

THE VILLAGE NEWS

Summer 2017



THE VILLAGE NEWS



Welcome



CVI

Samuel and Beryl
Robbins
Mike Motz
Allegne Parks
Sofia Kostycz
Don and Pat Emerson

CVII

Evelyne Bemben
Sylvia Kostiuik
Gwen Aubertin

CVIII

Robert English
John and Mary Bergen
Mavis Egan
Robert Bullen

We wish you all a wonderful summer!

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Chaplain's Corner by Hermann Dueck

Dear Residents and Fellow Employees of Concordia Village!

This year is a special year for our beloved country, Canada. We celebrate the history of Canada. It is 150 years since Confederation. We have indeed reason to celebrate because we live in a great country. We have peace and stability, our rights and freedoms are protected and we live in a land of extraordinary wealth.

Many people have worked and continue to work hard to create a country that works well. The Fathers of Confederation envisioned a country that would be governed well, with justice for all under God. Psalm 72 was, according to John Ralston Saul, a guiding passage of Scripture in their deliberations. Following are a few quotes from the Psalm. *Give the king justice, O God, and your righteousness to a king's son. May he judge your people with righteousness, and your poor with justice... May he defend the cause of the poor of the people, give deliverance to the needy, and crush the oppressor... In his days may righteousness flourish and peace abound until the moon is no more. May he have dominion from sea to sea...* (Verse 8a). This is where the name *Dominion of Canada* comes from. It was in use until after World War II.

The vision of governing with justice certainly shaped Canada's politics but not for all of its inhabitants. The Confederation of 1867 is referred to by many as the *Birthday of Canada*. I wonder what the aboriginal people of Canada think and feel about this. To call Confederation the 150th birthday is a misnomer in my opinion. It certainly needs qualification and clarification. It may imply that there was no country prior to 1867. It seems to overlook the fact that our indigenous brothers and sisters had lived here for thousands of years before the Europeans arrived and before Confederation took place.

In many ways 1867 marked the beginning of a very dark era for the indigenous people. They lost most of their land, the buffalo (the basis of their livelihood) disappeared, the government in collaboration with the church pursued a relentless policy of assimilation to Western culture and religion through the residential schools and other means. The goal was to *Kill the Indian within the Indian* as apparently stated in official government documents. Duncan Campbell Scott, a politician and a writer/poet, was the architect of Canada's most destructive Aboriginal policies. In 1920, under Scott's direction, it became mandatory (enforced with the police if necessary) for all native children between the ages of seven and fifteen to attend one of Canada's Residential Schools. The legacy of this is being referred to as cultural genocide and continues to be tragically devastating.

So how can we celebrate with integrity? We do that by being honest about our history as a country. We acknowledge the good and the bad. We celebrate the people who fought tirelessly for a just and caring society. We also celebrate the fact that noble attempts are being made to rectify the past injustices toward our aboriginal brothers and sisters through the Truth and Reconciliation Commission. We celebrate the fact that Canada continues to strive to be a just and caring society, knowing full well that this is an imperfect work in progress and that we have a long way to go yet. We are all part of it.

I would like to conclude my reflections with a quote from Tommy Douglas (1904-1986), the father of universal healthcare in Canada, who fought tirelessly, first as a Baptist minister and then as a politician, for a more caring and compassionate society. *We are all in this world together, and the only test of our character that matters is how we look after the least fortunate among us. How we look after each other, not how we look after ourselves. That's all that matters, I think.*

This quote conveys a vision for Canada worth striving towards.

Sincerely,

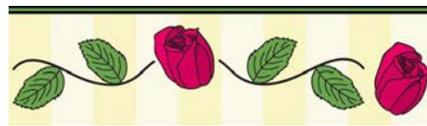
Your Chaplain Hermann



Food Services News by Carla Mendres

- In CV1 we have extended the cook's shift until 6:00pm to see how many residents prefer to come a bit later for dinner. Although dinner service begins at 4:00pm, that doesn't mean you need to be in the dining room at 4:00pm. You are welcome to come down to begin dinner service anytime between 4:00pm-5:30pm!
- 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. We always ensure we offer the correct serving size of vegetables as well 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 are 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 anything that belongs 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

We invite you to join us in welcoming Rachelle Reitmeier, RN BN, to our Staff.

