Parkview Meadows
Christian Retirement Village

PARKVIEW POST

November 2026 Issue 4 info@parkviewmeadws.ca



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MESSAGE FROM THE CEO

We are in the thick of Autumn and with it comes a reminder that change is both natural and necessary. The vibrant colors of the season reflect the progress we've made, the challenges we've overcome, and the lessons we've learned. I want to take a moment to thank each of you for your hard work, commitment, and resilience throughout the year. Fall is a time that offers an opportunity to reflect on what we have achieved together while focusing on the opportunities that lie ahead. Thank you all for your dedication, we have continued to grow, adapt, and deliver for our residents, families and communities around us.

The months ahead will be important as we work towards completing our year-end goals. I am confident that, together, we will continue to build on our momentum and achieve great things together. A time that we start planning and budgeting for next year – also a time to review what we have accomplished this year. Many Parkview events were held together over this past year, and many accomplishments that will have lasting effects on Parkview Meadows like new solar panels on our Valleyview apartments, the Grand Opening of our Mini-Putt, the Annual Parkview Golf Tournament, our September Fall Family Carnival and who can forget redoing our parking lot (at least it looks good now and hopefully only redo in 5 years or so!)

As we also reflect on the Harvest season, we also recognize that today's economic landscape continues to test organizations and families alike. Yet, through prudent stewardship, perseverance, and faith in God's provision, we remain confident in the opportunities ahead for Parkview Meadows, for the residents, families, staff and friends.

Thank you for everything you do. I wish you and your families a wonderful Autumn season filled with health, happiness, and time to enjoy the beauty of this time of year.

"In uncertain times, take comfort in the promise: 'Trust in the Lord with all your heart and lean not on your own understanding.'" (Proverbs 3:5)

Blessings

Ken Callaghan

Director of Care Corner

Preparing for Fall & Winter at Gardenview LTC

As the leaves begin to change and the temperatures start to cool, fall is a good time to prepare for the months ahead. At Gardenview LTC, seasonal changes bring a few important reminders as we work together to keep our residnets comfortable, healthy, active and safe.

As the weather gets cooler, appropriate clothing becomes increasingly important. Residents heading outdoors should have suitable layers, jackets, hats, and footwear available. We encourage families to consider the changing weather when visiting and ensure their loved ones have clothing that will keep them comfortable both indoors and outdoors.

Fall also marks the beginning of respiratory illness season. Simple measures can make a meaningful difference in protecting our residents and community. Frequent hand hygiene, covering coughs and sneezes are all important ways to help reduce the spread of illness. We also encourage families and visitors to follow any additional infection prevention measures put in place by the home when needed.

Most importantly, please stay home if you are feeling unwell. We understand that families want to visit, but posponing a visit until you are feeling better helps protect our residents, many of whom may be more vulnerable to complications from respiratory infections.

Fall is a beautiful time of year, and with a little preparation, we can help our residents enjoy the changing season while continuing to support thier health, comfort, and quality of life.

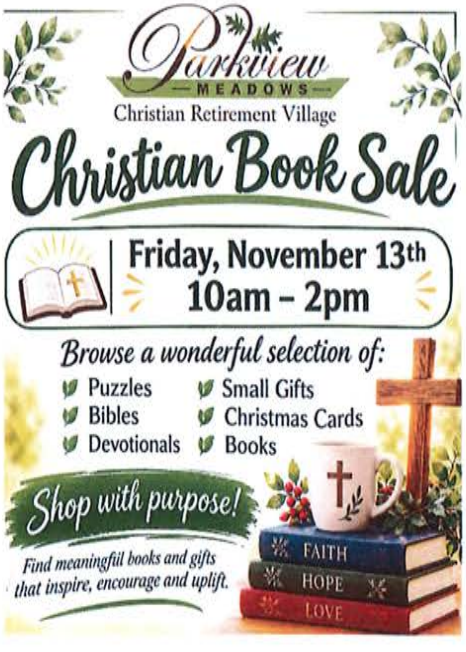
Thank you to our families, residents, staff and visitors for helping us keep Gardenview a safe and welcoming place to call home.

Krystal Van Kessel - Director of Care
kvankessel@parkviewmeadows.ca

Upcoming Events







Pastoral Care Report

Greeetings in the Name of Jesus Christ, our Lord! We now have Thanksgiving in our rearview mirror and we're speeding toward another Christmas in the life of our residents here at Parkview Meadows Christian Retirement Village. Many of us are still enjoying the Harvest Season, enjoying a spectacular Fall Season. The weather has been very cooperative for our local farmers as they bring in the harvests from their fields. God has blessed their fields, and they are enjoying the many blessings of a good harvest.

We too, should be thankful for the blessings we have received during this harvest season. Many have enjoyed family outings to restaurants and to family homes for wonderful meals and a blessed time with family and friends. As we head toward the colder weather and more time of isolation, we need to give God thanks for these moments we have enjoyed. I am reminded of scripture where we are told by Jesus that the field is ripe for harvest. Jesus said, "Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest." (NIV)

We should remember to take the opportunity, when we are with family and friends, to remind them that God is the one who blesses the field and the harvest. The farmer is but God's tool that works the field and plants the field, but God grows the fruit and the crops making them ready for the farmer to harvest. Do not be afraid to present the gospel to family and friends, especially if they have wandered from the Lord, or simply do not know the Lord. Let your life be a living witness to Christ as Saviour!
As we move steadily toward Christmas and the celebration of our Lord's birth, we are reminded that much planning by God went into preparing our world for Jesus to enter it and deliver his message of hope, love, and salvation. Just as fields are prepared for harvests, the Holy Spirit prepares the way for people to repent of their sins and receive the greatest gift known to mankind – Jesus Christ, Lord and Saviour!

