



The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

519.587.2448 INFO@PARKVIEWMEADOWS.CA



PHOTOGRAPHY BY
TIM CROTTY

Our Board of Directors;

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Ian Cooper
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Pete DeWaard
Ernie Rauwerda
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As we welcome the New Year of 2026, we do so with purpose, momentum and a vision for what comes next. This past year marked another great year for Parkview Meadows, and at its heart is our shared commitment to delivering residents an appropriate, welcome home and health care shaped by the needs and voices of our teams, partners and our communities.

This year we are again committed to ongoing upgrades and transformations of Parkview Meadows, which has supported our community's health for more than 40 years. This progress is only possible with the support of our community, government partners, and leaders who share this vision for the future of health care in our growing region and with our aging population.

We are also strengthening our clinical partnerships with academic institutions including Fanshawe College with both PSW and RPN students doing placements at Parkview and are open to additional collaborations as well. Over the last year we have partnered with the Nurse Lead Outreach Team (NLOT) from Norfolk General, along with our new Medical Director, Dr. Ayoob in our Gardenview Long Term Care and we are always looking for even more learners through our doors. Together, we are training the next generation and securing a strong, diverse pipeline of future health staff and health care leaders.

With residents, families, staff and partners at the centre of everything we do, I encourage you to give feedback - there are a variety of resident, family, and staff surveys that come out yearly and I encourage you to reach out with your thoughts, concerns, or suggestions — your voice truly shapes our direction. Or even go "old school" as our management doors are "open."

As we move into the year ahead, we do so with energy and clear focus. Parkview is 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.

On behalf of everyone at Parkview Meadows, thank you for being part of our journey and exciting future. Wishing you and your loved ones a year filled with good health, joy, and hope. Thank you for your trust, your patience, and your partnership. I look forward to working alongside you to make our community the best it can be.

With appreciation and a quote,

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9
Ken Callaghan

DIRECTOR OF CARE CORNER

We are pleased to share several positive updates from Gardenview as we continue working to enhance the comfort, care, and overall experience of our residents. New dining room tables have recently been introduced, offering improved accessibility and better flow within the dining areas. These updates are designed to support resident comfort and independence while creating a more welcoming dining environment.

Our team is also growing. We are excited to welcome many new Registered Practical Nurses who are currently onboarding with us. These new faces bring added internal support, fresh energy, and strengthened clinical coverage, helping us continue to provide high-quality care to our residents. In addition, we are seeing continued progress across several key clinical programs. Regular interdisciplinary meetings are now taking place for Behaviour Support, Palliative Care, Falls Prevention, and Restorative Care. More collaborative discussions are supporting improvements in our Skin and Wound Care, Continence, and Pain Management programs, ensuring residents' needs are being addressed in a consistent and proactive manner.

As we move through the winter months, we would also like to share a few wellness reminders. Dressing warmly when going outdoors is important, as cold weather can increase blood pressure and place additional strain on the heart. Preventing seasonal illness remains a priority - regular hand washing, staying up to date with vaccinations, and getting adequate rest can help reduce the risk of colds and flu. Staying socially connected is equally important; visiting or calling loved ones, participating in activities, and engaging in conversation all contribute to improved mood and overall well-being.

Caring for your health allows you to continue enjoying life, sharing meaningful moments with loved ones, and making the most of each day - even during the winter season.

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2025 GOLF TOURNAMENT HOLE IN ONE SPONSORS

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www.heaslipford.com



Stress less

1. Focus on what you can control;
2. Go for a walk;
3. Color;
4. Talk about it;
5. Breathe;
6. Look for opportunities in life's challenges;
7. Dance it out;
8. Treat yourself;
9. Reminisce about good times;
10. Ask for a hug;
11. Go to bed earlier;
12. Smile.

