

The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

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INSIDE THIS
NOVEMBER 2024
ISSUE:

Board Member Corner	2
Heart & Hand Combined	3
PCR Quick Tips	4
Candid Moments	5
Thank You!	7
Maintenance Corner	8
Recreation	11
Birthdays	13
Announcements	14

GREETINGS

As the days get shorter and colder, the vibrant colors of fall transform our landscape and we gather in various celebrations and holidays, it's a poignant reminder of both the cyclical beauty of life and the deep gratitude the seasons inspire. Autumn encourages us to slow down and reflect—both on what we hold dear and on the important work that we are doing in providing support and services to our Parkview Home and residents.

Moreover, adopting a mindset of gratitude significantly enhances the clarity and realism of our efforts. Whether it's an appreciation for the effort, an understanding of the non-material fortunes in your life develops, or valuing wisdom derived from past lessons, a grateful perspective is an invaluable source of grounding as you navigate through the complexities of life.

With recent communications from Parkview, you probably already know that we have already been in Outbreak both in Gardenview and Southview, but we hope things are relatively mild in the coming months. While in Outbreak in late September and October, there were as many as 35 current outbreaks occurring in the Haldimand / Norfolk area. Luckily, the strains are not as severe in most cases, especially not compared to COVID's peak in 2020. And that is my hope – that COVID as well as other respiratory issues is here to stay, but since last year COVID is losing its bite and the stigma of a world-wide pandemic – but it's still up to all to keep each other safe!

Unfortunately, the new term I have heard is "triple-demic" which refers to side-by-side outbreaks of three respiratory illnesses, typically occurring during the autumn and winter seasons," explains Dr Chun Tang, a GP. "In recent years, it's been used to describe the simultaneous spread of COVID-19, influenza (flu), and respiratory syncytial virus (RSV). (You can also add the common cold in there too, but it is year-round.) "Each of these viruses can cause severe illness, especially in vulnerable groups like the elderly, young children, and those with weakened immune systems."

Treatment depends on the virus causing the illness. "Flu and COVID-19 have antiviral medications available, but they work best when started early," explains Tang. "RSV typically requires supportive care, such as fluids, rest, and fever control, though severe cases in infants may require hospitalization. For our part we still follow guidelines of both the Ministry of Health and Long-Term Care and Public Health for outbreak protocols, however we know **"for all three, the focus is on managing symptoms – hydration, rest, and medication to control fever and discomfort."** You can protect yourself by keeping up to date with available vaccines.

It is possible to get all three viruses at the same time – and being infected with multiple respiratory viruses can increase the severity of illness and make it harder for the body to recover, especially for those with weakened immune systems or existing health conditions. "There are vaccines for flu and COVID-19, and this year an RSV vaccine has been approved for older adults (over 60)," highlights Tang. "Vaccination is crucial for reducing the risk of severe illness." Practicing good hygiene is also very important. **"Regular hand washing, mask-wearing in crowded places, and staying home when sick can help reduce the spread,"** says Dr.Tang.

Blessings and best wishes of the season to all ... stay safe and healthy.

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." ~ Deuteronomy 31:6

Ken Callaghan
Chief Executive Officer
kcallaghan@parkviewmeadows.ca

BOARD CORNER

Today I am challenged to write something for the Parkview Post. I am enjoying being on the Board of Directors and learning a lot of how much goes into running a Retirement Home along with a home for those requiring assisted living, and Long Term Care. I come with limited experience in being a board member, but I worked in a home for the mentally and physically challenged for 24 years. I volunteered at Shalom Manor in Grimsby for many years and it was my joy! Now with Covid-19 experience behind us I hope to see the volunteer base at Parkview grow. There is great satisfaction of giving some of our time to others and volunteers make a world of difference to the residents. I certainly enjoy coming to Parkview and visiting with many and sense that for the greater part the residents are content.

We are looking forward to the Advent season, and with that comes the Christmas Bazaar. Lets encourage our friends and family to come out and support the vendors and enjoy being together.

Humbly submitted by Evelyn Dam VanNetten

GREETINGS FROM SOUTHVIEW

Southview Retirement has been busy with promoting the retirement home out in both Norfolk and Haldimand Counties the last few months. Parkview Meadows was present during the Corn fest in Jarvis back in August and had a lot of fun handing out candy and smiles. In October, during the Norfolk Fair, Parkview Meadows was present for its first time as a vendor and partnered with fellow Retirement home Cedar Crossings from Simcoe. Lastly, Southview participated in the Waterford Pumpkin Fest with its best mascots, Woody and the Pumpkins. Fun was had by all, and Southview continues to make long lasting partnerships within its own community and surrounding areas.

