



Join us for a trial stay

Sample all-inclusive retirement living

Thinking about senior living? Now is a perfect time to "test drive" our warm and welcoming residence! Let our talented chefs prepare your meals while you attend a fitness class or enjoy aqua-fit in our pool, play a game of cribbage in the pub or enjoy a coffee with a new friend. We look forward to hosting you!

- 3 Nights FREE
- 3 chef inspired meals daily
- Daily life enrichment activities

Call **403-240-4404** to book your upcoming stay!

UPCOMING DATES

LUNAR NEW YEAR LION DANCERS

Saturday, Feb. 8
10-10:30am

RIDDLE CONTEST

I'm tall when I'm young, and I'm short when I'm old. What am I?
Enter to WIN a \$50 gift card to your favorite local business!

Email: crm2.aw@verveseniorliving.com with your guess for a chance to win!



ASPEN WOODS
INSPIRED SENIOR LIVING



Sleeping Tips For Seniors

- 1. Keep a Routine:** Go to bed and wake up at the same time each day.
- 2. Wind Down:** Relax with calming activities before bed, like reading or stretching.
- 3. Limit Naps:** Keep naps short and early to avoid disrupting nighttime sleep.
- 4. Mind Your Diet:** Avoid caffeine, alcohol, and heavy meals close to bedtime.
- 5. Stay Active:** Regular exercise helps promote better sleep but avoid vigorous activity late in the day.
- 6. Create a Comfortable Space:** Make your bedroom quiet, dark, and cool.
- 7. Limit Screens:** Reduce screen time an hour before bed to help your body wind down.
- 8. Reduce Fluids:** Avoid drinking too much before



Resident Testimonial

"I love keeping busy with all the activities here. The full-body exercise programs each morning are a great way to start the day, and I really enjoy the bus outings to places like Saskatoon Farm and Forget-Me-Not Pond. One of my favorite things, though, is winning at Jeopardy! I truly feel like the staff take the time to get to know me — everyone always says hi. I feel so at home here.
– Jim, Resident of Verve Aspen Woods



Employee Spotlight:

JP Vivero, Health & Wellness Manager

A native of Davao City, Philippines, JP's career journey started off with a decision between computer science vs nursing. He chose the latter becoming a Registered Nurse (with a Masters in Public Admin), and specialized in Emergency Room and Family Planning nursing.

After arriving in Calgary, JP plied his nursing skills at both the Rockyview Hospital and retirement residences where he developed his love for working with seniors.

This experience plus his competence, empathy and kindness made him the perfect fit for Verve Aspen Woods.

Compared to the frantic pace of emergency room nursing, JP finds senior living much more fulfilling. He values the

appreciation he receives from seniors and their families and takes pride in making a positive impact on their lives. "I enjoy our pre-move in assessments because I have met so many interesting people. I love hearing the life story our wonderful new residents."

JP has also had busy timetable of life events in the last seven years including marriage, home purchase, a family dog, becoming a Canadian citizen followed by welcoming two beautiful children.

When enjoying time away from work, JP loves time with his family, dog walking, camping, hiking and jumping on his longboard skateboard. In the winter he relishes winter days snowboarding. Verve Aspen Woods residents and JP's colleagues are grateful that the ever-smiling and upbeat JP chose a nursing career over computer science!

