

# THE VILLAGE NEWS

Fall 2018



# THE VILLAGE NEWS

**HAPPY FALL**  
**to All our Residents &**  
**Staff!**



*Welcome*

**CVI**

Jake Bergen

**CVII**

Elly Holsten  
 Walter & Olga Norget  
 Ollie Safnuk  
 Victor Unger  
 Peter Giesbrecht  
 Henry & Irene Dyck  
 Peter & Katherine Hrehoruk

**CVIII**

Beatrice Babino  
 Ness Beattie  
 Margaret Gouriluk  
 Joy Wright  
 Roger & Stephanie  
 Devriendt  
 Elsie Schreyer



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## Chaplain's Corner by Hermann Dueck



### Dear Residents and Fellow Employees of Concordia Village!

How is life treating you? That is a question we are sometimes asked, or that we may ask. The answers to this question may vary greatly. It depends on what we are experiencing, it depends on whether we are open and honest in answering this question, and it depends on whether we feel that it is safe to be honest.

The reality of life is such, that it is a mixture of joys and sorrows, of light and darkness, of lightness and burdens. We might have many easy-going years in life (and I hope this is or has been the case for all of us) but sooner or later we are laden with burdens; sometimes heavy burdens. It might be the burden of ill health, the burden of loss and grief, the burden of difficult relationships, or the burden of unforgiveness and resentment. The list could go on. How do we cope with these burdens?

St. Paul writes to the church in Galatia, *Bare one another's burdens, and in this way you will fulfill the law of Christ* (6:2). It is about love because the law of Christ is love.

How can we practice this in our daily lives? Doesn't it feel too heavy to carry another person's burden? I don't think that this means that we load the world's burdens on our shoulders and be crushed by them. This was my tendency when I was a young pastor. I slowly learned that I can never do for others what they must do to do for themselves; but we can do wonderful things for others that ease the burden. Allow me to comment briefly on two seemingly small but very significant things.

**Listening:** We can listen to a person who carries a burden. There is an old saying which says, *Shared grief is half the grief and shared joy is double the joy*. We know that this is not a mathematical equation but there is a lot of truth to the saying. Sharing a burden with a person who listens well can ease the heaviness of the burden. Listening to my neighbor is the first step in showing love to him/her.

**Acts of love.** Many of us are at a stage in life where we might feel that we can't do a lot for others because of limitations, but we can still do many things that may seem small but are hugely significant. I see them happening constantly in our Village. I often hear residents saying, *everybody is kind here*. That always blesses my heart. A kind and hospitable place is what we strive to be. I recently met a resident in hospital on my visiting tour who was moved to tears while showing me the Get-Well-Card that he had received on behalf of the residents. *They think of me*, he said. I could come up with a long list of small acts of love that are being done by staff and residents alike. Done in love, these things are huge. That is how the law of Christ is being fulfilled among us.



Love and Kindness, Your Chaplain, Hermann

### Programs Hermann facilitates monthly:

#### Current Events

What's going on the world, in our country, in our province, in our city? Twice a month, on a Wednesday morning at 9:30am, a group gathers in my office to discuss issues that we hear or read about in the media. We meet for one hour. It is an informal meeting. Every participant may feel free to raise an item for discussion. We discuss issues in a respectful way, appreciating different opinions on any given topic. Should this group be of interest to you, you are welcome to join us. Check your monthly calendar for the next event.

#### Prayer Circle

For half an hour every Thursday morning at 10am, a group of people gather in my office for reflection,



## Chaplain's Corner by Hermann Dueck

### Bereavement Support Group at Concordia Village

A number of residents have lost loved ones in the recent past. Therefore, I have decided to facilitate another Bereavement Support Group. We meet for 6 weeks for about an hour each time. After each series 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 or depression. 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 grieving 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 2, 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 or brother 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 if you feel inclined to do so.
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 more 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 5666 or talk to me in person.



at 204-299-

## 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. If you would like to purchase some, 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. Fresh salads are made available to you each day. 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 please use the tongs provided to choose your food. It is very important that Residents refrain from using 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 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 you. 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 about 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 204-667-6479, extension 5227.





