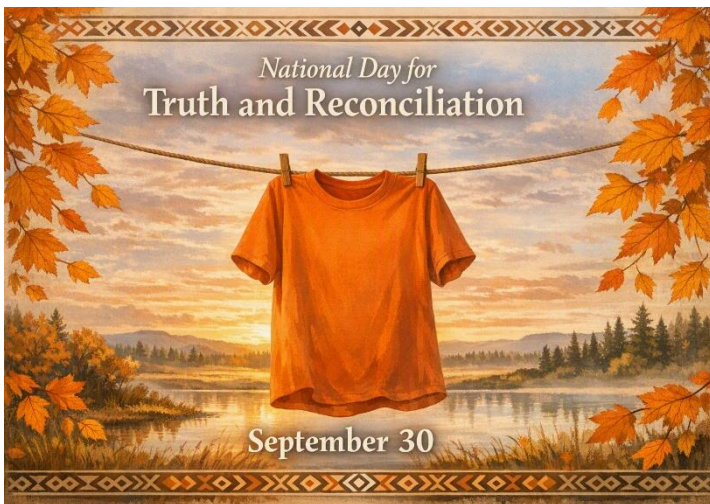
Sweet Snippets

September 2026



Sylvan Lake Foundation

SEPTEMBER 21ST IS WORLD GRATITUDE DAY



September Birthdays

In September, we celebrate birthdays with:

Doug R – Sept 1st
Annie L – Sept 10th
Kathryn S – Sept 14th
Martha L – Sept 24th
Bonita P – Sept 26th
Bev J – Sept 26th
Garry N – Sept 26th
Myrna P – Sept 28th



Things you can do to show gratitude

- **Say "Thank you" and mean it.**
- **Help someone without being asked.**
- **Smile and greet people warmly.**
- **Listen when someone needs to talk.**
- **Thank staff and volunteers for all that they do.**
- **Let someone know they made a difference in your life.**
- **Be patient and understanding.**
- **Forgive small mistakes**



What We've Been Up to Lately

What an incredible community we have! ❤️
We are thrilled to announce that our new deck at The Lodge is officially complete! This project would not have been possible without the generous support of the Community foundation of Central Alberta, whose grant helped turn this vision into a reality. Your investment in our residents has created a beautiful outdoor space where friendships will grow, families will gather, and countless memories will be made. We would also like to extend a very special thank you to Timber Ridge Decks of Red Deer, and owner Kyle, for stepping in at the last minute and making this project happen. Your professionalism, craftsmanship, and willingness to help when we needed it most did not go unnoticed. We are incredibly grateful for your team's hard work and dedication. To everyone who supported this project in any way, thank you. Your kindness and generosity continue to make a lasting difference in the lives of our residents. We can't wait to enjoy this beautiful new space for years to come! 🍌🏡💙



Poem to Share

Love and Kindness by Francis Duggan

LOVE AND KINDNESS THE GREATEST GIFTS OF HUMAN KIND
TWO GREATER GIFTS THAN THEM ONE COULD NOT HOPE TO FIND
THOSE WHO HAVE THEM HAVE COMPASSION AND EMPATHY
AND IN THE SUFFERING OF OTHERS FEEL GREAT SYMPATHY
THOSE WITH LOVE AND KINDNESS ARE LUCKY INDEED
AND OF MORE OF THEIR SORT THE HUMAN WORLD IS IN NEED
IF EVERYONE WERE LOVING AND KIND WE WOULD NOT HAVE
WARS, HOMELESSNESS AND POVERTY
AND AMONG THOSE OF DIFFERENT RELIGIONS, RACES AND
CULTURES THERE WOULD BE HARMONY
IT DOES SEEM A SAD THING FOR TO HAVE TO SAY
THAT MANY LACK IN LOVE AND KINDNESS IN THE HUMAN
WORLD OF TODAY
THE LOVING AND KIND TO HELP OTHERS OUT DO GO OUT OF
THEIR WAY
AND IN MAKING THE WORLD BETTER TO LIVE IN A BIG PART
THEY DO PLAY
FOR THEIR OWN GOOD KARMA THEY PLANT THE GOOD SEED
AND OF MORE OF THEIR KIND THE HUMAN WORLD IS IN NEED

Noticeboard



EXCITING NEWS- AYLSSA WILL BE BACK SEPT. 8TH!