To celebrate Christmas, and to forget the sacrifice God made in sending his Son to us, is to cheapen the meaning of Christmas. Isaiah 9:6 tells us, "For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." For those who have eyes to see and ears to hear, Jesus' three-year ministry opened the way to understand the grace of God, and the provision God made for our salvation.
Christmas has always been more than just another historical event. For Christians, it still holds meaning. Christmas marks the moment God, in his love, came down to earth bringing hope, peace and joy for all people.

As you come to Christmas be sure to celebrate it as it was intended, to display the love of Christ in your hearts for others to see. Make that love shine above all the other lights of this Christmas! May Christ's peace, love and joy fill you in the coming season!

Pastor Dennis Wright

2026 Golf Tournament

Hole in One Tournament Sponsors

DEMEYERE
CHRYSLER DODGE JEEP RAM
SIMCOE, ON

ONEIDA

Thank you for your commitment to our community

Adventure RV Centre
WATERFORD ONTARIO

CARPET ONE

PRC Quick Tips

Société Alzheimer Society
BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

www.alzda.ca

Dementia Overview

What is Dementia?

Dementia describes a collection of symptoms that are caused by disorders which affect the brain. Dementia is not a disease in itself, but could be thought of like the categorical term "cancer". Just like you may ask someone what kind of cancer they may have, you may ask what type of dementia someone may have.

There is somewhere around 110 different dementias. Alzheimer's disease is thought to be one of the most common form of dementia.

Most Common Types of Dementia

- Alzheimers Disease
- Vascular Dementia
- Lewy Body Dementia
- Frontal Temporal Dementia
- Young Onset Dementia
- Mixed Dementia

Is there a Cure for Dementia?

With many types of dementia, some brain cells stop functioning, lose connections, and die, leading to "brain failure." This means the person can no longer think or process information as they once did. Dementia is usually progressive, spreading through the brain over time and causing symptoms to worsen over time.

Resources:

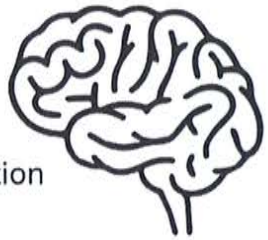
https://alzheimer.ca/sites/default/files/documents/What-is-dementia-Alzheimer-Society-2024.pdf

Who Gets Dementia?

- Dementia can happen to anyone, but risk increases with
- age.
- It is not a normal part of ageing – it is caused by brain disease.
- Rare inherited forms exist, but most cases are not genetic.
- A family history of dementia may increase risk.
- Health and lifestyle factors also play a role.

Risk factors include:

- Smoking & drinking
- Depression
- Obesity & diabetes
- Thyroid disease
- Heart disease & atrial fibrillation
- Lack of exercise
- Poor social health
- Head injury



How do you Diagnose Dementia?

Dementia is diagnosed when two or more cognitive functions are significantly impaired. These can include:

- Memory
- Language skills
- Understanding information
- Spatial awareness
- Judgement
- Attention

Common signs of dementia:

- Difficulty solving problems
- Trouble controlling emotions
- Personality changes

Symptoms vary depending on which parts of the brain are affected. Memory may not be affected at first, but usually becomes impaired over time.

Sales & Marketing

Planning For Retirement

Retirement is a major milestone. After years of working, raising families, building careers, and contributing to our communities, retirement offers something many of us have been looking forward to; more time for ourselves and the people we love.

But with this new chapter can come plenty of questions. What will my day-to-day life look like? Will my home continue to meet my needs? How can I stay active and connected? What should I consider when planning for the years ahead?

Planning for the Retirement You Want

Retirement looks different for everyone. For some, it may simply mean having fewer responsibilities and more opportunities to relax.

As you think about retirement, consider what makes you happiest and what you would like your daily life to look like. Having a routine, staying socially connected, and finding activities that bring you purpose can make a tremendous difference in enjoying retirement.

Staying Connected Matters

One of the greatest benefits of retirement living can be community. Staying socially active and maintaining friendships becomes increasingly important as we age.

Whether it is sharing a meal, joining an activity, attending an event, or simply having a conversation with a neighbor, those everyday connections can bring joy and a sense of belonging.

Looking Ahead

Retirement planning isn't only about finances. It is also about planning for the lifestyle you want and making choices that can help you remain comfortable, independent, and connected. You have spent years working hard and caring for others. Retirement is your opportunity to focus on living well, staying connected, and enjoying more of what life has to offer.

At Parkview, we believe retirement should be about more than where you live. It should be about finding a place where you feel comfortable, welcomed, and part of a community.

Cody Lyons, Sales and Marketing Coordinator

Announcements

Remembrance Service with Hagersville Legion on Tuesday November 10th at 11:15am in the Southview Dining Hall..... All Welcome!



Roulston's Pharmacy Corner

Vaccinations Update

In this edition of the Post, let's look at what vaccinations are considered among the most important for seniors in Ontario. Several respiratory infections continue to pose significant risk to seniors, particularly those who are the most vulnerable. These include Influenza A and B, COVID-19, pneumococcal infections and respiratory syncytial virus (RSV). Other notable viral infections that can be prevented with proper vaccinations include Shingles (Herpes Zoster) and Tetanus and Diphtheria.

As our immune systems naturally weaken with age, staying up to date on these immunizations is the most effective way to prevent severe illness, hospitalization, and serious complications.

Many of these high-priority vaccines are fully covered by the province depending on your exact age or health status. Here is a short summary of these below.