Rachelle has many years of experience in the Nursing Field, especially working with Seniors. She is very excited to meet each of you and to be a part of the Mission of Concordia Wellness Projects, to provide quality service to all of our Residents.

Rachelle's office is located in Concordia Village I, across the hall from the Hairdresser's.

No appointment is needed to see her. There is a Waiting Room beside her office (you will just need to take a number). Also, on your first visit please bring your ERIK form with you.

If you have a health issue and you can't make it down to Rachelle's office, you can make arrangements for her to come up to your apartment.

She can be reached by calling 204 667-6479- extension 5260.

Every Resident will receive a copy of Rachelle's office hours for July and August and they will also be posted outside her office door.



Upcoming Events & Outings

Friday July 7th– Victoria Lifeline Question & Answer Session CVII MPR

Tuesday July 11th– KP Mall– Leave at 9:45am

Tuesday July 25th– Heart Health Seminar VC

Wednesday July 26th– CV Olympics-outside CVII Dining Room

Friday July 28th– Birthday Tea

Tuesday August 8th– Caribbean Pavilion

Thursday August 10th– Caso do Minho Portugese Pavilion

Monday August 14th– Indochina Chinese Pavilion

Wednesday August 16th– Brazilian Pavilion

Thursday August 17th– Russian Pavilion

Monday August 21st– South Beach Casino Day Trip

Wednesday August 30th– Outing– Assiniboine Downs
Horse Races



****Please remember to sign up at least 1 week prior to the outing date****

Resident Advisory Council by Arnold Page

June 21st

“Summer started today”



Rain rain go away– come again another day.

On behalf of all the members of the Resident Advisory Council Executive,
We hope you all have a great summer.

Welcome to all our new residents. We hope your stay here will be an enjoyable one. We look forward to meeting you at the various functions at Concordia Village. Please join us for fun and games, lively musical entertainment and to meet new friends— and perhaps some old ones along the way.

To all who have lost loved ones (including myself), I offer the following prayer.

“Just as the sun will set and rise

With each and every dawn

The souls of those who lived life well

Eternally live on

Now that the sun has seemed to set

On one so very dear,

Please know a soul who lived so well

Remains forever near.”



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

CV LIBRARY

Did you know– we have a large library here at CV! Our library is located in CV II on the 3rd floor, directly across from the elevators.

We have a large selection of fiction, non fiction, large print books and magazines. ALL Residents of CV are encouraged to use the library.

If you would like to take out any of the books,

PLEASE REMEMBER TO SIGN THEM OUT by the Red binder on the table in the library. This is VERY important so that we can keep track of our books.

Thanks for your Cooperation!



Resident Advisory Council by Arnold Page

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

Wednesday March 1st– Charity: Christians Helping all Immigrants

Amount collected: \$122.35

Monday April 3rd– Charity: Feed my Lambs

Amount collected: \$94.20

Monday May 1st– Charity: Jocelyn House

Amount collected: \$130.00

Thursday June 1st– Charity: Beacon of Hope

Mennonite Family Center, Ukraine

Amount collected: \$160.00

Donated by the Resident Advisory Council: \$100.00



NOTE

At the June 20th meeting of the Resident Advisory Executive, the council voted to donate \$100.00 to the Buck A Month club to all the charities to the end of the year, and to also send to the March, April and May charities an additional \$100.00 to each one of them.

Monday July 3rd– Charity to be: The Sunshine Fund

Tuesday August 1st– Charity: To be Announced

Monday September 4th– Charity: To be Announced

Monday October 2nd– Charity: To be Announced

Wednesday November 1st– Charity: To be Announced

Monday December 4th– Charity: To be Announced

A huge THANK YOU to all who donated in March, April, May and June.

Become a Member– The cost is a Buck a Month! Any donation is greatly appreciated– please help to support the many charities that exist by donations.

Anecdotes

God invented hugs to let people know
You love them without saying anything.

Butterflies are quiet and can sneak up on you
Bumblebees let you know they're coming.

Good friends are like stars
You can't always see them
But you know they are there.



