

THE VILLAGE NEWS

Fall 2017



THE VILLAGE NEWS

NEW in October– The Concordia Village General Store!

Opening Monday October 2nd in the Village Centre

This “General Store” will replace what we now currently call “The Tuck Cart”.

We will have various items to purchase, such as chocolate bars, chips, pop, candies, chocolates, toiletries, notebooks, crosswords and much more!

We will also be taking orders for milk, yogurt and cheese.

Also, you can come down during that time and purchase coffee and/or a piece of the cake of the week!

The Store will be open:

**Monday’s from 1:30-3:30pm
Tuesday’s 10:00am-12:00pm
Friday’s from 1:30-3:30pm**



Welcome

CVI

Anne Arnold
Tony & Anne Silvani
Leo Reichert
Janet Suddaby
Patricia & Donald Emerson

CVII

Jean Malyk
Pauline Shpiruk
Erna Jung
Rose Lock

CVIII

Jutta Stebner
Albert Buffie
Gwen Aubertin
Stephanie Kupskay



Inside this issue:

Page

Special Points of Interest

Chaplain’s Corner	3-4	Upcoming Events & Outings	Pg 6
Food Services	5	CV Christmas Parties	Pg 7
Recreation & Tenant Resources	6-7	Flu Shot Clinic Information	Pg 8
Important Phone Numbers	9	NEW: Ecosystem	Pg 10
Resident Advisory Council	11-17	“Moments in Time” Show	Pg 18
Financial Services	19	Folklorama Outings	Pg 24-25
Environment Services	20-23		

Chaplain's Corner by Hermann Dueck



Dear Residents and fellow Employees at Concordia Village:

After the most beautiful summer, the season of Fall with all its beauty is upon us. The seasons of the year, as we experience them in Manitoba, remind us that things are changing. We are moving on.

Henri Nouwen, one of the greatest spiritual writers of the twentieth century, in his book on aging, compares life with a wagon wheel. Some of us remember wagon wheels from our years on the farm (I do) and I am sure all of us have seen wagon wheels on farm yards strategically placed to remind us of the good old days. The wagon wheel can teach us profound lessons about life. We all have one cycle of life to live. Nouwen writes, *although we have only one life cycle to live, although it is only a small part of human history which we will cover, to do this gracefully and carefully is our greatest vocation.* We all age, and so, fulfill the cycle of our lives. Not one of the wheel's spokes is more important than the others, but together they make the cycle full and reveal the hub as the core of its strength.

Aging is the turning of the wheel, the gradual fulfillment of the cycle. We all participate in this process. Some of us are just further along the cycle than others. We live in a culture that glorifies youth and strength and seems to despise old age. Old people are tempted to see themselves as a burden and a problem because we are very much a *doing culture* and not enough a *being culture*. We are in danger to base our value as a person too much on what we are able or unable to *do*. However, in a deeper sense our value as a person is based on who we *are*; precious in the sight of God in whose image we are created no matter if we are young or old. The writer in the New Testament says, *What marvelous love the Father has extended to us! Just look at it – we are called children of God! That's who we really are* (1. John 3:1a).

Aging does not need to be hidden or denied. One of our Residents recently said to me, *we are not getting old, we are old.* We might as well be honest about it. Aging can be affirmed and experienced as a process of growth by which the mystery of life is slowly revealed more fully to us. May we all find the grace to grow old gracefully, accepting the aches and frailties that come with the territory, but also embracing the joy and beauty along the way.

Love,
Chaplain Hermann



Chaplain's Corner by Hermann Dueck

Bereavement Support Group at Concordia Village

A number of residents who have lost loved ones, have expressed interest in participating in a bereavement support group. We meet for 6 weeks for about an hour each time. After each set of sessions that I have facilitated since I have worked at CV, participants have expressed great appreciation for these sessions.

Losing somebody who has been part of one's life for a long time is very painful. This experience can trigger a wide variety of difficult and intense emotions such as feelings of loneliness, emptiness, lack of energy, despair, hopelessness, meaninglessness, extreme sadness, anger, pain, guilt, depression, etc. These feelings can fluctuate greatly. One day you might feel you handle your situation quite well, the next day you might feel that joy will never return and you wonder if you can face life or if you are going crazy. I have heard bereaved people literally say, "I wonder if I am losing it."