Respiratory & Seasonal Vaccines

- **Influenza (Flu Shot):** Seniors **65 and older** should receive an annual flu shot every fall. For this age group, Ontario recommends the **high-dose flu vaccine if available**, which is specifically designed to provide stronger protection for older immune systems. Contact your Pharmacy about when flu shots will be available for the 2026-27 flu season to stay ahead of the flu.
- **COVID-19**: Updated formulations targeting current strains of COVID-19 are recommended **annually in the fall** to maintain fading immunity. Pharmacies are expecting COVID-19 vaccines to be available very soon.It is completely safe to get your flu and COVID-19 shots at the same time.
- **Pneumococcal Disease:** This vaccine protects against serious bacterial infections like pneumonia, meningitis, and bloodstream infections. Ontario routinely funds this as a single dose for seniors **65 and older** and is now utilizing the broader **Pneu-C-21 (Capvaxive)** vaccine to replace older variations. Make it a point to discuss whether you would benefit from this vaccine the next time you see your family Dr.
- **Respiratory Syncytial Virus (RSV):** RSV can lead to severe respiratory complications in older populations, and this vaccine significantly reduces the risks associated with an RSV infection. Ontario provides a free, single dose of the RSV vaccine **(Arexvy)** for seniors **75 and older**, as well as high-risk individuals aged 60-74 living in congregate care settings like long-term care homes.

Nerve & Routine Bacterial Boosters

- **Shingles (Herpes Zoster)**: Shingles causes a highly painful rash and can lead to debilitating, long-term nerve pain. Ontario provides the highly effective **two-dose Shingrix vaccine series for free** to seniors between the **ages of 65 and 70**. If you fall outside this window, the vaccine is still highly recommended but must be paid for privately or through insurance. Speak to your Dr. if you have not received this vaccine and you are 50 years of age order older. If you are not eligible for a free publicly funded Shingrix series, your Pharmacy can order it for you and most Pharmacies are also able to administer it for you. Remember, up to 1 in 3 people will get shingles in their lifetime if they don't receive this vaccination.
- **Tetanus, Diphtheria, & Pertussis (Td/Tdap):** You should receive a **Td booster every 10 years** to maintain immunity against tetanus and diphtheria. Additionally, Ontario recommends replacing one of these regular boosters with a **Tdap dose once in adulthood** to protect against pertussis (whooping cough).It is easy to forget about having these vaccine boosters, so it is important to ask your Dr. or Pharmacist to stay protected.

If you are not sure where to start regarding your vaccination questions, why not ask your Pharmacist? We are happy to provide you some information!

Blair Snow, Pharmacist



Safety Talk

Importance of Hydration



With the warm summer months just around the corner, understanding and recognizing the importance of hydration is important. This Safety Talk will discuss the causes and symptoms of dehydration, as well as prevention, treatment, and the importance of hydration in the work place.

Causes of Dehydration



The most common causes of dehydration include:

- Blood loss
- Vomiting
- Malnutrition
- Diarrhea
- Not drinking enough water

There is a reason your doctor tells you to drink lots of fluids when you are ill. When you are sick, an increased body temperature and sweating occur, which can trigger dehydration. You sweat to expel toxins in your system.

Treatment for Dehydration

In order to combat dehydration – which is the removal of water from a subject – rehydration must occur. Electrolytes like sodium and potassium salts found in drinks like Gatorade help to rehydrate. Slowly replenish fluids by drinking slowly. When symptoms subside, follow up with a small salty snack or light meal. If severe symptoms occur, receive immediate medical attention. In order to prevent dehydration, be sure to drink lots of water, not juice or soda. When you are thirsty, you are starting to dehydrate. Drink enough so you do *not* become thirsty.

Dehydration at Work

When you are dehydrated at work, accidents may occur due to fatigue, confusion, nausea and other debilitating symptoms. For your safety, as well as the safety and well being of your co-workers, stay hydrated. Drink water.

Signs and Symptoms of Dehydration

The most common signs of mild dehydration include:

- Thirst
- Loss of appetite
- Dry skin
- Skin flushing
- Dark coloured urine
- Dry mouth
- Fatigue or Weakness
- Chills
- Head Rushes



If dehydration continues, other symptoms arise, including:

- Increased heart rate, respiration, and body temperature
- Decreased sweating and urination
- Extreme fatigue and muscle gramps
- Tingling of the limbs
- Nausea
- Headaches

Severe signs and symptoms of dehydration include:

- Muscle spasms
- Vomiting and painful urination
- Racing pulse and dim vision
- Shriveled skin
- Confusion and seizures
- Difficulty breathing and unconsciousness
- Chest and abdominal pain

Facts about Hydration!



- 75% of people are chronically dehydrated
- 37% of people mistake the weak thirst mechanism for hunger
- Mild dehydration can slow down your metabolism as much as 3%
- One glass of water will shut down midnight hunger pangs for almost 100%
- Lack of water is the number 1 trigger of day time fatigue
- Drinking 8 to 10 glasses of water a day is capable of easing back and joint pain for up to 80% of sufferers
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, reduce risk of breast cancer by 79%, and 50% less likely to develop bladder cancer
- You are less likely to develop bladder infections if you drink 8 to 10 glasses of water daily

