

The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

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Our Board of Directors;

Tom Vandertuin
Ernie Rauwerda
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Ben Zandstra
Jeanette Hogeterp
Carlene Boettcher
Pete DeWaard

Well, as the days grow longer and the blooms of spring appear, I'm reminded of the power of renewal – in nature, in our communities, and in the way we serve you. This season will be continued efforts as we're embracing fresh ideas, refining our services, and introducing new experiences designed to make your connection with us even more rewarding. One initiative that comes to mind is Jane's Calendar, a new interactive programming tool that we are currently trialing to get better connections with residents and families to various Parkview Meadows activities and programs.

We had a very successful Spaghetti Dinner in March that saw a doubling in attendance to 180 supporters! Great job to all who contributed, including volunteers and staff – not the least of which was Mike Ciardullo, our Program Manager. Mike and the Fundraising Committee, volunteers, residents and staff have some great events coming our way over the coming months. Stay tuned for the updates on plant sales, car shows, our Parkview Golf Tournament in August and our Carnival Day in September with proceeds to the Norfolk Haldimand Hospice – and even better, let us know if you want to volunteer for some of these events or other support you could offer!

On the home front, ongoing projects in keeping Parkview Meadows, our little 250 000 square foot space in top condition. We are still awaiting the Valleyview connection for solar, we have some roofing challenges in Southview, we will be refinishing our entire parking lot in June and of course exciting times as our Mini-Putt has broken ground with the warmer weather. Other projects are continuously on the go as well.

As usual, your feedback continues to guide us, and every comment, suggestion, and story you share helps shape our journey forward. There have been resident surveys out recently, as well as family member and staff surveys as we look for input. And for more pressing issues – our doors are open - there is always the retro way of emailing, calling or even in person!! Spring is a time of growth, and we're committed to growing alongside you – thank you for trusting us and for being part of our story. Here's to the warmer seasons filled with smiles, color, and possibilities. With gratitude and a quote,

"Ask the LORD for rain in the springtime; it is the LORD who sends the thunderstorms. He gives showers of rain to all people, and plants of the field to everyone." Zechariah 10:1

Ken Callaghan

INSIDE THIS MAY 2026 ISSUE:

Letter from the DOC	2
Pastoral Report	3
PCR Quick Tips	4
Candid Moments	5
Looking Back	7
Maintenance Corner	9
Recreation	13
Birthdays	15
Announcements	16

DIRECTOR OF CARE CORNER

Enhancements to Care and Looking into 2026

As we move into a new quarter, we remain committed to providing compassionate, resident-centered, and high-quality care across every area of our home. Our focus this year continues to include Christian-centered care, ensuring dignity, respect, and spiritual support remain at the heart of everything we do. We are also strengthening our approach to palliative care, with an emphasis on comfort, dignity, and support for both residents and their families during meaningful moments. In addition, our continence care initiatives aim to promote comfort, dignity, and improved quality of life through best practices and consistent team collaboration.

Alongside these priorities, all of our team members continue their important work behind the scenes, reviewing practices, identifying opportunities for growth, and supporting staff in delivering safe and effective care every day. It is through this collective effort that we continue to grow and enhance the care experience for our residents.

With warmer, sunnier days ahead, it's a wonderful opportunity to spend time outdoors and enjoy fresh air with residents. As you support residents in leaving the units, please remember the importance of staying well hydrated; for both residents and yourselves. Offering fluids regularly and encouraging intake can make a significant difference in overall health and well-being. If you are heading outside, sunscreen is available at the lobby door to help protect everyone from sun exposure. Taking these small but important steps helps ensure a safe and enjoyable experience for all.

Krystal Van Kessel – Director of Care (Gardenview)

MOTHER'S DAY
Greenhouse Fundraising
PLANT SALE

with
Bake Sale & Pulled Pork Dinner

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



** DONATIONS OF CANNED GOODS ARE BEING COLLECTED
 NORWICH & VAN STRATTEN BAKERY GOODS AVAILABLE

Parkview Meadows 12th Annual

GOLF TOURNAMENT

Entry Fee Includes:

FRIDAY
AUGUST 21, 2026
at the Greens at Renton

- ⇒ 18 Hole Golf with Cart
- ⇒ (Scramble Format)
- ⇒ Lunch & Roast Beef 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!

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PASTORAL CARE CORNER

The outbreaks and lockdowns have put a damper on some of the programs as of late, but we should not let that discourage us from enjoying daily life. God intended us to have 'joy' in our lives, a joy that is not dependent on the human idea of 'happiness', which is often defined by relationships and possessions. No, God has a different idea of 'joy.' God says our true sense of joy is found in Him. Psalm 16:11 says, **"You make known to me the path of life; in your presence there is fullness of joy..."** That is the natural consequence of the individual's fellowship with God, the One who is the source of joy.