Resident Advisory Council by Arnold Page

This month we honor the name "OLGA".

We have five Olga's at Concordia Village:

Olga Syzdek– CVI

Olga Michalchuk– CVI

Olga Sheyka– CVIII

Olga Hladiuk– CVIII

Olga Giesbrecht– CVII Dining room staff member

In Norse, Russian, Swedish and American the name means "Holy".

In Scandinavian the name means 'Blessed'.

In Teutonic the name means "Holy Object".

We wish you Health & Happiness in the Years to come!



SPECIAL POEM FOR SENIOR CITIZENS



A row of bottles on my shelf
Caused me to analyze myself.
One yellow pill I have 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 kind of ills.
But what I'd really like to know...
Is what tells each one where to go!

There's always a lot to be thankful for if you take the time to look for it.
For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

Arnold Page

President of The Concordia Village Resident Advisory Council

The Great Canadian Trivia Test

1. **How many provinces are there in Canada:** 15 10 8
2. **What is the most populous province:** BC Ontario Quebec
3. **Which province has the fewest residents:**
PEI Newfoundland & Labrador Nova Scotia
4. **Regina is the capital of which province:** Nova Scotia BC Saskatchewan
5. **In 1867, the province of Canada was divided into which 2 modern provinces:**
Alberta & BC Ontario & Quebec Alberta & Saskatchewan
6. **How many provinces did Canada have in 1866:** Six Five Four
7. **Which province was the first to legalize same sex marriage:**
Quebec Ontario BC
8. **Which province features Lake Winnipeg:** Manitoba Ontario Saskatchewan
9. **“Splendor without diminishment” is the motto of which province:**
Quebec BC Alberta
10. **Combined in total area, both land and water, where does Canada stand in terms of size worldwide:** first second third
11. **The lodgepole pine is the official tree of which province:**
Alberta Quebec Ontario
12. **Which province is the only one officially considered bilingual:**
Ontario Quebec New Brunswick
13. **In which province does about 20% of the population have Scottish ethnic origin:**
BC Nova Scotia Manitoba
14. **How many of Canada’s provinces are considered Prairie provinces:**
Two Three Four
15. **Which province’s flag features a lion over a ship on a yellow background:**
New Brunswick BC Nova Scotia
16. **In Ontario, most residents claim to be what religion:**
Catholic Protestant Lutheran
17. **What is the largest city in Manitoba:**
Montreal Winnipeg Saskatoon




The Great Canadian Trivia Test


18. Which province entered the Canadian confederation in 1949:
 Newfoundland & Labrador Nova Scotia New Brunswick
19. What does the word Saskatchewan mean in Cree:
 Light of the Gods Swift flowing River Big rocky plateau
20. The Great Gray Owl is the official bird of what province:
 Alberta Quebec Manitoba
21. What percentage of people in Nova Scotia primarily speak French:
 30% 3% 1%
22. In which province is French the primary language:
 Quebec New Brunswick BC
23. Among Canadian Provinces, where does Alberta rank in terms of population:
 First Third Fourth
24. Glacier National Park extends into which province:
 Manitoba BC Quebec
25. In 2011, what was Saskatchewan's approximate gross domestic product:
 \$7 Billion \$75 Billion \$119 Billion
26. Which province averages the greatest number of tornadoes per year:
 Alberta Saskatchewan Manitoba
27. Which province is home to about 40% of all Canadians:
 Quebec Ontario British Columbia
28. In which province does the so-called "spirit bear" live:
 Ontario Alberta British Columbia
29. What is Alberta's number 1 industry:
 Agriculture Oil and Natural Gas Mining
30. In the 90's the decline of which industry led to a population collapse in Newfoundland and Labrador:
 Fishing Mining Agriculture



CANADA 150

ANSWERS

1. Ten 2. Ontario 3. PEI 4. Saskatchewan 5. Ontario and Quebec 6. Four
 7. Ontario 8. Manitoba 9. British Columbia 10. second 11. Alberta 12. BC
 13. Three 14. Three 15. New Brunswick 16. Catholic 17. Winnipeg
 18. Newfoundland and Labrador 19. Swift Flowing River 20. Manitoba 21. 3%
 22. Quebec 23. Fourth 24. British Columbia 25. 75 billion 26. Saskatchewan
 27. Ontario 28. British Columbia 29. Oil and Natural Gas 30. Fishing

Resident Advisory Council

Concordia Village Resident Advisory Council

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 Ulyot 150
Olga Michalchuk 322	Daphne Blandford 321	Shirley Fenning 263
Jim Ross 318	Audrey Borody 222	Mary Pauls 146

VOLUNTEERS NEEDED!!!