Gardenview Recreation

November

Wednesday, November 4th at 10:00 a.m. - **Donut Day SV Dining Hall (Proceeds for Hospice)**
Tuesday, November 10th at 11:15 a.m. - **Legion Remembrance Service in SV Dining Hall**
Tuesday, November 10th from 1:00 p.m. 3:00 p.m. - **Hearing Clinic with Norfolk Hearing**
Wednesday, November 11th at 10:00 a.m. - **Social Hour with Ruth**
Wednesday, November 11th at 11:00 a.m. - **Whitehorse Bowling and McDonald's Bus Outing**
Friday, November 13th from 10:00 a.m to 2:00 p.m. - **Christian Book Sale (Parkview Centre)**
Tuesday, November 17th at 1:30 a.m. - **Travelogue to Brazil (SV)**
Wednesday, November 18th at 10:00 a.m. - **Birthday Party with Traci Kennedy (SV)**
Wednesday, November 18th at 1:30 p.m. - **Country Drive Bus Outing**
Thursday, November 19th at 2:30 p.m. - **Giant Hymn Sing with Bruce (SV)**
Saturday, November 21st from 9:00 a.m. - 1:00 p.m. - **Christmas Bazaar in Parkview Centre**
Tuesday, November 24th at 1:30 p.m. - **Flight Training School Presentation with Geneva Gillis**
Wednesday, November 25th at 10:30 a.m. - **Cambridge Butterfly Conservatory Bus Outing**
Wednesday, November 25th at 6:30 p.m. - **Parkview Trivia Night (SV)**
Thursday, November 26th at 10:30 a.m. - **Catholic Eucharist Offering with Deacon Cliff**
Thursday, November 26th at 7:00 p.m. - **Salvation Army Band Performance (SV)**
Monday, November 30th at 10:15 a.m. - **Resident's Council Meeting**

Every Sunday at 10:00 a.m. - Therapy Dog Visits to each unit
Every Sunday at 1:30 p.m. - Church Service in Southview Dining Hall
Every Wednesday Music Therapy with Natalie

December

Wednesday, December 2nd from 9:30 a.m. to 2:30 p.m. - **Clothing Boutique (Craft Room)**
Wednesday, December 2nd at 10:00 a.m. - **Donut Day SV Dining Hall (Proceeds for Hospice)**
Wednesday, December 2nd at 2:00 p.m. - **Birthday Party with Synchronicity (SV)**
Thursday, December 3rd at 7:00 p.m. - **Haldimand Norfolk Concert Band Performance (SV)**
Tuesday, December 8th from 1:00 p.m. 3:00 p.m. - **Hearing Clinic with Norfolk Hearing**
Wednesday, December 9th at 10:00 a.m. - **Social Hour with Ruth**
Monday, December 14th at 7:00 p.m. - **River of Praise Choir Performance (SV)**
Tuesday, December 15th at 1:30 p.m. - **Pictures with Santa**
Wednesday, December 16th at 2:00 p.m. - **Resident & Family Christmas Party**
Monday, December 21st at 10:15 a.m. - **Resident's Council Meeting**
TBD. - **Catholic Eucharist Offering with Deacon Cliff**
Simcoe Lights Bus Tour - Date to be Determined
Every Sunday at 10:00 a.m. - Therapy Dog Visits to each unit
Every Sunday at 1:30 p.m. - Church Service in Southview Dining Hall
Every Wednesday Music Therapy with Natalie

Southview Recreation

November

Monday, November 2nd at 10:45 a.m. - **Giant Tiger & Riversyde 83 Lunch Bus Outing**
Tuesday, November 3rd at 2:00 p.m. - **Mini-Putt Hole in 1 Recognition Social (Parkview Centre)**
Wednesday, November 4th at 10:00 a.m. - **Donut Day SV Dining Hall (Proceeds for Hospice)**
Thursday, November 5th at 11:45 a.m. - **Just John's Lunch Bus Outing**
Monday, November 9th at 10:45 a.m. - **Norwich Bakery & The Village Lunch Bus Outing**
Tuesday, November 10th at 11:15 a.m. - **Legion Remembrance Service in SV Dining Hall**
Tuesday, November 10th from 1:00 p.m. 3:00 p.m. - **Hearing Clinic with Norfolk Hearing**
Wednesday, November 11th at 6:00 p.m. - **Movie Night featuring "Unsung Hero" (Craft Room)**
Thursday, November 12th at 10:00 a.m. **- Bowling with Parkway Daycare (Lounge)**
Friday, November 13th from 10:00 a.m. to 2:00 p.m. - **Christian Book Sale (Parkview Centre)**
Monday, November 16th at 1:30 p.m. - **Eising's Christmas Craft Show Bus Outing**
Tuesday, November 17th at 1:30 a.m. - **Travelogue to Brazil (SV)**
Wednesday, November 18th at 10:00 a.m. - **Birthday Party with Traci Kennedy (SV)**
Thursday, November 19th at 10:45 a.m. **- Windmill Lunch Bus Outing**
Thursday, November 19th at 2:30 p.m. - **Giant Hymn Sing with Bruce (SV)**
Saturday, November 21st from 9:00 a.m. - 1:00 p.m. - **Christmas Bazaar in Parkview Centre**
Monday, November 23rd at 10:45 a.m. - **Mandarin Lunch Bus Outing**
Tuesday, November 24th at 1:30 p.m. - **Flight Training School Presentation with Geneva Gillis**
Wednesday, November 25th at 6:30 p.m. - **Parkview Trivia Night (SV)**
Thursday, November 26th at 10:30 a.m. - **Catholic Eucharist Offering with Deacon Cliff**
Thursday, November 26th at 7:00 p.m. - **Salvation Army Band Performance (SV)**
Thursday, November 26th at 2:30 p.m. - **Resident's Council Meeting**
Monday, November 30th at 10:00 a.m**. - Coyle's Country Store & Kelsey's Bus Outing**
Every Sunday at 1:30 p.m. - Church Service in Southview Dining Hall
Every Friday at 1:30 p.m. - Shopping Trip to Walmart Superstore