This, in a nutshell, is the nature of grief. It is normal but it is very difficult and it is hard work to deal with it. How do we do this grief work? People grieve differently. Each experience of grief is unique and personal, and yet there are some basic similarities. A lot of research has been done in order to understand grief and bereavement in recent decades, which has enhanced greatly the understanding of the grief process and the provision of care for the bereaved.

It is tempting to withdraw and isolate oneself while grieving, but research has confirmed again and again that when people share honestly the gamut of their feelings in a safe place they do better in handling this difficult experience. I am planning to facilitate another support group here at Concordia Village **beginning on Tuesday, October 3, 10:30am in my office.**

You might wonder what attending a support group entails. Let me briefly explain:

1. **Who qualifies for participation in the group?** If you have lost your spouse, child, sister, brother or friend in the recent past or even years ago, you are invited to participate. If your grief is too fresh and raw you might want to wait for another round of sessions. Even if you feel that at this point you handle your situation well you might still benefit from participating in the sessions. If you are in doubt please talk to me.
2. **What is the context of the group?** What is being shared in the group is confidential. It is important that there is an atmosphere of trust and freedom. Sharing is completely voluntary. Just sitting in and listening might be beneficial for you.
3. **What does a session look like?** A session consists of sharing and listening to each other, teaching about grief, short readings. The group decides the length of the session.
4. **Do I have to be religious in order to attend?** This is not about religion. It is about care, support and encouragement. If people choose to talk about their grief experience from a faith perspective, they may do so in a respectful and non-judgmental manner. Should you wish to discuss issues of a spiritual/religious nature in detail, I am willing to provide that opportunity on an individual basis.

I have heard people say, "what if we just sit and cry? That wouldn't help." I can assure you that even though tears may be shed (tears are okay) there also will be humor and laughter while sharing memories of your loved one. It might seem at first that reflecting on our grief and speaking about it makes things worse, because we feel the pain so intensely. In reality the opposite is true. The following analogy might help to illustrate this. If I have a tooth ache I go to the dentist knowing full well that he will cause me some pain at first, but after a while I will be glad that I went, faced my fears and endured the pain in order to get better. Things that we avoid, gain more and more power in our lives. There is truth in the saying, "what you resist, persists." But if we share the things we tend to avoid they usually lose their firm grip on our lives. If you would like to attend these sessions please let me know. Call me at 204-299-5666 or talk to me.

Love, Chaplain Hermann



Food Services News by Carla Mendres

- While we are not designed to be a short-order kitchen, our team of cooks are aiming to please you. If you have a special request on any given day, please visit with them in the morning and ask if they are able to accommodate your request. We understand that some people have allergies, food intolerances and otherwise, so if we can help you, we will certainly try our best.
- Some residents have made remarks about wanting to have larger portions of vegetables served at dinner time. Should you find the portion of vegetables too small for your liking, please ask your server for extra when you place your order.
- If you require a meal for take-out please do not take china from the dining room. We are missing several bowls, plates, etc. Please ask a server for a disposable container. ***If you have items that belong to the dining room in your suite, kindly return them as soon as possible.*** Thanks!
- Each morning we provide copies of the Winnipeg Free Press for you to enjoy over breakfast. They are intended for everyone to enjoy, so please don't take them from the dining room.
- At breakfast time, please use the tongs provided to choose your food. It is very important that residents refrain from using their bare hands to touch food. Using tongs helps to prevent bacteria and viruses from being transferred from one person to the next. When you are done using the tongs please be sure to place them back in the provided containers. Using the provided hand sanitizer is also an effective way to guard yourself from cold and flu germs.
- ***Breakfast is intended to be enjoyed in the dining room. If you prefer to take your breakfast back to your suite a server will be happy to package a breakfast for you to take with you.***
- We always welcome dinner guests. Please remember to write the information down in the reservation book by noon of the day prior. If you have a group that requires more than one table, please ALSO book the room through the Front Desk. It is imperative we know when you plan to have dinner guests so that we can prepare enough food. If you would like to have guests for dinner the same day, please call the kitchen and ask if we can accommodate your guests. If you would like to have a group of 6 or more, please book the private dining room. This can be done at the front desk.



