

# THE VILLAGE NEWS

Summer 2018



# THE VILLAGE NEWS

Wishing you all a healthy, happy Summer!



*Welcome*

**CVI**

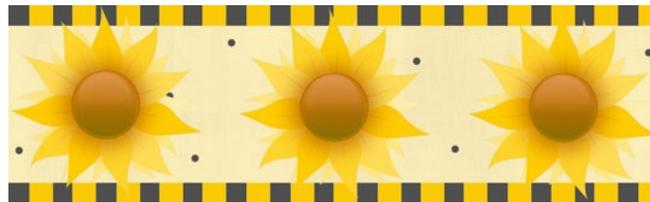
Doreen Whitwell  
Iris Stammers  
Sonia Hunnie

**CVII**

Walter Sokolowski  
Margaret Gregorash  
Marjorie Hay  
Elizabeth Koslowsky

**CVIII**

Bertha Charriere  
Antonia Prokopowich  
Abe Wiebe  
Rolly Haque



**Inside this issue:**

**Page**

Chaplain's Corner	3
Food Services	4
Nursing News	5
Recreation & Tenant Resources	6-7
Resident Information	8-17
Environment Services	18-25

**Special Points of Interest**

NEW- Nursing Office News	Pg 5
Family Fun Day 2018	Pg 7
New Caretaker Introduction	Pg 20
Seniors Safety Information	Pg 26-29
Important Phone Numbers	Pg 29



## Chaplain's Corner by Hermann Dueck

Dear Residents and Fellow Employees!

***All things bright and beautiful, all creatures great and small,  
All things wise and wonderful, the Lord God made them all.  
Each little flow'r that opens, each little bird that sings,  
God made their glowing colors, God made their tiny wings.***

These four lines are the first stanza of a song that many of us learned in Sunday school way back then. This song has been on my mind on and off during the course of the last few weeks as I observed once more with a sense of awe the beauty of the Manitoba Spring. There is so much beauty around us at this time of the year! After the refreshing rains we have had, nature has miraculously come back to life. Farmers are excited to work and seed the fields with hopes for an abundant crop.

I remember a certain speech by a professor of theology that I listened to years ago. The topic of his talk was "Why do I still believe in God?" There was one statement he made that stayed with me. He said that one reason for him to still believe in God was the fact that there is beauty; beauty in nature, beauty in art, beauty in work, beauty in relationships, beauty in life, and beauty in love.

On June 9 my family and I attended a wedding of a nephew and his bride in Germany. It was great to see this young couple beaming, full of life and excitement declaring their love for and commitment to each other in ceremony and celebration. It was great to see this couple being surrounded by family, relatives and friends wishing them well for their marriage. This is the beauty of love and commitment.

Beauty is all around us if we have eyes to see it. I see a lot of beauty in people who live here at Concordia Village. Yes, there is frailty, ill health and death at the stage many of our residents are but there is still beauty; beauty in laughter, beauty in a friendly face and even beauty in tears when a loving spouse of many years dies because these tears show that there was a deep love.

Our culture seems to define beauty in terms of externals such as looks and appearance, physical abilities and fitness. We sometimes seem to forget that beauty is also very much an inner reality. There is beauty in a renewed spirit in a positive attitude. St. Paul, the apostle once wrote "Our earthly tent (our physical being) is fading but inwardly (in our true self, our soul) we can be renewed day by day. When that happens that is sheer beauty".

Poets have written about beauty, artists have recreated beauty, people have sung about beauty, people have worshiped the creator of beauty throughout the ages. This is one reason we provide a worship service here at Concordia Village every Sunday at 2:30pm. Somewhere between seventy and a hundred people gather to sing, to pray, to meditate, to fellowship, to encourage each other and to express our gratitude. Everybody is welcome to attend our service on Sunday at 2:30pm or the Mass on Friday morning at 10:00am twice a month.

I wish all of us a wonderful summer! Let's enjoy the beauty around and within us!

Love,



## Food Services News by Carla Mendres

- We are able to order in thickened juices for you to purchase if needed at a fraction of the cost you'd be charged elsewhere. We are able to purchase these in both honey thick and nectar thick so if you would like to purchase some, don't hesitate to call Carla or stop by the kitchen.
- While we are not designed to be a short-order kitchen, our team of cooks aim 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. We always ensure we offer the correct serving size of vegetables. Fresh salads are made available to you each day. However, 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



# Nursing Office *News*

Summer 2018

## Did you Know?

The SPF (sun protection factor) rating for sunscreen is based on how long it takes for the sun to burn skin that's been treated with sunscreen. Look for a sunscreen that is water-resistant, broad spectrum and has an SPF of at least 30. Most suitable sunscreens will have the Canadian Dermatology Association Logo; which meet the associations standards for sun protection.

