

LEST WE FORGET

The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

519.587.2448 INFO@PARKVIEWMEADOWS.CA

Our Board of Directors;

Tom Vandertuin
Carlene Boettcher
Ernie Rauwerda
Ian Cooper
Emily deRuiter
Doug McBride
Ben Zandstra
Jeanette Hogeterp
Pete DeWaard

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Hello all,

As we quickly move through 2025 and begin budgets and planning for the next year - we all advocate and want a health care system that is there for us when we need it, with all of its partners working together to provide seamless, high-quality care and an exceptional experience. Our Ontario health care system has been under a tremendous amount of stress, particularly during the pandemic, and now more than ever it is essential that we continue to look for ways to put the dark days of the pandemic behind us and look to the Future.

Parkview Meadows is a modern, clean, friendly, Christian retirement facility for seniors at different stages of life and we are here for you with multiple options for residents should your home no longer be the best option. Whatever you or your family's needs are, we have a place for you and as time passes and needs change a simple move to another wing of our "village" means you can get the additional care you need without having a complete upheaval to another facility. We are committed to assisting each resident to function at his/her highest level of independence and to live a life with dignity and sense of worth and value. This is done in the context of a Christian community where there is support for the residents' physical, spiritual, emotional, social and financial needs. Praise the Lord in all his glory!

So far this year we continue to strengthen our staffing models, we've hired a second Pastor to support our residents, another successful year of activities and outings, and we trialed our first ever Family Carnival in September with resounding success! I am sure there is more to come next year! Projects for the coming months and year – ongoing upkeep and maintenance of our overall 250 000 square foot facility, mini putt is being added to our grounds for resident enjoyment, we are just finalizing details on a new resident bus, and new multi-level tables are being trialed in Gardenview to just name a few. And to end on a personal note, I have had the privilege of working with this amazing Team for now 2 years (starting in October 2023) and encourage all to speak of Parkview Meadows with pride – beginning with our excellent staff, our wonderful site & facilities, our supportive community, residents, families and volunteers! It does take a Village to make Parkview Meadows a Home!

Blessings to All!

Ken Callaghan

DIRECTOR OF CARE CORNER

Fall to Winter – Embracing the Season of Rest

As the golden hues of autumn slowly give way to the quiet stillness of winter, we find ourselves entering a season of reflection, warmth, and togetherness. At Gardenview, this seasonal transition offers not only a shift in weather, but also an opportunity to adjust our routines, embrace cozy comforts, and enjoy the beauty that winter brings.

Honoring the Rhythm of the Seasons

Just as the trees shed their leaves in preparation for winter's rest, this time of year invites us all to slow down. Whether it's through a warm cup of tea, a favorite winter blanket, or a scenic view of the first snowfall, these quiet moments help us stay grounded and grateful.

As we prepare for winter, our staff is focused on keeping our residents safe, warm, and well. We're checking heating systems, stocking up on cold-weather supplies, and making sure everyone has appropriate clothing available. We also encourage families to help ensure loved ones have cozy sweaters, non-slip socks, and other seasonal items to stay comfortable through the coming months.

Seasonal Activities and Wellness

Despite the colder weather, there's no shortage of joy this season! From festive decorations and winter crafts to holiday music and warm cocoa socials, our recreation team has a full calendar of activities designed to lift spirits and celebrate the beauty of winter. We also look forward to meaningful traditions, whether it's writing holiday cards, or simply enjoying classic seasonal movies together.

Winter can sometimes bring challenges – like dry skin, increased risk of colds, or less natural sunlight. Our care team remains attentive to these changes, encouraging hydration, proper nutrition, and daily movement whenever possible. We also keep an eye on emotional well-being, offering companionship and connection to help everyone feel supported during the darker months.

Looking Ahead with Warmth and Hope

As we settle into winter, we carry with us the memories of autumn and the anticipation of the holidays and new year ahead. It's a time for connection, storytelling, and celebrating the bonds we share as a community. We thank you – our residents, families, and staff – for being part of what makes Gardenview a warm and welcoming place, no matter the season.

Wishing you peace, comfort, and joy this winter season.

Krystal VanKessel - Gardenview Director Of Care

BOARD DIRECTOR CORNER

Hello, All:

In the month of May at the Annual General Meeting, the Board of Directors welcomed on 3 new members to the Board. We voted in Carlene Boettcher (Former Controller of Parkview Meadows), Pete DeWaard (Previous Member of the Board), and Ben Zandstra (Local Community Member). They will be overseeing the management team of Parkview to ensure that we follow the Mission, Values and Core of what the home stands for. Also, we will be saying goodbye to Board Chair President John Haverkamp who has served many years and was one of the founding members of Parkview Meadows. Tom Vandertuin will fill his large shoes and ensure that Parkview Meadows stands above all homes in the area.

PASTORAL CARE CORNER

Quality Time Vs. Quiet Time

The one thing I have noticed since I started working here at Parkview Meadows is that 'Time' is something that each person manages differently. Some have lots of quiet time on their hands and others try to fill up their days with quality time. Let me state this clearly: Both are important to our relationship with God.