**If you have any questions with regards to your nutritional needs, would like nutritional counseling or if you have a modified diet and need some help making the best food choices for your individual needs, please call
Carla at 667-6479, extension 5227.**



Tenant Resource & Recreation News by Eva, Mandy & Ilona

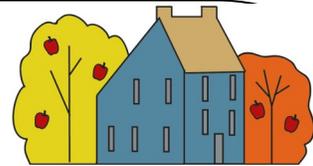
A Very Happy Fall to Everyone!

We have some very exciting presentations, events & outings coming in the Fall months! Please make sure to check your Recreation Calendars and The Recreation boards daily.

We would like to remind everyone that if you have ANY new ideas for outings, events or programs to please let one of us know! We are always open to new ideas and suggestions!



Upcoming Events & Outings



Wednesday September 20th– Outing to the Forks at 10:00am

Friday September 22nd– Welcome Tea for all new Residents at 11:00am in the Village Centre

Tuesday September 26th– Ecosystem Presentation & The General Meeting at 10:00am in the Village Centre

Wednesday September 27th– Ticket sales for the Show “Moments in Time”, showing at CV on October 14th. Ticket sales from 8:30-10:30am in CVII Lobby. This is a Resident Advisory Council Fundraiser.

Sunday October 1st– St Agathe Fall Supper from 2:15pm-4:30pm. \$25 for supper and bus

Tuesday October 3rd– Ticket Sales for Moments in Time Show from 8:30-10:30am in CVII Lobby

Thursday October 5th– Ticket Sales for Moments in Time Show from 8:30-10:30am in CVI in front of the elevators

Thursday October 5th– Diabetes Canada Presentation at 1:00pm in the Village Centre

Tuesday October 10th– ticket Sales for Moments in Time show from 8:30-10:30am in CVII Lobby

Saturday October 14th– Concordia Village presents “Moments in Time”- a multimedia historical experience. Doors open at 6pm, show starts at 7pm. Please pre-purchase tickets on the dates specified above. This is a Resident Advisory Council Fundraiser.

Monday October 16th– South Beach Casino Day Trip



Tenant Resource & Recreation News by Eva, Mandy & Ilona

The Village Gardeners are encouraging any Residents that have an interest in outdoor or indoor gardening to come to the next meeting on

Tuesday, October 17th at 1pm in CVII MPR.

We will be having a guest speaker with lots of knowledge on gardening!

Also, The Village Gardeners would like everyone to know that if you have a garden plot here at CV, and can no longer maintain it, they would be happy to step in and help you! Please let Mandy in recreation know if you would like assistance and she will get in touch with a member of the club.

Come and check it out!! Everyone is welcome to ANY Village Gardeners meetings!



Concordia Village Resident Christmas Parties– Save the DATE!

CVII & CVIII Christmas Party: Thursday December 14th

CVI Christmas Party: Friday December 15th

Every RESIDENT is invited to come and enjoy a special Christmas meal and entertainment!

*****Please note that these parties are for RESIDENTS ONLY as we have limited seating.*****

Requests and Suggestions:

Residents are encouraged to fill out the Request and Suggestion forms on the tables in the dining rooms. Please fill these out if you have any requests, suggestions, complaints or compliments and drop the form through the appropriate slot in the mailroom. This is one of many ways we invite your feedback.

Please be assured that Eva reads **all** Suggestion and Request forms that are handed in and then forwards them to the appropriate Director for review and action.



Concordia Village Flu Shot Clinic 2017

We will be having pharmacists from The Medicine Shoppe and Munroe Pharmacy doing our Flu Shot Clinic again this year.

These dates are open to ALL Residents in CVI, CVII and CVIII, staff of Concordia Village, as well as any family members or friends of Residents or staff.