We are in need of more Resident Meal Delivery Volunteers for Building II.
Please talk to Mandy in Recreation if you think you might be interested,
or call her at 204-667-6479 ext 5229.

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
Cassie Kith
Elsie Smith
Otto Zipp
Antoni Starak

CVII
Herb Mueller
Heather Nykoluk
Emma Yakel
Willie Wardekker

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.



Resident Page

TABS FOR WHEELCHAIRS

The wheelchair presentation has taken place. The happy recipient was Delaney, a grade 11 student who was born with physical challenges which never slowed her down. She danced, played soccer, volleyball and rode her bike until a surgery, which was meant to improve her condition, went terribly wrong and left her paralyzed from the mid chest down. She maintained a remarkable attitude, determined to make the best of this. Her specialized wheelchair will certainly help.

Thank you to all who faithfully collect those little tabs from your aluminum beverage cans. They can be deposited in the containers in the lobby of CV1 and CV3 or in the Village Centre. This year we donated 26 lbs of tabs and we're well on the way to doing even better next year when two wheelchairs will be presented in celebration of the 20th Anniversary of this program.

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.



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 (Rachelle).....	ext 5260
Director of Environment Services	ext 5258 (Ernie)
Assistant Directors of Environmental Services	ext 5264 (Glen)
.....	ext 5223 (Tammy)
.....	ext 5228 (Eva)
Director of Tenant Resource Services.....	ext 5229 (Mandy/Ilona)
Recreation.....	ext 5224 (Bruce)
Director of Finance and HR Services.....	ext 5227 (Carla)
Director of Food Services	CVI 204- 283-4177
Silva's Styling Hair Salons.....	CVII 204-415-7751
.....	



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 the Finance office (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 the Finance office (CV2).



Message from our Fire Marshal Glen Desrochers

Hello CV Residents!

The Maintenance Team recently completed our in-suite fire inspections. Great improvement over previous years inspections, and we thank each and everyone of our residents for their co-operation and help with this. We are so very pleased! A couple of the issues discovered was, extension cords not being used properly, excessive clutter/storage, and a couple instances where curtains were too long and were close to the heater. Other than that, great work to all! If you have any Fire Safety questions or inquiries, please don't hesitate to get in contact with Maintenance at extension 5264.

On May 30th we had our first fire drills of 2017 at CVI, CVII, and CVIII respectively. We would like to thank all residents who participated in our fire drill! We had over 40 residents in each building evacuate. Several residents were able to safely climb the stairs from the second and third floors down to the main floor to evacuate. Great job! **Just a reminder that if you are unable to safely climb the stairs to evacuate during an alarm, we ask that you shelter in place.** Stay in your suite and unlock the entry door. If you live on the main floor and happen to be upstairs when the fire alarm sounds, we ask that you evacuate if you can safely climb the stairs. If you are unable to safely climb the stairs we ask that you use a common room to shelter in place.

A few Life Safety reminders:

- Please, do not head back up the stairs to check on someone, you may possibly put yourself and others at risk. No one other than emergency personnel should be going up the stairs.
- If your spouse is unable to evacuate safely, you are free to shelter in place with them. You do not have to leave them alone in the suite.
- Everyone on the main floor, except in a few instances, should be able to evacuate during an alarm.

Please DO NOT use the elevators during a fire alarm.

Due to the size of our Buildings we may not immediately know what is happening at the other end of the building or on other floors, so please follow our Fire Safety Procedure upon hearing the fire alarms and always treat it as a real fire.

Thank you,

Wishing everyone a Safe Summer!!!

Glen Desrochers



Environment Services News by Ernie Goetz , Tammy Stolwyk and Glen Desrochers

Warm Summer Greetings to all our Residents, Families and Staff.