1 Thessalonians 5:14-24 challenges the believer not to be idle, but to keep an active Christian life. Many people have a difficult time understanding that 'quiet time' is actually a productive activity for the Christian life, if, it is used in the worship and glorification of God. Taking 'quiet time' often seems like a task because for most of us, being alone and loneliness go hand in hand. However, for the Christian sometimes being alone is not a negative thing because some find solitude in their 'quiet time.' In solitude there is an inner fullness that is hard to find elsewhere. Solitude is fine to a degree. However, God designed us for fellowship, friendship and even intimacy.

What I want to do is to encourage our residents to engage more in the Christian activities made available to them. If we take 1 Thessalonians 5:14-24 seriously then we understand how it encourages us to participate in Christian activity that helps the weak, the fainthearted, develops patience, and encourages us to treat everyone with kindness. It also teaches us to pray in all circumstances, and I know that not everyone's circumstance is ideal, that many have health challenges that often discourages them, however, God is faithful to those who pray. When we become idle or non-active in Christ's church it grieves the Spirit.

Taking part in the spiritual or religious activities offered here at Parkview Meadows Christian Retirement Village is one way that God can enrich your life. God slowly reshapes our lives until we are molded into the image of Christ, His Son. Do not be discouraged about your spiritual life, continue to grow it by being a part of the spiritual life here at PMCRV. If you seek the Lord above all else, whether during your 'quiet time' or during an active and worshipful time, then the God of peace himself will sanctify you completely and you will be found blameless at the coming of the Lord Jesus Christ (1 Thess. 5:23).

As I continue my work here at PMCV, I am encouraged by the faith of our residents. We come together in song, prayer and worship and what a delight it is to see the love of the Lord in our residents. In the future it is my prayer that our spiritual programs will be expanded and that residents of Southview, Grandview, Valleyview, and Brookview will become one family in God; that we can share opportunities to serve one another as brothers and sisters in Christ.

Blessings and peace in Christ,
Pastor Dennis

2025 Golf Tournament Main Sponsors





PRC Quick Tips

Société Alzheimer Society
BRANT, WALD-MAN, NORFOLK,
HAMILTON, HALTON

For more information please
contact your PRCs- Kathie or
Stephanie at 519-428-7771

When emotional decisions need to be made

I cannot stress how important it is for family members to verbalize to one another how we feel about certain life and death situations before we are face to face with a dilemma. We go from day-to-day believing we are invincible, but one never knows how quickly tragedy can strike and we are faced with situations and decisions that will knock us to our centre. It is so important for individuals to appoint someone to make decisions for you should you become incapable of making these decisions for yourself.

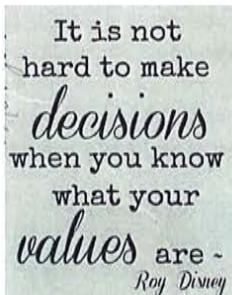
This appointment of a substitute decision maker is important at any age, and not just as we reach our older years. If you are old enough to be reading this article, you should have had the 'discussion' of your wishes and ensured you have appointed the appropriate individual to carry out your wishes.

Be specific with your wishes

Although many times we tell our loved ones we do not want 'heroic measures to keep us alive' we must be more specific.

- would you want to have a feeding tube?
- would you want to be kept alive on a ventilator?
- would you want Cardiopulmonary Resuscitation (CPR)?

We want our appointed decision maker to make 'informed decisions' about these situations. It is so important to understand what these procedures are and what they mean to you under the circumstances of your physical condition.



Resources that may be helpful:

"A Guide to Advance Care Planning" at
www.ontario.ca/seniors or by calling 1-888-910-1999

Substitute Decision Maker Hierarchy

In Ontario, there is a hierarchy of family members that will be considered to be those who might act on your behalf if you have not appointed someone:

1. Your spouse or partner is first in this hierarchy, and if they are not available or in existence.
2. Next is your children or parents.

The important thing is that these individuals will be the ones to speak on your behalf if you are not able to. They should be making the decision based upon your wishes. They cannot do this if they do not know what you would want. What ends up happening many times (unfortunately) is they make decisions under stress and these decisions may be made filled with emotion and fear of losing you. Ensure you look at this hierarchy and decide if this is the person you want to make the decision for you if you are no longer able. If not, it is important to have someone appointed to make this decision. In this case it is advised to use a lawyer to appoint this individual. This individual does not have to be a family member. It could be a close friend. This individual needs to know you have chosen them as they may refuse to take on this responsibility. You must also realize that in an emergency in which there is not time to contact your substitute decision maker, and the physician does not know your wishes, they do not need consent in order to treat.

When do SDMs make health care decisions?

SDMs only make health care decisions for a patient if the patient is deemed mentally incapable by the health care professional offering the treatment.

Requirements to be an SDM

The person(s) highest in the hierarchy can act as an SDM only if he/she is:

- a. Mentally capable with respect to treatment proposed,
- b. 16 years of age unless he/she is the parent of the incapable person,
- c. Not prohibited by court order or separation agreement from having access to the incapable person or giving or refusing consent on his/her behalf,
- d. Available, and
- e. Willing to assume the responsibility of giving and refusing consent

CANDID MOMENTS



Creating Pizza Masterpieces

Visit to the Caledonia Park and Picnic Lunch

Pizza Pie Socials



Golf Tournament 2025



Carnival 2025

Bowling Thursdays



Dill Pickle Creations!