Our Flu shot Clinics will be on these days in October:

Tuesday October 24th from 8:30am-3:00pm in CVI MPR

Wednesday October 25th from 8:30am-4:30pm in CVII MPR

Sign up sheets for the flu shot appointments will be in the sign up binders at the front of your building by **Monday October 2nd**. Please make sure YOU SIGN UP, otherwise we can not guarantee you will get an appointment that day.

Please make sure you bring a list of all medications you are taking, along with your Manitoba Health Card, to the clinic. Be prepared to stay for 15 minutes after you've had the shot so that we can make sure you are ok.



Resident Page

O Canada

To all Concordia Village Residents

It's that time again when we start planning our Resident-sponsored Christmas Show. A special welcome to all new residents and a very special thank you to all that have shared their talents in the last 7 years.

This year on the occasion of Canada's 150th Birthday, I (with your help), would like to present a Canadian theme. If you have any information about the way your ancestors here in Manitoba celebrated Christmas or New Years in the late 1800's, and you're willing to share the information, please contact me as soon as possible.

I am referring to church services, Christmas foods, carols sung, and any other general information. In that period of time there were settlers from many countries, so they brought their culture with them. Let's share these stories while we still can!

Choir practices should start by the end of October.

The Christmas Concert this year will be on Wednesday December 20th at 7pm.

If you have any suggestions please call me:

Jane Luchak

CVIII Suite # 357

Phone extension: 3357

Emial: janeluchak@shaw.ca



IMPORTANT PHONE NUMBERS AT A GLANCE:

AFTER HOURS Building Services	204- 667- 6479 ext 5272
HEALTH EMERGENCIES	911
Reception, 8:00 AM to 4:00 PM , Monday to Friday.....	204-667-6479
CVI.....	ext 5221
CVII.....	ext 5222
Chaplain.....	ext 5241 (Hermann)
Nurse	ext 5260 (Rachelle)
Director of Environment Services	ext 5258 (Ernie)
Assistant Directors of Environmental Services	ext 5264 (Glen)
.....	ext 5223 (Tammy)
Director of Tenant Resource Services.....	ext 5228 (Eva)
Recreation.....	ext 5229 (Mandy/Ilona)
Director of Finance and HR Services.....	ext 5224 (Bruce)
Director of Food Services	ext 5227 (Carla)
Silva's Styling Hair Salons.....	CVI 204- 283-4177
.....	CVII 204-415-7751
	(Silvana or Carla)



Concordia Village Ecosystem

We are thrilled to announce the installation of our new Ecosystem!

Please join us on Tuesday, September 26th at 10am in the Village Centre for an information session on our new Ecosystem.

The ecosystem is located in the Village Centre and will eventually house many species of aquatic and semi-aquatic life. Stocking the 12 foot long, 325 gallon aquarium will continue over the next several months, so you can expect to see many exciting changes as this project continues to evolve.

This system is completely self-contained and will require very little maintenance or intervention once it's fully established. Ecosystems by Design is the company that designed and created the system for us and they will continue to look after the maintenance for us going forward. Therefore, **PLEASE DO NOT FEED THE FISH!** There are plenty of tiny visible and microscopic worms and bugs at the bottom of the aquarium and the population is designed to support itself.

Please take a moment to stop by and have a look at this thrilling new Village feature and take advantage of the relaxation and amusement it will provide for many years to come.



Resident Advisory Council by Arnold Page

The Dictionary defines the word “Autumn” as the season of the year between summer and winter, and so, one season ends, another begins. The following is a poem about Autumn.



The Autumn Leaves

**Come Autumn leaves, said the wind one day.
Come over the meadow with me to play.
Put on your dresses of red and gold,
Summer has gone and the days grow cold.**

**Soon the Autumn leaves heard the wind's loud call.
Down they came fluttering and all.
Over the brown fields they danced and flew,
Singing the soft song they knew.**

**Cricket, goodbye, we've been friends so long.
Little brook will sing you a farewell song.
Say you are sorry to see us go.
Oh, you are sorry, right well we know.**

**Dear little lambs in your fleecy fold,
Mother will keep you from harm and cold.
Fondly we watch through vale and glade;
Say you will dream of our loving shade.**

**So dancing and whirling the little leaves went,
Winter has called them and they were content.
Soon fast asleep in their heavenly beds
The snow laid a blanket over their heads.**

Resident Advisory Council by Arnold Page

Welcome to all our new Residents. We hope your time here will be enjoyable, and we look forward to meeting you all at the various functions. Please join us for fun, games and lively musical entertainment!