I have found that the building up of relationships with residents here at PMCRV is one of the great sources of joy that God is placing in my life. Having a relationship with God extends to having a relationship with the residents. It is a great 'joy', for me as a pastor, to share in the life of our residents and to support them through the faith programs that are offered; programs that allow all individuals to feel the presence of God in their lives. That 'joy' could be as simple as a gentle touch on a shoulder, holding hands in prayer, to simply singing familiar hymns together.

Joy is something that runs far deeper than the emotional surface of feelings. The Joy we can experience in our relationship with God is deep within in us. As the hymn goes, **"I've got the Joy, Joy, Joy, down in my heart"**. Jesus reminds us of what that source of our 'joy' is when he says in John 15:11,

"These things I have spoken to you, that my joy may be in you, and that your joy may be full."

When we consistently lead a life of prayer and of reading our Bibles, we will cultivate an atmosphere of joy in our lives. By the time this is printed the April Showers will have brought the May Flowers and to some, these are great signs of God's blessings; and their colours and fragrances bring great joy to the hearts of many who look forward to them each year. They are like a promise from God and deep joy is found in them because their presence goes deeper than just an emotional feeling... they touch something deep within us knowing that God created their beauty for us to enjoy! Let God sow joy in your heart!

Blessings in Christ Jesus,
Pastor Dennis

MARKETING CORNER

"At Parkview Meadows Christian Retirement Village, we know that choosing a retirement community isn't just about finding a place to live – it's about finding the right place to belong. Every conversation we have is personal. We take the time to listen to your story, understand what matters most to you, and walk alongside you as you explore what this next chapter could look like. Whether you're planning ahead or navigating a more immediate transition, we're here to support you with care, honesty, and patience. For us, sales isn't about filling suites – it's about building relationships. It's about sitting down over coffee, answering every question (big or small), and helping you feel confident in your decision. We want you to picture your life here, meet our community, and truly feel at home before making that choice. We're proud to offer more than just retirement living – we offer connection, faith, and a sense of peace in knowing you're exactly where you're meant to be."

Cody Lyons, Sales & Marketing Coordinator

2025 Golf Tournament Main Sponsors





Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Understanding Dementia: Challenging Behaviours

I'm sure he's doing this on purpose!

"First she thinks the caregiver is stealing her sunglasses and now she accused me of having an affair."

"When I tried to help Dad wash up, he hit me."

"My husband follows me so closely I can't stand it. But if I go in another room he'll wander out of the house."

"Mom started unbuttoning her shirt in the middle of the restaurant!"

"Just when I'm completely exhausted at the end of the day, he seems to get revved up. He keeps peeking out of the windows, convinced that someone is trying to break in. Now he won't sleep."

The 7 R's

These "7 R's" give you a basic platform for responding to any frustrating behaviour:

1. Reassure the person
2. Review the possible causes
3. Remove any triggers
4. Redirect behaviour or attention
5. Restore yourself
6. Review what happened
7. Reach out for help as needed

See attached pages for more details.



References:

<https://betterhealthwhileaging.net/how-to-manage-difficult-alzheimers-behaviors-without-drugs/>

Challenging Behaviours

Challenging behaviour is a reaction to a set of circumstances, expressing something that the person may be otherwise unable to convey.

As cognitive and communication abilities wane, it becomes harder for a person with Alzheimer's to say things like, "I'm confused" or "I'm feeling anxious" or "I just want to be left alone".

The natural response to all these challenges is frustration, defensiveness, anger, anxiety, or fear. We all act in certain ways when we're feeling uneasy, mad, insecure, frustrated and so on. These are magnified in someone with dementia who is even less equipped to deal.

A common approach to difficult behaviours is to go right to medicating them with tranquilizers, sedatives, or antipsychotics. But that's risky and often not what's best.

In fact, experts recommend trying behaviour management first, and for good reasons: It tends to be more effective in the long run than "chemical restraints", has no dangerous side effects, and leads to a better care relationship. But people often don't know how to do this.

The WHY This, TRY This approach

WHY This? There's almost always a "WHY" behind a dementia behaviour.

Just reminding yourself that there IS a "why" can help extend your empathy and patience.

Try to find the "why" - is the unmet need emotional, physical, intellectual, environmental or social?

TRY This! Build off that insight to TRY different ways of shifting the behaviour to something less intense, more appropriate, or more positive.

There's no single right way to respond to most situations. In many cases, several different things could work, depending on the person and the circumstances.

Be ready to do some trial-and-error. If one response isn't doing the trick, you can almost always try something else that will.