It is important to apply sunscreen properly: a teaspoon amount for the face and a palm full for each arm and leg. Remember to reapply sunscreen after sweating and swimming. (E. Harland, Sun & UV safety coordinator for Cancer Care MB).



## *In the news*

Blacklegged ticks, also known as deer ticks are out & about from snowmelt until snowfall. Infected blacklegged ticks are known to cause diseases: *Lyme, Anaplasmosis & Babesiosis*. Tick borne diseases are successfully treated with antibiotics if identified early. Untreated infections can leave you with long lasting complications involving the musculoskeletal & nervous systems. Cases of Lyme disease in Manitoba have been trending upward; in 2009 there were 5 cases of Lyme, in 2016 there were 50 cases.

The tick must be attached to you for 36 hours or more before it can transmit the disease. Tick borne diseases can be successfully treated and treatment is most successful in the early stages of infection. Tips: Learn how to recognize ticks & how to remove them safely, wear light colored clothing, do a tick check after returning indoors & report black legged ticks online at the Tick Checker. (Dr. B. Fatoye, WRHA).



## *Office Hours & Phone Number:*

The nursing office hours are distributed monthly & are posted on the bulletin boards next to the nursing office & in the waiting room. If you have any questions or concerns, please call the nursing office: 204-667-6479 ext. 5260

I can see clearly now, the rain is gone.  
Its going to be a bright, bright, sun-shiny day.

## Tenant Resource & Recreation News by Eva, Mandy & Ilona

### HAPPY SUMMER Everyone!

Another beautiful season is here and we're very excited to have some fun events and outings planned this summer! Please save the dates for the 5 Folklorama Pavilions we're going to in August! We have limited seating for each pavilion so please make sure you sign up as soon as you see the posters.

Also, our Concordia Village Olympics are back by popular demand!  
July 25th at 10am, outside CVII Dining Room! ALL WELCOME!

Please remember to check out our monthly calendar and daily recreation boards to see

### Upcoming Events & Outings



**June 27th– Outing to St Vital Mall**

**June 29th– June Birthday Tea, Canada Day Celebration & Opera Concert**

**July 10th– Outing for Lunch at The Half Moon Diner in Lockport**

**July 24th– Outing to Polo Park Mall**

**July 25th– Concordia Village Summer Olympics**

**July 27th– July Birthday Tea**

**August 7– Hungary-Pannonia Folklorama Pavilion**

**August 9th– Irish Folklorama Pavilion**

**August 13th– Africa Folklorama Pavilion**

**August 15th– India Folklorama Pavilion**

**August 16th– Chile Lindo Folklorama Pavilion**

**August 20th– South Beach Casino Day Trip**

**August 28th– Outing to Season's of Tuxedo Outlet Mall**

**August 31st– August Birthday Tea**

**September 5th– Outing to Assiniboine Downs Horse Races**

**September 15th– Family Fun Day 1-3pm**



# FAMILY FUN DAY

**Saturday, September 15<sup>th</sup>**

**1:00 – 3:00 PM**

**Outside, behind the  
Village Centre**

Lunch Tickets can be purchased ahead  
of time if desired.



**Part of the fun will include:**

♪ **The German Club Band**

⚙ **Frog's Hollow Petting Zoo**

⚙ **Clown**

⚙ **Bouncy Castle**

**And more!**

All activities will  
be free of charge



**ALL RESIDENTS AND FAMILY  
WELCOME!**

## Resident Page

### Tabs for Wheelchairs Report

This year's wheelchair presentation took place on June 21. Two specialized wheelchairs were presented in celebration of the 20th Anniversary of this program. One recipient is Marlon Jr., a seventeen year old who attends Steinbach Regional Secondary School. He was born with Cerebral Palsy and has spent his entire life in a wheelchair. Another wheelchair was presented to the Manitoba Wheelchair Sport Association to be shared by several participants in their wheelchair basketball program.

Presently there are 118 schools, 192 companies/groups and hundreds of individuals saving tabs. Three companies have also been supporting this program from the beginning. They are Reimer Express Lines, now called YRC Reimer, St. Boniface Bag, and Western Scrap Metals.

This year we collected almost 10 lbs more than last year. Thank you to all the Residents who faithfully collect those little tabs from your aluminium beverage cans. They can be deposited in the containers in the mail room of CV1 and the lobby of CV3 or in the Village Centre.



Marlon Jr. is thrilled to have a new wheelchair.



The Manitoba Wheelchair Sport Association received a wheelchair for use in their programs.



