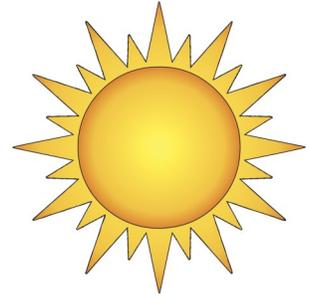
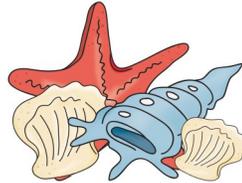
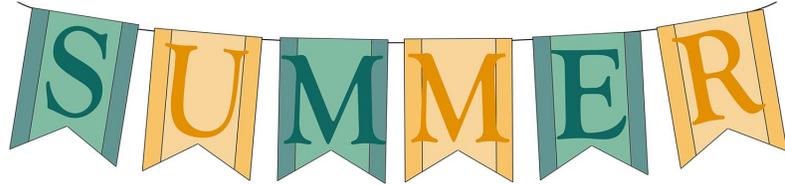




**OUTDOOR GAMES
FUN!**

THE VILLAGE NEWS



CVI

Joyce Carlson
 Janet Pinchbeck
 Alma Mann
 Erich & Elizabeth Suttner
 Margaret Froese
 Shirley Klassen
 Peter & Betty Willems
 Bruce Robertson
 Rosalie Hopper
 Catherine Tocher



CVII

Van Kruse
 Carole Wilson

CVIII

Helen Siemens
 Violet Kowalker
 Clair & Raymond Thibeault
 Anna Peters
 Martha Tielman

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Chaplain's Corner by Hermann Dueck

Dear Residents and Fellow Employees of Concordia Village

Over the course of the last few months we have had numerous new Residents joining our community. That means change for our new Residents and that means change for us as a community. Change is challenging. Sometimes I think life goes in reverse. The older we get the more changes come our way and many of them not pleasant. But it is what it is. How do we deal with this fact of life? A good portion of my work consists of listening to Residents and encouraging them along the way. I give them my attention, but they also give me a lot.

A while ago, I came across a reflection written by Emily Perl Kingsley. She is raising a child with a disability. People often ask her to describe the experience of raising a child with a disability. Following is her response to that question. This is what she wrote (slightly modified) to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It is like this...

When you are going to have a baby, it's like planning a fabulous vacation trip to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michel Angelo David. Saint Peter's Basilica. The Sistine Chapel. The Gondolas of Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager expectation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland." "Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I have dreamed of going to Italy."

But there has been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around...and you begin to notice that Holland has windmills...and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy...and they are all bragging what a wonderful time they had there. And for the rest of your life, you will say, "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away...because the loss of that dream is a very significant loss.

But...if you spend your life mourning the fact didn't get to Italy, you may never be free to the very special, the very lovely things...
Holland.



that you
enjoy
about

Food Services News by Carla Mendres

- We have been trying some different items on the menus in the last while with a focus on more plant-based protein. We have two delicious new vegetarian burger patty options that we will include with our regular meat BBQ options this summer. Please watch for other new items and give them a chance! As always, if you don't like something, send it back to the kitchen for something else!
- Thank you for the feedback via survey, comment cards, phone calls, visits, both positive and constructive. It helps us to grow as a team and be better equipped to respond to your changing needs so please always know that you are welcome and encouraged to communicate with us.
- With that in mind, I'd like to mention again that we do have some options for those of you who occasionally need texture modified foods. We're not in a position right now to have texture modified foods as a staple menu offering, but we do have some minced and pureed meals on hand at all times and the ability to order in thickened beverages for you at a discounted price. If you ever find yourself in a position where you need some modifications, please do come and see me so we can help you in the best way that we can.
- 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.
- 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 anything that belongs to the dining room in your suite kindly return them as soon as possible.***
- 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 home.
- 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. If you would like to have guests for dinner the same day, please call the kitchen and ask if we can accommodate your guests, more often than not we are able to accommodate last minute requests. If you would like to have a group of 6 or more, please also 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, you have a modified diet or need some help making the best food choices for your individual needs; please call Carla at 204-667-6479, extension 5227.