For more information, please contact us:



1-800-565-4614



help@alzda.ca

CANDID MOMENTS

Canadian Warplane Museum Visit



Butterfly Conservatory



Greenhouse Creations

Above: Getting Greenhouse ready for Mother's Day Plant Sale.....
Big Thanks to Jessie and Bill Fledderus for making it blooming this year.

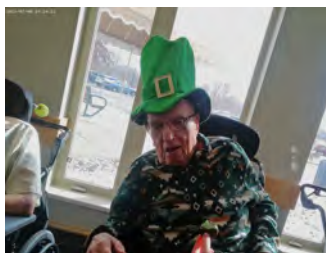
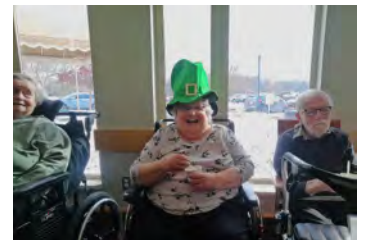
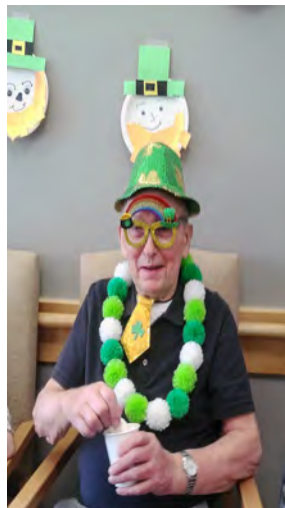
Mini-Putt Additions



JEFF'S OUTDOOR CREW



St. Patrick Shenanigans



GARDENVIEW RECREATION MAY

Wednesday, May 6th at 10:00 a.m. – **Donut Day in Southview Dining Hall (Alzheimer’s Coffee)**
 Tuesday, May 5th from 9:00 a.m. to 2:00p.m. - **Clothing Boutique (Craft Room)**
 Wednesday, May 6th at 1:30 p.m. - **Bus Outing to Hewitt’s & Spring Drive**
 Thursday, May 8th at 1:30 p.m. to 3:00 p.m. –**Mother’s Day Tea Social with Harpist Rosemary**
 Thursday, May 7th from 3:00 p.m. to 7:00 p.m. –**Greenhouse Plant Sale Fundraiser**
 Friday, May 8th from 9:00 a.m. to 2:00 p.m. - **Fifth Avenue Jewelry**
 Tuesday, May 12th at 9:45 a.m. - **Crafting with Parkway Daycare (Willow Grove Dining Hall)**
 Tuesday, May 12th from 1:00 p.m. to 3:30 p.m. – **Hearing Clinic with Norfolk Hearing (FREE)**
 Tuesday, May 12th at 2:00 p.m. - **Presentation Medical Show with Nancy (Dining Hall)**
 Thursday, May 14th at 11:00 a.m. - **Caledonia Picnic Outing & Drive**
 Friday, May 15th at 9:45 a.m. - **Crafting with Parkway Daycare (Willow Grove Dining Hall)**
 Tuesday, May 19th at 2:00 p.m. - **Birthday Party with Wally Mags (Southview Dining Hall)**
 Wednesday, May 20th at 10:30 a.m. - **Bus Outing to Hutches on the Beach (Hamilton)**
 Wednesday, May 27th at 11:00 a.m. - **Bus Outing Whitehorse Bowling & McDonald’s Lunch**
 Wednesday, May 27th at 6:30 p.m. - **Trivia Night (Southview Dining Hall)**
 Thursday, May 28th at 10:30 a.m. - **Eucharist with Deacon Cliff (Chapel)**
 Saturday, May 30th 11 a.m. to 1:00 p.m. - **Alzheimer’s Walk and Picnic Lunch (Sign up Required)**
Every Tuesday is Pizza Day in the Tuck Shop (\$5.00 Pizza Slice, Drink & Chips)
Every Friday is BBQ Day in the Tuck Shop (Hamburgers, Hot Dogs & Sausages available)