Thank you to all the Concordia Village Residents

### Puzzles, Puzzles and More Puzzles!

If you haven't already discovered them, we have a large selection of puzzles in the cupboards of the CV3 main floor Multi Purpose Room. You will also find a few puzzles in the CV2 MPR and on the third floor of CV1. The "Orphan Box" is in the CV3 location. You might be lucky and find a missing piece there. Before you return a puzzle that has pieces missing, would you kindly write a note on the box?



Whether you prefer 100 piece or 1,000 piece or large piece puzzles, you'll find something just right for you. We have round puzzles, borderless puzzles, mystery puzzles and puzzles in the shape of an eagle, wolf or a polar bear. From castles to cats, from fairies to flowers, from teapots to trains – the selection is awesome. COMING SOON - A large new selection of Hometown and Charles Wysocki puzzles!

There are jigsaw puzzles in progress in many of the common areas throughout our buildings. You are very welcome to join in on the fun. If you prefer to work on a puzzle by yourself, feel free to take one to your

## Hallway Chatter By “Felix” - Second Edition

### “Senior Citizens Are Valuable”

Make new friends, but keep the old  
Those are the silver, these are the gold  
Eyes may dim, hair goes grey  
True friendship never knows decay.

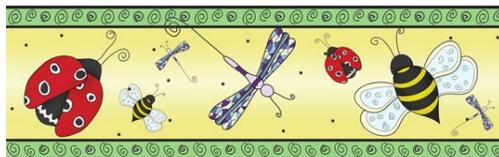
### Quotations– Famous or Not

1. The only way to have a friend is to be one.
2. Kindness is like a cat, when you give it away, it usually comes back.
3. Cherish your children for what they are, not what you want them to be.
4. Be careful of the words you say  
Keep them soft and sweet  
You never know from day to day  
Which ones you’ll have to eat.
5. You can’t give a smile away  
As it always comes back.



### Limericks

1. There was an old man from Peru  
Who dreamt he was eating his shoe  
He awoke one night  
In a terrible fright  
And found it was perfectly true
2. There was a young man from Rolling  
Who said he would like to go bowling  
T’was there he met Sally  
Who was right down his alley  
That lucky young man from Rolling



## Hallway Chatter By “Felix” -Second Edition

### Poems

#### “Bouquet of Flowers”



I'll give you a rose that is yellow  
For friendship strong and true  
It will stand the test of time  
And last eternity through

I'll give you a rose that is pink  
For courage and kindly ways  
It's sweetness makes it all worthwhile  
And guides us all our ways

I'll give you a rose that is white  
For the purity of love  
As white as a beautiful dove  
That prepares us for heaven above

I'll give you a rose that is red  
For my eternal love for you  
May we continue to share our hearts  
And through forever be true

Now put them together and bind them  
Add patience, forget-me-nots and sage  
And with this bouquet so very sweet



## Hallway Chatter By “Felix” -Second Edition

### “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 your 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 feelings of others– there are usually three sides to a controversy: yours, the other person’s, 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.

### “Did You Know”

- Hawaii’s State Fish is called The Humuhumunukunukuapua’a -try pronouncing it!  
(also known as Aweage Tail Trigger Fish)



### The Rose Garden Inscription Memory Plaques

“Nimmer Vergeht Was Du Liebend Getan”  
(Never will forget what you have lovingly done)

“I had three teachers in life. My Mother and two wives”

“Always happy volunteering and playing his mandolin. Great memories”

“Bridge was her game. Four Spades—Three No Trump”

## Hallway Chatter By “Felix” -Second Edition

### “Story Time”

#### “40 Years of Marriage”

A married couple in their early 60s are celebrating their 40th wedding anniversary in a quiet, romantic little restaurant.

Suddenly, a tiny yet beautiful fairy appeared on their table. She said, ‘For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.’

The wife answered, ‘Oh, I want to travel around the world with my darling husband.’

The fairy waved her magic wand and—poof!- two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: ‘Well, this is all very romantic, but an opportunity like this will never come again. I’m sorry my love, but my wish is to have a wife 30 years younger than me.’

The wife, and the fairy, were deeply disappointed, but a wish is a wish!

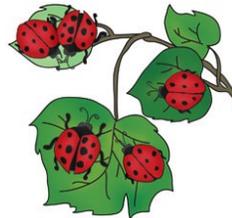
So, the fairy waved her magic wand and POOF!

The husband became 92 years old.

The moral of the story:

Men who are ungrateful should remember fairies are female...

Beautiful young people are accidents of nature, but are works of art.



beautiful old people

**Peace and Love Always,**

*“Felix”*

### 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.



## Resident Advisory Council by Jane Luchak

### “In the Good Old Summer Time”

These words are from a song which was familiar to all us “oldies” from way back in 1949 when Judy Garland and Van Johnson starred in this musical film. I don’t remember the plot of the movie but the song itself brings back memories of happy events that many years ago. I hope I have stirred up some pleasant memories for all the Concordia residents reading this. And I also hope that it gives you the initiative to get off that rocking chair and going for a walk around our Concordia Village Campus.