Concordia Hospital Urgent Care Centre now open

The Urgent Care Centre at Concordia Hospital opened at 7 a.m. on June 3, 2019. It is appropriately staffed to treat patients arriving either via ambulance or walk in. Urgent Care Centres are ideally suited to treat pressing, same day health concerns that are not life threatening, such as: broken bones, serious wounds and infections, sprained limbs, dehydration, rashes or fevers that cannot wait for an appointment with a primary care physician. Concordia's Urgent Care Department will be open 24 hours a day, 7 days a week.

For more information on the services provided within an Urgent Care Department, along with the differences between primary, urgent care and emergency services, please visit: myrightcare.ca

Knowing where to go will help you receive better care, sooner. (Winnipeg Regional Health Authority, Concordia Hospital.) <http://www.wrha.ca.mb.ca>. June 17, 2019.



Office Hours & Phone Number

The nursing hours are distributed monthly. If you have any questions or concerns, please call the office:

204-667-6479

ext. 5260

Nurse Rachelle

Tenant Resource & Recreation News by Eva, Mandy & Ilona

A very HAPPY Summer Everyone!!

Finally the beautiful weather is here and we can enjoy the outdoors! In the summer, we always try to do outings that involve being outside, as well, we have outdoor games once a week which is ALWAYS fun!! If you haven't tried this program, please check your monthly Recreation calendar and plan to come to the next one! We have so many fun summer activities coming up, so please make sure you check the upcoming outings and activities in this newsletter as well as the monthly Recreation Calendar!



Birthday Teas

We put on a monthly Birthday Tea to celebrate, as a Community, all Residents who had a birthday that month. This Tea is **FOR RESIDENTS ONLY**. Unfortunately we do not have enough space in our Village Centre to accommodate everyone who may want to bring guests so PLEASE do not bring guests to the Teas.

Thank you!

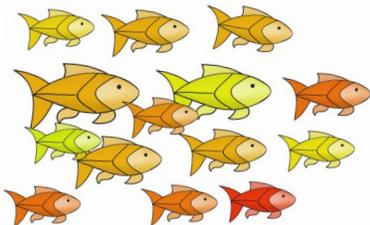
GARDEN PLOTS

We have allotted garden plots for Residents at CV that wished to grow gardens. They work hard at growing their produce; planting, watering, weeding and pruning. **PLEASE do NOT pick any vegetables in a plot that is not yours.**

Village Centre Seating

We have slightly modified the seating in the Village Centre the last few months. The very last rows in the middle sections are reserved for scooters or wheelchairs ONLY. There are NO walkers allowed between rows, so if you choose to sit there, someone will park your walker and bring it back at the end of the show for you. If you would like to keep your walker, please sit in the very front rows. Walkers between rows are a fire hazard as they block the aisle.

Thank you for your co-operation.



FAMILY FUN DAY



Saturday, September 21st

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**

All activities at no
additional charge



**ALL RESIDENTS AND FAMILY
WELCOME!**

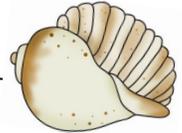
Tenant Resource & Recreation News by Eva, Mandy & Ilona

Folklorama 2019

This year we will be going to 5 different Folklorama Pavilions; United Kingdom, Slovenija, Scotland, Italian and Romanian.

We can only have 13 people come to each pavilion so please sign up and pay in the Recreation office as soon as possible.

The deadline to sign up is one week prior to each outing.