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Parkview Meadows 13th Annual GOLF TOURNAMENT

FRIDAY

AUGUST 21, 2026

at the Greens at Renton

Entry Fee Includes:

- ⇒ 18 Hole Golf with Cart
- ⇒ (Scramble Format)
- ⇒ Lunch & Buffet Dinner
- ⇒ Entry into Prize Holes Contest
- (*Featuring: Trips, Cash, TVs etc.)
- ⇒ Gift for Participating
- ⇒ Fun day with Family, Friends or Colleagues

*** To participate or for more information

PLEASE CONTACT

Michael Ciardullo

at 519-587-2448 ext. 419

mciardullo@parkviewmeadows.ca

*Sponsorship
Opportunities*

Available to those interested!

PASTORAL CORNER

My wife, Christine, and I, moved from Port Dover to Simcoe at the beginning of January. May I make a suggestion? Don't move in the wintertime! We decided to "Downsize" our home. Many of you may be familiar with this concept of downsizing; as many have done so in order to move into assisted living or into Long Term Care. We have chosen to move into one floor living and adjusting to smaller spaces. We believe this move will be better for me as I continue to work here at PMCRV.


January has been a month of changes for me and thus far they have been positive changes. I have officially started working two days a week in Southview (Mondays and Fridays) bringing some faith programs I hope will be of interest to the residents. I am looking forward to visiting with the residents and getting know each of them.

I am open to suggestions that may help with the religious/spiritual programs. I look forward to seeing more people participate in the Hymn Sings. Those of you who have grown up in your churches know a lot of hymns and it would be great if you joined us and helped us have a wonderful time singing praises to the Lord. Did you know that singing is good for your health? It works to strengthen your lungs as well as improve your mood. So come and join us on Mondays at 2pm.

I look forward to continuing the good work we do in Gardenview. I love to hear your stories and events of your life. I enjoy observing the joy you take in the Bible studies, hymn sings, and worship services. It reminds me of how much love our Lord has for all of us. Let's continue to have a great year together!

Peace in Christ,
Pastor Dennis

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COMMUNION
For the Homebound
ALL WELCOME

at Parkview Meadows Craft Room
Tuesday, February 3 ~ 2:00pm

Organized by The Elders of
Ebenezer Christian Reformed Church in Jarvis.
Questions? Contact Ralph VanBentham (905-730-2801).



Come and Celebrate
Valentine's Day

with Harpist, Rosemary
Tuesday, February 12, 2026
at 1:30 p.m. to 3:00 p.m.

Show off our Valentine's Day spirit by
wearing something red, pink, or white!



Come out
and celebrate ...
ST. PATRICK'S
DAY
the Irish way...

FRIDAY, MARCH 13TH
AT 2:00 P.M.

with entertainment featuring:
"Jack Coulson"

** Wear something Green
to show your spirit!

PHARMACY NEWS

Resident-centered safe medication practices continue to be a priority focus for the care teams at Gardenview and Southview. Residents in long-term care are prescribed more medications than individuals in any other setting to treat multiple medical conditions. It is well known that as the number of medications prescribed increases, so does the risk of adverse drug events and potential harm. Our team of Registered nurses, Prescribers, Pharmacists, Support staff and Management have focused on several key areas to design a medication management system that reduces overall risk while delivering optimal care to the Residents. Each year, long-term care homes in Ontario are required to complete a medication management safety assessment to identify its strengths and areas of improvement. Our team completed the Long-Term Care Medication Safety Self-Assessment (MSSA-LTC) in September 2025 and are proud to announce that Gardenview scored **92.21 % overall compared to the long-term care home average of 87.75 %!**

Gardenview has leveraged the use of technology to enhance medication safety within the main areas of the system. Examples include the implementation of Scriberly, a web-based software application that has essentially eliminated much of the previously used paper-based processes. No more binders full of paper medication orders! Prescribers are now able to prescribe using this paper-less system and each Resident's orders are 'linked' to the Pharmacy database and to Point Click Care to ensure accuracy. Each Resident has its own digital binder in the software for the care team to access. Gardenview and Southview have also fully integrated Point Click Care medication orders and ADT with the Pharmacy software. In this system, all Pharmacy data entry of orders automatically flows seamlessly to Point Click care, creating an exact replica of a Resident's orders and Resident information flows automatically from Point Click Care to the Pharmacy software as well. On the MSSA-LTC, Gardenview scored 72.92% in the key element, Medication System Technology, compared to the provincial home average of 48.05%! Although we have created a robust medication system, we have identified a few areas where we can improve, so we will be excited to report some of these upcoming changes in future editions of the Parkview Post!