To all who have lost loved ones, I offer the following prayer:



May you find comfort in the memories that are yours to cherish always,
And strength in the companionship of those who share your loss.

To all who have left us for many different reasons, we hope and pray you find peace and contentment wherever you are.

Ten Commandments for Good Living

1. **Speak to People**– there is nothing so nice as a cheerful word of greeting.
2. **Smile at People**– it takes 72 muscles to frown, only 14 to smile.
3. **Call People**–the sweetest music to anyone’s ears is the sound of his own name.
4. **Be Friendly** and helpful, if you would have friends, be a friend.
5. **Be Cordial**– speak and act as if everything you do is a genuine pleasure.
6. **Be Genuinely interested** in people– you can like almost everybody if you try.
7. **Be Generous** with praise-cautious with criticism.
8. **Be Considerate** with the feelings of others–there are usually three sides to a controversy; yours, the other fellows, and the right side.
9. **Be Alert** to give service– what counts most in life is what we do for others.
10. **Add to this**– a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.



Reminder to All Residents

Before purchasing a scooter, please check with Eva,
the Director of Tenant Resources, guided by the scooter policy
included in your Resident Information Guide.

Resident Advisory Council by Arnold Page

The Buck A Month Club is on the first **WORKING** day of each month.



Date	Charity	Amount Collected	Donated by Council	Total
March 3/17	Christians Helping Immigrants Adjust	\$122	\$100	\$222
April 4/17	Feed my Lambs	\$94	\$100	\$194
May 4/17	Jocelyn House	\$130	\$100	\$230
June 7/17	M.B.S Ukrainian Ministry	\$160	\$100	\$260
July 7/17	W.F.P Sunshine Fund	\$115	\$100	\$215
Aug 1/17	Got Bannock Inc	\$153	\$100	\$253
Sept 1/17	Craig Street Cats	\$141	\$100	\$241
Totals to date		\$915	\$700	\$1615
Oct 2/17	Monday			
Nov 1st	Wednesday			
Dec 4th	Monday			

Thanks to all who have donated so far!
 Become a member– The cost is a buck a month
 All donations appreciated!

Resident Advisory Council by Arnold Page

This month we honour the name “MARY”.

CVI

Mary Wetton
Mary McDonald
Mary Davison

CVII

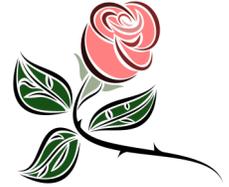
Mary Wilms
Mary Shale
Mary Boyko
Mary (Jerry) March

CVIII

Mary Pauls
Mary (Kay) Oshanski
Mary Greensides
Mary Friesen
Mary Bergen
Mary Ann Sedo
Mary Smith

MARY

Meanings



Hebrew Meaning:

The name Mary is a Hebrew baby girl name. In Hebrew, the meaning of the name Mary is:

Wished-for child; rebellion; bitter.

Famous Bearers: The Virgin Mary, Mary Magdalene; Mary, Queen of Scots.

Biblical Meaning:

The name Mary is also a biblical baby name. The Biblical meaning of the name Mary is: Rebellion

English Meaning:

The name Mary is also an English baby name.

The English meaning of the name Mary is: Bitter. The biblical mother of Christ. Names like Dolores and Mercedes have been created to express aspects of Mary's life



We Wish you Health & Happiness in the Years to Come!!

Resident Advisory Council by Arnold Page

Anecdotes



Don't worry about getting old,
It's better to be over the hill,
Than under it!

Show me a squirrel's home,
And I'll show you a nutcracker's suite!

Don't regret getting older,
A lot of people do not have that privilege!
Everyone Smiles in the same language!