December

Wednesday, December 2nd from 9:30 a.m. to 2:30 p.m. - **Clothing Boutique (Craft Room)**
Wednesday, December 2nd at 10:00 a.m. - **Donut Day SV Dining Hall (Proceeds for Hospice)**
Wednesday, December 2nd at 2:00 p.m. - **Birthday Party with Synchronicity (SV)**
Thursday, December 3rd at 7:00 p.m. **- Haldimand Norfolk Concert Band Performance (SV)**
Tuesday, December 8th from 1:00 p.m. 3:00 p.m. - **Hearing Clinic with Norfolk Hearing**
Monday, December 14th at 7:00 p.m. - **River of Praise Choir Performance (SV)**
Monday, December 15th at 2:00 p.m. **- Pictures with Santa**
Wednesday, December 17th at 6:30 p.m. - **Resident & Family Christmas Party**
TBD - **Catholic Eucharist Offering with Deacon Cliff**
Every Friday at 1:30 p.m. - Shopping to Walmart Superstore Simcoe
Simcoe Lights Bus Tour - Date to be Determined
Every Sunday at 10:30 a.m. - Therapy Dog Visits
Every Sunday at 1:30 p.m. - Church Service in Southview Dining Hall

Volunteer Spotlight

Volunteer Dinner and Recognition

On September 23rd, we had the privilege of recognizing someone whose dedication, kindness, and commitment have made a meaningful difference in the lives of our residents at Parkview Meadows.

The 2026 Volunteer of the Year Award, presented in honor of Helen Ford; a volunteer who recently passed in December of 2025. Helen had an amazing outgoing personality and a love for her community. She became quickly involved in volunteering with many roles including minor hockey leagues for 50 years, and donated time to Oakville Hospital, Port Dover Lighthouse Theatre as well as countless other charities including Parkview Meadows.

This honor was presented to Beverly Slofstra for 2026.

Beverly has generously given countless hours of her time volunteering in the Tuck Shop, Greenhouse, multiple fundraisers and assisting with meal service for residents in our Long-Term Care facility of Gardenview.

But Beverly's contribution is about so much more than the hours she has given. It is about the smiles she brings, the conversations she shares, and the genuine care she shows to our residents. Her willingness to help, her dependability, and her warm and caring nature have made her a valued part of our Parkview Meadows family.

Beverly, your dedication represents the very best of what volunteering is all about. You have given your time freely, made a difference in the lives of others, and helped make Parkview a warmer and more welcoming place to our residents.

Last night, we proudly recognized and thanked her for everything she has done.

Congratulations, Beverly Slofstra on being named our 2026 Volunteer of the Year, in honor of Helen Ford.



Left: Michael Ciardullo, Program Services Manager presenting the Volunteer Award to Beverly Slofstra

Right: Michael Ciardullo, Program Services Manager presenting the Volunteer Award to Doug Ford, Beloved Husband of Helen Ford



Maintenance Corner

Fall & Winter Updates

We were pretty luck this year with the warm weather, and it has stuck around until the end of October! As much as we don't really like to think about it, the maintenance team is already getting everything ready for the coming winter. We have began pulling and/or draining the hose reels and rain barrels, we've applied all the Air-conditioner covers in Southview and started up the heating equipment throughout the facility. This time of year, always presents some challenges as there are some days that feel like summer followed by nights with frost! As the temperatures give way to less dramatic swings, the building will even out, and temperatures will remain comfortable all around.

There have been many things happening around the facility this last little while that I am certain many have seen, including the new location for the Valleyview flag post at the front of the property, the repairs to the driveway in Valleyview, and the repair to the leaning lamp post at the end of the Valleyview lot.

Some new directional signs have been set up to be installed at the entrance from the parkway at the front with the goal of helping all visitors and delivery drivers find their way to the right areas of the building with some more ease.

There have been some big changes on the first floor of Gardenview, specifically in the tub / shower rooms as several modifications have taken place to grant greater access for bariatric accessibility. This initiative from the Ministry of Health and Long-Term Care will allow Gardenview to provide better access and care for bariatric individuals including a more open shower area, and a special shower chair.



Volunteers Wanted

Parkview Meadows is looking for VOLUNTEERS!

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

Duties Range from serving and placec setting in the dining room, tending the greenhouse, feeding assistance in Gardenview LTC, fundraising initiatives, or tending to the Tuck Shop. Positions are occasional as we are grateful for any help we receive.

Southview Retirement

THE HEART & SOUL OF SOUTHVIEW

Our Care Team: Supporting Residents, Building Connections, Creating Happiness

At Southview, our care team is truly the heart and soul of our community.

Day after day, they provide continued daily support, compassionate care, companionship, reassurance, and meaningful connections to the residents who call Southview home. Their kindness, patience and genuine care make a lasting difference in the lives of those they support, helping to create an environment where residents feel safe, valued and never alone.

The care team goes beyond meeting physical needs — they bring comfort in difficult moments, joy in everyday interactions, and a sense of belonging that enriches the lives of our residents. Through their dedication and teamwork, they contribute greatly to residents' happiness, comfort, dignity and sense of community.

It is because of their unwavering dedication and compassion that Southview feels like home. Our care team doesn't just provide care — they build relationships, create smiles and make Southview a place where residents are truly part of a community.

♥

GET TO KNOW SOUTHVIEW STAFF



Meet Michelle, a Care Provider in Southview. Michelle began her career with Parkview Meadows in 2006 at Gardenview LTC before joining Southview in 2015. Since then, Michelle has been a staple to our residents, their families, and her colleagues. She is a familiar and trusted face who brings dedication and support to the Southview community.

Thank you, Michelle, for your dedication throughout all these years at Parkview Meadows.

"Dedicated to our residents, their families, and each other."