Halloween FUN!!! ALL Dressed up!

GARDENVIEW RECREATION NOVEMBER

Tuesday, November 4th at 2:00 p.m. - **Birthday Party with Ken Lightheart (October Birthdays)**
 Wednesday, November 5th at 10:00 a.m. - **Donut Day in Southview Dining Hall**
 Wednesday, November 5th at 1:30 p.m. - **Country Drive to Cider Keg**
 Monday, November 10th at 10:15 a.m. - **Hagersville Legion Remembrance Service (Southview)**
 Wednesday, November 12th at 10:00 a.m. - **Social Hour with Ruth (Volunteer on Willow Grove)**
 Wednesday, November 12th at 1:00 p.m. - **Gardening with Michael (Willow Grove)**
 Wednesday, November 12th at 6:00 p.m. - **Movie Night in Craft Room**
 Thursday, November 13th at 11:00 a.m. - **Harmony Brunch Bus Outing**
 Thursday, November 13th at 2:00 p.m. - **Family Council Meeting (Library)**
 Monday, November 17th at 1:00 a.m. - **Gardening With Michael (Birch Trail)**
 Wednesday, November 19th at 10:00 a.m. - **Resident's Council Meeting**
 Wednesday, November 19th at 11:00 a.m. - **Bowling and McDonalds Bus Outing**
 Friday, November 21st from 1:00 p.m. to 3:30 p.m. - **Hearing Clinic (FREE)**
 Saturday, November 22nd at 9:00 a.m. to 1:00 p.m. - **Christmas Bazaar (Parkview Centre)**
 Tuesday, November 25th at 2:00 p.m. - **Swiss Chalet Dine In**
 Tuesday, November 25th at 2:00 p.m. - **Ryerse Jazz Singers Concert**
 Wednesday, November 26th at 10:00 a.m. - **Cambridge Butterfly Conservatory Outing**
 Thursday, November 27th at 2:00 p.m. - **Birthday Party with Jack Coulson (Southview)**

MUSIC THERAPY WITH NATALIE EVERY FRIDAY

DECEMBER

Wednesday, December 3rd at 10:00 a.m. - **Donut Day (Hospice Donations)**
 Wednesday, December 3rd at 6:15 p.m. - **Simcoe Lights and Jarvis Light Up (Willow Grove)**
 Thursday, December 4th at 7:00 p.m. - **Haldimand Norfolk Concert Band**
 Monday, December 8th at 7:00 p.m. - **River of Praise Choir Concert**
 Tuesday, December 9th at 2:00 p.m. - **History of Christmas Cards with Geneva Gillis**
 Wednesday, December 10th at 6:00 p.m. - **Movie Night in Craft Room**
 Thursday, December 11th at 7 p.m. - **Selkirk Chirstian Choir Concert**
 Friday, December 12th 1:15 p.m to 4:00 p.m. - **Hearing Clinic (Free)**
 Monday, December 15th at 7:00 p.m. - **Salvation Army Band Concert**
 Tuesday December 16th at 6:00 p.m. - **Simcoe Lights and Jarvis Light Up (Birch Trail)**
 Thursday, December 18th at 2:00 p.m. - **Resident and Family Christmas Party & Santa Visit**
 Wednesday, December 31st at 2:00 p.m. - **New Years Eve Gala - Entertainment TBA**

MUSIC THERAPY EVERY FRIDAY WITH NATALIE

BOWLING EVERY THURSDAY MORNING

BINGO EVERY THURSDAY AFTERNOON ON WILLOW GROVE

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.

For more information please contact Michael at Extension 419

VOLUNTEER CORNER

Parkview Meadows is a large and busy place. Our staff work diligently every day to ensure our residents' diverse needs are met and that our operation runs smoothly. Our volunteers also play a vital role in the overall success of Parkview as we would not have such a wonderful reputation within the community without the helping hands of these selfless individuals. Tom Vandertuin has been a faithful and dedicated Board Member volunteer to Parkview Meadows. Below is a brief interview with Tom.

How long have you been a volunteer here?

I have been a volunteer for Parkview Meadows since May 19th, 2015

What exactly do you do at Parkview Meadows?

At present I am currently Chair of the Board Members of Parkview Meadows.

Do you enjoy what you do here?

Yes, very much so....

What do you enjoy most about volunteering?

I love being able to give back and to be part of an amazing organization.

How did you find out about Parkview Meadows?

I had heard about this role through a member of the property and maintenance committee.

Do you volunteer anywhere else?

Yes, I also am a volunteer at the Ebenezer Church in Jarvis.

Is it okay if we get a bit more personal Tom? I think that everyone would be interested in finding out a bit more about you as an individual. What is your life like outside of Parkview?