Wow, I can't believe a whole year has passed already!

WELCOME BACK

We are so happy to welcome Aylssa back. She has certainly been missed, and it will be wonderful to have her back with us again. (Unfortunately, Colter will now have to share his mommy)

Having a great co-worker isn't just about having someone to share the workload with. It's about the laughs, conversations, support, and friendship that make every day a little better.

We're so happy to have her back and looking forward to plenty more laughs, good times, and everyday adventures together.

WELCOME BACK AYLSSA!

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Please see poster below for additional details

FALL/WINTER MENU PLANNING

In mid-September, we will begin developing and finalizing our Fall/Winter 5-week menu, which will be rolled out in mid-October. If you have any ideas or menu items you would like to see included, please stop by and see Chef Don—we love hearing from you!

Your feedback is so important in helping us create a successful menu that everyone can enjoy.

Laughing Matters

Mildred joined a yoga class for seniors. The instructor said, “Now, reach down and touch your toes.” Mildred replied, “If I could do that, I wouldn’t be here — I’d be in Vegas showing off.”

My grandma says she’s “not old,” she’s “chronologically gifted.”
I told her that’s just a fancy way of saying her warranty expired in the ’80s.



Harold told his doctor, “I’ve got amnesia.”
The doctor asked, “When did it start?”
Harold said, “When did *what* start?”

1. Fading memories:

An elderly couple, George and Mildred, began to notice that they were getting increasingly forgetful in their old age. Naturally, they thought it might be a good idea to discuss the problem with their doctor.

The doctor reassured them that this was quite a common experience for people as they got older, and he suggested that they should start writing things down to help them remember.

When they got home, Mildred asked George to get her a bowl of [ice cream](#) from the kitchen refrigerator.

“Should I write that down for you, George?” she said.

“No, Mildred. I’m sure I’ll remember a bowl of ice cream,” George responded.

“OK, George,” said Mildred, *“but I want some whipped cream with my ice cream, too. Should I write that down?”*

“No,” said George. *“I’ll remember. You want a bowl of ice cream with whipped cream.”*

“George, I’d love a cherry on top too,” said Mildred. *“Should I write that down?”*

“No, I got it,” said George. *“You want a bowl of ice cream with whipped cream and a cherry on top.”*

So George disappears into the kitchen to get the ice cream, and he then spends an unusually long time there before returning about 40 minutes later.

He returns to the living room and hands Mildred a plate of eggs and bacon.

Mildred stares at the plate momentarily, and then she looks at George.

“Where’s the toast?” she asks.

Monthly Happenings

Sylvan Lake Farmers Market

Every Friday, May 15 to September 25, 2026
5104 Lakeshore Drive (Limited Parking Available)

September:

3:00PM – 7:00PM

Cruise Nights

Friday Evenings 6-9

May – October 2026

Promenade Parking Lot at the NexSource Centre

Sailing Club Regattas

Races every Wednesday Evening

Head to the Shoreline and watch these beautiful boats float out on the water!

September

September is a month of transition. As summer fades away, the leaves start changing color, and the days get shorter. We begin to prepare for the cooler months ahead. But did you know this month is also rich in history, holidays, and fun facts?

- **September was originally the seventh month of the year.** September derives its name from the Latin word “Septem,” which means “seven”. This is because, in the original Roman calendar, September was actually the seventh month of the year. It was only later that the calendar was adjusted to include the months of January and February.
- **September is the only month not named after a Roman deity.** As mentioned, September comes from the Latin word “Septem”. The other months in the Gregorian calendar are named after Roman gods and goddesses. Just to name a few: January (Janus, the god of beginnings and transitions), March (Mars, the god of war), July (Julius Caesar), and August (Augustus Caesar).
- **September is the only month with the same number of letters in its name as the number of the month (9).** Did you know that September is the only month of the year with the same number of letters in its name as the number of the month? That’s right – “September” has nine letters, just like the number of the month (9). It’s a fun little fact that sets this month apart from all the others.
- **September 22 is the autumnal equinox.** On September 22nd or 23rd, depending on the year, the September equinox occurs. This is when the sun is directly above the equator, and day and night are nearly equal in length. In the Northern Hemisphere, this marks the start of fall. And in the Southern Hemisphere, it marks the beginning of spring.
- **September is a significant month for McDonald’s.** A McDonald’s fact that you should know is that in September 1960, the famous “Golden Arches” logo was introduced. Adding to that, the first McDonald’s restaurant in Europe opened in Amsterdam, Netherlands.