You might meet some of our squawking feathered neighbours who also enjoy our gardens. Peter Czayka has been good enough to keep our walks clean with his “scooper.” Thank -you! Many of our residents have been walking on the paths provided for us by the staff. That brings to mind a question. What are you doing to make our walk- ways more enjoyable? What does your balcony look like? Is there at least one pot of flowers there? There is no excuse for not having flowers on your balcony. Recently, Mandy arranged a trip to Sumka Brothers nursery, giving us a chance to purchase plants and bring them back here. Would you believe she had a problem rounding up enough people to fill the bus and even brought the plants back in her own vehicle. Before you mention your aches and pains let me tell you that two of the people that went on this trip were in wheel chairs.

Our gardening ventures have diminished in size, but from my balcony I have watched Frank and Wanda working on their garden plot back in early May. Concordia Village gives us an opportunity to grow a small garden and the results are amazing – luscious tomatoes and cucumbers.

If you’ve attended our monthly birthday celebrations, as everyone should, you will have noticed that the average age of our celebrants is around 90, and many have reached 100 recently. That means that retirement from our jobs has lasted 25 years or longer. You’ve probably gone through several phases of retirement from the years when you were really active, to the now no-go phase when its hard to get around. I personally moved to Concordia Village 8 years ago and find that my feet don’t want to carry me as well as before.

We live in an Assisted Living place which means that we don’t have to cook or do a lot of housework anymore. That doesn’t mean that there’s nothing to do however.

Look at retirement as a time to do what you love and try new things along with all the people here. Having a



sense of purpose could add

## Resident Advisory Council by Jane Luchak

Even if you're confined to a wheelchair you can still move your arms or even your eyebrows – that's exercise. Abe, who is in a wheelchair, participates in all physical activities including Yoga and Chair Dancing. And there are many others who do so also.

As always, Mandy has planned some interesting outings so check those out. Check out all the planned activities and have a great summer. It won't be long before I'll be calling for volunteers for the Christmas Show.

*Jane Luchak*

**President,  
Concordia Village Resident Advisory Council**



*A row of bottles on the shelf  
Cause me to analyze myself.  
One yellow pill I had to pop  
Goes to my heart so it won't stop.  
A little white one that I take  
Goes to my hands so they won't shake  
The blue ones that I use a lot  
Tell me I'm happy when I'm not.  
The purple pill goes to my brain  
And tells me that I have no pain  
The capsules tell me not to wheeze  
Or cough or choke or even sneeze.  
The red ones, smallest of them all  
Go to my blood so I won't fall.  
The orange ones, very big and bright  
Prevent my leg cramps in the night.  
Such an array of brilliant pills  
Helping to cure all kinds of ills.  
But what I'd really like to know  
Is what tells each one where to go.*

## Resident Advisory Council

### Concordia Village Resident Advisory Council

#### Elected for 2018

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



#### Members at Large:

<u>CVI</u>		<u>CVII</u>		<u>CVIII</u>	
Olga Michalchuk	322	Jack McKenzie	317	Arnold Grudeski	155
Jim Ross	318	Hildegard Epp	315	Helen Ullyot	150
Doreen Washington	107	Daphne Blandford	321	Shirley Fenning	263
JC Labossiere	117	Audrey Borody	222	Elsie Porznak	147



### *In Memory*



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

CVI  
Verland Leonard  
Colin Lewis  
Clara Schellenberg

CVII  
Irene Reitmeier  
Henry Rempel  
Ron Varnes  
Jean Turner  
Doris Campbell  
Larry Best  
Joan Mann  
Violet Rawluk

CVIII  
Dwylah Rehill

## 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.**



## CV Volunteer Groups

At Concordia Village we have SO many Residents that volunteer daily to make everything run smoothly! This page is to acknowledge our hard working Volunteers and to advertise for any new Volunteers needed.

---

Our Meal Delivery Volunteers take turns delivering meals to Residents that are temporarily not well enough to come to the Dining Room for supper.

### Here is our list of Meal Delivery Volunteers:

#### CVI

Evelyn Kennedy  
Barb Harron

**We are in desperate  
need for more Meal  
delivery people in CVI.  
Please talk to Terrol at  
CVI front desk if**

#### CVII

Hilda Epp  
Arnold Page  
Helen Fitzpatrick  
George Mulder  
Gwen Aubertin

#### CVIII

Beryl Dutka  
Elsie Porznak  
Ruth Regehr  
Olive Stamler



### Our Outreach Volunteers:

CV I: Jim Ross  
CVII: Hilda Epp

---

**Every Sunday we have Volunteer Ushers at our Church service.**

### Here are our CV Ushers:

Don King, Audrey Borody, Joan Baker, Arnold Page, Hilda Epp, Ruth Regehr, Lothar Regehr, Helen Ulyot, Lyle Wilcox, Jack McTaggart, John & Mary Bergen

We need a few more usher Volunteers.