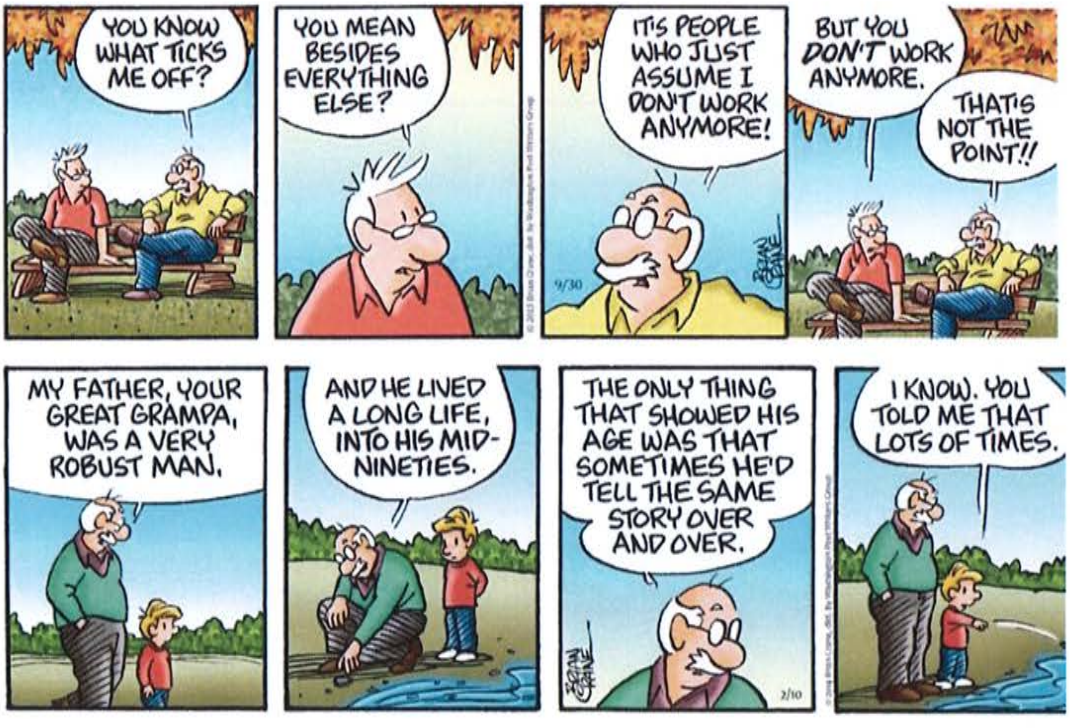
Recreation

Keeping you Engaged!

On, Friday August 22nd, local business owners, and other various supporters of Parkview Meadows gathered together at the Greens of Renton and participated in our 12th Annual Golf Tournament Fundraiser. I am pleased to announce that this year we were able to fill the course ith 144 golfers registered and attended profiting Parkview Meadows with $28,966.00 which benefitied the beautification project of our 9-hole mini-putt. Our fundraising committee has been working diligently behind the scenes to making this years a huge success, along with volunteers and many donations from family and business', making this tournament one of the best in the area. We are truly blessed to say the least.

On September 12th, Parkview held its 2nd Carnival Day Open House from 12pm to 4pm, with all the proceeds to benefit the Norfolk Haldimand Community Hospice. This was such a great event for people of all ages which included carnival games, dunk tank, bouncy castles, local farm animals, popcorn and snow cones. Special thanks to Snyders Corn, Hewitt's Dairy, Van Stratten Bakery, Haldimand Bouncy Castles, and all the volunteers that assisted in making this day extra special. To all of our wonderful staff that volunteered to get wet in the dunk tank, we are grateful and happy that the Lord blessed us with a warm day.

Our next big event before 2026 comes to a close is the Annual Christmas Bazaar. It is scheduled for Saturday, November 21st from 9am to 1pm; which will be held inside the front entrance of Parkview Meadows. This event features an assortment of local vendors to meet your holiday shopping needs, along with delicious baked goods and of course poinsettias all for purchase. We will have dutch goods from Van Stratten bakery including Gebakje cake and coffee which is always such a hit. Looking to get your holiday pictures this year, we will have Santa and the Grinch with the donation of canned goods or a small donation.