## Office hours & phone number

The nursing hours are distributed monthly. If you have any questions/concerns, please call the office:  
**204-667-6479**

## Flu vaccine clinics will be held

**October 22nd**  
**8:30am-4pm**  
**CVI MPR**

**October 30th**  
**8:30-4pm**  
**CVII MPR**

Sign up binders will be located at the front desks of

## Preventing Falls

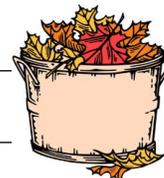
The risk of falling becomes greater with age. Every year, 1 in 3 Canadian seniors will fall at least once. Hip fractures are the most common type of fall injury among seniors. Poor balance, decreased muscle/bone strength, reduced vision or hearing & unsafe conditions in & around your home are all factors that can increase your risk of falling.

There are several steps you can take to help prevent falls & the injuries caused by falls.

-In the bathroom: use a rubber mat for the tub/shower, use a bath seat in the shower & a raised toilet seat if you need them.

-In the living room: reduce clutter, use a cordless phone, have good lighting, install nightlights, ensure the path is clear from the bedroom to the bathroom, **get rid of scatter mats- they are a tripping hazard**, move slowly out of bed/chair; getting up suddenly can make you dizzy.

Good nutrition will help keep up your strength, resistance and sense of balance. Stay active; do what you can to maintain your flexibility, balance and strength. Wear appropriate footwear (non-skid rubber soled, and low heels) & avoid wearing only socks on tile/wood floors. If your medication makes you dizzy/sleepy, adjust your activities to prevent the risk of falling. Use devices that can help keep you safe and active. Wear your glasses and hearing aid, consider using a cane/walker; ensure your cane is at the correct height and has a rubber tip for safety. Also, ask your doctor if you can drink alcohol with the medications you are taking; alone or in



## Preventing Diabetic foot ulcers

Chronically high blood sugar levels can be associated with serious complications in people who have diabetes. The feet are especially at risk. Chronically high sugar levels associated with uncontrolled diabetes can cause nerve damage that interferes with the ability to sense pain & temperature. People with diabetes may not notice sores or cuts on their feet, which can lead to infection. Diabetes is associated with poor circulation (blood flow); inadequate blood flow increases the healing time for cuts and sores & increases the risk the infection will not heal. This in turn, increases the risk of ulcers. Diabetic foot ulcers are dangerous wounds that may heal slowly or fail to heal. Early diagnosis & treatment are necessary to reduce the risk of complications. Taking good care of your feet can prevent problems before they start. Use the following tips to reduce your risks: keep your blood sugar levels within recommended range, carefully inspect your feet daily for redness, blisters, sores & other signs of irritation, avoid soaking your feet, dry your feet completely after bathing (especially the areas between the toes), avoid putting lotion between the toes, choose well fitting socks and avoid sandals and walking barefoot.

People who have diabetes should see a foot doctor every 2-3 months to examine the tops & bottoms of your feet and assess your skin warmth/redness assess pulses/temperature of your feet.

## CV Flu Clinic 2018

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:

**Monday October 22nd from 8:30am-4:00pm in CVI MPR**

**Tuesday October 30th from 8:30am-4:00pm 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 1st**.

**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, as well as any allergies you have, along with your Manitoba Health Card to the clinic.**

**Be prepared to stay for 15 minutes after you've had the shot so**

### 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.



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

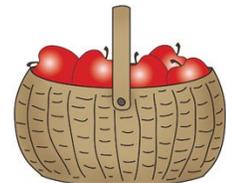
**Fall is here and we had our annual Family Fun Day on September 15th.  
Thanks to all the Residents, Families, Friends and Staff  
who made it such a wonderful day!**

**Please make sure to check out all of our upcoming fall activities!**



### Upcoming Events & Outings

September 26th - KP Mall  
September 28th– September Birthday Tea  
September 30th - St. Agathe Fall Supper  
October 5th– Outing: Cirque du Soleil Crystal- need to have pre purchased tickets ahead of time from Recreation  
October 15th– South Beach Casino Day Trip  
October 22nd– CVI Flu Clinic CVI MPR  
October 24th– St Vital Mall Outing  
October 26th– October Birthday Tea  
October 30th- CVII Flu Clinic CVII MPR  
November 6th– McPhillips Street Station Casino Day Trip  
November 13th– Seasons Outlet Mall Outing  
November 27th– Resident General Meeting  
November 30th– November Birthday Tea  
December 5th– Polo Park Mall Outing  
December 13th– CVII & CVIII Christmas Party  
December 14th– CVI Christmas Party  
December 17th– South Beach Casino Day Trip  
December 19th– Resident Christmas Production