Upcoming Events & Outings

****Many events are in our Village Centre but please check the monthly Recreation Calendar for locations****

July 24th– Outing to Assiniboine Park and Park Café

July 26th– July Birthday Tea

July 31st– CV Olympics at 10am, outside CVII Dining Room

August 1st– Olympic Award Ceremony and Wine & Cheese

August 6th– Folklorama Outing: United Kingdom Pavilion

August 8th– Folklorama Outing: Slovenija Pavilion

August 12th– Folklorama Outing: Scotland Pavilion

August 14th– Folklorama Outing: Italian Pavilion

August 15th– Folklorama Outing: Romanian Pavilion

August 19th– South Beach Casino Day Trip

August 21st– Outing to Polo Park Mall

August 30th– August Birthday Tea

September 21st– Family Fun Day

September 22nd– Outing to Cirque du Soleil

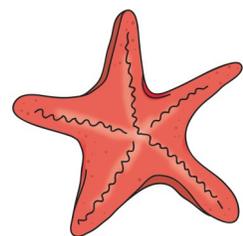
September 27th– September Birthday Tea



ALL Programs and outings are open to ALL Residents from all three of our buildings! If you have any questions, please come and talk to us in the Recreation Office, located in CVII, main floor, across from the elevators.

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	Shoppers Drug Mart	(204) 669-1722
Visiting Pharmacist	Munroe Pharmacy	(204) 669-1267
Liaison With Home Care	Eva Cunningham	(204) 667-6479 Ext.5228
Licensed Optician	A-Z Optical	(204) 667-6479 Ext.5260
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



Resident Page

A Friend is a Treasure

A friend is someone we turn to, when our spirits need a lift,
A friend is someone we treasure, for true friendship is a gift.
A friend is someone we laugh with, over little personal things,
A friend is someone we're serious with, in facing whatever life brings.
A friend is someone who fills our lives with beauty, joy and grace,
And makes the world we live in, a better and happier place.
Thank you for being my friend.



My Creed

To live as gently as I can; to be, no matter where, a person,
To take what comes of good or ill, and cling to faith and honour still,
To do my best, and let that stand; the record of my brain and hand,
and then, should failure come to me, still hope and work for victory.

To have no secret place wherein, I stoop unseen to shame or sin,
To be the same when I'm alone, as when my every deed is known;
To live undaunted, unafraid, of any step that I have made;
To be without pretense or shame, exactly what people think I am.

To leave some simple mark behind, to keep my having lived in mind;
If enmity to ought I show, to be an honest, generous foe;
To play my little part, nor whine, that greater honours are not mine.



A Recipe for Healing what Ails You

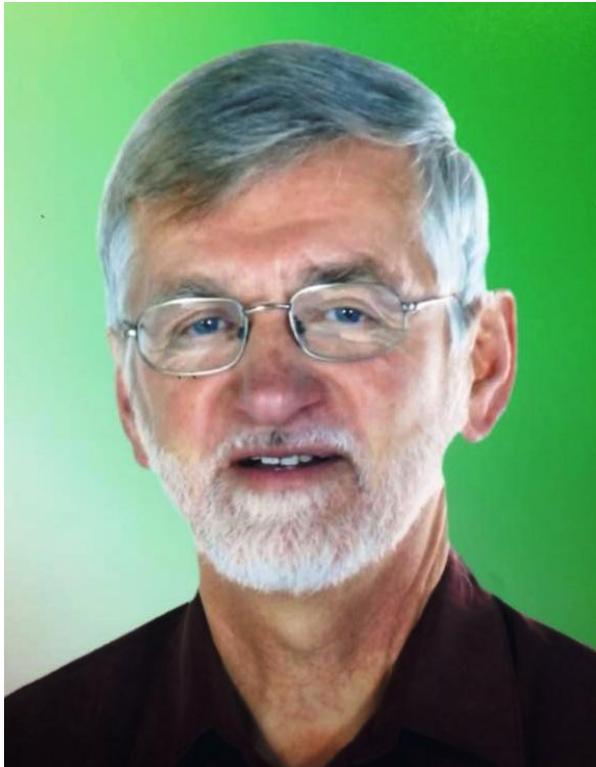
If the mountain seems too big today, then climb a hill instead.
If the morning brings you sadness, it's ok to stay in bed.
If the day ahead weighs heavy and your plans feel like a curse,
There's no shame in rearranging, don't make yourself feel worse!
If your shower stings like needles and a bath feels like you will drown,
If you haven't washed your hair for days, don't throw away your crown.