If you are interested, please contact **Don King** at 204-663-8903.

---

### Our Library keeps running because of our Library Volunteers:

Clara Brazeau, Glenn Nicholls, Ruth Regehr, Mary Pauls & Burt Mitchell.

We could also use more Library helpers! If you are interested please talk to

---

### **Bingo Volunteers:**

Mary McDonald, Barb Harron and Tony Lefko



**THANK YOU TO ALL OUR WONDERFUL VOLUNTEERS!**  
**We Truly Appreciate each and every one of you!**

## Environment Services by Ernie Goetz

It gives me great pleasure to be able to send warm summer greetings on behalf of our entire Housekeeping and Maintenance staff to all our Residents on the Concordia Village Campus. We would also like to take a moment to give a very special welcome to all our new Tenants who have joined the Concordia Village Family in 2018. We sincerely hope that the transition to your new home and environment here on our Concordia Campus has been a wonderful experience, filled with comfort and many new acquaintances.

As much as we strive to create the most enjoyable environment possible here on campus, we humbly acknowledge and realize that we are at the mercy of mother nature to provide us with the blessings on the outside of our campus. This year it seems to have gone from winter straight to summer mode, completely skipping spring. With the early heat and dry conditions that have carried over from 2017, we have had a rough start to our grounds. The majority of our spring clean-up has been completed for this year. We have done the clean-up of the parking lots along with the line painting; the windows have been washed; the grounds and gardens are well on their way to looking good; every suite has been inspected for fire safety.

Please find attached my report on various topics:

### **Security:**

- 1) With the weather turning warm, we remind everyone living on the main floor to make sure to lock your balcony doors and windows if you are not home.
- 2) When leaving your suite to go for breakfast /dinner or any activities, please lock your suite.
- 3) We know that personal safety is extremely important to us at Concordia Village, so we have attached a brochure from our Winnipeg Police on Safety for Seniors.

### **Staffing:**

It brings us great pleasure to introduce our new on-site caretaking couple Mary and Malcolm Clark. We have attached a picture with a short biography of both. They will be covering the after-hours emergencies that may arise in our buildings. Please help us in welcoming both Mary and Malcolm to our team and we wish them a wonderful adjustment to their new Home on site. We also thank Cynthia for her years of dedicated service in our Housekeeping department. Cynthia and her family have decided to move to BC and we wish her and her family a wonderful transition. Milli has been working with us as a Casual for the past 2 years and we are grateful that she has accepted the position to replace Cynthia.



## Environment Services by Ernie Goetz

### **Grounds:**

When I walk along our paths on the outside, I am always amazed by how many Residents have beautiful plants and flowers on their balconies. My sincerest thank you to everyone for making our Village so beautiful. Our grounds are starting to look beautiful, thanks to the work of our landscaping team. The sod that was put down before winter and has dried up will be replaced shortly. We hope that we receive a bit more rain than last year to keep our grass looking green. The ponds along the Memory Lane are flowing again and we have set the timer of our water pumps to go on at 8am in the morning and shut off at 9pm in the evening. With all the new construction going on around our neighborhood, we seemed to have more geese on our grounds this year than ever before. I would like to personally thank our volunteer Peter who took the time with his scooter to try and keep our sidewalks as clean as possible!!!! The geese are gone now which means the outdoor paths are waiting to be enjoyed again by all. We are working with a team on finding an environmentally friendly solution of how to deter the geese from taking over our grounds. We hope to test something new this coming fall. The city started spraying for tent caterpillars already and we may have been spared a full attack on our trees this year.

### **Building Maintenance:**

We completed our first campus wide bed bug inspection in May and are happy to announce that we were all clear. Thank you for allowing us to enter your home to inspect this twice a year. A special applause to all the Residents who participated in our first fire drill of the season. Our fire marshal Glen, was pleased to see such an effort and participation by all the Residents and staff alike. We encourage all Residents to take every alarm seriously and vacate your suite if you are able to do so. Please keep your eyes open for the next invitation to participate in Glen's annual fire evacuation training for smaller groups. If you ever have a question or need more clarification of what to do in case of an alarm, please don't hesitate to ask anyone on the maintenance team to explain. You do not have to wait for the training. We would be happy to explain anytime.

Once again, I would like to wish each and every one of you a wonderful summer filled with good health and much laughter!!!!!!!