Grandma's Dusty Rocker

The old rocking chair is vacant today
For Grandma is no longer in it:
She's off in the car to the office or shop
Just Buzzing around every minute.

No one shoves Grandma back on the shelf
She's versatile, forceful, dynamic:
That isn't a pie in the oven my dear-
Her baking today is ceramic.

You won't see her trundle off early to bed,
or seek a warm and comfy nook.
Her computer clackety-clacks through the night,
For grandma is writing a book.

Without ever taking a look at her yarn
To slow down her steady advancing,
She won't tend the babies for you anymore,
For Grandma has taken up dancing.

She isn't content with crumbs as of old
with meagre or second hand knowledge,
Don't bring out the mending for Grandma to do,
For Grandma has gone back to college!



Thankful

Resident Advisory Council

Concordia Village Resident Advisory Council

Elected for 2017

President:	Arnold Page	CVII	204
Vice President:	Don King	CVII	101
Treasurer:	Helen Fitzpatrick	CVII	327
Past President:	Jane Luchak	CVIII	357



Members at Large:

<u>CVI</u>		<u>CVII</u>		<u>CVIII</u>	
Elizabeth Huppe	203	Jack McKenzie	317	Arnold Grudeski	155
Aida Speidal	227	Hildegard Epp	315	Helen Ulliyot	150
Olga Michalchuk	322	Daphne Blandford	321	Shirley Fenning	263
Jim Ross	318	Audrey Borody	222	Mary Pauls	146



In Memory



Please remember the following Residents who have passed away since July. Our thoughts are with the family and friends of each person.

CVI
Lois Martin

CVII
Edna Mulder
Victor Martens

CVIII
Ted Homeniuk
Gloria Kalen
Bill Begal

Resident Advisory Council

PURPOSE OF THE “RESIDENT ADVISORY COUNCIL” (All Residents):

All Residents are automatically members of the Resident Advisory Council, which provides opportunities to recommend service improvements.

Residents may also choose to initiate or organize some recreational activities of Concordia Village; such as welcome new Residents to the Village, extend well wishes and support to those in Hospital, initiate or organize fundraising activities (e.g. garage sale, 50/50 raffle), and ushering at Village Centre events. Funds are used to improve Village facilities or donated to selected charities.

The Council meets at least quarterly to provide an opportunity for regular discussion on matters of interest or concern to Residents.

PURPOSE OF THE “RESIDENT ADVISORY EXECUTIVE”:

The Resident Advisory Executive serves the same purpose as the Council, but meets between quarterly meetings when that is needed.

The Executive (16 in total) are nominated and elected by Concordia Village Residents (the Council), as follows:

Position:

- President, chairs all Council and Executive meetings,
- Vice-President, may chair meetings on behalf of the President,
- Treasurer, serves as treasurer of any resident-specific funds,
- Past President, provides background on issues as needed,
- Concordia Village I Members-at-Large (4) Residents,
- Concordia Village II Members-at-Large (4) Residents, and
- Concordia Village III Members-at-Large (4) Residents.

Nominated and Elected By:

- All Residents
- All Residents
- All Residents
- All Residents
- Village I Residents
- Village II Residents
- Village III Residents

Elections are held annually, in January, with one-year terms running from January 1 to December 31.



MOMENTS IN TIME

A Multi-Media Historical Experience



**Moments in your life you will always remember
where you were, what you were doing and who you were with.
Join us on a multi-media historical journey through these moments.**

**CONCORDIA VILLAGE
Village Centre
Saturday October 14th, 2017
Doors Open: 6pm
Show Time: 7pm**

Refreshments to be served after the show

Tickets: \$10 per person- please purchase on ticket sale dates.

Ticket Sale Dates:

September 27th from 8:30-10:30am in CVII Lobby

October 3rd from 8:30-10:30am in CVII Lobby

October 5th from 8:30-10:30am in CVI Lobby

October 10th from 8:30-10:30am in CVII Lobby

**For further information, please call
Arnold Page- 204-256-6371**

Financial Services by Bruce Henderson



In-House Phone System

Concordia Village is pleased to offer to you our in-house phone system. Please consider transferring your phone over to our system to receive the many benefits outlined below. Over 160 Residents have already selected this option.