Other medication safety initiatives implemented in the last quarter include the addition of an independent double check on all insulin and injectable narcotic orders in both Gardenview and Southview, given the higher risk of medication incidents involving these medications. During the past year, Gardenview has also implemented the use of Pharmapod, a web-based medication incident documentation platform that not only enables the recording of 'good catches' and medication incidents but also helps our team analyze medication incident data so changes can be introduced to reduce similar incidents in the future.

Of course, the use of this technology wouldn't be possible without our dedicated, caring team at Parkview Meadows!

If Residents or families would like more information on the medication management system at Parkview Meadows or on any medication-related matters, please contact me at 1-844-305-3516 ext. 289. Blair Snow, RPh., Consultant Pharmacist, Roulston's Pharmacy

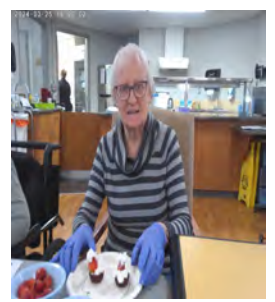
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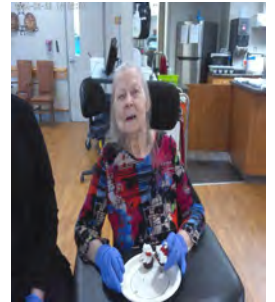
CANDID MOMENTS



Warplane Heritage Museum



Greenhouse is Blooming!!!!

Christmas
Baking
ClubChristmas Visits with Santa
and his wonderful Elves!Christmas Family & Resident Party
with Special Guest Kristin Nichols

GARDENVIEW RECREATION

FEBRUARY

Tuesday, February 3rd at 2:00 p.m. - **Communion Service with Jarvis Ebenezer Church**
 Wednesday, February 4th at 10:00 a.m. - **Donut Day Southview Dining Hall (Hospice)**
 Wednesday, February 4th at 1:30 p.m. - **Bus Outing to Cider Keg**
 Friday, February 6th at 9:00 a.m. - 3:00 p.m. - **Fifth Avenue Jewelry (Parkview Centre)**
 Friday, February 6th - **Music Therapy with Natalie (All Day)**
 Tuesday, February 10th from 1:00 to 3:30 p.m. - **Norfolk Hearing Clinic (FREE)**
 Wednesday, February 11th from 9:00 to 2:30 p.m. - **Clothing Boutique Market (Craft Room)**
 Wednesday, February 11th at 11:30 a.m. - **Bus Outing to Grand River & Pizza Lunch**
 Wednesday, February 11th at 6:00 p.m. - **Movie Night (Craft Room)**
 Thursday, February 12th at 1:30 p.m. - **Valentine's Social with Harpist Rose Soenen**
 Friday, February 13th - **Music Therapy with Natalie (All Day)**
 Tuesday, February 17th at 12:00 p.m. - **Chinese Food Dine In**
 Monday, February, 23rd at 10:30 a.m. - **Winter Drive Outing**
 Friday, February 20th - **Music Therapy with Natalie (All Day)**
 Monday, February 23rd at 2:00 p.m. - **Birthday Party with Kristin Nicholls (Southview)**
 Wednesday, February 25th, at 6:30 p.m. - **Parkview Trivia Night**
 Thursday, February 26th at 11:00 a.m. - **Bus Outing to Harmony Cafe for Lunch**
 Friday, February 27th - **Music Therapy with Natalie (All Day)**

MARCH

Wednesday, March 5th at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Tuesday, March 10th 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Norfolk Hearing (Free)**
 Wednesday, March 11th at 10:00 a.m. - **Social Hour with Ruth Willis (Willow Grove)**
 Monday, March 16th at 10:00 a.m. - **Resident Council Meeting in Community Room**
 Friday, March 13th at 2:00 p.m. - **Birthday Party with Jack Coulson (Southview Dining Hall)**
 Dine In - TBA

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 for;

May 2026

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.