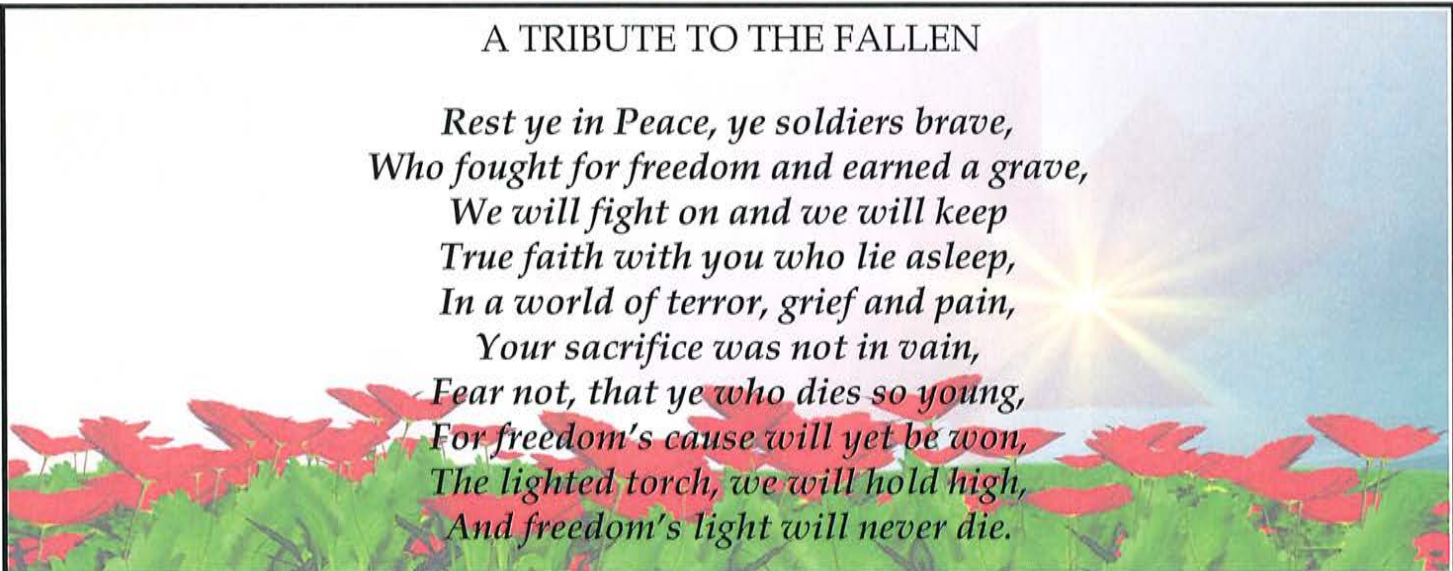
I am retired from my career with the Electrical Safety Authority as an electrical inspector my wife and I do however still operate a chicken farm. This as well as 5 children and 12 grandchildren make sure that we are always kept busy. I also belong to the Probus Club in Simcoe and enjoy golf in the summer and curling in the winter. My hobby is collecting antique cars as well.

***** If you or someone you know is interested in making a difference and becoming a volunteer, please contact Michael at 519-587-2448 ext. 419 mciardullo@parkviewmeadows.ca**

RESIDENT CORNER

POEM BY MARION NIE

A TRIBUTE TO THE FALLEN



*Rest ye in Peace, ye soldiers brave,
Who fought for freedom and earned a grave,
We will fight on and we will keep
True faith with you who lie asleep,
In a world of terror, grief and pain,
Your sacrifice was not in vain,
Fear not, that ye who dies so young,
For freedom's cause will yet be won,
The lighted torch, we will hold high,
And freedom's light will never die.*

SOUTHVIEW RETIREMENT

Southview at the Simcoe Heritage Festival

Southview Retirement was proud to take part in the Simcoe Heritage Festival, held August 2-3, 2025. It was a fantastic weekend with a great turnout from the public! Laura and Liam represented Parkview Meadows Southview Retirement, spending two full days meeting with community members, handing out pamphlets, reusable bags, and Southview pens. A special highlight was reconnecting with both past and present family members whose loved ones have called Southview home. Thank you to everyone who stopped by our booth and helped make the weekend such a success!

Public Health Visit & Fall Vaccination Clinics

In preparation for respiratory illness season, Public Health visited Southview Retirement and officially approved our vaccine fridge – paving the way for Influenza and COVID-19 clinics this October and November. These clinics will be available for both residents and staff. As always, we encourage everyone to stay protected, as immunization remains the best defense against seasonal respiratory infections.

• Jarvis Parade Fun (and Heat!)

Southview Retirement staff and residents proudly took part in the Jarvis Parade, despite the sweltering 33°C heat! Spirits were high, and our presence was felt as we celebrated together with the community. A huge thank-you to everyone who participated and supported us along the route!

Norfolk Fair Seniors Day – Celebrating 185 Years

Southview was honored to attend the 185th Norfolk County Fair, especially on Seniors Day (October 8th). We shared a booth with Cody Lyons, Resident Coordinator at Cedar Crossing Retirement, and spent the day engaging with visitors and celebrating our senior community. It was a beautiful day filled with connection, conversation, and community spirit.