A day is not for a lifetime, a rest is not defeat.
Don't think of it as a failure, just a quiet, kind retreat.
It's ok to take a moment from an anxious, fractured mind,
The world will not stop turning while you get realigned.
The mountain will still be there when you want to try again,
You can climb it in your own time, just love yourself again.



Resident Page

We have a Resident in CVI, Harry Nightingale, that recently was inducted into the Manitoba Lacrosse Association!



Harry has provided invaluable leadership in lacrosse throughout his career. He was President of the Manitoba Lacrosse Association from 1964 to 1972, and has been active in the Lacrosse Alumni. Harry has been the driving force behind the formation of the Manitoba Lacrosse Hall of Fame and Museum, and currently sits as President of the organization.

Date of Induction: 2012
Career: 1960 - Present



Harry Nightingale was involved in every aspect of lacrosse as a player, coach, referee and an overall leader in the lacrosse community. Harry was one of the best players of his time which spanned the 60s and 70s. He was the top scorer in the Senior Lacrosse League in 1965 and 1967 and was selected as the league's MVP in 1964 and 1967. His fine playing abilities were obvious in his junior career, for which he will also be recognized as a member of the 1955 Manitoba Junior All-Stars team that will be inducted into the Hall this year.



Hallway Chatter By “Felix” - Sixth Edition

My first edition was in the Village News in spring 2018, now here we are in the summer of 2019. Does time really fly or does it just pass us by quickly.

“Did You Know about Concordia Village?”

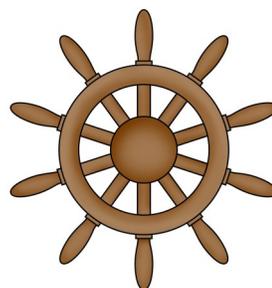
There are 93 suites in Building I, 103 suites in Building II, and 90 suites in Building III. There are 76 women in Building I, 83 women in Building II, and 73 women in Building III. There are 30 men in Building I, 41 men in Building II, and 28 men in Building III.

Helen is the most popular ladies name (9).
Mary is the second most popular ladies name (8).
John is the most popular man’s name (9).
Peter is the second most popular man’s name (4).



Our oldest lady resident is Jean Wallis, born May 6, 1918. Place of birth - Cory, Saskatchewan, outside Saskatoon. She came from a farm family and had two sisters and two brothers. She married Reginald Wallis on February 4, 1950 and had three daughters and one son. Jean has many grandchildren and many great grandchildren. She has resided at Concordia Village in building I since 2011. She is sharp as a tack and loves to play bridge once a week. At 97, Jean took a trip to Thailand which was one of the many highlights of her life. She is an amazing person and we wish her good health and happiness in the years to come.

Our oldest male resident is Ralph Thomas, born November 23, 1918. Place of birth -Oakville, Manitoba. Ralph had seven siblings from his father’s second marriage. He married Edna in 1944 and they had 68 years together before Edna passed away in 2012. Ralph has three daughters, five grandchildren, and four great grandchildren. He has been involved with heavy equipment parts and sales and has lived in Portage La Prairie, Carberry and Regina, Saskatchewan. Ralph is still able to get to the dining room for meals on his own. He still partakes in exercises and enjoys church, hymn sing, bible study and prayer circle. Ralph is an amazing person and does extremely well for his age. We also wish him good health and



Hallway Chatter By "Felix" - Sixth Edition

are

treasured



"The Lighter Side"

Show me a broken record and I'll show you a smash hit.

Kindness is the oil that takes the friction out of life.

Show me a man with his feet planted firmly on the ground and I'll show you a man who can't get his pants on.

Show me a dress maker and I'll show you a person who knows the seamy side of life

What dance did the pilgrims do? "The Plymouth Rock".

Show me a squirrel's home, and I'll show you a nut cracker's suite.

