

# Meadowood Manor Resident & Tenant News & Views November 2023

*“Meadowood Manor is a residential facility founded by Baptist Churches. Our mission is to provide a Christian care facility and programs developed primarily for elderly residents. Guided by the compassion of Jesus Christ, we pursue our mission by developing and managing human resources, facilities and programs to satisfy our residents’ physical, social, emotional and spiritual needs. Our goal is to provide a Christian setting that preserves the personal dignity of our residents in a peaceful, safe, respectful and supportive environment.”*



**NEXT Resident Council Meeting**  
**Tuesday, November 14, 2023**  
**at 2:00 pm in the Fellowship Hall**



## *I Will Remember*

*At 11:00 O'clock I say thank you,  
To the fallen, the injured, the dead.  
I wasn't there; didn't witness  
The horror, the fear and the dread.*

*I wasn't there to wave them off;  
The soldiers, the boys and the men.  
I wasn't there to sing or cheer,  
To wave again and again.*

*I didn't see the terror,  
Or the fear or the pride in their eye.  
As those brave warriors left us,  
They weren't afraid to die.*

*But at 11:00 O'clock I'll stay silent,  
And I'll wear my poppy with pride.  
The fallen will never leave us;  
They will always walk at my side.*

*They didn't lose their lives for nothing -  
They gave up theirs for me.  
And so I'll be thankful,  
To the men I'll never see.*

*So be proud to wear a poppy,  
Be proud to remember this day.  
Learn from the lessons of the past  
They will never go away!*





## **How you can reduce the spread of influenza**

### **How influenza is spread :**

Influenza (flu) viruses spread through invisible droplets. Influenza spreads from person to person when an infected person coughs or sneezes near another person. Spread requires close contact between infected and uninfected persons because droplets from coughs and sneezes travel less than 2 meters and do not stay in the air. Surfaces contaminated by droplets become a source of infection. Getting these droplets onto your hands and then touching your mouth, nose or eyes can spread influenza.

### **People with influenza are infectious while they have symptoms:**

- Influenza immunization is the most important way to prevent getting or spreading influenza
- Hand washing helps prevent infection
- Avoid contact with others when you have influenza.

### **Hand washing:**

Wash your hands frequently throughout the day and especially before preparing food or eating, after going to the toilet and after coughing or sneezing into your hands or facial tissue. Wash hands thoroughly with soap and water for 20 seconds including the thumbs, under the nails and the back of the hands.

You may wish to supervise or help young children wash their hands thoroughly. Children may be reminded that they should use at least as much time hand washing as it takes to sing Happy Birthday or the ABCs.

In the absence of water and soap, hand sanitizer containing at least 60% alcohol may be used. A suitable substitute is a hand sanitizer containing benzalkonium chloride or benzethonium chloride.

### **Cover your cough:**

- Cough or sneeze into your elbow or sleeve, or into a tissue.
- After you cough or sneeze into your hands or facial tissue, wash your hands.

### **Avoid contact with others when you have influenza:**

If you have any symptoms of influenza, especially a new or worsening cough, avoid contact with others.

If you have influenza symptoms such as a cough and must be around others, wash your hands before being with them, and be sure to cover your cough. Also be sure to maintain a distance of 2 meters (6 feet) between you and them as much as possible.

Consider limiting personal greetings such as hand shaking, hugging, and kissing.

### **How can I stay healthy?**

- Clean your hands often with soap and water or an alcohol based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) shots help to prevent serious respiratory illnesses.

**When you are at a clinic or hospital:** If you are not feeling well or have a fever, cough or body aches and tiredness please do not visit friends or relatives in the facility.

# **RECREATION CORNER**

## **Highlights of November Recreation Events**

<b><u>Date:</u></b>	<b><u>Time:</u></b>	<b><u>Event:</u></b>
Tuesday, November 2	2:45 pm	Arts & Crafts: Remembrance Day Poppies
Tuesday, November 2	6:30 pm	Church Choir Group
Friday, November 3	2:00 pm	Welcome to the Wild West w/ Coleman the Alpaca
Thursday, November 9	2:00 pm	Catholic Mass
Friday, November 10	10:30 am	Rob Ivany Entertains
Friday, November 10	1:30 pm	Remembering Courage, Honoring Sacrifice
Tuesday, November 14	2:00 pm	Resident Council
Thursday, November 16	2:00 pm	Entertainment "George & Denise"
Friday, November 17	1:30 pm	Movember Awareness
Friday, November 25	1:30 pm	Birthday Party
Tuesday, November 29	2:00 pm	St. Emile Music Concert