If you see us out and about, give a cheer and a wave.



Did you know that an Optician and Optometrist from



attends Parkview Meadows.

Covered by OHIP

\$40 Mobile Fee for Mobile Services

Next clinic date scheduled in Craft Room for;

Monday, November 11th 2024 - 10 to 5

Mobile eye care at your office, long term care, retirement community or hospital we can understand during these times it can be difficult to take care of your eye care needs, it can be a struggle to take yourself or your family away from your home, that's why Viewpoint will come to you. We will bring our portable Optometry clinic, equipped with our mobile diagnostic equipment, we conduct a complete and thorough eye examination. These include : Visual Acuity Testing, Refraction, Binocular Vision Assessment, Ocular Motility Testing, Pupillary Examination, Slit Lamp Exam, Intraocular Pressure Measurement, Retinal Exam, Cataract Assessment and Dry Eye Assessment.

Please connect with Michael to complete Viewpoint Intake Form for the next clinic.

HEART AND HAND COMBINED

It can truly be an eye-opener to see various people in our home living with one commonality: growing older.

Yet, seeing and hearing it all, and to then to apply it to my own life, is another matter.

I especially see this in the realm of faith, guidance and through God-directed lives.

Personally, I have keenly observed that those with a heart connected to an all embracing Father-God, often embrace life. There's a solid anchor there, that cannot be bought with money.

To hear personal testimonies of their faith-walk not only opens one's eyes but also one's heart. It's that unwavering faith that even through hard or uncertain times: God is forever faithful.

Personally, I did not grow up in a home or church-setting where personal testimonies were taught or even encouraged. It was more a communal knowledge, a communal gathering and security to work together as God's people for the common good. As I'm growing older I see an absolute need for both: a personal testimony of God's work in us and a communal expression of this faith alive in us.

Both are connected and needed. May I write a few words on them both individually?

How well I remember sitting at our kitchen table, many, many years ago. Life was falling apart for us. We had just been told that my 29 year old husband was diagnosed with M. S. Multiple sclerosis? We had never even heard of the word before! But, we were told one could well live to a ripe old age with this disease. However, it could/would be disabling and crippling, and with no cure in sight!

We had no children. Suddenly we also had no future, no purpose and no hope either....

I cried out, "Please, God, help! We have no-one to turn to but You! Help!! Help!!!"

With eyes closed waiting for some answer, I suddenly saw before my eyes a little sparrow....

It's wings were not flapping nor was it struggling to fly. It was just gently floating on the air currents....

Nothing else. No voice. No Scripture passage. No comforting warm feelings. Just a floating bird....

But, that was God's way to speak peace to me during that critical time in our lives.

And, not even to this day will I forget the sign of that small floating bird, not knowing my husband would only had five more years to live...

Fast forward.

I now I live in a community of seasoned believers who know love, who know gentleness and goodness and who know the name above all names: the name of Jesus! It's my heart that was touched so long ago with His love. It's now my hands that may reach out. And, it's my Triune God, Who has so wondrously directed my life and promised His nearness also through the vision of a little floating sparrow.

All praise and glory be to Him!

Theresa Bakker,



PRC Quick Tips

Société Alzheimer Society
BRANT, HALDIMAND, NORFOLK,
HAMILTON, HALTON



October 2024

For more information please contact your local PRC

How does Pain affected people living with dementia?

People with dementia feel pain, just like everyone else. As the dementia progresses, the person's language skills may change, making it very difficult for them to communicate to others when they are in pain. This can cause their pain to go undetected and untreated. If pain goes unnoticed, the person with dementia may feel significant distress for a prolonged period of time. If the person with dementia is not able to use words to communicate their pain, they may start using behaviours as a way of communication. Pain should be assessed routinely, and should be considered as a possible cause of any change in the person's behaviour. Often times, treating the underlying pain lowers or diminishes behaviours.