While driving in Pennsylvania a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign: "Energy efficient vehicle, runs on oats and grass.

times.



"Friends"

Friends get the good times rolling.

A special friend listens with love.

Sharing with friends is the art of giving from the heart.

With good friends around, you feel good all over.

You can always depend on the help of a friend.

Friends just seem to have a way of having fun at work or play.

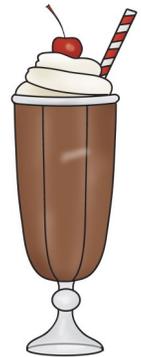
Friendship is the best thing under the sun.

Moments pass so pleasantly when you're in a friend's company.

Happy times are all sewed up when you're with a friend.

Gladness grows when friends know that others care about them.

Together, times with friends



Hallway Chatter By "Felix" - Sixth Edition

Still Learning!

We are folks who have reached that stage in life that is quaintly called "Golden Years".
Though our formal education is over and done, we keep "Learning" as old Age nears.
We have learned to tread carefully, lest we fall; any bumps or ridges will do to send us sprawling down to the floor, with arms and legs askew.

We've learned not to hurry, for what is the point?
We have time, with plenty to spare.
So, we've learned to start early, to get there on time; things worth rushing for, — really are rare.
We've learned to eat food, which in earlier years we certainly would have refused.
When the young folks now see what we older ones eat, they are often quite highly amused.

The shortest route to the pharmacy, we are learning from frequent use; as well as the road to the dentist, when "sore teeth" start to feel loose.
We have learned each other's "keeper" to be, and to help the next one along; to share our worries, as well as joys, and to help the weak ones feel strong.

We are learning together, to sing and to play, to enjoy what's left of our time; to make the most of each coming day.



Having missed Mother's Day and Father's Day, the following is my prayer:

For all mothers and fathers at Concordia Village, may you know the love of family more and more each day, and know how much they value you in every little way. Today we want to let you know we appreciate what you do and want you to know we are thinking now of you.

Have a great summer and enjoy all that summer has to

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

Summer time – here in Manitoba the days are bright and long. The beauty of nature is all around us, the grass is green, the flowers are blooming, and every morning we are awakened by the chorus of geese outside our windows. Everyone wears lighter clothes, lots of men in shorts and women in summer dresses and sandals. Many Residents can be seen on the pathways around our Village, enjoying the gardens and flowers on the balconies. Once again this year, Mandy arranged a field trip to Sumka Brothers Garden Centre where we were able to purchase bedding plants and of course a lunch at Olive Gardens was included. You should see the huge tomato plants that Glenn and Marg purchased! They're amazing! A number of our Residents have planted garden plots. All the tomatoes, onions, cucumbers and more are all looking good. However, a reminder to all **ADMIRE BUT DON'T TOUCH**.

We welcome all the people who have moved into the Village in the last few months. We hope you have settled in and are meeting your new neighbours. We also know that in spite of having over 300 other Residents here at CV, many of you still feel alone. The world can be a lonely place if we do nothing to change it. A Christian does not ask "How many friends do I have?" Rather it should be: "To how many people can I be a friend?" When he/she asks this question, they will never be lonely. Gone are the days when we drove to the mountains or walked on the sand on the beach. But Mandy and the staff plan a number of activities and trips which we can all enjoy. It was great to see so many take advantage of the trip to the Manitoba Legislature Building in June! It is a very beautiful, historical building that all Manitobans should visit. We were greeted by our member of parliament, Andrew Micklefield and he gave us all Manitoba flag pins. Then we enjoyed a lunch at Perkins Restaurant.

Next month there will be 5 trips to various Folklorama Pavilions. It is always fun to enjoy food and entertainment from many different countries around the world. We don't have to stand in line to visit these pavilions, as the bus drops us off right at the door and we are guided right to our reserved seating. If you've never gone to Folklorama, plan to go this year. But leave a space for me, I do love these trips. Also, the recreation staff plan a lot of outdoor activities in the summer and a CV Olympics day where they make 6 different teams with the participants and then we play a round robin of 4 different outdoor games. All of this happens just outside of CVII Dining room.