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. Emily deRuiter has been a faithful and dedicated resident volunteer to Parkview Meadows recently. Below is a brief interview with Emily.

How long have you been a volunteer here?

I have currently been a volunteer with Parkview Meadows for 8 Months.

What exactly do you do at Parkview Meadows?

I started serving on the Parkview Meadows Board after the Annual meeting in May 2025. I am also a member of the Fundraising Committee of the Board.

Do you enjoy what you do here?

I do enjoy the many aspects that serving on the Board entails. The individuals on the Board and the Fundraising Committee are great to "work" with and are very committed in the roles that they do. I have come to realize that there is much to do here at Parkview.

What do you enjoy most about volunteering?

When I was volunteering at the Christmas Bazaar in 2025, it was wonderful meeting the people that came through and connecting with them. I am looking forward to the many connections that will be made when in the Board role here at Parkview.

How did you find out about Parkview Meadows?

The halls at Parkview are not unfamiliar to me. Many, many years ago, my grandmother lived at Southview. Pat and I with our young children would visit her often here. Sometime ago, I was a member of Hearts in Harmony and our group of five would come and sing for the seniors now and then. (We enjoyed coming and singing for/with them).

Do you volunteer anywhere else?

I am an active member of Immanuel Christian Reformed Church in Simcoe, where I presently serve as Nursery Coordinator, and I am a member of the Safe Church Committee and Pastoral Care Team as well. When needed, I also record minutes for the Jarvis Community Christian School Board meetings.

Is it okay if we get a bit more personal Emily? 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 a Jesus follower, and I love Him so much! I am thankful for God's grace and His love to me and my family. I am blessed and thank God for a beautiful supporting husband Pat. God has blessed us with 3 children, 2 sons in laws, 1 daughter in law, and 8 grandchildren. We are a family who enjoy spending time together, and we do so often. I retired in August 2024 after 33 years of working as the Administrative assistant/bookkeeper at Jarvis Christian School. I also have a passion for horses and have had many horses over the years. My husband and I enjoy bike riding and kayaking locally and also up north with our kids and grandkids.

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SOUTHVIEW RETIREMENT

JANUARY 2026 EDITION

Winter Warmth and Seasonal Reflections Brighten Retirement Living Community



As winter settles in and fresh snow blankets the grounds, the spirit of the season is alive and well throughout Southview Retirement. Festive decorations, glowing lights, and thoughtfully arranged displays serve as daily reminders of comfort, reflection, and togetherness during the coldest months of the year.

Indoors, holiday décor brings warmth and cheer. A vibrant poinsettia centerpiece anchors a welcoming Christmas display, framed by greenery, nativity scenes, and handcrafted accents that celebrate the meaning of the season. The gentle glow of lights and traditional symbols of peace and hope create a calming space for residents and visitors alike—an inviting place to pause, reflect, and share conversation.

Outside, illuminated angel figures stand gracefully against the winter landscape, their soft lights shining through the snow. These seasonal displays offer a sense of serenity and continuity, reminding residents that beauty persists even in the quiet of winter. For many, these figures evoke cherished memories of past holidays while encouraging hope for the year ahead.



Christmas celebrations throughout the community emphasized connection, gratitude, and tradition. From shared meals to quiet moments of reflection, residents embraced the season in ways both joyful and meaningful. As the calendar turns toward the New Year, the focus gently shifts to renewal—welcoming fresh beginnings while honoring the stories and experiences that shape each resident's journey.

Winter in retirement living is not simply a season to endure; it is a time to slow down, appreciate simple comforts, and find joy in familiar traditions. Whether through festive surroundings, peaceful outdoor scenes, or shared moments indoors, the season continues to foster a strong sense of belonging.

