

## Celebrating the 2016 Olympic Games at Blackadar Continuing Care Centre

Residents, staff and family members at Blackadar Continuing Care Centre got into the groove from August 3 – 20, 2016 in celebration of the 2016 Rio Olympic Games. Highlights included opening and closing ceremonies with live music, lots of special games and a visit by Kool Jim's Ice Cream Truck!

One of our very memorable moments occurred when our Medical Director, Dr. Mike West, brought in his Olympic medals for all to view/touch or wear! Dr. West competed for Canada in the 1984 Los Angeles Olympics. He competed in the 100m Backstroke where he came home with the bronze medal, as well as the 4 x 100 Relay...taking home a silver medal! Dr. West was also chosen to be part of the Vancouver 2010 Olympic Torch Relay, and was able to share this specially designed torch with us. Resident Donna Douglas had the opportunity to hold one of these torches while she visited her daughter in Vancouver in 2010, so it was quite exciting for her to be able to revisit that special moment, while wearing REAL Olympic medals with a former Olympian at her side!