JUNE

Monday, June 1st from 9am to 3:00 p.m. - **Viewpoint Optometry Clinic (Appointment Required)**
 Wednesday, June 3rd at 10:00 a.m. – **Donut Day In Southview Dining Hall**
 Wednesday, June 3rd at 10:30 p.m. - **Bus Outing to Gage Park Greenhouse & Lunch**
 Monday, June 8th at 1:30 p.m. - **Bick’s Pickle Presentation with Geneva Gillis**
 Tuesday, June 9th at 12:00 p.m. - **Fish & Chip Dine In**
 Tuesday, June 9th 1:00 p.m. to 3:30 p.m.. - **Hearing Clinic with Norfolk Hearing (FREE)**
 Wednesday, June 10th at 10:30 p.m. - **Bus Outing to Pier 4 Picnic Lunch**
 Thursday, June 18th at 11:00 a.m. - **Bus Outing to Harmony’s Breakfast Cafe**
 Thursday, June 17th at 6:30 p.m. - **Memorial Service for Residents of 2025 (All Welcome)**
 Tuesday, June 23rd at 2:00 p.m. - **Hawaiian Birthday Party with Steel Drum Band Kenn Lewis**
 Wednesday, June 24th at 10:00 a.m. - **Bus Outing to African Lion Safari**
 Thursday, June 25th at 10:30 a.m. - **Eucharist with Deacon Cliff (Chapel)**
 Saturday, June 27th from 9:00 a.m. to 1:00 p.m. - **Classic Car Show & Strawberry Social**
Every Tuesday is Pizza Day in the Tuck Shop (\$5.00 Pizza Slice, Drink & Chips)
Every Friday is BBQ Day in the Tuck Shop (Hamburgers, Hot Dogs & Sausages available)

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

LOOKING BACK

Below is a brief interview that was conducted between myself and a previous long-standing Board Member of Parkview Meadows. I was able to sit down with John Haverkamp, who now resides in Brookview Life-Lease suites in his retirement. He was a long-time farmer of livestock and cash crops, milking cows, raising chickens along with crops of corn, soybean and wheat. Before joining on the Board at Parkview, he was a member of the Jarvis Christian School Board. He has then been on the Board for more than 30 years in the year 1984, after Brookview, Valleyview and Southview were already built. He mentioned that during his first years there were financial struggles due to Brookview Life lease building having many suites available for purchase, which would have put them into receivership. At this time, they completed a 1 by 1 campaign to receive financial assistance and had found noteholders of local investors that were able to assist with raising funds with no interest, and it was this that turned the future of Parkview Meadows around to the facility that it now is. After this, apartments started to sell and helped to bring in revenue for Brookview.

During the early 2000's there was a vision of adding an LTC home to the facility, which needed to be proposed to the government for allotment of beds. There were 2 other regions looking to add LTC beds including Hagersville, Dunnville and Townsend. Board members had hired a company located in Toronto to assist in the proposal process to present to the Government, which was approved and passed. This also came to be as with the application process there were many residents and community members that had written letters stating that Townsend would be the best place to have a facility built. Townsend became the next area to receive an LTC home within Parkview Meadows. This project was estimated at \$6 million, when the Board received this, they reviewed their finances and found that they were \$1 million short. Brouwer Construction was able to complete this facility within 2 years and opened its doors in December of 2005. John mentioned that within 1 week they were able to collect \$1 million for local investors in the area. With the help of CEO Koolman during the initial phase after completion, in getting all the groundwork for policies, procedures and hiring process.

John mentioned that the next step was to hire a Director of Care, the first year they saw struggles with 4 DOC's entering and leaving. It was then that they found Mara DiBiase that helped them on a part-time basis to assist them through the initial startup. She was then brought on full-time around 2007 and carried them through for the next 20 years in Gardenview, while also holding the CEO role for Parkview. She had a heart of gold for the residents to ensure that they received the best care possible.

The home had difficulty holding and recruiting Board members due to some of their instability during some years. He also stated that he is happy that it is operated as a Christian Village which shows in the home and backs up all decisions. There are many worship services, devotionals and pastoral care to provide that spiritual aspect in all residents lives.

When asked how he enjoys residing here, he stated "it is a switch of life, the people are great, and the place is pleasant with a community family feeling."

RESIDENT CORNER

Today we have a brief discussion with a unique resident residing in our Life-Lease Suites of Brookview. Klaas Dekens has been residing in the life-lease suites for 6+ years and enjoys working in the Woodshop in Brookview. He has built many tiny replicas of local landmarks, buildings and won prizes in the Simcoe County Fair. His latest project was a small replica of Queens Park that will be sent down to be displayed and delivered by Bobbi Ann Brady.



Here is a little picture of Klaas and his newest project. Last year, he also created a replica of Brookview Life Lease building that is showcased in the Woodshop for all to see.



SOUTHVIEW RETIREMENT



Spring Forward at Southview Retirement: Growth, Connection, and Community Engagement

As the season shifts and signs of spring begin to emerge, Southview Retirement is pleased to share a period of continued growth, strong community presence, and meaningful engagement. We are proud to report that our residence is currently at full capacity, a reflection of the trust placed in us by residents and their families, and a testament to the dedication of our care team.

This spring, resident satisfaction remains a top priority. Recent satisfaction surveys were distributed and yielded an excellent response rate, with overwhelmingly positive feedback. Residents, families, and visitors alike continue to express high levels of satisfaction with the quality of care, services, and overall living experience at Southview. These insights are invaluable and reinforce our ongoing commitment to excellence in assisted living.