As the New Year begins, the community looks forward with optimism—embracing health, companionship, and continued moments of warmth throughout the winter months.

Laura Stuivenberg
Clinical Retirement Manager

MAINTENANCE CORNER

The weather has certainly received that welcome and arrived in force. As we fight against the snow and ice, we have once again locked the side door of Southview across from the library to reduce the amount of snow/water and salt tracked inside. We have also started to train more of our housekeeping staff on how to use the “ride on” floor scrubber to help tackle these longer and more open corridor and common spaces during the winter. Keep in mind that during times of heavy snowfall it is important to wear appropriate non-skid footwear as the crews that do our snow removal are working to keep our sidewalks cleared.

The solar panels on the Valleyview building are installed and the wiring has been run inside the electrical room. We have had the ESA on site, and we are just awaiting final approvals to do the final connections. When this happens, we will need to shut down the power in the Valleyview building for a brief time as everything is tested (less than an hour), and maintenance will be sure to post notices well in advance of the testing day.

As February approaches we are preparing for our annual fire alarm inspection and testing, which means the testing crews will need to check the detectors in each room, apartment, and condo throughout the facility. Once the testing company advises the dates they will be on site, we will give notice to residents and post memos so that everyone knows what to expect. If you may not be home on the testing date, please contact Jon in maintenance at ext. 405 and he can help make a plan for your unit.

With the new year comes new training opportunities for the Parkview staff as well. The staff will all take part in NVCI training (Non-violent Crisis Intervention) as a part of the Ministry of Labor’s proactive safety initiatives for the province. This will help all staff be aware of how-to better handle situations that may arise in the workplace and handle them as safely as possible.

Jon Toal
Maintenance Supervisor



7 Amazing Bedroom Plants That Will Help You Sleep Better



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	2	3	4
A	BLOOD WATER	SEGG EGSG GSEG GGES	VAD ERS	TRY $\frac{\text{STAND}}{2}$
B	M CE M CE M CE	$\frac{\text{STAND}}{I}$	BAD WOLF	NIBUMPGHT
C	MYBEHINDWORK	PLAY WORDS	BEN	NARY NARY
D	DOME	TWO IGNORE IGNORE	PAID I'M WORKED	JA IL

NUTRITION CORNER

“The menus are developed through a careful, collaborative process that balances nutrition, resident preferences, and ministry requirements. Brad Harvey, Registered Dietitian and Charity Schaeffer, Nutrition Manager lead menu planning with assistance of the cooks and approval of the Resident’s Food Committee. Resident input plays a major role in shaping nursing home menus, as food satisfaction is closely tied to quality of life.

We also ensure it meets the dietary guidelines for older adults, including appropriate calories, protein, vitamins, and minerals. Menus are developed with a target of 2500 calories so that residents eating only 50% of their meals will still maintain their weight.

Seasonal availability of foods, budget constraints, and kitchen capabilities also influence menu design, helping ensure meals are both nutritious and feasible to prepare consistently. The goal is to provide meals that are safe, appealing, and dignified – supporting not only physical health but also social enjoyment and emotional well-being during mealtimes. Entree types are not to be repeated within the same day and foods themselves not to repeat within a 7 day period unless requested by the Resident’s Food Committee. This helps to ensure a variety of choices. This also means that you will see beef, chicken, pork, fish, egg or pasta dishes quite often in different forms as with lunch and supper we need 4 different entree types each day. The starch/grains also rotate with mashed potato being available daily. There is only one vegetable choice required to meet standards but often we have two depending on whether that item fits well with both entrees. We do review menus throughout their cycles and if a change is needed due to dislike, product availability/quality or cooking issues we implement those.

Brad Harvey, Registered Dietician

SAFETY TALK

Safety Talk

Inclement Weather: Snow Removal



Winter ice, snow and drifting snow conditions can complicate walking, driving and exiting/entering buildings.