**All other recreation programs can be found in the November Recreation Calendar.**



***Our Deepest Sympathies....***

*To the family of Mary Malbrank of our Personal Care who passed away in October.*

## **CONVERSATIONS IN LONG TERM CARE**

### ***Difficulties with meals for people with dementia***

Dementia affects all areas of the brain, including the parts that control desires and needs. This may affect a person's participation in, or enjoyment, of daily activities, such as mealtimes. Changes in a person's ability to eat may occur slowly but will likely become worse over time.

#### **Early Stage of dementia**

In early stages, a person's eating habits usually do not change a lot. There may be some memory loss, which may result in skipping meals, forgetting to eat, or forgetting that a meal has been eaten. People may need cueing and reminders but often are able to feed themselves.

#### **Middle Stage of dementia**

This stage further changes the person's memory and other abilities. If an individual is not eating enough, support persons may encourage eating by offering favorite food and drinks the person can consume. Offering food often serves to increase caloric intake which might be lower if food is offered mainly at meal times. Between meal and snacks are important to enhance intake.

Often people are more easily distracted at this stage. Activity in the dining room can often make it difficult for a person to pay attention to their meal. To reduce distraction, offer one food item at a time to let the person focus on the task of eating. Cues that may be helpful at this stage include verbal (e.g. "Have another sip of juice".) and visual (e.g. making sure the resident can see the food/drink in front of them). Finally, a calm and relaxing space helps make mealtimes go smoothly.

Be aware that eating quickly may also occur. If this happens, keep an eye on the person to ensure they do not eat too quickly to avoid choking. Foods should be cut into small (thumbnail) pieces and cues to chew, swallow and slow down as the person may eat very quickly and not chew properly. (See resource: "When a Person has Trouble at Meals")

#### **Late Stage of dementia**

At this point, there is a greater focus on quality of life and enjoyment of favorite foods and drinks than there is on eating to maintain a healthy diet. The person will likely experience a loss of appetite, may have trouble using utensils and will likely not be able to eat on their own. It is important not to rush the meal as the person may start and stop eating many times. Cues that may be helpful at this stage, in addition to verbal and visual cues are tactile (e.g. lightly touching the bottom lip with the spoon to cue the resident to open their mouth). More than one cue at a time is often helpful to encourage eating.

#### **End of Life**

The focus changes at end of life to comfort rather than focusing on how much or what food the individual consumes.

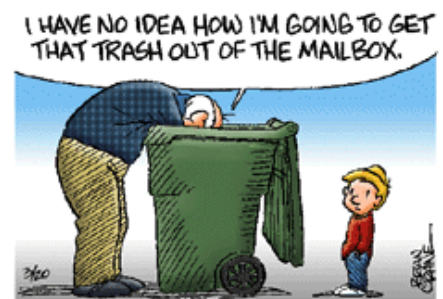
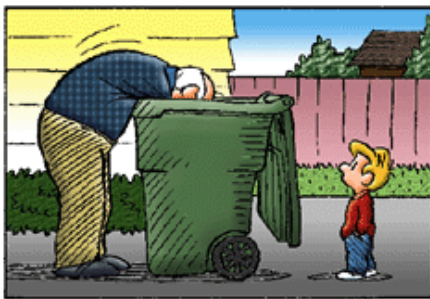
Follow the person's lead and use general feeding and swallowing guidelines to ensure pacing and provide cues to encourage safe swallowing and good intake.

Be aware that team is available help. Let your nurse know if you have questions. The dietician and speech language pathologist can also help and are available if desired.

#### **References:**

Alzheimer's society of Canada, Mealtimes

# Chuckles of the Month



©Brian Crane Dist. by The Washington Post Writers Group



©Brian Crane Dist. by The Washington Post Writers Group

The Innocence of Children - Teachers Asking Students Questions

**Teacher:** Susie, Old is your Father?  
**Susie:** He is 6 years old  
**Teacher:** What? How is that possible?  
**Susie:** He became a father only when I was born!!

~~~~~

**Teacher:** Maria, go to the map and find North America  
**Maria:** Here it is!  
**Teacher:** Correct, Now Class, who discovered America?  
**Class:** MARIA!