As I'm sitting and reflecting on the past few months in preparation of writing my summer news article, I am reminded that we just had our longest day of the year (June 21).

Our campus looks beautiful, lush and green outside. We are very happy that we don't have the tent caterpillars on our campus that have once again stripped large areas of bush outside of our City.

Our Grounds keeping team are busy making our property once again look stunning. The contractors were creative and busy making a Palm Garden on the North side patio just outside the CV I Dining room to be enjoyed by our Residents and their Families. As I walk the grounds of our large campus, I can't help but marvel over the passion of all our Resident Gardeners who have their balconies blooming with flowers and looking spectacular. My wife never misses the opportunity for an evening walk to gaze and smell the many beautiful flowers that are all around our Campus. I would like to take this opportunity to say a special thank you to each and every one of you for sharing your passion of flowers which are on display for all of us to be enjoyed during our walks. It certainly makes our Campus feel like a Resort.

We are pleased to share that our campus wide bed bug inspection in May by Trevor and his dog Trigger came back as "all clear".

Our Housekeeping team would like to introduce 2 new members who have joined our team of casual cleaners this past month: Rosa Ortiz and Nelia Medeiros. Please help us make our new staff feel welcomed.

Our Maintenance team had to say goodbye to a very well respected member of our team. Edgar French will be leaving us to pursue a career with the University of Manitoba. We would like to express our sincerest "Thanks" to Edgar for his compassionate service at our site over the last year and a half. We wish you all the best Edgar, as you mentor our young people. We are in the process of finding a suitable replacement.

As many of us watched the very tragic news this past week about the devastating fire in the high rise apartment in England, we were all reminded of the importance of Fire Safety. Our Fire Marshal Glen has added an article about our most recent fire drills which were held a few weeks ago and the importance of making sure we take all alarms seriously. I would like to encourage Residents to read the report from our Fire Marshal and ask questions if there are things you don't understand. Glen is always prepared to explain the important Fire Safety factors of our Buildings.

On behalf of our entire Environment Services team, I would like to wish all of you a wonderful summer!!

Ernie Goetz

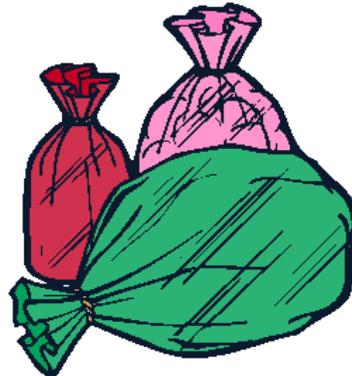


Garbage Pick-up Services

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. Concordia Village is 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.**



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



**WE REMIND ALL RESIDENTS, FAMILY MEMBERS
& GUESTS THAT CONCORDIA VILLAGE IS A
SMOKE FREE FACILITY.**

**SMOKING IS NOT PERMITTED INSIDE ANY OF
OUR BUILDINGS OR ON ADJOINING PATIOS OR
BALCONIES.**



On the Grounds ONLY

**CVI: EAST DOOR, OUT BACK OF THE DINING
ROOM**

CVIII: SOUTH EAST EXIT DOOR

**CONCORDIA WELLNESS PROJECTS INC.
CONCORDIA VILLAGE**

NO SMOKING POLICY

January 1st, 2016

POLICY STATEMENT

Concordia Village is a smoke free facility. 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.

Smoking is not permitted inside any of our buildings, on adjoining balconies or patios.

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

DESIGNATED SMOKING AREAS ON THE GROUNDS ONLY - are provided and located as follows:

CVI: East door, out back of dining room

CVIII: South East exit door

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

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 copies to Family Contact(s) – if no resolution in 15 days from Step 1



Ladies Luncheon May 12th, 2017





Men's Luncheon June 16th, 2017





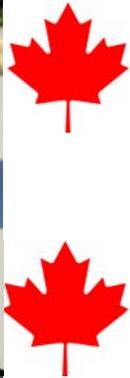
Canada's 150th Birthday Party at CV June 30th, 2017





CANADA DAY





Happy Canada Day

Zoo Outing July 5th, 2017