Community involvement continues to be a cornerstone of our mission. Southview Retirement is excited to participate (and became a gold ribbon sponsor) in the upcoming South Coast Mental Health and Wellness Expo on May 9th at the Norfolk Auditorium. Our team will be present with a welcoming booth, offering Parkview-themed items and informative materials that highlight our services and approach to resident well-being.

In addition, we are strengthening our partnership with Roulston’s Wellness Center, who will be increasing their presence within Southview. Residents can look forward to enhanced access to mobility clinics offered free of charge, supporting independence, safety, and overall physical health.

Southview is also proud to once again support the Alzheimer Society Walk in Jarvis on May 30th as a Silver Sponsor. This cause remains close to our hearts, and our team will be actively participating with a booth at the event, raising awareness and standing in support of those affected by Alzheimer’s and related dementias.

HORTICULTURE THERAPY CORNER

8 HOUSE PLANTS PERFECT FOR FIRST TIME PLANT MOMS

<div style="margin-bottom: 10px;"> <p>PEACE LILY ☀ Indirect sunlight 💧 Once a week 🌡 19-27°C, warm</p> </div> <div style="margin-bottom: 10px;"> <p>SPIDER PLANT ☀ Bright direct sunlight 💧 Once a week 🌡 19-24°C, cool to warm</p> </div> <div style="margin-bottom: 10px;"> <p>ALOE ☀ Bright direct sunlight 💧 Once a week 🌡 18-24°C, cool to warm</p> </div> <div> <p>JADE PLANT ☀ Bright direct sunlight 💧 Once or twice a month 🌡 18-24°C, cool to warm</p> </div>	<div style="margin-bottom: 10px;"> <p>LUCKY BAMBOO ☀ Bright indirect sunlight 💧 Once a week 🌡 19-32°C, cool to warm</p> </div> <div style="margin-bottom: 10px;"> <p>AIR PLANT ☀ Indirect sunlight 💧 Soak weekly for 15-30 minutes then let dry 🌡 12-30°C, cold to warm</p> </div> <div style="margin-bottom: 10px;"> <p>SNAKE PLANT ☀ Indirect sunlight 💧 Every 2-6 weeks 🌡 16-27°C, cool to warm</p> </div> <div> <p>HEARTLEAF PHILODENDRON ☀ Indirect sunlight 💧 When upper half of the soil is dry 🌡 13-32°C, cool to warm</p> </div>
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LEGEND: ☀ - sunlight 💧 - water 🌡 - temperature

Heather Co
WholesaleManila.com

7 Amazing Bedroom Plants That Will Help You Sleep Better

 SNAKE PLANT	 LAVENDER	 JASMINE
 ENGLISH IVY	 SPIDER PLANT	
 ALOE VERA	 GARDENIA	

MAINTENANCE CORNER

And just like that we have buds on the trees and birds singing again! Spring is in full swing here at Parkview and we have already begun several of our outdoor projects for the season. To the disappointment of many, we have re-installed the speedbumps to slow down vehicle traffic around the building, however this is a vital safety element for those of our residents and families that want to take advantage of the sunshine for outdoor walks.

The solar panels on the Valleyview building roof have finally been connected after what seemed like an endless mountain of red tape from various governing bodies and are now helping produce power to offset hydro costs in addition to helping to reduce our overall carbon footprint.

This time of year always seems to be the most unpredictable when we talk about the weather. There have already been a handful of days in April when the temperatures have reached into the high 20's and have then been followed by snow! As these wild temperature swings happen, we adjust the building's temperature settings in small increments and must look at a long term forecast and ensure we meet all the regulatory compliance requirements when we set the temperature. If anyone wishes to open their bedroom windows in the Gardenview or Southview buildings, we ask that you keep the door to the hallway closed to reduce any humidity, and help to keep everyone comfortable, as we are all different and we each tolerate temperature differently.

As the next couple of weeks roll onwards, we have more of the outdoor tasks happening as you will see all the salt pails going away for the season, the hose reels coming back out, all our outdoor patio furniture being put into place, and our contracted grass cutting starting back up again. All of this will be happening alongside the progress of the new mini-putt area which we still ask everyone to keep clear of until the work is complete for the sake of safety.

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); Michael (Program Services Manager), Krystal VanKessel (DOC).

We are currently looking for a member to run as President with assistance from Programs Manager for meetings that run each quarter.