Common causes of pain in people with dementia

- Constipation
- Urinary Tract Infection (UTI)
- Immobility, sitting or lying in the same position
- Uncomfortable or tight clothes or shoes
- Pressure sores
- Ill-fitting dentures, sore gums, tooth decay , abscesses
- Undiagnosed fractures/old fractures
- Osteoporosis
- Arthritis

Reporting no pain is not the same as having no pain

Someone with dementia may not report pain because they:

- Think that "complaining" about pain may make them fall out of favour
- Not wanting to appear weak or complain
- Mention discomfort, hurting, aching or sore, but not the specific word "pain"
- Misinterpret the feeling of pain because of dementia
- Fail to remember that pain occurred
- Are unable to communicate due to being in the later stages of dementia
- Speech, hearing and language barriers

Assessing pain in persons living with dementia

Everyone experiences pain differently. A person's self-report is the most accurate measure of pain. You may be able to find out if the person is in pain by asking direct simple questions such as "Are you in pain?", "Is it sore?" or "Does it hurt?". It is important to remember that a person with advanced dementia may not be able to answer your questions verbally. If the person is having a hard time using words to tell you how they feel, it is important to be aware of non-verbal signs of pain and distress. Since we all express pain differently, it is important to pay attention to any changes in the person's behaviour.

Non-verbal signs of pain

To help you figure out if the person with dementia is experiencing pain it is important to look for non-verbal signs of pain. They can include:

Facial Expressions: -Slight frown; sad or frightened face -Grimacing, wrinkled forehead, closed or tightened eyes -Rapid blinking -Clenching their teeth	Verbalizations, vocalizations: -Sighing, moaning, groaning -Grunting, chanting, calling out -Noisy breathing -Asking for help -Verbally abusive
Body Movements: -Rigid, tense body posture, guarding a part of the body -Fidgeting -Increased pacing, rocking -Restricted movement -Gait or mobility changes	Changes in daily activities: -Refusing food, appetite change -Increase in rest periods -Sleep, rest pattern changes -Sudden change in usual routine -Increased wandering or pacing
Changes in thinking or emotion: -Aggressive, combative, resisting care -Decreased social interactions -Socially inappropriate or disruptive behaviours -Withdrawn -Increased confusion -Irritability or distress -Crying	Physical changes: -Increased heart rate, blood pressure or sweating -Limited range of motion or slow movements -Guarding a particular body part or reluctant to move

Resources:

https://alzheimer.ca/sites/default/files/documents/Day-to-Day-Series_How_does_pain_affect_people_with_dementia_Alzheimer-Society-Canada.pdf



CANDID MOMENTS

Hamilton Mum Show (Candyland)



Happy Thanksgiving who you calling a turkey????



⇒ Gage Park Greenhouse (Above)



Surf N Turf on the Patio



String Art with Tommy



GARDENVIEW RECREATION

NOVEMBER

- Wednesday, November 6th at 10:00 a.m. - **Donut Day Southview Dining Hall**
 Friday, November 8th at 10:00 a.m. - **Remembrance Service with Hagersville Legion**
 Friday, November 8th 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Craft Room)**
 Monday, November 13th at 11:00 a.m. - **Bowling Trip to Whitehorse and McDonald's**
 Thursday, November 18th at 2:00 p.m. - **Birthday Party with Kristin Nichols**
 Tuesday, November 19th at 11:30 a.m. - **McDonald's Lunch and Bowling at Whitehorse**
 Thursday, November 26th at 7:00 p.m. - **Concert with River of Praise Choir**
 Saturday, November 30th 9 a.m. to 1 p.m. - **Annual Christmas Bazaar at Parkview Meadows**

DECEMBER

- Monday, December 2nd All Day - **Christmas Tree Decorating**
 Tuesday, December 3rd at 2:00 p.m. - **Concert with Brassworks Band Performance**
 Wednesday, December 4th at 10:00 a.m. - **Donut Day in Southview Dining Hall**
 Thursday, December 5th at 7:00 p.m. - **Concert with Haldimand Norfolk Concert Band**
 Friday, December 6th at 1:15 p.m. - **Shopping Trip to Simcoe**
 Monday, December 9th at 6:00 p.m. - **Simcoe Lights and Jarvis Light Up Bus Outing**
 Tuesday, December 10th at 6:30 p.m. - **Concert with Ryerse Jazz Singers**
 Wednesday, December 11th at 7:00 p.m. - **Concert with Jarvis Gems**
 Friday, December 13th at 1:15 p.m. - **Shopping Trip to Simcoe**
 Tuesday, December 17th at 7:00 p.m. - **Concert with Selkirk Christian Choir**
 Tuesday, December 18th at 9:30 to 11:30 a.m. - **Santa Visits and Pictures**
 Tuesday, December 18th at 2:00 p.m. - **Resident & Family Christmas Party (All Welcome)**
 Friday, December 20th at 1:15 p.m. - **Shopping Trip to Simcoe**