Silver Sponsors at Waterford's Pumpkin Fest

Southview Retirement was proud to serve as a Silver Sponsor at Waterford's Pumpkin Fest, held on October 18th. The Parkview Meadows bus rolled through the Pumpkinfest Parade in style – decorated, costumed, and full of candy to hand out to the crowd. It was a festive day that brought plenty of smiles!

□ Reconnecting with Local Business & Community

We're excited to announce that Parkview Meadows has rejoined the Jarvis Board of Trade and is now actively involved with the Norfolk Chamber of Commerce. These partnerships will help us stay connected with local businesses and better serve our residents through community collaboration.

Staff Spotlight: Laura Stuivenberg Nominated for Woman of the Year!

We are thrilled to share that Laura Stuivenberg has been nominated for "Woman of the Year" at the upcoming Outstanding Business Achievement Awards Gala, hosted by the Simcoe Chamber of Commerce. Laura's outstanding leadership, compassion, and dedication to excellence in senior care continue to make a lasting impact both within Southview Retirement and throughout Norfolk County. Congratulations, Laura – we're so proud of you!

Stay tuned for our Winter Edition and thank you for being part of the Southview community!

For more updates, follow us on social media or visit our website.

*Parkview Meadows Southview Retirement, Simcoe, ON
Contact: Laura Stuivenberg #519-587-2448 x432*

MAINTENANCE CORNER

Here we are again in the fall. We seem to have been spoiled this year with an extraordinarily long summer, and then, it seems the cool nights and falling leaves are upon us. The changes in the seasons bring a different set of challenges than in the summer months as the maintenance department shifts towards getting ready for the winter season. We have already switched the in-floor heat on in the Southview building, put on the exterior air conditioner covers, and started adjusting all the building's thermostats to help counteract the chill that has been coming at night. There have even been a handful of mornings where we have seen frost or ice outside. This of course means that within the next couple weeks, somewhere in the first 2 or 3 weeks of November, we will be pulling up the speedbumps along our roadways and bringing out all the shovels and salt pails to prepare for the inevitable snow to come. All the exterior hose reels will be drained and put away, and the rain barrels will be emptied for the season.

The solar panels on the roof of Valleyview are installed and wiring is ready to be connected into the grid, however a handful of delays with paperwork and governing bodies have slowed the process. It will be an exciting day when the hook-ups are finalized and the new array of panels comes online, helping to make our building more energy efficient and reducing our carbon footprint.

Our Gardenview building held its annual fire drill scenario with the Haldimand County Fire Department on October 21st and the procedure was a great success. We enlisted the help of the Hagersville Secondary School drama club and had a group of VERY energetic students participate. Each student (and their wonderful teacher) played the role of one of our residents in the area being evacuated. This helps us to remove the risk of injury to any of our residents and still present the staff with realistic "behaviors" that they may encounter during an alarm. And let me tell you, the acting students put on an amazing performance, giving the "chaos" of what a fire alarm in the middle of the night would look like. The staff performed their duties with the most exceptional combination of both haste and care in the scenario presented, and the fire department inspector told me that this year's drill was the most entertaining drill he has ever had the opportunity to witness.

These sorts of activities can often be stressful for both the staff and residents here at Parkview Meadows but play an extremely important role in helping everyone to understand the importance of keeping calm and taking quick action if an emergency were to occur.

Finally, with the topic of health and safety in mind, Parkview Meadows received a pro-active visit from the ministry of labour, immigration, skills, and development and was issued an order for staff training. This order was issued not by Parkview Meadows failing to meet a specific standard of the employment standards act, but instead as a proactive measure in the wake of an increasing number of incidents that have been seen as a trend in the province of Ontario, specifically regarding violence towards workers. Parkview has taken an approach to this order in two separate ways. The first step was to implement an improved system of staff communication, helping to inform staff of the potential for responsive resident behaviors. This step has already been put into place. The second step comes in the form of training. All our care staff currently receive training called GPA, or Gentle Persuasive Approach. This training helps staff to recognize the signs of escalating behavior, specifically in residents with Alzheimer's or dementia related behaviors. The Ministry of Labor, Immigration, Training and Skills Development has indicated that this training is good for our frontline staff, however a higher level of training is required in the wake of the noted provincial trends. Parkview Meadows will therefore begin the process of training all current, returning, or newly hired staff in the Crisis Prevention Institute's NVCi program. Non-violent Crisis Intervention (NVCi for short) is a more in-depth program and provides staff de-escalation techniques for violent scenarios. Parkview Meadows Safety Coordinator will take the "Train the Trainer" course in December and create a plan to deliver training to all of Parkview's employees before August of 2026.

Jon Toal – Maintenance Supervisor

Gardenview Family Council

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); Michael (Program Services Manager), Krystal (Director Of Care) & Meri Merimets (Family Council President)

Next Meeting will be held on Thursday November 13th , 2025 @ 2pm in the Library & Virtually

Special Guest will be Brad Harvey, Certified Nutritionist

GOLF TOURNAMENT RECAP

On Friday, August 22nd, 2025, Parkview Meadows hosted its 12th 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 the purchase of a new wheelchair accessible bus for our seniors to be able to access their community for events and functions to keep them connected. This years tournament provided us with one of the most beautiful days that all of our wonderful participants enjoyed. We had great feedback with statements 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 142 golfers and being able to raise \$29,000. Also, we were able to raise a total \$5400 for the 50/50 draw and the winner going to Robbie Cushenan....