Cheers

Ernie Goetz



## **Dear Residents,**

Please welcome our new on-site caretaker couple. They will begin with their new role June 4, 2018!

### **Mary Clark**

Mary is 55 and born in Canada raised by a German Family that Immigrated from Germany in 1951. She speaks high German.

Mary has been married to Malcolm Clark for 15 years.

Mary worked at St Boniface Hospital for 13 years in several departments.

She is currently a Security Guard and working in the industry for 6.5 years.

Mary loves to sing, garden and do her puzzles.  
In the past she has loved woodworking and Home Renovations.

Mary has a love for Seniors as they have so much to teach with all their life experiences.

“The Best Is Yet to Come”!



### **Malcolm Clark**

Malcolm is 62 years old and was born in Northern England.

His parents immigrated to Canada in 1957 when he was one year old. This is why he has no British Accent.

Malcolm has a 36-year-old daughter and a 3-year-old grandson.

Malcolm has been married to Mary for 15 years.

He loves singing and enjoyed playing drums in the past.

He has been in the manufacturing business for many years.

He loves building model air planes and working on computer programs such as movies and slide shows.

“Live, Love and Laugh”!



From time to time our Residents may want extra cleaning services that currently are not included in our regular weekly housekeeping duties.

### **HOUSEKEEPING SERVICES**

- 1) LAUNDRY – WASH/DRY/FOLD SERVICE      \$ 30**
- 2) ½ DAY EXTRA CLEANING SERVICE WOULD INCLUDE;**
- MOVE FRIDGE & STOVE (CLEANING BEHIND & UNDERNEATH
  - CLEAN THE INSIDE OF THE OVEN/FRIDGE
  - CLEAN THE KITCHENETTE
  - MOVE FURNISHINGS (CLEANING BEHIND & UNDERNEATH
  - INTERIOR WINDOWS CLEANED
  - WASH WALL MARKS IN ALL ROOMS
  - CLEAN ALL IN-SUITE VENTS
  - WIPE DOWN PICTURES
  - VACUUM FURNITURE      **\$ 80**

Please talk to Tammy In Environment Services if you have questions or would like these services.



## **FIRE SAFETY PROCEDURE – RESIDENTS**

**-If you are fully capable of evacuating upon hearing the alarm, please do so and proceed outside and gather beside the front doors of the building.**

**-If there is a fire in your suite, leave the suite immediately, do not lock the door.** Pull the nearest 'pull station' and evacuate. If you are unable to evacuate proceed to a common area such as the lobby by the stairwells. The fire department will arrive shortly.

**-If you are in your suite and you hear the fire alarm, please evacuate. If you are unable to evacuate and the fire is not in your suite, stay there.** Please unlock your door. Feel the hallway door; if it's hot, there is a chance the fire is nearby, do not open the door. If smoke is entering your suite block the bottom of the door with a damp towel. Proceed to a back room and block the bottom of that door with a damp towel. If you are feeling threatened, proceed to your balcony. If possible call 911 and inform them that you are on your balcony and need assistance. The fire department will arrive shortly.

**-If you are in a common area, such as the Village Centre, dining room or MPR, and the fire alarm sounds, please evacuate. If you are unable to evacuate and there is no fire in that room, stay there.** If the fire is in that area, please stay as a group and proceed towards an exit. The fire department will arrive shortly.

### **OTHER IMPORTANT INFORMATION**

-When the fire alarm sounds, the fire department is contacted immediately.

-Do not block stairways, fire fighters use the stairs to access all floors.

-If you are in the elevator when the fire alarm sounds, please exit the elevator at the very next stop and evacuate. If unable to evacuate, proceed to a common area by the stairwells if it is safe to do so.

-When the fire alarm sounds, **DO NOT** use the elevators.

-Concordia Village has a sprinkler system. If there is a fire, the sprinkler will start spraying water in the area of the fire and not the entire building.

-If you hear the fire alarm, treat it as a real fire. Please practice what you have been instructed. Once the bells go silent, all is clear, the danger is over.