~~~~~

**Teacher:** Glenn, how do you spell "Crocodile"?  
**Glenn:** K-R-O-K-O-D-I-A-L  
**Teacher:** No, that's wrong  
**Glenn:** Maybe it's wrong, but you asked me how I spell it!

~~~~~

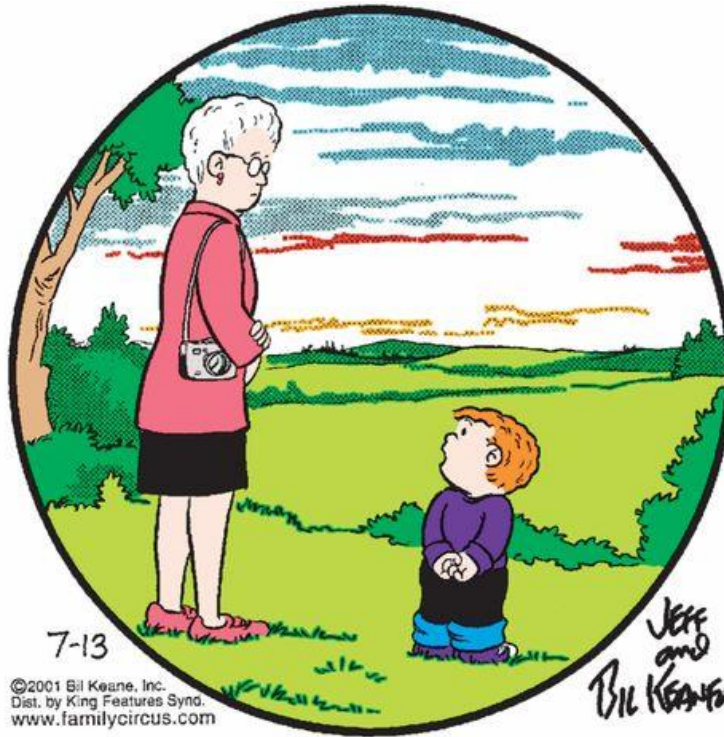
**Teacher:** Donald, what is the chemical formula for water?  
**Donald:** H- I- J- K- L -M -N -O  
**Teacher:** What are you talking about?  
**Donald:** Yesterday you said its "H to O"