Entrances:

Ensure that a cleared path from each exit is maintained that is free of ice and snow to a public way allowing the applicable to both the all emergency exit doors. they become saturated snow, and place floor is wet and mop up falls.



doors to open easily. This is main entrance doors as well as Change the entrance mats when with water from the melting "Caution" signs whenever the regularly to prevent any slips and

Sidewalks/Storefronts:

More often than not, we have to use a shovel to keep these areas clear of snow, which can lead to back injuries.



Here are a few tips when shovelling snow;

- Warm up your muscles before shovelling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Protect your back from injury by lifting correctly.
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- Dress appropriately for the task and be visible. Wear High Visibility clothing such as a Winter Parka or a Vest over regular clothing. Plus wear proper gloves and footwear.



• THANK YOU •

As we close on another year, we reflect on the accomplishments and challenges that we have completed and overcome. With that being said we wanted to thank all of our employees for assisting us in the Health and Safety of our staff in the home. We pride ourselves to keeping all those working here safe and stress free. Lets keep the same spirit and ensure all of our safety. If you ever witness or experience any concerns in the workplace always approach a health and safety member or bring to your supervisor.

"Working safely may get old, but so do those who practice it"

Sincerely,
Joint Health and Safety Committee.

RETIREMENT ACTIVITIES FEBRUARY

Monday, February 2nd at 10:30 a.m. - **Bus Outing to Norwich Liquidation & Norwich Bakery**
 Tuesday, February 3rd at 2:00 p.m. - **Communion Service with Jarvis Ebenezer Church**
 Wednesday, February 4th at 10:00 a.m. - **Donut Day Southview Dining Hall (Hospice)**
 Thursday, February 5th at 1:15 p.m. - **Bus Outing to Lynden Park Mall**
 Monday, February 9th at 10:30 a.m. - **Bus Outing Lunch at Harmony Bakery**
 Tuesday, February 10th - **Music Therapy with Natalie (All Day)**
 Tuesday, February 10th from 1:00 to 3:30 p.m. - **Norfolk Hearing Clinic (FREE)**
 Wednesday, February 11th from 9:00 to 2:30 p.m. - **Clothing Boutique Market (Craft Room)**
 Wednesday, February 11th at 6:00 p.m. - **Movie Night (Craft Room)**
 Thursday, February 11th at 1:30 p.m. - **Valentine's Social with Harpist Rose Soenen**
 Friday, February 13th at 11:15 a.m. - **Bus Outing to Buddy Holly & Roy Orbison Show**
 Tuesday, February 17th at 12:00 p.m. - **Chinese Food Dine In with**
 Thursday, February 19th at 1:00 p.m. - **Simcoe Movie "Young Farmer Outing"**
 Monday, February 23rd at 10:30 a.m. - **Winter Drive Outing**
Tuesday, February 24th - Music Therapy with Natalie (All Day)
 Wednesday, February 25th, at 6:30 p.m. - **Parkview Trivia Night**
Shopping Trips to Walmart Each Friday at 1:15pm (\$10)

MARCH

Monday, March 2nd at 10:30 a.m. - **Bus Outing to Giant Tiger & Lunch at Riverside 83**
 Tuesday, March 3rd - **Music Therapy with Natalie (All Day)**
 Wednesday, March 4th at 10:00 a.m. - **Donut Day Southview Dining Hall (Hospice)**
 Thursday, March 5th at 10:30 a.m. - **Mud Cat Bowling & Lunch**
 Monday, March 9th at 11:00 a.m. - **Bus Outing to Fisherman's Catch**
 Tuesday, March 10th from 1:00 to 3:30 p.m. - **Norfolk Hearing Clinic (FREE)**
 Thursday, March 12th at 10:00 a.m. - **Bus Outing o RBG - Bloomland in Oz**
 Tuesday, March 17th - **Music Therapy with Natalie (All Day)**
 Monday, February 24th at 2:00 p.m. - **St Pat's Birthday Party with Jack Coulson**
 Monday, March 16th at 10:30 a.m. - **Bus Outing to Caledonia Dollar Store & Lunch Outing**
 Thursday, March 19th at 10:00 a.m. - **Cambridge Butterfly Conservatory**
 Monday, March 23rd at 10:30 a.m. - **Bus Outing to Richardson's Maple Sugar Bush Tour**
 Thursday, March 26th at 1:00 p.m. - **Spring Drive & Apple Cider**
 Monday, March 30th at 11:00 a.m. - **Jarvis Library & Just John's Jarvis Lunch Outing**
 Each Friday at 1:15 p.m. - **Shopping Trip to Simcoe Walmart (\$10)**