### Concordia Village Resident Christmas Parties– Save the DATE!

**CVII & CVIII Christmas Party: Thursday, December 13th**

**CVI Christmas Party: Friday, December 14th**

**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.\*\*\***



## Assisted Living Plus

<u>Services</u>	<u>Contact Name</u>	<u>Phone Number</u>
Nurse On-site	Rachelle Reitmeier	(204) 667- 6479 Ext. 5260
Victoria Lifeline	Service Desk	(204) 956-6777
Visiting Pharmacist	The Medicine Shoppe	(204) 661-2121
Visiting Pharmacist	Shopper's Drug Mart	(204) 669-1722
Visiting Pharmacist	Munroe Pharmacy	(204) 669-1267
Liaison With Home Care	Eva Cunningham	(204) 667-6479 Ext.5228
Dental Screenings	Rachelle Reitmeier	(204) 667-6479 Ext. 5260
Hearing Screenings and Hearing Aid Checks	Rachelle Reitmeier	(204) 667-6479 Ext. 5229
Vision Screening	Rachelle Reitmeier	(204) 667-6479 Ext. 5260
Flu Shots	Rachelle Reitmeier	(204) 667-6479 Ext. 5260
Director-Tenant Resource	Eva Cunningham	(204) 667-6479 Ext. 5228
Assistant Director-Tenant Resource	Mandy Tremblay	(204) 667-6479 Ext. 5229



## Hallway Chatter By “Felix” - Third Edition

### “The Special People in Our Lives”- by Emily Matthews



The things special people  
just naturally do  
Make all our lives brighter  
and happier, too-  
It might be the warmth of a welcoming smile,  
Or the time someone takes just to visit awhile...  
It might be a hug  
or a heart- to- heart talk  
A companion who’s willing to go for a walk...  
It might be a favor,  
a kind, helping hand,  
A listening ear,  
the words, “ I Understand”  
They’re all little things,  
but we know beyond doubt  
Each one’s at the heart



### Quotations- Famous or Not

1. Warm thoughts like lovely flowers lighten the heart and brighten the hours.
2. May your glass be ever full. May the roof over your head be always strong. And may you be in heaven half an hour before the devil knows you’re there.
3. What would you call someone who has the kindest heart, the warmest smile, the most caring soul and gives love to everyone. Well- probably you would call her your “Mother in Law”
4. I haven't lost my mind. Half of it just wandered off, and the other half went looking for it.
5. I don't need Google, my wife knows everything.
6. What dance did the pilgrims do? - “The Plymouth Rock”
7. Don't

about  
old, it's  
be over  
then un-



worry  
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the hill  
der it.

## Hallway Chatter By "Felix" - Third Edition

### Limericks

1. I once fell in love with a blonde,  
But found that she wasn't so fond  
Of my pet turtle named Ollie.  
Whom I'd taught how to yodel  
So she dumped him outside the pond.
2. There once was a man from Peru  
Who had a lot of growing up to do.  
He'd ring a doorbell,  
Then run like hell,  
Until the owner shot him with a 22.
3. There was an odd fellow named Gus,  
When travelling he made such a fuss.  
He was banned from the train,  
Not allowed on a plane  
And now he travels only by bus.
4. There was a young lady of Cork,  
Whose Pa made a fortune in pork.  
He bought for his daughter  
A tutor who taught her,  
To balance green peas on a fork.



**The Memorial Garden is  
dedicated to departed  
loved ones.**

**They will always be  
remembered especially  
when the roses bloom.**



**Always loved  
Never forgotten  
Forever missed  
Forever in our hearts**

### A Prayer

May you see God's light on the path ahead  
When the road you walk is dark.  
May you always hear, even in your hour of sorrow,  
The gentle singing of the lark.  
When times are hard may hardness  
Never turn your heart to stone,  
May you always remember  
When the shadows fall— you do not walk alone.