~~~~~

**Teacher:** Clyde, your composition on "My Dog" is exactly the same as your brother's.  
Did you copy his?  
**Clyde:** No Sir, it's the same Dog!

~~~~~

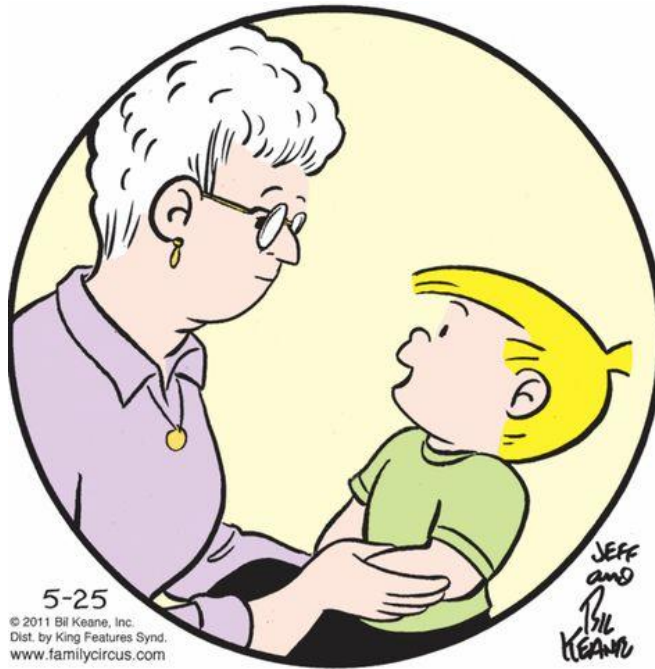
**Teacher:** Harold, what do you call a person who keeps on talking when people are no longer interested?  
**Harold:** A Teacher!



7-13

©2001 Bil Keane, Inc.  
Dist. by King Features Synd.  
www.familycircus.com

“Was the world in color when you were little, Grandma, or was it still just black and white?”



5-25

© 2011 Bil Keane, Inc.  
Dist. by King Features Synd.  
www.familycircus.com

“Are you considered an antique?”



## Meadowood Tower Calendar – November 2023

| Sunday                                                                                              | Monday                                                                                 | Tuesday                                                                                                                                | Wednesday                                                                                    | Thursday                                                                                  | Friday                                                                                | Saturday                                                                                                    |
|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|                     |                                                                                        |                                                                                                                                        | <b>1</b><br><br><i>Bible Study</i><br><b>2:00 pm</b><br><i>10<sup>th</sup> Floor Chapel</i>  | <b>2</b><br><br><i>Exercises</i><br><b>10:30 am – 11:00 am</b><br><i>Friendship Room</i>  | <b>3</b><br><br><i>Trivia</i><br><b>11:00 am</b><br><i>Friendship Room</i>            | <b>4</b>                                                                                                    |
| <b>5</b><br><br><i>Worship Service &amp; Communion</i><br><b>10:00 am</b><br><i>Fellowship Hall</i> | <b>6</b><br><br><i>Game Day</i><br><b>1:30 pm – 3:30 pm</b><br><i>Friendship Room</i>  | <b>7</b><br><br><i>Lifeline Presentation</i><br><b>1:30 pm</b><br><i>Friendship Room</i>                                               | <b>8</b><br><br><i>Bible Study</i><br><b>2:00 pm</b><br><i>10<sup>th</sup> Floor Chapel</i>  | <b>9</b><br><br><i>Exercises</i><br><b>10:30 am – 11:00 am</b><br><i>Friendship Room</i>  | <b>10</b><br><br><i>Finish the Lines</i><br><b>11:00 am</b><br><i>Friendship Room</i> | <b>11</b><br><br>        |
| <b>12</b><br><br><i>Worship Services</i><br><b>10:00 am</b><br><i>Fellowship Hall</i>               | <b>13</b><br><br><i>Bingo</i><br><b>1:30 pm – 2:00 pm</b><br><i>Friendship Room</i>    | <b>14</b><br><br><i>Meadowood Café</i><br><b>1:00 pm</b><br><i>Friendship Room</i><br><b>Cost: \$1.00</b>                              | <b>15</b><br><br><i>Bible Study</i><br><b>2:00 pm</b><br><i>10<sup>th</sup> Floor Chapel</i> | <b>16</b><br><br><i>Exercises</i><br><b>10:30 am – 11:00 am</b><br><i>Friendship Room</i> | <b>17</b><br><br><i>Trivia</i><br><b>11:00 am</b><br><i>Friendship Room</i>           | <b>18</b><br><br><i>Painting Acrylics with Esther</i><br><b>2:00 pm – 4:00 pm</b><br><i>Friendship Room</i> |
| <b>19</b><br><br><i>Worship Services</i><br><b>10:00 am</b><br><i>Fellowship Hall</i>               | <b>20</b><br><br><i>Game Day</i><br><b>1:30 pm – 3:30 pm</b><br><i>Friendship Room</i> | <b>21</b>                                                                                                                              | <b>22</b><br><br><i>Bible Study</i><br><b>2:00 pm</b><br><i>10<sup>th</sup> Floor Chapel</i> | <b>23</b><br><br><i>Exercises</i><br><b>10:30 am – 11:00 am</b><br><i>Friendship Room</i> | <b>24</b><br><br><i>Group Crossword</i><br><b>11:00 am</b><br><i>Friendship Room</i>  | <b>25</b>                                                                                                   |