**IN CASE OF FIRE, PLEASE CALL 911**

**AS a courtesy and respect to the next user of this space, we ask that every Party clean-up after themselves.**



**MPR rented by \_\_\_\_\_**

### **MULTIPURPOSE ROOM CLEANING CHECK-LIST**

- COUNTERTOP WIPED (cleaning products are under the sink)**
- TOP & FRONT OF RANGE CLEANED (when used)**
- SINKS CLEANED (when used)**
- FLOORS VACUUMED (vacuum cleaner supplied)**
- TABLETOPS WIPED**
- FRIDGE WIPED (when used/spills)**
- GARBAGE EMPTIED & TAKEN OUTSIDE TO THE BINS**
- RECYCLING TAKEN OUTSIDE TO THE BINS**

**PLEASE ENSURE ANY FURNITURE MOVED  
IS RETURNED TO OUR REGULAR ROOM SET UP.**

## Garbage Pick-up Services

**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.**



## **CONCORDIA VILLAGE NO SMOKING POLICY**

October 31, 2017

### **POLICY STATEMENT**

#### **SMOKING IS NOT PERMITTED INSIDE ANY OF OUR BUILDINGS, ADJOINING BALCONIES, PATIOS OR GROUNDS.**

Concordia Village is smoke free – building and grounds. This is needed to eliminate fire hazards, irritation and known health risks of exposure to second hand smoke, and increased maintenance, cleaning and redecorating costs.

Concordia Village Tenant Resource Services screens to avoid incoming smokers during the pre-admission process.

Users of tobacco products must dispose of cigarette ends, lighters, matches, etc. in the containers supplied at each canopy of Concordia Village. This will help us keep a safe, neat and clean environment.

**SCOPE** - This policy applies to all Residents, family members, visitors, and guests.

### **ENFORCEMENT OF POLICY**

Failure to comply with this policy will result in disciplinary action taken in the following steps:

1. Warning Letter to the Resident, with copies to their Family Contact(s)
2. Termination of Lease (with 60 days notice), with copies to Family Contact(s) – if there are any further contraventions of this policy after Step 1

## **Personal Safety for Seniors** (From Winnipeg Police Service)

Crime can strike anyone, anywhere! Victims can be anyone of any age, economic status, profession or occupation. It is important that you think safety and incorporate this into your lifestyle. Admit to yourself that you could become a victim, and take action to prevent this from happening. Be suspicious – too much faith in human nature can make you an easy target for a criminal.

Trust your good judgement. Common sense is the best defense.



### **GOING OUT ALONE**

Remember, an area is not safe just because you are familiar with it.

- Plan ahead with safety in mind.
- Try to take a bus, taxi, or arrange a ride.
- When possible, call ahead, and let others know your arrival time.
- Travel on busy well-lighted streets.
- Always carry change in your pocket so you can make a phone call. Remember that you do not need any money to make emergency 911 telephone calls from a payphone.
- Always know the street name where you are and know the address of your destination.
- When approaching your home, have the key that unlocks the door ready in your hand.

### **SAFETY WHEN WALKING**

- When out walking, use “The Buddy System” whenever possible. There is safety in numbers.
- Be aware of your surroundings and what is going on around you. Be alert; look over your shoulder from time to time.
- PURSES – When a criminal sees a purse, they associate that purse with money 100% of the time. If a pedestrian does not carry a purse, they dramatically decrease their chances of being the victim of a robbery. Instead of carrying a purse use a belt pack, fanny pack, wallet or anything that can be concealed on your person. Before you leave your home, ask yourself if you REALLY have to take your purse or whether you can carry what you need in some safer way. If you decide to take the purse, carry only what you really need inside it.
  - Walk confidently with your head up and show a sense of purpose.
  - Walk facing traffic to deter someone from sneaking up on you or following you in a vehicle.
  - Walk in the center of the sidewalk, not too close to the street, and not too close to the building entrances or bushes.
  - Wear comfortable clothing and footwear to remain sturdy and speed up if it is necessary.
  - Do not take shortcuts through empty lots and dark alleys to try and save time. If you are victimized in these places it will take longer for someone to come to your rescue.
  - If you go out walking after dark, carry a flashlight in your hand to illuminate your path.
  - If confronted by a panhandler who asks for money, be assertive, keep moving and don't give them any money. Make donations to food banks or charities that you know

## **SAFETY WHEN WALKING continued**

- If a criminal who wants your money, purse or valuables confronts you – cooperate and give them up. Your personal safety is the most important thing.
- When at all possible cross at crosswalks or pedestrian corridors.
- Before venturing into traffic make sure you are visible.

## **SAFETY IN YOUR HOME**



### **Strangers At The Door**

Reports of criminals robbing victims who open their door to strangers are all too common in today's headlines. Here are some steps you can take to prevent such an occurrence from happening to you:

- Keep your doors locked and windows secure at all times.
- Do not open the door to anyone you do not know without some kind of identification. If you are not satisfied with the identification – do not open the door. It is your home and you do not have to allow anyone access to it.
- If a stranger comes to the door asking to use your telephone, do not open the door. Offer to make the call for them.
- Never give out personal information to any stranger who comes to your door.
- Do not let anyone who comes to your door know that you are alone in the residence.
- You do not have to participate in surveys – that is your choice.
- If a stranger comes to your door and refuses to leave, advise them that you will call the police. Do not panic or argue, but be firm and state your intent confidently.