## Hallway Chatter By “Felix” - Third Edition

### Poem

#### “My Cause for Joy!” - Wanda Neufeld

I've reached the age of ninety three,  
and mostly I'm quite happy;  
I inherited longevity  
from my Mammy, not my Pappy.

My Pappy, he died really young,  
reached only eighty five;  
but the heart attack that laid him low,  
he just could not survive.

Now, my Mammy lived for a century,  
then added eight months more,  
before she finally got the rest  
that she'd been yearning for.

And if I live as long as she,  
I have just seven years more  
to enjoy the abilities I still have,  
and forget those I had before.

A loving family, loving friends,  
are cause for thankfulness.  
So neither weakening legs nor failing eyes  
can spoil my happiness.



**Peace and Love Always,**  
*“Felix”*

### 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
.....	CVII 204-415-7751



## Hallway Chatter By “Felix” - Third Edition

Story Time : “The Saturday Night Routine”- by Glady Mcdonald

Whenever we get together  
My sisters, my brothers and I,  
We remember, our mother's ‘no nonsense’  
Rules in the good ol’ days gone by.  
My most vivid recollections  
From a youngster to a teen  
Are the weekly body cleansings  
The Saturday night routine.  
The old cook stove was kindled,  
The reservoir filled to the brim:  
The tea kettle whistled its whining song  
And the coal– oil lamp was dim.  
The wash tub appeared in the kitchen floor,  
Clean towels piled high on a chair;  
A scrub brush, a wash cloth and carboloc soap  
Three inches of water, just tepid,  
Poured into the tub for– guess who?  
For Shirley ‘cause she was the ‘baby’  
A rank that she held as she grew.  
A splish and a splash and splatter!  
(She’d better not pee in the tub.)  
There were seven more bodies to follow  
And each one needed a scrub.  
A little hot water was added  
And, just as a quick as a wink,  
Inez’s clothes were whisked from her body.  
Oh, my! What would people think?  
From head to toes she had bubbles  
As that carboloc soap stung her eyes.  
Next– a rinse—then wrapped in a towel  
Off to Bed in a flannel disguise.  
Another dipper of water  
Doris’ turn- we could tell.  
She reluctantly surrendered  
To that awful carboloc smell.  
Attention was paid to her elbows.  
“And your knees need a scrub,” added Mum.  
“You can’t go to church in the morning  
Unless we get rid of that scum.  
‘Twas my turn! The message was  
clear. The kettle released more  
hot water.  
As that carboloc soap bubbled



Now Mum, an experienced detective,  
Spied a ‘coat of brown’ on my neck.  
“It’s suntan,” I tried to persuade her  
But she scrubbed it raw, just for heck.  
“I’ll add the hot water,” Stan offered.  
“I’m Big now-I’ll bath by myself”.  
“Not tonight, lad,” he heard mother answer. “  
You can’t clean your ears by yourself.”  
Maybe next week- he really felt grown up  
And wondered how long he could cope  
But his thoughts were drowned in the water  
And the smell of the carboloc soap.  
It was Helen who led each young sister  
To her bedroom and tucked her in bed  
So, she welcomed her turn in the bathtub  
Then a pillow beneath her head.  
She added more water- - two dippers  
And sank in the tub to repose  
But, Evelyn and Haldon were waiting  
So– she dried and donned her night clothes.  
Now Evelyn, would probably tell you  
How she argued, “That water’s not clean!  
There’ve been six dirty bodies scrubbed in  
it. In fact, it is ghastly obscene!”  
“Never mind– just add some fresh water.”  
To reason she hadn’t a hope  
“Cause she knew that the water was purified  
With caustic carboloc soap.  
Haldon, the oldest, was last in line.  
At least, now, the water was deep.  
If he curled up tight he’d get swallowed up  
And comfy enough to sleep.  
But, he mustered up courage he needed  
To face that soap he dread,  
And scoured his body from top to toes  
Maybe that’s why he has a bald head.  
We’ve repeated these facts to our children  
Who giggled in disbelief.  
And our grand kids, astonished, responded,  
“All eight– the same water? GOOD GRIEF!”  
our dream is to have great grandchildren  
And live ‘till each one is a teen.  
We’ll tell them about the ‘Good Ol’ Days’  
And the **SATURDAY NIGHT ROUTINE.**