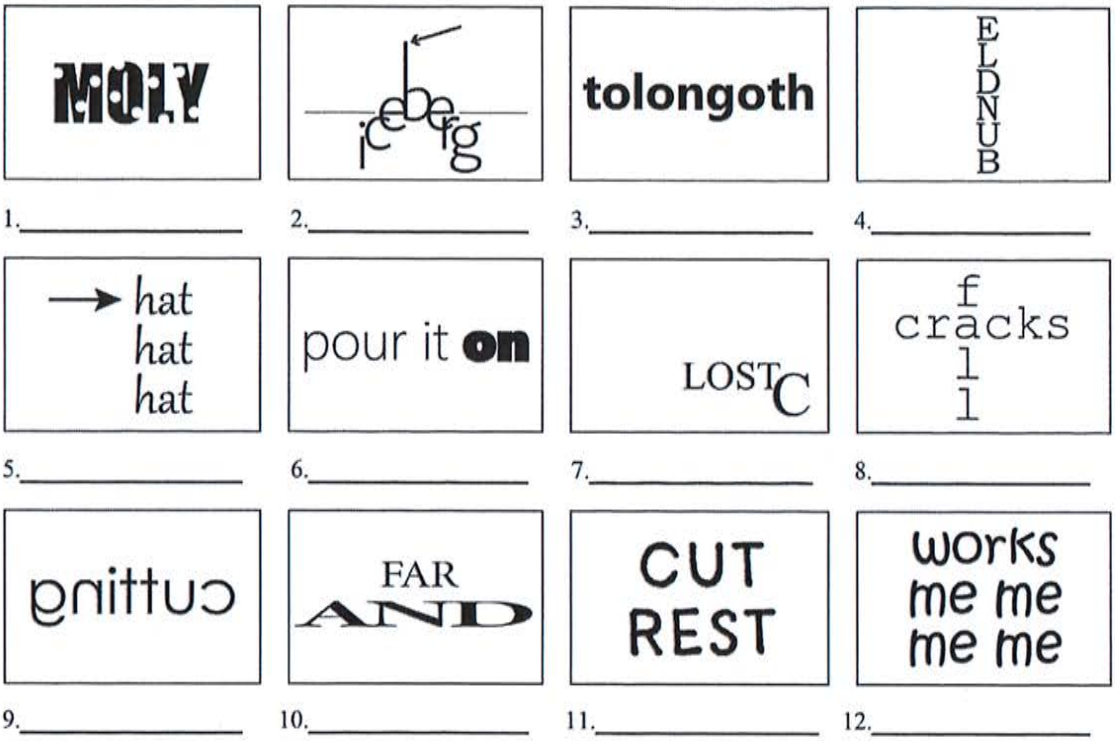


Just for Laughs

Brain Wacky Wordies

Test your Brain!!!

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._____

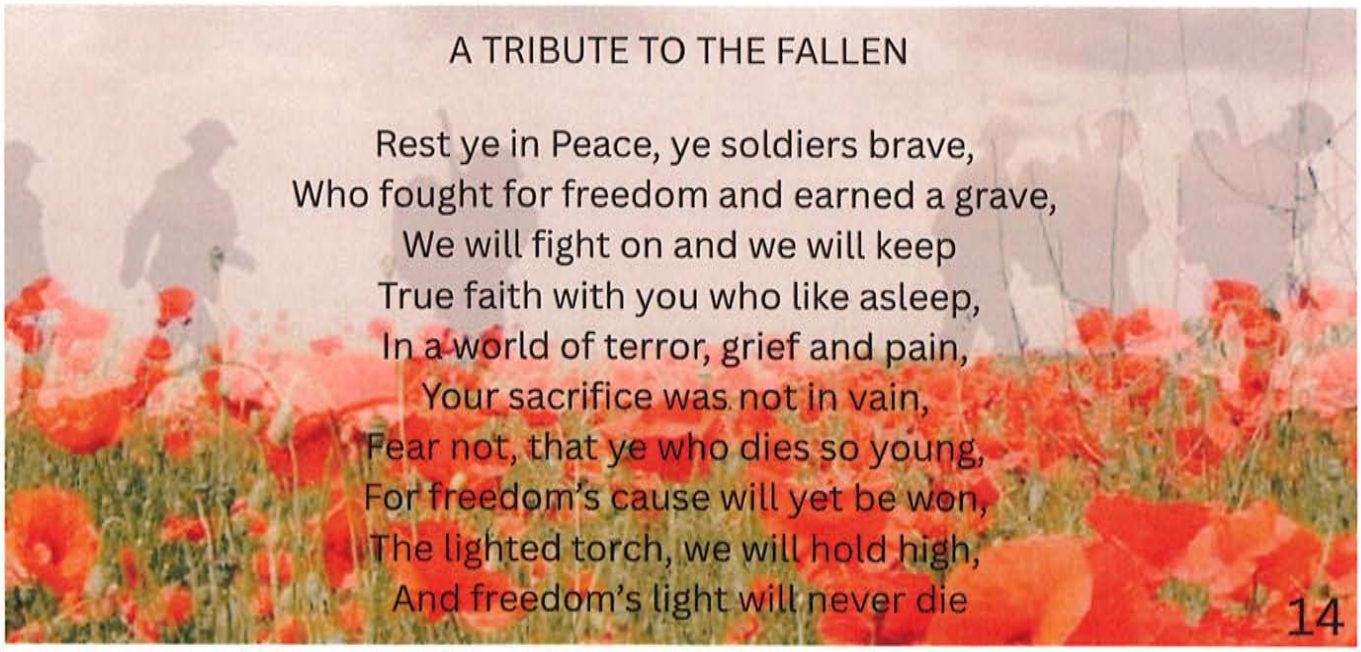
5._____ 6._____ 7._____ 8._____

9._____ 10._____ 11._____ 12._____

Submit your answers by December 1st for a draw prize; 4 winners to be selected

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 like 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

Contractor Corner

Extra Services at Your Fingertips

START FRESH
DENTAL HYGIENE

Did you know that a Dental Hygienist attends Parkview Meadows every six to eight weeks.
Service for ALL Parkview Meadows Residents with a low cost.
Also accepting Canadian Dental Care Plan Insurance

Beacon of Hope
MASSAGE

Did you know that a Massage Therapist attends Parkview Meadows every 4 weeks
Service for ALL Parkview Meadows Residents with a low cost.
Promotes better, more restful sleep, and calming of the nervous system to enhance relaxation and comfort.
½ Hour for $60 includes HST
¾ Hour $75 includes HST

NORFOLK HEARING CLINIC

Did you know that a Hearing Specialist attends Parkview Meadows every 2nd Tuesday of the Month.
FREE Service for ALL Parkview Meadows Residents.

Next Clinic Date: Tuesday, November 10th
Location: Craft Room at 1:00p.m. to 3:00p.m.

Connect with Michael at mciardullo@parkviewmeadows.ca or 519-587-2448 Ext 419 to Register

VIEWPOINT
VISION CARE

Did you know that an Optician and Optometrist attends Parkview Meadows every 6 Months.
Covered by OHIP
$40 Mobile Fee for Services
Next Clinic Date: November 26th, 2026
Location: Craft Room 9:30a.m. to 4:00 p.m.

Mobile eye care at your office, long-term care, retirement community we cn 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 complete and thorough eye examinations.
These include: Visual Acuity, Refraction, Binocular Vision Assessment, Ocular Motility, 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.