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;
February 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, February 21st**
 Location; **Craft Room at 1:00pm to 3:30pm**

RECREATION

This past November we were able to hold our annual Christmas Bazaar and Poinsettia Fundraiser and to boot we had our wonderful man in the red suit join us for Santa photos! Look out as next year we will also welcome The Grinch!! We had close to 30 tables with local vendors, that were able to provide our residents and community with home made Christmas gifts and ideas. The event featured many local companies from Wyatt's Produce, Fifth Avenue, Arrowsmith Jams and Jellies to name a few. Parkview also sold Dutch goods from Van Stratten Bakery, and beautiful poinsettias. All the proceeds for this years Bazaar will be assisting with mini-putt and lawn bowling items, along with new tables for events and fundraisers. It is fundraising events that we are able to raise funds to help aid in promoting better services here for our seniors. A special thanks to all of our volunteers that assist us at these events. They are a great asset to the home and to our seniors.

Keep your eyes and ears open for our upcoming events. We will be hosting our Spaghetti dinner with approx. 180 tickets available. We are hosting this event on Thursday March 26th at 6:30pm in the Southview Dining Hall. Tickets can be purchased at our Gardenview receptionist from Monday to Friday 8am to 4pm. This event fills up fast so make sure to grab your tickets..... We will be raising funds from this event to allow us to hold our Annual Open House Carnival which was such a huge success last year at raising funds for the Norfolk Haldimand Community Hospice with \$8,000.00.

We have also booked our 2026 Golf Tournament Fundraiser for Friday August 21st being held at the Greens at Renton with a 12pm tee off time. This event is such a great way to connect, have fun and fundraise for the home. Registration will soon be open on our website. Contact Michael for further details and registration.

Our Recreation team has had many new faces join our team. We once again have 4 Recreation Programmers with Leah, Alex, Subie, and Ryley. We will be able to reach out to our residents and provide more 1 to 1 programming and new ideas to our calendars. Lisa will be providing activities on our Retirement side of Southview. Calendars can be accessed on our website each month.

Michael Ciardullo, *Program Services Manager*

JUST FOR LAUGHS



MARKETING CORNER

"Hello Parkview Meadows Christian Retirement Village!

My name is Cody Lyons, and I am excited to introduce myself as the new Sales & Marketing Coordinator. I will be supporting both Southview and Brookview through suite leasing, external community engagement, the design and implementation of effective sales and marketing programs, enhancement of our social media presence, participation in events, and much more.

I can be reached at 519-587-2448 ext. 429 or clyons@parkviewmeadows.ca for any questions or to connect further.

Over the past nine years, I have worked at Aspira Cedar Crossing Retirement Living in Simcoe and Aspira Harvest Crossing Retirement Living in Tillsonburg, splitting my time between the roles of Recreation Coordinator and Sales Advisor. I am truly excited to begin this new chapter at Parkview Meadows Christian Retirement Village and look forward to learning names and getting to know each of you personally.

On a personal note, I am married to my amazing wife, Madison, and we have a miniature dachshund named Izzy. Outside of work, I enjoy staying active and participating in sports year-round, including hockey, golf, volleyball, soccer, and baseball. I have been involved in sports since the age of four, both as a participant and a coach.

I can't wait to meet everyone and continue contributing to the growth of this already remarkable community!"

Cody Lyons

ANNOUNCEMENTS

MOTHER'S DAY *Greenhouse Fundraising* PLANT SALE

*with
Bake Sale & Pulled Pork Dinner*

THURSDAY, MAY 7, 2026
3:30 - 7:00 P.M.