Contact Michael for more information

PHARMACY REPORT

Most would agree that our past winter brought weather and snow conditions that reminded us of what winters used to be like! It is certainly a welcome sight to see spring arrive along with some warmer weather and sunshine and many of us look forward to getting outside to enjoy the outdoors to 'catch a few rays'. Before venturing outside however, it is important that we understand whether the medications we take could increase the risk of developing a heat-related illness or a sunburn. Several commonly prescribed medications can make a person burn more quickly or increase the risk of developing a rash in the sunlight, so I have included a few of those below.

- **Antibiotics:** doxycycline, ciprofloxacin, levofloxacin, sulfatrim
- **Anti-inflammatories:** ibuprofen, naproxen, celecoxib
- **Fluid pills:** hydrochlorothiazide, furosemide
- **Heart medications:** amiodarone, diltiazem, metoprolol

Diabetes medications: gliclazide

The spring and summer sun is hot and burns can start quickly when a person is taking these medications, so it is important to protect the skin before going out in the sun. Use a broad-spectrum SPF 30+ sunscreen that is applied at least 30 minutes before venturing outdoors and make sure it is reapplied every 2 hours.

There are also many commonly prescribed medications that can increase the risk of a person overheating when outside. These medications can interfere with sweating, staying hydrated and regulating the body's temperature. Heat-related illness can begin with mild heat cramps but in severe cases can lead to heat stroke, which is a medical emergency. A few of these commonly prescribed medications are listed below.

- **Medications that reduce Sweating:** diphenhydramine (Benadryl), oxybutynin, tolterodine, solifenacin
- **Medications for Mood or Depression:** (especially amitriptyline, nortriptyline, lithium and to a lesser degree citalopram, escitalopram, paroxetine and sertraline)
- **Medications for Agitation, Behavioural Symptoms of Dementia:** olanzapine, risperidone, quetiapine
- **Blood pressure medication:** bisoprolol, metoprolol, perindopril, ramipril
- **Fluid pills:** hydrochlorothiazide, furosemide, spironolactone increase dehydration risk
- **Parkinson's medications:** benztropine, trihexyphenidyl
- **Some Diabetes medications:** empagliflozin, canagliflozin, dapagliflozin (increase urination)

Medications that may blunt awareness: lorazepam, hydromorphone, morphine, codeine and alcohol (considered a drug)

Some practical tips to reduce the risk of both sunburn and a heat-related illness include wearing light, protective clothing and a hat that protects you from the sun's rays and avoiding the hot sun between 10 am and 4 pm. Make sure you are drinking lots of fluids to stay hydrated when outside in the heat and sun and avoid going outside if possible during heat waves. It is important to watch for dizziness, reduced sweating, headache or nausea when outside in the heat, since these are early signs of a heat-related illness.

Lets all enjoy being outside this summer and stay safe!



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, June 1st 2026 - 9 a.m. to 5 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 MAY

- Friday, May 1st at 10:30 a.m. - **First Tuck Shop BBQ**
- Monday, May 4th at 10:30 a.m. - **Berkelbloems Tulip Farm & Lunch Bus Outing**
- Tuesday, May 5th from 9:00 a.m. to 2:00p.m. - **Clothing Boutique (Craft Room)**
- Wednesday, May 6th at 10:00 a.m. - **Donut Day in Southview Dining Hall (Alzheimer's Coffee)**
- Thursday, May 8th at 1:30 p.m. to 3:00 p.m. - **Mother's Day Tea Social with Harpist Rosemary**
- Thursday, May 7th from 3:00 p.m. to 7:00 p.m. - **Greenhouse Plant Sale Fundraiser**
- Friday, May 8th from 9:00 a.m. to 2:00 p.m. - **Fifth Avenue Jewelry**
- Monday, May 11th at 10:45 a.m. - **Bus Outing to Giant Tiger & Riverside 83 Lunch**
- Tuesday, May 12th from 1:00 p.m. to 3:30 p.m. - **Hearing Clinic with Hearing**
- Tuesday, May 12th at 2:00 p.m. - **Presentation Medical Show with Nancy (Dining Hall)**
- Monday, May 12th at 1:15 p.m. - **Spring Drive & Eising's Greenhouse Visit**
- Wednesday May 13th at 6:15 p.m. - **Movie Night in Craft Room "Downton Abbey"**
- Friday, May 15th at 1:15 p.m. - **RBG Lilac Festival & The Coach Lunch Bus Outing**
- Tuesday, May 19th at 10:30 a.m. - Armchair Travels to Sweden (Small Lounge)**
- Tuesday, May 19th at 2:00 p.m. - **Birthday Party with Wally Mags (Southview Dining Hall)**
- Thursday, May 21st at 10:45 a.m. - **Bell Homestead & Windmill Lunch Outing**
- Monday, May 25th at 11:00 a.m. - **Spring Drive to Long Point & Lunch at the Chip Ship**
- Wednesday, May 27th at 6:30 p.m. - **Trivia Night in Southview Dining Hall**
- Thursday, May 28th at 10:45 a.m. - **Lens Mills Store & Hoover's Marina Lunch Outing**
- Saturday, May 30th 11 a.m. to 1:00 p.m. - **Alzheimer's Walk and Picnic Lunch (Sign up Required)**
- Every Tuesday is Pizza Day in the Tuck Shop (\$5.00 Pizza Slice, Drink & Chips)**
- Every Friday is BBQ Day in the Tuck Shop (Hamburgers, Hot Dogs & Sausages available)**