| <b>26</b><br><br><i>Worship Services</i><br><b>10:00 am</b><br><i>Fellowship Hall</i>               | <b>27</b><br><br><i>Bingo</i><br><b>1:30 pm – 2:00 pm</b><br><i>Friendship Room</i>    | <b>28</b><br><br><i>Keurig Coffee Time</i><br><b>1:00 pm</b><br><i>Friendship Room</i><br><b>Cost: \$1.00</b><br><b>Bing your Mug!</b> | <b>29</b><br><br><i>Bible Study</i><br><b>2:00 pm</b><br><i>10<sup>th</sup> Floor Chapel</i> | <b>30</b><br><br><i>Exercises</i><br><b>10:30 am – 11:00 am</b><br><i>Friendship Room</i> |                                                                                       |                                                                                                             |

# TOWER TENANTS

## CHURCH SERVICES



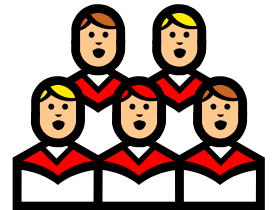
Meadowood Manor Fellowship Church:



Combined Sunday Services PCH & EPH & Community

10:00 am – Fellowship Hall

EPH Bible Study Wednesdays 2:00 pm  
10<sup>th</sup> Floor Chapel



PCH Catholic Mass: Thursday November 9, 2023  
@ 2:00 pm  
(PCH Fellowship Hall)



## Tenant Insurance Renewals

*Please remember to provide the front office with a copy of your  
Insurance Renewals as they come up.*



## **CHAPLAIN'S CORNER - NOVEMBER 2023**

***“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7 in the Bible)***

The verses above remind all of us of the privilege of prayer. In life we face all kinds of challenges, struggles and difficulties; as well as delights and joys. We have the privilege of coming to God with all of our joys and concerns. May the following poem encourage you this month to “Handle all of life with prayer”:

### **Life Is Fragile: Handle With Prayer** (By Gloria J. Ames)

**Life is fragile: Handle with prayer.  
Remember that Jesus will always be there  
To hear our problems and to gather our tears,  
To calm the storms, and to settle the fears.  
It does not matter how great or how small,  
Jesus will answer to our every call.  
Just call on the Lord, it matters not when-  
His office is not closed at half-past ten.**

**He's never on lunch, He can't take a break;  
If He did, this old world would just crumble and shake.  
His lines are never busy, He won't put you on hold.  
He won't ask you twice what He's already been told.  
There's no account number, nor address to give;  
No matter where you've moved, He knows where you live.**

**Yes, the Lord always answers, He never leaves home.  
He won't leave us to handle it all on our own.  
So when things get rough, and things aren't fair,  
Remember: Life is fragile, so handle with prayer.**

**Remember you can always pray;**

**Pastor David Holland**

*Resident & Tenant News & Views* is distributed monthly for our community at Meadowood Manor & Meadowood Tower.

We welcome submissions for publication, and your comments or suggestions.

Please contact Marlene Piel, Administrative Assistant (204) 254-5405

or email [mpiel@meadowood.ca](mailto:mpiel@meadowood.ca)

## Thank you to our Sponsoring Churches:

**Abundant Life Baptist Church**, 1396 Plessis Road. (204) 222-7671 *Lead Pastor: Brad Quiring*

**Emmanuel Baptist Church**, 162 Railroad Avenue West, Morris MB. (204) 746-8790 *Lead Pastor: Dave Purdy*

**Fort Richmond Baptist Church**, 10 Radcliffe Road. (204) 275-7775 *Lead Pastor: Jim Matthew*

**McDermot Avenue Baptist Church**, 821 McDermot Avenue. (204) 775-8096 *Senior Pastor: Rev. Brian W. Russell*

**Mission Baptist Church**, 771 Sargent Avenue. (204) 927-2380 *Senior Pastor: Sig Seidel*

**Oakbank Baptist Church**, 26033 Springfield Road, Oakbank. (204) 444-3348 *Lead Pastor: Adam Wiebe*

**Rowandale Baptist Church**, 162 Rowandale Avenue. (204) 338-1174 *Lead Pastor: Johathan Kroeker*

**Waverley Church**, 2171 Waverley Street. (204) 261-8013 *Lead Pastor: Tony Penner*

**Whyte Ridge Baptist Church**, 201 Scurfield Boulevard. (204) 489-3875 *Lead Pastor: Rev. Terry Janke*

Meadowood Manor Foundation Inc. is always pleased to receive donations that support the Chaplaincy ministry and other Special projects at Meadowood Manor. Donations can be made to the Chaplaincy Support Fund or to the Special Projects fund. Official receipts are issued in January of the year following the donation. Donations are accepted in Cash, Cheques and Credit Cards. All donations are to be made payable to – Meadowood Manor Foundation Inc., 102-575 St. Anne's Road, Winnipeg, Manitoba. R2M 5B2. For more information contact [office@meadowoodmanorfoundation.org](mailto:office@meadowoodmanorfoundation.org) or call (204) 588-8507.