** DONATIONS OF CANNED GOODS ARE
BEING COLLECTED FOR
THE HAGERSVILLE FOOD BANK

PARKVIEW MEADOWS CHRISTIAN RETIREMENT VILLAGE
72 Town Centre Drive, Townsend, Ontario
PRESENTS



ANNUAL SPAGHETTI DINNER

THURSDAY MARCH 26, 2026
DINNER 6:30P.M.

TICKETS; \$25.00 EACH

and includes all you can eat spaghetti, Caesar salad, garlic bread, coffee or tea and dessert.

** Proceeds from this event will be used to support our Annual Carnival Day Open House. This event plays an important role in raising funds for the Norfolk Haldimand Community Hospice, which provides essential care to individuals and families in our community

For more information or to purchase tickets please call 519-587-2448 ext. 400
Tickets can also be retrieved in the Gardenvue entrance at the reception desk.

BIRTHDAYS

FEBRUARY

Residents:

Edith VanFleet	1	William Anderson	15
Sarah Williamson	2	Sheila Boyle	16
Joan Stewart	2	Bette Lou Robyn	17
Agnes McGhie	7	Carol Krier	17
Aukje Wonnacott	10	Jerry Herrow	17
Geert Borger	10	Edna Weir	17
Shirley Hill	11	Janice Matthews	17
Elbertus Van Beek	12	Jessie Visser	19
Barbara Wase	14	Deborah Fitzpatrick	20
		Jeltje Vandervelde	21
		Maureen Wiechula	29

MARCH

Residents:

Ann Guichelaar	1	Elizabeth Moir	11
Freeda Hardy	1	Patricia Kinkel	15
Rein Devries	3	Clive Porter	18
Darline Cooper	3	Syd De Boer	23
Ruth McBride	7	John Lake	24
Robert Cromie	10	Joan Haskett	26
		Patricia Walker	26
		Roxanne Wood	28

APRIL

Residents:

Barb Hall	9	Lee Schwyer	22
Peter Hogeterp	14	Robert DeBackere	23
Hein Prinzen	12	Raymond Rohrbach	23
Ina VanDerMaarl	16	Robert Matthews	26
Marlene Guitard	17	Lenore Cain	30
Margaret Barry	17		
Jerry Chowzun	19		

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); Michael (Program Services Manager), Krystal Van Kessel (DOC).

We are currently looking for a new Council President.

If interested please contact Michael Ciardullo, Program Services Manager at Extension 419

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. in the Southview

Dining Hall

Offerings:

Parkview Meadows

November

Norfolk- Haldimand Hospice – \$103.35

December

Norfolk-Haldimand Hospice - 111.25

January

Haldimand Norfolk Hospice - n/a

PRAYER CORNER

Please pray for the families of Patricia Goddard, Nicolaas Anema, Maurice Davies, Harold Mandley, Doris Farrow, Marsha Durham, Gerritdina Blyleven 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 residents of Gardenview are kept busy whipping up tasty treats along side the staff. One of their favourites so far from this year happen to be, Valentine Heart **Sugar Cookies**. Below is the recipe so you can try them at home!

Ingredients

- 1 cup of butter
- 1 cup white sugar
- 1 egg
- 1 tsp vanilla
- 1/2 tsp salt
- 3 cups of flour
- 3/4 tsp baking powder

Directions

1. Cream together sugar, eggs, vanilla and butter
2. Mix all dry ingredients into a separate bowl
3. Add dry ingredients slowly into the wet ingredients.
4. Roll onto greased sheets covered in flour and cut out shapes
5. Bake at 350 degrees for 8-10 minutes (dough must be chilled for 1 hour before rolling, they only require a hint of golden color around edge)

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!!!

Parkview Meadows is currently looking for volunteers for multiple positions as we are always in need of some helping hands. 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 519-587-2448 ext.419

Check out our profile on the Website

Trust in the Lord with all your heart
and lean not on your own
understanding, in all your ways
acknowledge him and he will
direct your path!
Proverbs 3:5-6