JANUARY

- Wednesday, January 1st at 2:00 p.m. - **New Years Party (Entertainment TBA)**
 Wednesday, January 8th at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Friday, January 10th 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Craft Room)**

VOLUNTEERS WANTED

Parkview Meadows is looking for VOLUNTEERS!!!

Are you looking to become more involved within your surrounding community?? Possibly meet new people and have some fun while doing it??? While look no further as I have a position for you...its called VOLUNTEERING!!!

Duties range from serving and place setting in the Southview dining room, tending the greenhouse, feeding in Gardenview or running the Tuck Shop.

Positions are occasional as we are grateful for any help we receive.

THANK YOU TO OUR SPONSORS

On Friday, August 19th, 2024, Parkview Meadows hosted its 11th Annual Golf Tournament. Year after year, I am overwhelmed by the generosity displayed by various supporters. Our sponsors and those who make donations towards our tournament play a huge role in our continued success. Please know that we at Parkview Meadows greatly appreciate your support and that we consider ourselves truly blessed. We cannot thank you enough! This years contributions will be put towards adding a mini-putt course and lawn bowling lanes beside our Greenhouse. This years tournament provided us with one of the most beautiful days that all of our wonderful participants enjoyed. We had great feedback stated that it is one of the best run tournaments around. We look forward to seeing everyone next year to assist us in our fundraising efforts for our residents and loved ones of Parkview Meadows. This years tournament was one for the books with almost a full course of 146 golfers and being able to raise \$28, 000.

SPONSORSHIP

Silver Sponsors

- Nobes Construction
- Salverda Enterprises
- Wanda & Scott Salverda
- ★ Coopers Funeral Home
- Cardinal Health
- Skyline Contracting
- ★ CGC Hagersville
- Verboom Plumbing
- Miedema Electric
- LEDCOR

Gold Sponsors

- Klassic Coconut
- ★ Wanda & Scott Salverda Memorial Golf Tournament
- Oneida Movers
- Good Redden Klosler LLP.
- Cargo Ease
- Carpet One - Port Dover
- New Tech Fogging
- Kradale Acres Farms

Bronze Sponsors

- Roulston's Pharmacy
- BGIS

Hole Sponsors

- ★ Timber Mart - Jarvis
- DBK Accounting
- Port Dover Denture Clinic
- Adventure RV in Waterford
- Heaslip Ford
- Mark's Auto Service

- SilverCross
- ★ Wardell's Factory Warehouse
- Doughty & Williamson
- W.J Heaslip
- Oneida New Holland
- Skyline Contracting

DONATIONS

- Roulston's Pharmacy
- Campbells
- Total Power
- SilverCross
- Hole in One - ETC.

- Schoitens
- Catherine Montague
- Bob Donaldson & Family
- KR Communications
- Pete DeWaard & Family

- ★ Start Fresh Dentistry
- Tito's Pizza
- Mark's Auto Service

Remembrance Service with Hagersville Legion On Friday November 8th at 10am in Southview Dining Hall.... All Welcome!



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

MAINTENANCE CORNER

The summer was beautiful and felt as though it lasted well into October this year, but the fall has arrived just as quickly, and maintenance is in full gear getting prepared for the winter to come. The A/C covers in the Southview building have been put into place and the building's heat has been turned on for the cold nights. When the weather starts to get colder like it has been we start to move the other outdoor items in for the winter. All the buildings hoses and the shuffleboard court are packed away for the season and we prepare for the snow that will inevitably come.

We have started with some upgrades in the old side of the Southview building to put new LED fixtures into the bathrooms, update the wall-mounted heaters, and replace the bathroom heaters, with more modern and efficient units. It won't be much longer, and we will be removing the speedbumps and bringing out the salt pails and shovels for the entryways around the building. The Valleyview building saw its apartments without air conditioning receive a wall sleeve, and the rooftop HVAC replaced with a brand-new unit. There are also a small handful of apartments that have a bathtub instead of a walk-in shower, and the board has approved for them to all be replaced. There have already been 6 of the 9 units ordered, the remaining 3 are being ordered with the plumber. There is going to be a short window (roughly 1 full day) that the bathrooms in these Valleyview apartments won't be accessible while the construction takes place, and a couple of days afterwards some touch-ups to the drywall and paint will need to be done.