Did you know that a Hair Stylist attends Parkview Meadows every week.
Service for ALL Parkview Meadows Residents with a low cost.



Birthdays

November

Residents:

Betty Bundy	01
Brenda Doughty	03
Alvin Hall	04
Shari Hazlett	04
Betty Klassen	05
Winnie DeBoer	06
Trix Bouwma	11
Doris Farrow	16
Otto Kauk	19
Patricia Bradley	24
Raimunda Cordeiro	25
Ida Marcuzzi	26
Diane Sheppard	28
Joanne DeBoer	28
Bob Parschauer	30

Staff:

Erica Goulbourne	07
Diane Gaudet	09
Trish Schweitzer	12
Maria Reimer-Irwin	22
Polly Tusiime	23
Samantha Hoover	26

December

Residents:

Bettee Dell	01
Ella- Ruth Snowden	02
Betty Stire	04
Michael Papps	06
Helle Jurs	10
Marion Schweyer	10
Donna Kauk	12
Irene Anderson	15
Jessie Fledderus	17
Alan Dell	17
Rosemary Papiez	20
Eldona Van Velzen	21
Marilyn Eber	24
Agnes Sloot	25
Henny Tersteege	26

Staff:

Victoria Hysert	01
Jenice McDonald	04
Alexandra Guetter	14
Anne Marie Veri	15
Sheryl Poulimenos	20
Christine Des Roches	23

January

Residents:

Gail Larsen	03
Helen Jordan	03
Stephanie LaForme	05
Klaas Dekens	10
George Wright	15
Robert Nixon	16
Femmigye Hoekstra	18
Jean Gordon	20
Willemina Thompson	22
Beverly Slofstra	27
Margaret Laidlaw	27
Theresa Bakker	28
Elizabeth Watmough	30

Staff:

Kathleen Clark	06
Michelyn Sciannella	08
Cheryl Mino	10
Patricia Jacksyn	12
Nicole Henhawk	16
Mary Jane Howse	16
Christina Jacksyn	24
Kaitlyn Churchill	30
Amber Garlow	31

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

ADVERTISE WITH PARKVIEW MEADOWS

The fee is minimal and the gains are grand! Only $25 per Post Edition!!!!!!!!
Contact Michael at 519-587-2448 Extension 419





Golf Tournament Review

Thank You to Our Sponsors

WHAT A SUCCESS!

13th Annual Parkview Meadows Golf Tournament Fundraiser

What an incredible day on the greens!

On Friday, August 21st, we hosted our 13th Annual Golf Tournament Fundraiser at The Greens at Renton, and we are thrilled to share that the event raised approximately $28,966!

These funds will go directly toward helping beautify and enhance our 9-hole mini-putt course here at Parkview Meadows, creating an even more enjoyable space for our residents, families, and community to enjoy.

A heartfelt THANK YOU goes out to everyone who helped make this year's tournament such a tremendous success!

Our amazing volunteers and hole monitors — your time and dedication were invaluable!

The incredible team at The Greens at Renton — thank you for helping us host such a fantastic day!

Our raffle donors and supporters — thank you for the many wonderful prizes that helped make our raffle tables such a success!

Our generous donors who contributed to the special goodie bags that each golfer received — your thoughtfulness was truly appreciated!

A SPECIAL THANK YOU TO OUR HOLE-IN-ONE SPONSORS!

Demeyere Honda Chevrolet

Oneida New Holland Caledonia

Adventure RV – Waterford

Carpet One

Your generous support played an important role in making this fundraiser possible. We are incredibly grateful for your commitment to Parkview Meadows and our community.

And finally, to all of our golfers, sponsors, donors, volunteers, staff, and supporters — THANK YOU! Without your generosity and enthusiasm, none of this would be possible.

Because of this amazing community, our residents will soon be able to enjoy an improved 9-hole mini-putt course right here at Parkview Meadows.

$28,500 raised. One amazing community. One fantastic cause.

Thank you for helping us continue to make Parkview Meadows an even more beautiful place to live, visit, and enjoy!

#ParkviewMeadows #GolfTournament #13thAnnual #Fundraiser #GreensAtRenton #CommunitySupport #GivingBack #MiniPutt #ThankYou #CommunityStrong #GolfForACause #ParkviewMeadowsCommunity



Sunday Worship Services

You are all welcome to worship at our Parkview Worship Services
on Sundays at 1:30 p.m.
located in the Southview Craft Room

Prayer Corner

Please pray for the families of Sarah Williamson, Otto Larsen, Dianne Kott, Anne Mykytowich, Elbertus Van Beek, Joan Haskett, Antoinette Provo, Clive Porter and Cordelia Edmonds as they continue to mourn their loss.

Loving Father,
We come before You with hearts heavy from loss. You know the pain these families carry, the ache of saying goodbye to someone who was cherished and loved. Lord, we ask You to wrap them in Your gentle comfort, reminding them that You are close to the brokenhearted.
Bless them with peace that surpasses understanding, and let memories of their loved one bring warmth instead of only sorrow. We thank You for the care given in their final days, and we pray for healing from any regrets or unanswered questions.
May Your presence be their refuge, Your love their anchor, and Your promise of eternal life their hope. Hold them in Your arms, and guide them through each day with strength and grace.
In Jesus' name, Amen.

Gardenview Family Council

Family Council meets every 3 months for a chance to be able to have questions answered by Management directly (being invited). Invited guests are generally Ken (CEO/Administrator); Michael (Program Services Manager); and Krystal (Director of Care).

New Family Council President is Sarah Bishop
Next Meeting to be held in February 2027

ADVERTISE WITH PARKVIEW MEADOWS