## Resident Advisory Council by Jane Luchak

What a wonderful summer this has been. If nothing else, the weather has been absolutely beautiful for all kinds of activities. For me, this summer brought a most memorable occasion. My only granddaughter, Andriana, was married and she had a beautiful traditional wedding. Would you believe, I even danced at her wedding reception. I have the photos to prove it.

How about all the rest of the 300 or so people living in Concordia Village? Did you do anything interesting this summer or did you just sit in your suite? In this place, we are all faced with the same stigma -retirement. You worked hard all of your life, probably saving your money so you could enjoy those after work days. You don't have to get up early in the morning, you can go cruising in your convertible and visit exotic places. You moved into Concordia Village so you don't have to cook or mow the lawn.

For most of us, the reality proves quite different. Retirement can be boring, or even depressing. You have aches and pains and your spouse may have passed on or have mobility issues. I personally went through this phase eight years ago and spent some time in the hospital. I decided that it must be possible to change miserable living into years of excitement and discovery. That is why I decided, with help, to organize a Resident Christmas show. I am thankful to all the residents who agreed to join me and we've had some pretty good shows in all these years. Who can forget Glenn Nichols as Scrooge, and we didn't even have a stage then.

Along the way we have lost some of the participants, but I am thankful to new residents moving in every year who are willing to join us with even more new ideas. Don't be timid. This year, as Resident Advisory Council President, I have attended five funerals here at Concordia Village and brought our condolences. But what has perplexed me was the talents that these people had but we never knew! We would have loved for them to show us their talents while they were still here!

So, please join in. Everyone is welcome! Our voices may have hit a few octaves lower, but we can still make a joyful sound when there are many singing together.

Besides there are many other ways of performing on stage. For example, who can forget the "Mummery" produced by Daphne and Ed at our last Christmas show?

If you look at your September calendar you will see lots and lots of outings, and of course, the annual Family Fun Day. The staff at Concordia Village goes all out to provide us with lots to do, so please check that calendar and sign up for as many as you can. The St. Agathe Fall Supper is a very nice bus trip out into the country and the food is usually very good – home made pies (Yum! Yum!).

Get out and enjoy the really nice days we have left!

*Jane Luchak*

President,



**Resident Advisory Council by Jane Luchak**

**Resident Christmas Show**

This is an annual Christmas show put on by the Residents of Concordia Village. If you are interested in being a part of our show, directed by Jane Luchak, our Resident Advisory Council President, please come to the first rehearsal on **Monday, November 26th at 6:30pm in the Village Centre** and then every Monday Evening at 6:30pm in the Village Centre after that until the night of the show.

ALL Residents are welcome to participate– the more the merrier!

**The Christmas Show will be on  
Wednesday, December 19th at 7pm in our Village Centre.**



Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is life, fight for it.



**ELECTION-  
City of Winnipeg**

**This is a reminder that a  
Voting Location will be  
established at:**

**Concordia Village**

1115 Molson St

in the **Village Centre**

On Wednesday, October 24,  
2018

From 8:00 a.m. to 8:00 p.m.

## 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 Ulliyot	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 June. Our thoughts are with the family and friends of each person.

CVI  
Clara Schellenberg  
Morley Wootton

CVII  
Larry Yusishen  
Joan Mann  
Leona Kruse  
Jean Turner  
Doris Campbell

CVIII  
Albert Buffie  
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 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. 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 running from January 1 to De-**



**January, with one-year terms cember 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.

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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 need of 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

Ruth Regehr  
Mary Pauls  
John Bergen  
Mary Bergen

### Our Outreach Volunteers:

**CV I:** Jim Ross, Olga Michalchuk

**CVII:** Hilda Epp, Daphne Blandford, Audrey Borody & Jack McKenzie

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**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.

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

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

We could also use more Library helpers! If you are interested, please talk to Clara Brazeau in CVII 204-663-3786.