Silver Sponsors

Nobes Construction
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Cardinal Health
Skyline Contracting
CGC Hagersville
Verboom Plumbing
Cardinal Health

Gold Sponsors

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Skyline
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ADVERTISE WITH PARKVIEW MEADOWS

The fee is minimal and the gains are grand!

Contact; Michael at 519-587-2448 ext.419 (** advertising as shown throughout the Newsletter)



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CENTURY 21
Real Estate Group Ltd.



Safety Talk

First Aid

Why First Aid?

Injuries occur in the workplace every day, ranging from paper cuts to heart attacks. This Safety Talk will discuss some first aid techniques for a handful of workplace injuries. First of all – why is First Aid important? It is important because knowing basic first aid may assist in the healing. More importantly, you may save a life with the implementation of basic first aid while waiting for professional medical assistance.

Blisters

If you get a blister:

- leave the skin unbroken and avoid putting further pressure on the blister
- if it breaks, clean the blister immediately and apply a sterile bandage

Choking

Choking is the result of a blockage in the windpipe and is often caused by food or other objects that have been swallowed. Victims of choking need immediate help because they can lose consciousness and even die within minutes. It is important to call for help **immediately** and begin performing the Heimlich Maneuver.

The Heimlich Maneuver Steps:

- Make a fist with your thumb on the outside
- Place your thumb above the victim's navel but below the sternum
- Hold the fist tight with the other hand
- Make quick, strong inward-and-upward thrusts against the victim's abdomen
- Use only the forearms and hands to apply pressure
- Repeat the movement until the object is dislodged
- Remove the object so it cannot be re-inhaled

Heart Attacks

Heart attacks occur when one or more of the blood vessels to the heart become blocked. Cardiac arrest occurs when the heart does not pump at all due to lack of blood.

Signs of a heart attack include:

- Difficulty breathing
- Feeling pressure or tightness in the chest
- Nausea or indigestion
- Cold and sweaty, pale or 'blue' skin



If you think someone is having a heart attack, do not hesitate. You must:

- Call emergency medical services
 - If the victim is conscious, help them into a sitting position
 - Keep the victim warm and comfortable
 - Loosen tight clothing
 - Determine if the victim is taking heart medication and administer it, if possible
 - Look for an emergency medical ID card or bracelet
 - Administer rescue breathing if they are not breathing, but there is a pulse.
- You can only perform this if you are trained.**
- If there is no pulse, administer CPR, **if certified**.

Parkview Meadows

In the event of an injury requiring first aid please report to the First Aid station which is located at the 2nd floor (Willow Grove) Nurses station in Gardenview. RN's who hold a current CPR certificate are qualified first aid providers (a list has been posted on the Health and Safety board for reference).



Cuts

- Treat immediately
- Stop bleeding by applying direct pressure
- Clean the cut with soap and water and allow to dry naturally
- Cover the area with a bandage
- For serious cuts, call for medical help

Heat Stroke

Heat stroke is the most severe heat-related injury. Heat stroke occurs when the body's temperature control system stops working and the body is unable to cool itself by sweating. If heat stroke occurs:

- Call emergency medical services immediately because it can cause brain damage and even death in a matter of minutes
- Move the victim to a cooler area
- If possible, soak the person in a cool bath
- Use a fan or ice packs if available
- Keep the victim lying down with feet up



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 24th 2025 – 9 a.m. – 5pm p.m.

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.

RETIREMENT ACTIVITIES NOVEMBER

- Monday, November 3rd at 10:00 a.m. - Trip to Giant Tiger & Tim Hortons
- Tuesday, November 4th at 2:00 p.m. - Birthday Party with Ken Lighthouse (October Birthdays)
- Wednesday, November 5th at 10:00 a.m. - Donut Day in Southview Dining Hall
- Friday, November 7th at 1:15 p.m. - Bus Outing to Walmart Simcoe
- Monday, November 10th at 10:15 a.m. - Hagersville Legion Remembrance Service
- Thursday, November 13th from 9:00 a.m. to 3:00 p.m. - Clothing Boutique Sale (Craft Room)
- Wednesday, November 12th at 9:45 a.m. - Bus Trip to Eisings Christmas Craft Show
- Wednesday, November 12th at 6:00 p.m. - Movie Night in Southview Dining Hall
- Friday, November 14th at 1:15 p.m. - Bus Outing to Walmart Simcoe
- Saturday, November 15th at 9 a.m. - 4 p.m. - Port Dover Santa Clause Parade (Sign Up for Bus)
- Monday, November 17th at 10:45 a.m. - Bus Trip to Windmill Lunch and Shopping
- Thursday, November 20th at 10:15 a.m. - Haldimand Abilities Lunch (BUS - FREE)
- Friday, November 21st from 1:00 p.m. to 3:30 p.m. - Hearing Clinic with Connect Hearing
- Friday, November 21st at 1:15 p.m. - Bus Outing to Walmart Simcoe
- Saturday, November 22nd from 9 a.m. to 1:00 p.m. - Christmas Bazaar (Parkview Centre)
- Monday, November 24th at 10:15 a.m. - Bus Trip to Lynden Park Mall Shopping
- Tuesday, November 25th at 12:00 p.m. - Swiss Chalet Dine In
- Wednesday, November 26th at 10:00 a.m. - Gardening with Michael
- Thursday, November 27th at 10:00 a.m. - Cayuga Library & Tim Hortons Lunch
- Thursday, November 27th at 2:00 p.m. - Birthday Party with Jack Coulson
- Thursday, November 27th at 3:15 p.m. - Resident Council Meeting
- Friday, November 28th at 1:15 p.m. - Bus Outing to Walmart Simcoe