The fire department attended the facility on Friday, October 25th for the annual building inspection and fire drill scenario which went very well. A big thank you to all the staff who participated in the fire drill scenario, as things went very smoothly, and the fire department was happy with our performance, which was well within the time guidelines of the Ontario fire code.

We have been able to complete full scale new servery located in the Southview Dining Hall to enhance their dining experience. This was all done with the proceeds that were raised during our 2023 Golf Tournament Fundraiser. Special thank you to everyone participated to make this happen. We look forward to our next project in the early spring with the addition of a lawn bowling lane and golf mini-putt course.

Jon Toal

Maintenance Supervisor

Gardenview Family Council

Family Councils of Ontario were launched in 1998 and are recognized in the Long Term Care Act as a vital link to improve the quality of life for residents in long term care. We are the families and friends of residents in Long Term Care who volunteer our time to improve the conditions that impact the daily life of seniors living in Ontario government homes.

Family Council meets every three to four months for a chance to be able to have questions answered by Management directly. Invited guests will be Ken (CEO); Krystal (Director Of Care), Michael (Program Services Manager) and Cheryl and Danielle (ADOC)

Next Meeting will be held on **Thursday, November 7th, 2024 @ 2pm in the Craft Room**

We look forward to seeing you there!



Safety Talk

Defensive Driving



The learning and use of defensive driving techniques trains drivers to anticipate dangerous situations. Approximately twenty-two million people are injured or killed in traffic collisions every year. Defensive driving aims to reduce the risks that are accompanied with driving. This Safety Talk will outline the basic tips and techniques for safe driving.

Rule #1: Pay Attention

The majority of traffic collisions occur because of inattention. Being aware makes it possible for you to see, recognize and avoid hazards – which are the three purpose of defensive driving.

Rule #2: Don't Trust Anyone!

When you trust the other drivers on the road, you are putting your safety in their hands. Anticipate the other driver's future errors and have a wary attitude toward others. And don't forget – look around constantly.



Rule #3: Yield Anyway

If you are in doubt of who has right of way, give it away. It is better to give it away rather than end up seriously injured.

Rule #4: Don't Speed

When you speed, you reduce your reaction time to hazards, as well as hold less control over the car, and braking time is longer at high speeds.

Rule #5: Don't Drive Impaired

Don't drive when you are under the influence of alcohol or drugs. Furthermore, do not drive when tired, or have disabling injuries.

Rule #6: Wear Your Seatbelt

Seatbelts absorb crash forces, provide impact protection, and keep you from being thrown from the vehicle.

Rule #7: Use Your Safety Devices

Use child seats for children, ensure your car has airbags and working ABS brakes.



Rule #8: Don't Run Red Lights!

Running red lights endangers everyone – especially the person in another lane waiting for the turning green light. Be aware of people approaching the intersection at high speeds on a yellow light. Remember – the yellow light means STOP if safe, not speed up and beat the red light.

Rule #9: Look Down the Road

Allow your eyes to scan down the road, as far as 15-20 seconds. This allows you to spot hazards, signs, construction sites, etc. and allows you to plan a course of action.

Rule #10: Create Space

Making your own space will help avoid collisions and allow yourself a safe out in a hazardous situation.



Rule #11: Signal Your Intentions

Use turn signals when turning left or right, or changing lanes. Don't forget to use your signals in parking lots, too!

Rule #12: Avoid Distractions

Try to avoid eating, drinking, talking on cell phones, playing with the radio or CDs, or talking with other patrons in the car. Focus on driving!

Rule #13: Avoid Backing Up

Risks are higher for collisions while backing up. If you must, back up with extreme caution.

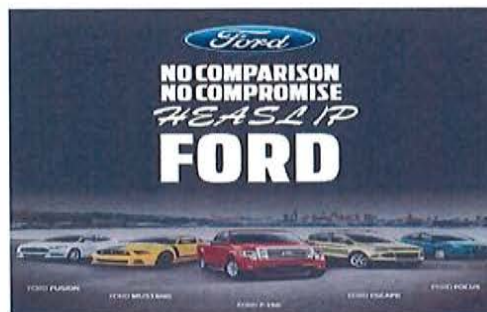
Rule #14: Stop Fully!