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### **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

We would all agree that our news has been dominated by the weather this summer!!! The ongoing drought with its extreme heat waves and the news of all the forest fires right across North America, have left us all in shock with the devastation created by these fires. Even here in Manitoba, we experienced several weather advisory statements due to poor air quality coming from the smoke from the various forest fires. The recent rains were finally a welcome relief for us all. As we drive out to the lake, we see farmers busy harvesting their fields which leaves us with the sense that summer is coming to an end. The school kids are all back to school now and for those of us still driving our cars, we are once again reminded to slow down in the school zones.

### Grounds:

Despite the heat and the extreme dry conditions, our landscaping team did an outstanding job of making our campus look vibrant and alive compared to many other properties. The landscapers have also been extremely busy creating several new gardens on our campus. They have cleaned-up and put wood chips around many of our evergreen hills. We had to remove several mature trees on the South side of Village 3 that were plugging our air conditioning filters with fluff that was being shed by these trees. All dry sod around the buildings, has been replaced and is being watered to make sure it keeps growing. Snow this year will help protect our plants from dying. Our Resident garden plots look great this year. Despite the heat, the tomatoes look so nice!!! We have purchased some larger water tanks for next year to ensure we have adequate water to be used for our gardeners. I express my sincerest gratitude to a very special volunteer who has been tirelessly pruning our rose gardens this summer. **“A special Thank You to Gwen Aubertin”** for the countless hours pruning our rose bushes despite all the heat so that all of us have been able to enjoy the beauty of the gardens!

### Housekeeping:

We are planning to shampoo the hallways in all 3 Buildings in September and October. Our Residents in CVI will have noticed that we cleaned up the end of the hallways by removing our bookcases and the books. We asked our current Library Committee in CVII if they wanted to accept any of the books, but since our Library is completely full, they had to decline these books. We donated all the books to the Children’s Hospital Book Market. For our reading enthusiasts, regardless in what building you live, our CVII Library Committee would love to see you come organized and a fully

and make use of a well-stocked library.



## Environment Services by Ernie Goetz

### **Maintenance:**

Considering the extreme heat that we experienced this past summer, we are grateful that we were able to get through the summer months with minimal air conditioning problems. We remind our Residents that September and October are the hardest months to balance the inside air. The nights are cold and the daytime sun is still pretty hot when shining down on our buildings. If you find it difficult to get the temperatures right in your suite, please request for help from our maintenance staff.

Come November, we are scheduled to do our 2<sup>nd</sup> annual Bed Bug inspection throughout our campus. Notices will be handed out once we have the exact dates scheduled. We also remind all Residents living on the main floor not to leave your balcony doors open for any length of time as mice are eagerly trying to get into the warm building as the weather gets colder outside.

### **Preparation for our coming winter months**

If you have a car, this may be a good time to get your block heater cord checked to make sure it is in good working order. We are often asked for a snow cleaning service for Residents' cars in the winter. Due to the size of our maintenance staff and the size of our property that is in need of cleaning and maintaining when we get a snow fall, we just don't have the resources to provide this service.

An idea to assist you with cleaning snow from your car, is purchasing a leaf blower. If you are thinking of purchasing and using an electric leaf blower for the winter, please let our maintenance staff know so that we can make arrangements to change the plug of your parking stall. After any significant snow fall and when you see the machines cleaning the parking lots, please move your cars to the south parking lot behind CV III so that plows can get into your spot and clean it properly.

### **Fire Life Safety Training Sessions with Glen our Fire Marshall**

We take the time every year to remind our Residents what to do if you ever encounter a fire in your suite and what to do if you hear the fire alarms going. Glen, our Fire Marshall, will once again hold small group meetings in October & November to answer many of these questions. Please keep an eye out for Glen's invitations to these sessions and participate. It will be lifesaving information.

On behalf of all of our staff in Housekeeping and Maintenance, we would like to wish each and every one of you a most wonderful Fall Season and a blessed Thanksgiving!!!!