MUSIC THERAPY EVERY TUESDAY WITH NATALIE

DECEMBER

- Wednesday, December 3rd at 10:00 a.m. - Donut Day (Hospice Donations)
- Thursday, December 4th at 7:00 p.m. - Haldimand Norfolk Concert Band
- Friday, December 5th at 1:15 p.m. - Shopping Trip to Walmart Simcoe
- Monday, December 8th at 7:00 p.m. - River of Praise Choir Concert
- Tuesday, December 9th at 2:00 p.m. - History of Christmas Cards with Geneva Gillis
- Wednesday, December 10th at 6:00 p.m. - Movie Night in Craft Room
- Thursday, December 11th at 7 p.m. - Selkirk Christian Choir Concert
- Friday, December 12th 1:15 p.m to 4:00 p.m. - Hearing Clinic (Free)
- Friday, December 12th at 1:15 p.m. - Shopping Trip to Walmart
- Monday, December 15th at 7:00 p.m. - Salvation Army Band Concert
- Wednesday, December 17th at 2:00 p.m. - Resident and Family Christmas Party & Santa Visit
- Wednesday, December 17th at 6:00 p.m. - Simcoe Lights and Jarvis Light Up Bus Tour
- Friday, December 19th at 1:15 p.m. - Shopping Trip to Walmart
- Tuesday, December 30th at 1:15 p.m. - Shopping Trip to Walmart
- Wednesday, December 31st at 2:00 p.m. - New Years Eve Gala - Entertainment TBA

MUSIC THERAPY EVERY TUESDAY WITH NATALIE

**HAND WAX EVERY WEDNESDAY AT 1:00PM IN SMALL LOUNGE
(DONATIONS WELCOME)**

RECREATION

On Friday, August 22nd, local business owners, and other various supporters of Parkview Meadows gathered together at Greens at Renton and participated in the our 12th Annual Golf Tournament Fundraiser. I am quite pleased to announce that the day was a huge success with 136 golfers registered for the event; profiting Parkview Meadows with \$25,000.00. 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. Look for next years golf tournament information to be posted on our website by February 2026. Set your calendars for Friday August 21st, 2026 for a 12pm shotgun start. It is an event that is an amazing day with golf, prizes and great comradery.

This year we at Parkview wanted to hold an event for the community and raise awareness for the Norfolk Haldimand Community Hospice. We did so by creating our first inaugural Carnival Day Open House with all proceeds to benefit the Community Hospice. We were able to raise a total of \$7,900.00 from the event. This was a great event that had an array of carnival games, dunk tank, bouncy castles, Jarvis Fire Aerial Truck, Montague Construction Dump Truck, M.A.J.E.R Tractor, Farm animals, and all the carnival snacks including cotton candy, popcorn and snow cones. We also had Wyatt's Produce donate their proceeds from the day to benefit the Hospice as well. Special Thank you to Snyder's Corn for their donation of corn for all to enjoy. This will potentially be a yearly event and we look forward to getting the community together once again. If you are interested in volunteering for the day, even to be in the dunk tank, contact Michael to get your name signed up.

Our next big event before 2025 comes to a close is the Annual Christmas Bazaar. It is scheduled for Saturday, November 22nd 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.

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?



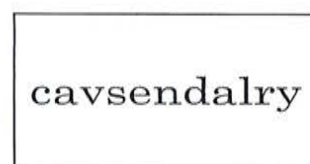
1. _____



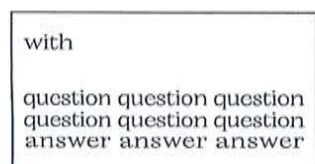
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3. _____



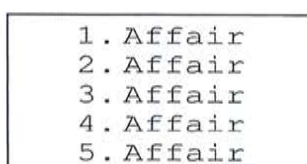
4. _____



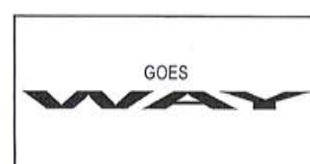
5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

UPCOMING EVENTS

CHRISTMAS
BAZAAR

Parkview Meadows Christian Retirement Village
72 Town Centre Drive, Townsend
Saturday, November 22, 2025
9:00 a.m. to 1:00 p.m.