CV Olympics are on **Wednesday July 31st**.

Then the next day, **August 1st**, there

will be
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all that participated.

Participate!

Resident Advisory Council 2019

Concordia Village Resident Advisory Council

Elected for 2019

Please find below, all the **NEW Residents** on the Resident Advisory Council for 2019.

President:	Jane Luchak	CVIII	357
Vice President:	Don King	CVII	101
Treasurer:	**Arnold Page until position is filled**		
Past President:	Arnold Page	CVII	204



Members at Large:

CVI

Olga Michalchuk	322
Jim Ross	318
Harry Nightingale	321

CVII

Hildegard Epp	315
Ed Blandford	321
Audrey Borody	222
Jeanne Witwicki	117

CVIII

Carol Beek	265
John Bergen	170
Peter Czayka	353

In Memory



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



CVI

Anne Silvari
Mary McDonald
Mary Davison
Evelyn McCowan

CVII

Audrey Perkin

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.

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
Harry Nightingale

We are in need of more Meal Delivery people in CVI. Please talk to Terrol at CVI front desk if interested!

CVII

Hilda Epp
Arnold Page
George Mulder
Gwen Aubertin
Ollie Safnuk

CVIII

Ruth Regehr
Mary Pauls
John Bergen
Mary Bergen

Our Outreach Volunteers:

CV I: Jim Ross, Olga Michalchuk

CVII: Hilda Epp, Audrey Borody, Jeanne Witwicki, Ed Blandford

CVIII: Carole Beek, John Bergen

Every Sunday we have Volunteer Ushers at our Church service.

Here are our Ushers:

Don King, Audrey Borody, Joan Baker, Arnold Page, Hilda Epp, Ruth Regehr, Lothar Regehr, Helen Ulyot, Lyle Wilcox, 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, Ruth Regehr & Mary Pauls, Burt Mitchell & Harry Nightingale.

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

Bingo Volunteers:

Mike Motz, Barb Harron, Evelyn Adamson, Thelma Rafnson, Tony Lefko



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

Environment Services by Ernie Goetz

On behalf of our Housekeeping and Maintenance teams we would like to sincerely welcome all Residents who have joined the Concordia Village family over the last 3 months. Concordia Village has been a very busy place with many moves in the months of April and May and we hope that we all have done our best to make you feel welcome and safe in your new Home. I can imagine that moving to a new setting and environment which now is called “your new home” may be stressful and leave you with many questions. Please don’t be shy and feel free to ask any of our staff whatever question that may arise over the next weeks/ months while you get comfortable in your new home. We are here to help and answer any questions or concerns you may have.

Spring and early summer is always a very busy time for the environment services teams as we are busy cleaning up from the long winter months and are busy getting all the summer projects scheduled. I would like to highlight and share several of the things that have already been completed and a few projects that are being planned and worked on during the summer:

- Parking lots have been cleaned and curb edges have been painted for easier visual appearance.
- All air conditioners and balconies have been washed and are ready to be enjoyed.
- The grounds have been cleaned, fertilized, flowers and plants have been planted and the new pond feature north of CV I has been built.
- Windows have been washed.
- Our semi-annual campus wide Bed Bug inspection took place in the month of May and we are once again pleased to share that we received an “all clear” from Trevor and Trigger.
- Housekeeping staff have shampooed all hallway carpets.
- The annual suite inspections for Fire Safety were conducted, maintenance entered every suite to clean the air conditioners and balconies and made corrections where needed.
- We have added some new exercise equipment for our exercise rooms. 2 new bikes and 2 new treadmills have been purchased and they are now set-up in both CV I and CV III exercise rooms. We encourage active residents to check the new equipment out. The new treadmills have long rails to hold onto for those that need a bit more stability while walking on the treadmill and the exercise bikes are easy to get onto without having to step over the equipment. Just a note for the bike users: “for the display panel to come on you just need to start pedaling the bike”. Enjoy and stay fit.
- Tammy (Housekeeping) and Glen (Maintenance) have moved to a new office location on the 2nd floor in CV II right beside the Hair Salon. The office phone #'s and extensions have stayed the same. If you have any maintenance issues that need to be fixed in your suite, please notify the Front Desk staff in your building who then will send the request to  maintenance our team.