What's happening in Sylvan Lake

the Makers Market & Craft Festival

Friday, September 11, 2026, 10:00 am

Sylvan Lake Cunlinart

Saturday, September 12, 2026, 4:00 pm-10:00 pm

Lakeshore Drive

Theatre Trail- A Sylvan Lake Theatre Original

Saturday, September 12, 2026, 1:00 pm

Memorial Presbyterian Church

Booked for Fun – A night with the Sylvan Lake Library

Thursday, September 17, 2026, 5:30 pm

4725 43 Steet

Teddy Bear Picnic

Sunday, September 18, 2025, 6:00 pm - 8:00 pm

4725 43 Steet

Sylvan Lake Midway

August 30-September 2, 2026

Public Parking Lot, 50 Ave & 50 St

National Day for Truth and Reconciliation

Orange Shirt Day

Wednesday, September 30, 2026

Location TBA

Outings and Events happening for September

Wednesday, September 2 – Lunch at Wooden Shoe

Friday, September 4 – Rocky Mountain House Fort

Sunday, September 6 – Track on 2, Lacombe

Sunday, September 12 – Train Acres

Thursday, September 17 – Downtown Errand Bus

Friday, September 18 – Entertainment by the Plaiders

Tuesday, September 22 – Pancake Breakfast

Friday, September 25 – The Bakery in Spruce View

Tuesday, September 29 – September Birthday Party

What you need to know about prostate cancer



Canadian
Cancer
Society



Did you know?

Prostate cancer is the most commonly diagnosed cancer among Canadian men.

The risk of developing prostate cancer increases with age. Most of the time it happens after age 50.

We're still trying to find out what causes prostate cancer. But we know these factors also increase your risk:

- **Black ethnicity (including African or Caribbean ancestry)**
- **having a family member, especially a father or brother, with prostate cancer**

The bottom line is that **anyone with a prostate** can develop prostate cancer.



Symptoms of prostate cancer

There are often no symptoms of prostate cancer, especially in its early stages. As the cancer grows, some people may:

- have problems peeing
- experience painful ejaculation
- find blood in the pee or semen



If cancer spreads outside the prostate, symptoms can include:

- bone pain
- weight loss
- kidney problems

**When prostate cancer is caught early,
5-year survival is close to 100%.**

Tests for early detection and diagnosis

The good news is that there are simple tests that can help detect prostate cancer early, even without symptoms.

Prostate-specific antigen test (PSA)

- PSA is a protein made by the prostate. It shows up in the blood.
- Low levels of PSA in the blood are normal. Higher levels are a sign that there may be a problem with the prostate.
- It's important to talk to your doctor about the PSA test when you turn 50, or 45 if you're at higher risk.



Digital rectal exam (DRE)

- DRE is more commonly known as the "finger exam".
- A doctor inserts a finger into the rectum to check the size and shape of the prostate and to feel for any lumps or abnormal areas.

Using these tests together is better than using either test alone. If the PSA test and DRE suggest there might be prostate cancer, your doctor may recommend a follow up PSA test or other tests.

The only way to know that it's prostate cancer is with a biopsy, a procedure where a needle takes small tissue samples to look for cancer cells. Imaging tests like MRI, CT scans or bone scans may be used to see where the cancer is and if it has spread.

We continue to discover more and better ways to diagnose and treat this disease. Because of better education, awareness, early detection and treatments, the death rate has been cut in half since the early 1990s.

What should you do next?

- ✓ If you have a prostate, speak to your doctor about your prostate health and early detection.
- ✓ Spread the message about the importance of early detection. It could save someone's life.
- ✓ For more information, support or resources go to cancer.ca or call 1-888-939-3333.



Canadian
Cancer
Society



Word Search

GRATITUDE WORD SEARCH



P D P A T I E N C E A C Q H
R W T H K L K Z N N P O M E
A E F F I A I N M C P M B L
I L F M W C N O B O R P E P
S I S G Q K D T X U E L T S
E S G B V N N E U R C I H U
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V S L G C E M C G R H M N S
E T P S T H A N K Y O U R N

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

Praise

Respect

Appreciate

Blessings