Many of us perform rolling stops when we hit a stop sign. Many accidents occur at stop signs because people just 'go through the motions' and lack attention. Remember – stop means STOP. Once you have, make certain to ensure a safe path before proceeding.

Rule #15: Slow Down in the Rain and Snow

Avoid hydroplaning and sliding by reducing your speed. Slow down approximately one-third the speed limit in the rain and about half in the snow.

ADVERTISE WITH PARKVIEW MEADOWS



Golf Tournament Hole In One Sponsors of 2023

RETIREMENT ACTIVITIES NOVEMBER

- Friday, November 1st from 10:00 a.m. to 3:00 p.m. - **Fifth Avenue Jewelry (Parkview Centre)**
 Friday, November 1st at 1:15 p.m. - **Shopping Trip to Simcoe**
 Tuesday, November 5th at 9:30 a.m. - **Trip to Mary Maxim and Swiss Chalet**
 Wednesday, November 6th at 10:00 a.m. - **Donut Day**
 Friday, November 8th at 10:00 a.m. - **Remembrance Service with Hagersville Legion (Dining Hall)**
 Friday, November 8th at 1:15 p.m. - **Shopping Trip to Simcoe**
 Monday, November 11th from 10 a.m. - 5:00 p.m. - **Optometry Clinic (Craft Room)**
 Wednesday, November 13th at 9:15 a.m. - **Trip to McMaster Planetarium & Lunch at Kelsey's**
 Thursday, November 14th at 1:15 p.m. - **Trip to Jarvis Library & Tim Hortons (FREE)**
 Friday, November 15th at 1:15 p.m. - **Shopping Trip to Simcoe**
 Monday, November 18th at 12:45 p.m. - **Decoupage Cookie Plate Craft Outing at Jarvis Library**
Monday, November 18th at 2:00 p.m. - Birthday Party with Kristin Nichols
 Friday, November 22nd at 1:15 p.m. - **Shopping Trip to Simcoe**
 Monday, November 25th at 9:15 a.m. - **Trip to Little Ray's Reptile Zoo and Lunch Outing**
 Tuesday, November 26th at 11:00 a.m. - **Trip to Windmill Lunch & Shopping**
 Tuesday, November 26th at 6:30 p.m. - **Concert with River of Praise Choir**
 Thursday, November 28th at 10:00 a.m. - **Pottery Painting Morning with Crockadoodle**
 Friday, November 29th at 1:15 p.m. - **Shopping Trip to Simcoe**

DECEMBER

- Friday, December 1st at 1:15 p.m. - **Shopping Trip to Simcoe**
 Saturday, December 2nd 9:00 - 1:00 p.m. - **Annual Christmas Bazaar at Parkview Meadows**
 Wednesday, December 6th at 10:00 a.m. - **Donut Day**
 Friday, December 8th 1:15 p.m. to 4:00 p.m. - **Hearing Clinic with Connect Hearing (Free)**
 Monday, December 11th at 6:30 p.m. - **Synchronicity Christmas Concert**
 Wednesday, December 13th at 6:30 p.m. - **Christmas Concert with Jarvis Gems**
 Friday, December 15th at 1:15 p.m. - **Trip to Jarvis Library and Tim Hortons**
 Monday, December 18th at 6:00 p.m. - **Simcoe Lights and Jarvis Light Up Bus Tour**
 Wednesday, December 20th at 7 p.m. - **Selkirk Christian Chapel Choir Christmas Concert**
 Friday, December 22nd at 1:15 p.m. - **Shopping Trip to Simcoe**
 Friday, December 29th at 1:15 p.m. - **Shopping Trip to Simcoe**

JANUARY

- Wednesday, January 1st at 2:00 p.m. - **New Years Party (Entertainment TBA)**
 Wednesday, January 8th at 10:00 a.m. - **Donut Day**

Did you know that a Dental Hygienist from



attends Parkview Meadows every six to eight weeks
 Service for ALL Parkview Residents with a low cost
 Next clinic date scheduled for;
 November 1st, 2024

Did you know that a hearing specialist from

Connect Hearing 

attends Parkview Meadows every second Friday of the
 Month?