This system allows all the suite phones to be extensions of the master system. This allows us to control all the phones in the building without the involvement of a third party such as MTS/Shaw.

What this means to you:

- You will no longer have to pay a third party, such as MTS/Shaw, for your phone service.
- We will include a \$30 per month charge on your rent invoice for phone service, similar to the charge for cable TV. No additional taxes to pay!
- You will have the ability to access all the other phones within the Concordia Village housing complex by dialing the 4-digit extension number.
- You will continue to receive the same great phone service. Telexperts has a long history of providing excellent phone service to many companies in Winnipeg.
- Your monthly charge will include long-distance calling anywhere in the world at no additional cost.
- You will have access to all the latest phone features, such as call waiting, voice mail, call display, etc.

To be a part of this, please come and see Bruce, Eliisa or Leah in Finance (CV2) for the form needed to participate in the in-house phone system.

Attendant Care Expense Deduction - Tax Returns - Year Ended December 2016

We continue to provide a credit form for those residents who are eligible.

In order to qualify for this credit, Canada Revenue Agency requires that form T2201 "Disability Tax Credit Certificate" be signed by your medical practitioner.

I would ask that you provide me with a copy of form T2201 or the CRA eligibility acknowledgement letter.

This would be kept on file, in confidence, and a credit form would be issued to you each year.

If you have any questions, please feel free to drop by and talk to Bruce Henderson in Finance (CV2).



Fall greetings to all our Residents; Families and Friends.

As the evenings get longer and the morning sunrise delays its smile for us all to be cheered, we are reminded that summer has come and gone much too fast. The farmers once again have been busy harvesting their crops over the last few weeks. The trees are changing into the traditional golden splendor throughout our peaceful nature. "Peaceful Nature" is the expression I think of when we look west of Manitoba and realize the many devastating wild fires that have destroyed so much throughout British Columbia. South of us we are absolutely astounded by the devastation in Houston and Florida by the hurricanes. It just humbly reminds us all that every day we have is a blessing and is to be cherished.

On behalf of our Environment Services Team, I would like to take this moment to welcome all our new Residents to our Village Campus. We hope that we can do our part to make your stay in your new home a true enjoyable experience.

We had several projects that we wanted to get completed this summer. Here is an update on most of the projects that have been completed:

- CV main entrance doors under the canopies were all changed to swing outwards.
- Our CVI Rose Garden was redone and 103 rose bushes were added to revive this garden. The plaque to honor the supporters of this rose garden has been installed.
- The soil and grass to level our sinking ground around CV I has been replaced and is starting to look nice.
- The property fence between Eaglemere neighborhood and our property was replaced in August. We hope this new fence will last for the next 30 years. We also had our contractors re-stain the eastside fence along Lagimodiere to give it much needed life and protection from the sun and weather.
- We added 6 new benches along our outside walkways which serve as rest stops.
- Our landscaping contractors were busy planting 300 milkweed plants around our grounds which will attract more monarch butterflies in the coming years.
- We upgraded our parking lot signage to make parking for visitors easier to identify.

July, August and now September have been extremely warm and dry in our City. We expect to get some much needed rain before the winter season to revive our trees and soften the soil around our buildings.





Fire Safety:

Our Fire Marshal Glen will be sending out invitations to all Residents to join him for his annual Fire/ Life Safety training. These sessions are put on in smaller groups so that the participants have ample time to ask as many questions as you need to fully understand what to do in a case of an alarm. Please keep an eye out for these very important sessions and participate on a date that suits your schedule.

Maintenance:

We would like to take this opportunity to welcome our newest member to our maintenance team: Adam Bartel. Adam comes to us from Concordia Hospital where he has spent the last 7 years working in the maintenance field. We are delighted to have Adam share his expertise in our Campus.

Security Reminders:

A reminder to all Residents living on the main floor of all 3 buildings, please do not leave your balcony doors open or unlocked if you are not present. This reminder is for 2 reasons: First reason is to keep any potential thieves out of your suite and secondly, with the weather getting colder, we will see the mice looking for warmer places to stay for the coming winter and we don't want them in our building,

With schools back in session and vacation months over, we may notice an increase in traffic our parking lots. Please use caution whenever walking or driving through our parking lots.