Environment Services by Ernie Goetz

- A new kitchenette has been ordered and will be installed in our CV I Multi-Purpose Room in August. This will help make the MPR more appealing and practical for family functions.

With the weather being warmer we have much more foot traffic in our areas. We would like to remind Residents to help us keep our buildings secure and safe from unwanted intruders. Some security reminders are:

1. If you live on the main floor, please do not leave your windows or the patio doors open if you are not home.
2. For all Residents regardless of what floor you live on, when you leave your suite to attend programming or go for meals, please lock your door behind you.
3. Do not open the main entrance doors for anyone you don't know. If they are here to visit a loved one, they can call them on the intercom system from the front doors.
4. If you get a phone call from the front doors asking to be let in because the person they are visiting isn't answering their phone, please disregard this request unless you are 100% sure who it is that is asking. We have a channel that is dedicated to the main entrance of your building so that you can see who it is wanting to be let in. The front door security channel is **776**.
5. If you see something that is suspicious, whether in our buildings or in the parking lot, please call the front desk to report the situation and after hours please phone the Caretakers.
6. Please be mindful and alert of the many phone and internet fraud scams.
7. Most importantly to remember, if you are in any personal danger, you can call 911 or press your lifeline button.

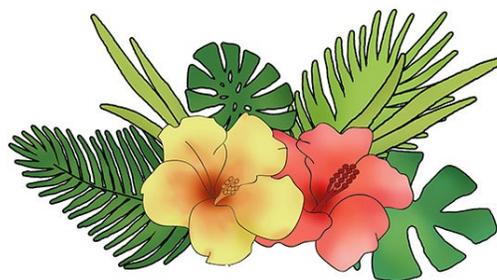
As staff, we wish you all a most pleasant, warm and safe Summer.

We hope that you will enjoy the outdoors with Friends and Family this summer.

Respectfully,

Ernie Goetz

Director of Environment Services



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.



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**

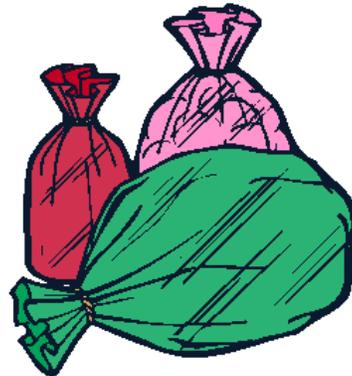
**PLEASE ENSURE ANY FURNITURE MOVED
IS RETURNED TO OUR REGULAR ROOM SET UP.**

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 in the hallways leave 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 we want it to stay 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

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

SILVA'S STYLING HAIR SALON

We are now a newly renovated full service salon in CV2, giving you our best services and products.

We offer:

Haircuts for men and women

- Hair styling
- Roller sets
- Blow dry/curling iron sets
- Perms
- Colours/highlights
- Beard trims
- Facial waxing and much more



We also have Gina, our Esthetician, who provides manicures, pedicures, and reflexology. You can book all your nail care appointments with the CV2 salon.

Silva's Styling accepts cash or cheques.

The Salon hours of operation are:

Tuesday	9am-4pm
Wednesday	9am-4pm
Thursday	9am-4pm
Friday	9am-4pm
Saturday	9am-1pm (on occasion)

The Salon is closed on Sunday, Monday, and long weekends.

We are located in CV2 on the second floor across from the elevators.

You can reach Silvana or Carla at (204)-415-7751 if you have any questions or would like to book an appointment.

Thank You,

Silvana King
Silva's Styling

Legislative Building Tour & Perkins Restaurant June 5th, 2019