FREE Service for ALL Parkview Residents
 Next clinic date scheduled for; Friday, November 8th
 Location; Craft Room at 1:00pm to 3:30pm

RECREATION

On Friday, August 23rd, local business owners, and other various supporters of Parkview Meadows gathered together at Greens at Renton and participated in the our 11th Annual Golf Tournament Fundraiser. I am quite pleased to announce that the day was a huge success with 142 golfers registered for the event; profiting Parkview Meadows with \$28,000.00. I am always amazed at the incredible amount of support that is consistently received. As a community we are truly blessed to say the very least. Big things continue to occur here at Parkview Meadows and I can only imagine what is in store for the future. I cannot thank the individuals involved with this fundraiser enough for your continued support. Volunteers, golfers, sponsors, committee members, you name it...we are eternally grateful for all that you have provided us with. (**see page 7 for list of sponsors and donors)

On September 26th, Parkview Meadows Recreation staff was pleased to allow all to attend our 2023 Memorial Service that was held in our Craft Room. Many families were pleased to have the opportunity to hear beautiful speeches about their loved one, while also receiving a white carnation and elegant copper angel ornament. This is where we celebrate the lives of those that were a huge part of our family of Parkview.

Our next big event before 2024 comes to a close is the Annual Christmas Bazaar. It is scheduled for Saturday, November 30th from 9 until 1 p.m.; which will be held inside the front entrance of Parkview Meadows once again. This event features an assortment of vendors to meet your holiday shopping needs, along with delicious baked goods and of course beautiful poinsettias all for purchase. New this year will be a chance to have your professional picture taken with Santa Clause.

Come on out and enjoy the day! We look forward to seeing you there!






Michael Ciardullo, Program Services Manager mciardullo@parkviewmeadows.ca

JUST FOR LAUGHS



BRAIN WACKY WORDIES

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 ROOD	5 <u>READ</u>	6 Blood Water
7 Beeeee	8 CANCELED	9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NlbumpGHT	14 Aid ← Aid Aid	15 Million	16  3.14	17 ice ³	18 ROCK 
19 Think 	20 GROUND feet feet feet feet feet feet	21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

HORTICULTURE CORNER

8 HOUSE PLANTS PERFECT FOR FIRST TIME PLANT MOMS



PEACE LILY
☼ Indirect sunlight
🕒 Once a week
🌡️ 19-27°C, warm



LUCKY BAMBOO
☼ Bright indirect sunlight
🕒 Once a week
🌡️ 19-32°C, cool to warm



SPIDER PLANT
☼ Bright direct sunlight
🕒 Once a week
🌡️ 19-24°C, cool to warm



AIR PLANT
☼ Indirect sunlight
🕒 Soak weekly for 15-30 minutes then let dry
🌡️ 12-30°C, cold to warm



ALOE
☼ Bright direct sunlight
🕒 Once a week
🌡️ 18-21°C, cool to warm



SNAKE PLANT
☼ Indirect sunlight
🕒 Every 2-6 weeks
🌡️ 16-27°C, cool to warm



JADE PLANT
☼ Bright direct sunlight
🕒 Once or twice a month
🌡️ 18-24°C, cool to warm



HEARTLEAF PHILODENDRON
☼ Indirect sunlight
🕒 When upper half of the soil is dry
🌡️ 15-32°C, cool to warm

LEGEND: ☼ - sunlight 🕒 - water 🌡️ - temperature

Heather Co WhenInManila.com

7 Amazing Bedroom Plants That Will Help You Sleep Better



SNAKE PLANT



LAVENDER



JASMINE



ENGLISH IVY



SPIDER PLANT



ALOE VERA



GARDENIA

BIRTHDAYS

NOVEMBER

Residents:

Betty Bundy	1
Alvin Hall	4
Winnie DeBoer	6
Grace Jarvis	9
Glenn Rushton	12
Ed Snip	20
Patricia Bradley	24
Margaret George	25
Ida Marcuzzi	26

Wesley Horley	27
Judy Gartley	28
Joanne DeBoer	28
Diane Sheppard	28
Bob Parschauer	30
Jean Postma	30

Staff:

Kimberly Hotrum	1
Diane Gaudet	9
Trish Schweitzer	12
Kristin Moerschfelder	14
Emily Nelson	15
Erica Goulbourne	16
Maria Reimer-Irvin	22
Bradley Chadwick	22
Cindy Thornton	24
Samantha Hoover	26