I still see many of our Residents exiting their suites and not locking their doors. Please try and make this the most important security reminder for yourselves to keep your belongings safe.

I will end my report with once again thanking each and every one of you for your trust and support as we strive to make the Village your home, a beautiful and safe place to live.

Humbly,
Ernie Goetz



Bed Bug Prevention Strategy

Concordia Wellness Projects Inc. (Concordia Village) is aware that anyone at any time can be affected by Bed Bugs. Having Bed Bugs does not mean a rental unit is not clean. Bed Bugs are transported in. They commonly enter a rental unit on items being carried in from the outside; on mattresses, box springs, upholstered furniture, luggage, electronics, books, pictures, and household goods. The Bed Bug can also be carried in on clothing by people visiting from another location where they may have been exposed to the Bed Bug. Since our first experience with Bed Bugs on site 2 years ago, we have created a very comprehensive Prevention Strategy to prevent future infestations.

Here is what you (Concordia Village Residents) can do to prevent Bed Bugs:

- ◆ When bringing in used furniture, please advise our Front Desk staff to schedule our Pest Control Expert's inspection of the furniture.
- ◆ If you experience any unexplainable bite marks, please ask our On Site Nurse to assess if these could be Bed Bug bites. If there are suspected Bed Bug bites, she will notify the Environment Services team to schedule an immediate inspection by our Pest Control Expert.

Here is what we (Concordia Village staff) are doing to prevent Bed Bugs:

- Within the first month of moving in, every new Resident's suite and furnishings are inspected by our Pest Control Expert to ensure no Bed Bugs have been transferred in.
- A Village-wide inspection of all suites is performed twice per year by our Pest Control Expert.
- Pest control traps in all suites are monitored weekly by staff.
- Suites are inspected upon suspicion by our Pest Control Expert.
- Residents and their Family Contacts are notified of any findings.
- Treatments and continued follow-up inspections are conducted on all affected and neighboring suites (both sides; above and below floors of the affected suite) for several months.
- Length of treatment and inspections are determined by our Pest Control Expert.
- All equipment used to treat the affected rooms is dedicated for the fight against Bed Bugs, to prevent room-to-room transfers via the equipment.
- Home Care is notified of any findings to prevent possible transfer of Bed Bugs via Home Care staff.
- Confidentiality of impacted suites is maintained by Concordia Village staff.

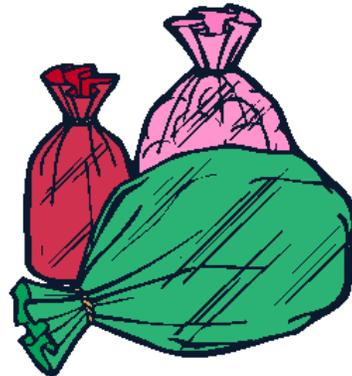


Garbage Pick-up Services

We have noticed that more and more Residents are placing their garbage and recycling outside their doors in the hallway in the late afternoon or evening so it's ready for pick-up next morning. We ask all Residents to put out your garbage and recycling in front of your doors in the morning (not the night before).

There are 2 very important reasons we ask this:

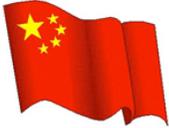
- 1. We have many visitors that come and visit family and friends in the evening hours. Garbage and recycling bins sitting out along the hallways leaves a messy impression for our visitors. Please make sure you bring your recycling boxes into your suite each day. We all call Concordia Village our home and want it to look beautiful.**
- 2. Secondly, the garbage outside your door in the morning is the "Daily Safety Check" for you as Residents. It lets housekeeping staff know that you are up and ok. If the garbage is placed outside your door the evening before and something should happen during the evening or night, we would not notice this because your garbage was outside your door. Staff would only notice that something was wrong the following day when garbage would not have been put out. For everyone's safety, we ask Residents to support our garbage pick-up routines.**



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