Poinsettias ★ 5th Avenue Jewellery ★
VanStraten Bakery Items ★
★ Knitted Items ★ Local Jams & Jellies
& Pictures with Santa!!!

Hope to see you there!!!

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 2025

Did you know that a hearing specialist from



attends Parkview Meadows every second Friday of the
Month?

FREE Service for ALL Parkview Residents
Next clinic date scheduled for; **Friday, November 21st**
Location; **Craft Room at 1:00pm to 3:30pm**

BIRTHDAYS

NOVEMBER

Residents:

Betty Bundy	01
Brenda Doughty	03
Alvin Hall	04
Winnie DeBoer	06
Doris Farrow	16
Otto Kauk	19
Ronald Smith	24
Patricia Bradley	24
Raimunda Cordeiro	25
Ida Marcuzzi	26
Wesley Horley	27

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

Emily Nelson	15
Bradley Chadwick	22
Maria Reimer-Irwin	22
Polly Tusiime	23
Samantha Hoover	26

Staff:

Erica Goulbourne	07
Diane Gaudet	09
Trish Schweitzer	12

DECEMBER

Residents:

Anne Mykytowich	04
Bettee Dell	05
Michael Papps	06
Edna Twist	06
Helle Jurs	10
Marion Schwyer	10
Donna Kauk	12
Irene Anderson	15
Jessie Fledderus	17
Alan Dell	17
Pauline Ward	19

Eldona Van Velzen	21
Marilyn Eber	24
Henny Terstege	26

Staff:

Victoria Hysert	01
Jenice McDonald	04
Julia Garlough	06
Rashmila Karki	10
Jihan Dirbas	14
Alexandria Guetter	14
Anne Marie Veri	15
Christine Des Roches	23
Karen Sims	24
Kachet Symonds	31

JANUARY

Residents:

Gail Larsen	03
Helen Jordan	03
Klaas Dekens	10
George Wright	15
Ina Reile	17
Femmigye Hoekstra	18
Jean Gordon	20
Willemina Thompson	22

Bev Slofstra	27
Theresa Bakker	28
Elizabeth Watmough	30

Staff:

Judith Ruegg	01
Kelly Langdon	03
Kathleen Clark	06
Michelyn Sciannella	08
Cheryl Mino	10
Patricia Jacksyn	12

Nicola Henhawk	16
Mary Jane Howse	16
Christina Jacksyn	24
Laura Stuivenberg	27
Theresa Bakker	28
Laura Wray	29
Katlin Churchill	30
Amber Garlow	31

May your birthday be the start of a year filled with new adventures,
growth, and endless happiness!!

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

SUNDAY WORSHIP SERVICES

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

Offerings:

Parkview Meadows

August

Salvation Army- \$67.00

September

Focus on Family - \$52.20

October

Norfolk Haldimand Hospice - \$121.25

PRAYER CORNER

Please pray for the families of Teresa Robinson, Ted Giles and Robert Lever 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. **Butter Tart** was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

Ingredients

Pastry	Filling
• 2 1/2 C Flour	• 1/2 cup brown sugar
• 1 tbsp brown sugar	• 1/2 cup corn syrup
• 1/2 salt	• 1/4 cup butter melted
• 1/2 cup shortening	• 1 egg
• 1/2 cup butter cubed	• 1 tsp vanilla
• 6 tbsp ice water	• 1/4 cup raisins

Directions

1. Pulse the cold butter and shortening into the flour sugar and salt using a food processor until the shortening or butter is reduced to pea sized pieces.
2. Sprinkle the water over the surface and toss with a fork until the water is just incorporated into the dough. Do not overwork the dough; handle it only enough so that the dough stays together.
3. Form the dough into two rounds about an inch thick.
4. Wrap in plastic wrap and let rest in the fridge for about 1/2 hour.
5. Roll out on lightly floured surface. Cut into rounds with 4 inch cutter. Fit into muffin cups. Chill in the fridge or freezer while you prepare the filling. Cold pastry heading into a hot oven will always be flakier.

Shocking Food Facts

1. Turmeric contains curcumin, a compound with powerful anti-inflammatory properties
2. Studies show curcumin may match the effectiveness of some anti-inflammatory drugs—without the side effects
3. Avocados contain more potassium than bananas, supporting heart health and helping lower blood pressure
4. Broccoli contains sulforaphane, a compound that may help fight cancer by boosting detox enzymes
5. Coconut oil can raise HDL (good) cholesterol and convert LDL (bad) cholesterol into a less harmful form.
6. Cinnamon may reduce blood sugar levels by up to 29% in people with diabetes.
7. Beets help improve blood flow and reduce blood pressure due to their high nitrate content.

Wacky Wordy Answers:

1. Thumb on the Scale 2. Saddle Up 3. Bookends 4. Send in the Cavalry 5. Left with more questions than answers 6. Win by a nose 7. Affairs are in order 8. A little goes a long way 9. Jump on the bandwagon 10. Hot under the collar 11. Get back in the saddle 12. Step Forward