DECEMBER

Residents:

Anne Mykytowich	4
Bettee Dell	5
Michael Papps	6
Helle Jurs	10
Marion Schweyer	10
Murray Walker	11
Donna Kauk	12
Irene Anderson	15
Alan Dell	17

Jessie Fledderus	17
Mary Kersey	19
Pauline Ward	19
Eldona Van Velzen	21
Norma Hindman	22
Edward Giles	22
Marilyn Eber	24
Henny Terstege	26
Mildred Hoover	27

Staff:

Victoria Hysert	1
Jenice McDonald	4
Alexandria Guetter	14
Jihan Dirbas	14
Christine Des Roches	23
Abigale Grady	23
Karen Sims	25
Kachet Symonds	31

JANUARY

Residents:

Ona Closs	3
Helen Jordan	3
Bill Fledderus	4
Klaas Dekens	10
Maria Zdriluk	11
Ina Reile	17
Femmigje Hokestra	18
Jean Gordon	20
Willemina Thompson	22
Kenneth Smith	23
Allan Chambers	24
Margaret Wilkins	26
Beverly Slofstra	27
Theresa Bakker	28
Elizabeth Watmough	30
Hilligje "Hilda" Schotsman	31

Staff:

Judith Ruegg	1
Minu Paul	4
Kathleen Clark	6
Michelyn Sciannella	8
Cheryl Mino	10
Heather Sutherland	12
Patricia Jacysyn	12
Mary Jane Howse	16
Nicola Henhawk	16
Christina Jacysyn	24
Laura Stuivenberg	27
Laura Wray	29
Amber Garlow	31

*"And in the end, it's not the years in your life that count, It's the life in your years."
Abraham Lincoln*

OUR WEBSITE:
www.parkviewmeadows.ca

Access everything you need to know about Parkview Meadows right in your own home by checking us out ONLINE!

- ⇒ Updates on Vacancy
- ⇒ Programs & Activity Listing
- ⇒ Past Newsletters
- ⇒ **NEW FORMAT**

SUNDAY WORSHIP SERVICES

You are welcome to worship at our Parkview Worship Services on Sundays at 1:30 p.m.

Offerings:
 Parkview Meadows

August
 Canadian Bible Society

September
 Gideons Haldimand

October
 Haldimand Norfolk Women's Shelter

PRAYER CORNER

Please pray for the families of Pietje Kooistra, Ruby Reichheld, Agnes Pollock, Julie Paterson, Warner Boers and Ronald Ells as they continue to mourn their loss.



WHIP UP A TREAT TO ENJOY AT HOME!

One of the most enjoyed and certainly most delicious programs on the recreation schedule is our baking program. *The Best Banana Cake* was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

Ingredients

- 1 1/2 cups milk
- 2 1/2 Tbs lemon juice
- 1 1/3 cups mashed banana
- 2/3 cup soft butter
- 1/2 cup brown sugar
- 1 cup white sugar
- 3 Large eggs
- 1 tsp vanilla
- 3 cups flour
- 1 1/2 tsp baking soda
- 1/4 tsp salt

Directions

1. Preheat oven to 350 degrees. Grease 9 x 13 pan
2. Place 1 1/2 tsp lemon, top to 1 1/2 cup milk
3. Mix mashed banana and 1 tsp lemon juice
4. Beat butter, brown and white sugar until combined. Add in eggs one at a time and vanilla. Mix on high till light and fluffy
5. Combine flour, baking soda and salt in bowl. Alternate adding flour mixture and milk to egg mixture stirring until combined. Fold in bananas.
6. Place in oven and reduce heat to 300 F. Bake 60 to 70 minutes. Remove and place in freezer for 45 minutes to make the cake extra moist.

Christmas Bazaar



Parkview Meadows Christian Retirement Village
 72 Town Centre Drive, Townsend

Saturday, November 30th, 2024
9:00 a.m. - 1:00 p.m.

Poinsettias ★ 5th Avenue Jewellery ★ Norwex
 VanStraten Bakery Items ★ Crafts
 Tupperware ★ Bake Sale & More!!!
 Hope to see you there!!!

Also.....Pictures with Santa!

*** Please note; We still have a few tables available for the Bazaar. If you are interested in becoming a vendor give us a call at 519-587-2448 ext.419 or email at mciardullo@parkviewmeadows.ca