JUNE

- Monday, June 1st from 9am to 3:00 p.m. - **Viewpoint Optometry Clinic (Appointment Required)**
- Wednesday, June 3rd at 10:00 a.m. - **Donut Day In Southview Dining Hall**
- Monday, June 8th at 1:30 p.m. - **Bick's Pickle Presentation with Geneva Gillis**
- Tuesday, June 9th at 12:00 p.m. - **Fish & Chip Dine In**
- Tuesday, June 9th 1:00 p.m. to 3:30 p.m.. - **Hearing Clinic with Norfolk Hearing (FREE)**
- Thursday, June 17th at 6:30 p.m. - **Memorial Service for Residents of 2025 (All Welcome)**
- Tuesday, June 23rd at 2:00 p.m. - **Hawaiian Birthday Party with Steel Drum Band Kenn Lewis**
- Thursday, June 25th at 10:30 a.m. - **Eucharist with Deacon Cliff (Chapel)**
- Saturday, June 27th from 9:00 a.m. to 1:00 p.m. - **Classic Car Show & Strawberry Social**
- Every Tuesday is Pizza Day in the Tuck Shop (\$5.00 Pizza Slice, Drink & Chips)**
- Every Friday is BBQ Day in the Tuck Shop (Hamburgers, Hot Dogs & Sausages available)**



Patricia Schweitzer
Financial Advisor &
Life Insurance Broker

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RECREATION

On Saturday May 30th, Parkview Meadows will be joining the Alzheimer’s Walk for Memories that will be hosted at the Jarvis Lions Park. Residents and families will participate in the walk around the park and we hope to beat our goal of \$3,000.00 that was raised last year which is raising awareness and support for Alzheimer’s Disease. This event will be one not to miss out on! Sign up sheet for the bus is located at the Southview Activities Board across from the nursing station. Limited seating is available. Lunch and refreshments are provided.

This year, Parkview Meadows decided to host our Strawberry Social Classic Car Show on Saturday June 27th; and invite local vendors to host their wonderful food, clothing, and goods. We also had fresh strawberries, strawberry desserts, bake sale and a BBQ to make this event one to remember. In the parking lot we have seen up to 31 classics for our residents to be able to bring them back with memories. If you are looking to enter your vehicle, feel free to contact me. Everyone that attends this event states that they are pleased and happy to have such a wonderful day at Parkview. Mark this event in your calendars.

This years golf tournament fundraiser event is being hosted on Friday August 21st, 2026 at the Greens at Renton. The course is filling up fast with every year hosting 144 golfers and many others joining for dinner afterwards. Proceeds from this years tournament will be used towards the beautification of our 9-hole mini-putt course located beside our BBQ area. If you are looking at ways to assist us in our fundraising efforts, please contact me to ways that you can help us.

We will be selling Raffle Tickets for a 50/50 draw, and the winner will be announced with our live feed on our Facebook page on Saturday September 12th at 4:00pm following our Open House Carnival. Tickets can be purchased for \$10 each or 3 for \$25. Get your tickets before they run out.

Exciting news is the addition of our 9-hole mini-putt located beside our greenhouse and BBQ patio area. This area has been designed and created by Jeff’s Outdoor from start to finish. Proceeds from our 2024 Golf Tournament Fundraiser along with a generous donation from a local resident assisted in the fruition of this wonderful space. Residents, families, friends of Parkview Meadows will be able to enjoy this area for many years to come. The team has worked hard and it shows in their work.

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. another one thing	2. heart	3. pay	4. temper _a ture
5. LEAST	6. D R A H	7. thought but thought	8. IT
9. and path	10. MILLION	11. purposes purposes	12. b k
13. par two	14. x o o o u i n	15. the worse	16. hell winning
17. history history history	18. CHANCE	19. musically	20. end

NEWS

PARKVIEW MEADOWS PRESENTS

**CARNIVAL DAY
OPEN HOUSE**


SATURDAY SEPTEMBER 13TH
12AM-4PM
72 Town Centre Drive
EXCITEMENT FOR THE WHOLE FAMILY

Free Entry

Entertainment	Food
Bouncy Castles	Wyll's Produce Stand
Dunk Tank	Lemonade Stand
Midway	Cotton Candy & Popcorn
Balloon Artist	Van Stratten Bakery
Caricature Artist	BBQ
Facepainting	
Petting Zoo	
Batman	
Spiderman	

PROCEEDS TO SUPPORT NORFOLK HALDIMAND COMMUNITY HOSPICE

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;
May 2026

Did you know that a hearing specialist from



attends Parkview Meadows every second Tuesday of the
Month?