**Ernie Goetz**



From time to time our Residents may want extra cleaning services beyond those 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 ser-  
vices**



## **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 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 and matches 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

## Now you have the freedom to go anywhere!

**GoSafe with the next generation of Lifeline help buttons.**

Victoria Lifeline's new mobile service is now available to **Concordia Village** residents at a **reduced rate!** GoSafe\* features 6 advanced locating technologies and two-way voice communication right through the button.

Designed to quickly find you in an emergency, GoSafe gives you the confidence to enjoy life to the fullest. It even has fall detection built right in for that added layer of protection when you're outside in our Manitoba winters.

Call (204) 956-6777 today and upgrade to GoSafe for only **\$37/month** Please visit our website at **[www.victorialifeline.ca](http://www.victorialifeline.ca)** for more information or to watch a video on this groundbreaking new service.

\*Please note: GoSafe relies on cellular network availability and has a six month initial term.



**VICTORIA LIFELINE**  
Safe and independent living.

*Victoria Lifeline is a community service of the  
Victoria General Hospital Foundation*

# CELEBRATE A LEGACY OF CARING

## CONCORDIA 90<sup>TH</sup> ANNIVERSARY CELEBRATION

**Sunday, October 28, 2018**

MUSIC & CELEBRATION 2PM  
"FASPA" 4PM

**Canadian Mennonite University**

LAUDAMUS AUDITORIUM MAIN CAMPUS  
500 SHAFTESBURY BLVD, WINNIPEG, MB

*Featuring*

### ROSEMARY SIEMENS

Hailing from Plum Coulee, Manitoba, Rosemary Siemens has captivated the world stage with her vocal talents and 300-year-old violin named "Sparkle". She'll perform a sweet mix of country, gospel, and all-time favourites.

*Presenting*

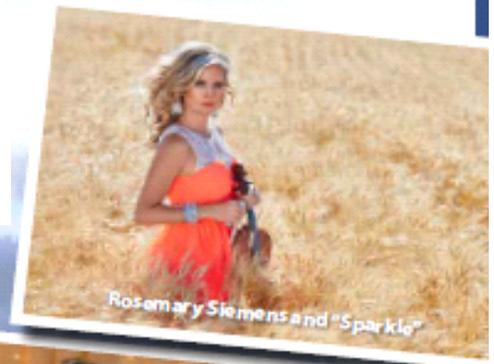
### THE 2018 MARTIN BERGEN AWARD

to Mr. Sig Enns in honour of his contribution  
to our community of caring.

*Announcing*

### THE 90X90 CAMPAIGN

as we prepare to raise \$90,000 to celebrate our  
past and strengthen our future



## RSVP EARLY!

**Any Concordia Village Residents that want to go, we have a FREE BUS going at 12:30pm that day. PLEASE sign up by September 28th in the Sign Up binder in your building.**



[www.concordiafoundation.ca](http://www.concordiafoundation.ca) • Follow us on Twitter @ConcordiaFound • Look for us on Facebook and Instagram

# Folklorama 2018



## India Pavilion



## Hungary Pavilion





## Africa Pavilion



## Chile Lindo Pavilion



# FAMILY FUN DAY 2018

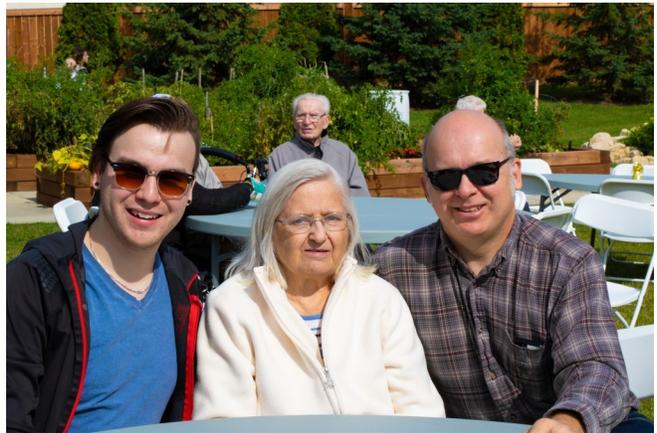
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# FAMILY FUN DAY 2018



**IT'S PARTY TIME**



# FAMILY FUN DAY 2018



# FAMILY FUN DAY 2018



# FAMILY FUN DAY 2018