### **Service and Delivery People**

- If possible, have all service and delivery people attend your residence by appointment or prior arrangement.
- Do not leave valuables open to view or to a delivery person who is unattended while in your premises.
- If you do not like who you see when the delivery or service person attends – you can send them away.
- Ask for identification from any delivery or service personnel who attend your residence. Be sure to utilize reputable and reliable businesses for service calls. Check on references regarding any company that you plan to have work or perform service for you.

## **SAFETY IN YOUR VEHICLE**



### **Before driving your vehicle:**

- Ensure your vehicle is in good running condition. An unexpected breakdown may make you more vulnerable to crime.
- When approaching the vehicle have the proper key ready in your hand. This reduces the amount of time spent outside your vehicle.
- Look behind the seat before getting into your vehicle to ensure no one is hidden on the floor.
- Immediately after getting in - lock all the doors and roll up the windows.
- When stopped at traffic lights and stop signs, keep the vehicle in drive. If pedestrians or other drivers threaten you, stay in your vehicle, hold down the horn, and drive away as soon as possible.
- Never pick up hitchhikers.
- Do not stop to assist stranded motorists. If you are concerned, contact police at the first chance you get and report the location the motorist was having difficulty.
- If you think you are being followed by another vehicle, do not go home. Drive to the nearest police station or open business, and report this immediately to the police.
- Do not allow another vehicle to force you to the side of the road - a dented fender can be replaced but you can't.
- Write down the license plate number of any suspicious vehicle or any vehicle where the driver is exhibiting signs of "road rage". Report these incidents to the police.

### **When arriving at your destination:**

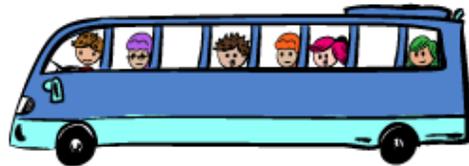
- Park in a well-lighted spot, as near as possible to where you are going.
- Look around for suspicious people before exiting your vehicle. If you see any, don't leave your vehicle.
- Do not leave any valuables including anything with your address on it inside your vehicle. This includes your vehicle registration. Keep it on your person, and supply a photocopy to other people who regularly use your vehicle.

## **USING PUBLIC TRANSPORTATION**

- Try to use convenient, well-lighted and frequently utilized bus stops.
- Use "Request A Stop" when riding the bus. Ask the bus driver to stop and let you off at the closest location on their route to your destination.
- Make sure that you aren't alone at an isolated bus stop for a long period of time. If you must walk home late at night from a bus stop, try to arrange for someone to meet you.
- Know where you are going, where you have to transfer and how to get back home.

**USING PUBLIC TRANSPORTATION continued**

- When boarding the bus, try and choose a seat close to the driver. All buses in Winnipeg have two-way radios and the driver can call police rapidly.
- If you are verbally or physically harassed while you are riding the bus, attract the attention of the driver and other passengers by talking loudly and screaming. Report the incident to the bus driver immediately.
- Be alert to who gets on and off the bus with you. Trust your instincts. If you feel uncomfortable, walk immediately to a public place where there are people present.
- Make sure the taxi that arrives is the one you ordered.
- If you have any doubts about your safety - do not get in the taxi.
- When riding in a taxi, sit in the back seat.
- If you feel uneasy once you are under way, ask to be let out in a well lighted public space.



**IMPORTANT PHONE NUMBERS AT A GLANCE:**

<b>AFTER HOURS Building Services.....</b>	<b>204- 667- 6479 ext 5272</b>	
<b>HEALTH EMERGENCIES.....</b>	<b>911</b>	
Reception, <b>8:00 AM to 4:00 PM</b> , 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	



# Ladies Luncheon May 11, 2018



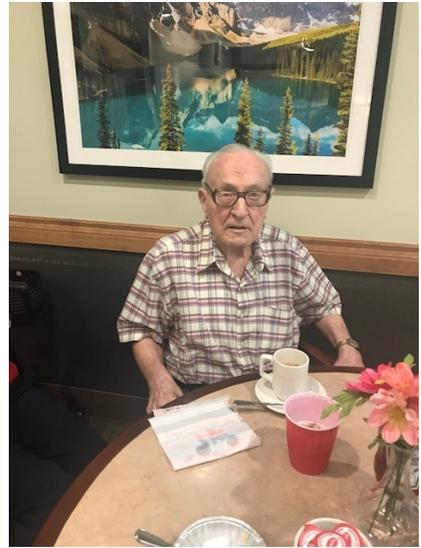


# Our NEW program– The Round Tables A HUGE SUCCESS!





# Men's Luncheon June 15, 2018





 **CHEERS!**