FREE Service for ALL Parkview Residents
Next clinic date scheduled for; **Tuesday, May 12th**
Location; Craft Room at 1:00pm to 3:30pm

BIRTHDAYS

MAY

Residents:

Tina Bergsma	1
Marion Nie	2
Rosemarie Inguanez	8
Richard Cheslik	12
William McKoy	12
Bette Dell	12
Shirley Smuk	14
Shirley Riewald	15
Tony Smyrechinsky	15

Roger Elley	17
Leni Haveman	19
Caroline Osterberg	20
Shirley Bishop	24
Evelyn Dupon	26
Ditta Rauwerda	26
Edith Rumbles	27
Shirley Cole	27
Fenny Jagt	29
Casper Van Gulp	29
Diane Van Beek	31
Staff: Michael Ciardullo	3

Tonya Cooper	4
Danielle Phillips	5
Jessica Black	7
Leah Mitchell	9
Alice Eggink	10
Kimberly Showell	14
Caroline Biondi	16
Brianna Peckham	19
Kaitlyn Foster	19
Leigh Sebastian	19
Jonathan Mitchell	24
Kayla Henry	26

JUNE

Residents:

Leone Byer	3
Hoebeltje Lenos	4
Victoria Fraser	4
Margaret Stephen	4
Carl Bennett	5
Sheila Fox	6
Anna Vanderploeg	9
Janet McBride	10
Douglas Thompson	14

Ronald Dunsford	15
Edna Twist	16
Jerry DeBoer	21
Margaret Hielema	22
Anna Cruickshank	25
Cornelia Stigter	26
Hendricka Tempelman	26
Roberta Buckle	30

Staff:

Marina Van Belle	6
Rachel Ashworth	12
Janet Tomas	19
Morakinyo Omotosho	22
Lorianne Eggink	23
Asha Kollannur	24
Jetfrey Factora	25

JULY

Residents:

Marilyn Kloet	1
Barbara Hedley	1
Dorothy Kowtaluk	3
Max Van-Til	3
Rachel Renee McCotter	4
Betty Anema	5
Diane Hoover	7
Sandra Blundell	9
Norma McKoy	12
Greg Udell	13
Andrea Tiffin	16
Lloyd Bundy	17

Jorma "Bob" Jarvis	21
James Shears	22
Tina Miedema	24
Norma Sherk	26
Leila Jarvis	26
Diane Gordon	27
Meta Griffioen	28
Marilyn Hazlett	29
Ruth Hartnell	29
Joan Harris	31
Suzanne Butler	31

Staff:

Lisa Marie Hatchett	2
Tara Quinn	3
Santana Daley-Plummer	5
Ryley Campbell	7
Donna Coke	12
Merissa Vellenga	28

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

February

Norfolk Haldimand Hospice- \$ 97.70

March

Outbreak – \$0

April

Norfolk Haldimand Hospice - \$69.50

PRAYER CORNER

Please pray for the families of Ina Reile, Raymond Smith, Wesley Horley 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. *Peach Cobbler* was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

Ingredients

- 5 tbs butter, divided
- 1/4 C Brown Sugar
- 2 peaches, sliced
- 4 Cup Almond Flour
- 1 tsp cinnamon
- 1/2 C Rolled Oats
- 1 tbsp vanilla

Directions

1. In a sauté pan over medium heat, melt 1 tbsp of butter, and then add the sliced peaches.
2. Add the cinnamon, vanilla and brown sugar. Sauté, stirring occasionally, until the peaches are tender, about 5 minutes.
3. While peaches cook, make the crumble.
4. To a bowl, add the almond flour, oats and the remaining butter. Using your hands, mush all the ingredients together until crumbs form.
5. Pour the cooked peaches equally divided into prepared ramekins. Top with mint and oatmeal crumb.
6. Microwave on high for 2 mins, and serve.

A Celebration of Life and Remembrance; Memorial Service

"Remembered and Cherished 2025"

All Welcomed

*Wednesday, June 17th, 2026
 at 6:30 pm in the
 Parkview Centre Craft Room*



I CAN
DO all things
 through Christ
 who STRENGTHENS ME

PHILIPPIANS 4:13

