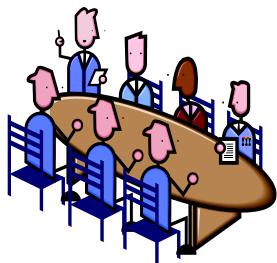




Meadowood Manor Resident & Tenant News & Views October 2023

“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 October 10, 2023
At 2:00 pm in the Fellowship Hall***

RECREATION CORNER

Highlights of October Recreation Events

| <u>Date:</u> | <u>Time:</u> | <u>Event:</u> |
|----------------------------------|--|--|
| <i>Monday, October 2</i> | <i>7:00 pm</i> | <i>Sing A Long w/ Brooklyn</i> |
| <i>Tuesday, October 3</i> | <i>1:00 pm – 4:00 pm</i> | <i>Provincial Election Day Voting</i> |
| <i>Thursday, October 5</i> | <i>6:30 pm</i> | <i>Church Choir Group</i> |
| <i>Friday, October 6</i> | <i>2:00 pm</i> | <i>Thanksgiving Party</i> |
| <i>Monday, October 9</i> | <i>HAPPY THANKSGIVING – NO SCHEDULED PROGRAMS</i> | |
| <i>Tuesday, October 10</i> | <i>2:00 pm</i> | <i>Resident Council</i> |
| <i>Thursday, October 12</i> | <i>2:00 pm</i> | <i>Catholic Mass</i> |
| <i>Friday, October 20</i> | <i>2:00 pm</i> | <i>Entertainment – Ronnie P.</i> |
| <i>Tuesday, October 24</i> | <i>5:00 pm</i> | <i>Gentleman’s Supper</i> |
| <i>Thursday, October 26</i> | <i>6:00 pm</i> | <i>Movie Night – “Scooby Doo”</i> |
| <i>Friday, October 27</i> | <i>2:00 pm</i> | <i>Birthday Party</i> |
| <i>Tuesday, October 31</i> | <i>1:30 pm</i> | <i>Halloween Parade</i> |
| <i>Tuesday, October 31</i> | <i>2:30 pm</i> | <i>Monster Mash Bash</i> |

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

Our Deepest Sympathies....



*To the family of **Doreen Guicheret** of our Personal Care who passed away in September.*

A Thanksgiving Poem

Thank God for Everything!

Help spread thanks to others.

A time of thanks and a time for family and friends

Never forget what the Lord has provided unto us.

Knowing we are blessed by our Heavenly Father

Serve each other with Thanksgiving.

Give to a Thanksgiving Poem one another.

I thank you God for all that you have done for me.

Visit others and share a time of being thankful

In everything we do, give God thanks.

Now is the time to thank God, do it every day for all things

God be given the glory forever and ever – Amen



FLU SEASON COMING SOON!

WHAT IS INFLUENZA?

Influenza is a viral illness spread from person to person by coughing or through contact with fluids from the nose.

Symptoms are usually more serious than a cold.

Symptoms may include fever, headache, cough, muscle aches, runny nose, sore throat and exhaustion.

Some people may carry the influenza virus but have no influenza symptoms.

Illness lasts 2 to 7 days, sometimes longer in the elderly and in people with chronic diseases.

Influenza arrives every year in the fall or early winter.

HOW CAN YOU PROTECT YOURSELF AND OTHERS AGAINST INFLUENZA?

Yearly vaccination is the best way. It is never too late to get your influenza vaccination.

Annual influenza immunization campaigns are held every fall.

Manitoba Health & Healthy Living offers free vaccine to people who are at risk and their caregivers.

Other ways to protect yourself and others include:

- Wash your hands or use hand sanitizer often particularly after coughing or touching your nose.
- Keep your hands away from your eyes and nose.
- Stay home if you are sick.
- Do not visit residents in long term care facilities if you have a cold or influenza symptoms.

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE INFLUENZA?

Stay home if you are sick. Most people can manage the influenza at home with plenty of rest, fluids and acetaminophen (also called Tylenol or Tempra) for fever control or muscle aches. Do not give ASA (aspirin) to children.

Antibiotics do not help unless bacterial complications develop.

New antiviral medications can reduce and shorten the length of influenza symptoms when taken early in the illness. These drugs need to be started early (within 48 hours of onset of symptoms) and are eligible for provincial drug program reimbursement under some circumstances.

You should see your doctor if:

- You have a cough with cloudy (yellow or green) phlegm, especially with persistent high fever.
- You have difficulty breathing, or are not getting better after trying rest, fluids and Acetaminophen.
- You have a small child with a fever higher than 39 °C (102° F).

Tips to stay healthy for Flu Season

1. **TALK TO YOUR DOCTOR.** Get professional advice if you are at risk of complications from flu.
2. **WASH YOUR HANDS FREQUENTLY.** Flu viruses are spread by droplets from infected people when they sneeze, blow their nose, or wipe away secretions from their nose or eyes. During flu season, everyone should be encouraged to keep their hands out of their mouths, avoid rubbing their eyes and wash their hands thoroughly several times a day, especially before meals.
3. **EAT A HEALTHY DIET RICH IN VITAMINS C AND E.** Foods containing these vitamins are believed to be helpful in supporting the immune system. Foods rich in vitamin E include sunflower and corn oils, sunflower seeds, and nuts such as almonds and peanuts. You can get your daily vitamin C from foods like orange juice, citrus fruits, broccoli, and green peppers. And make an effort to reduce your intake of concentrated sugar (e.g. soda, candy) because excessive sugar impairs the immune response.
4. **GET A GOOD NIGHT'S SLEEP.** Lack of sleep may profoundly inhibit your immune system. Get a full night's sleep to keep your body's natural defenses at optimum efficiency.
5. **STAY HYDRATED.** Increasing your water intake will help you stay healthy and lessen the chance of you coming down with flu. When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus, and keeps your throat moist.
7. **EXERCISE REGULARLY.** Not only can regular exercise lower stress, but research indicates that exercise can stimulate the immune system and promote healthy sleep.
8. **LISTEN TO YOUR BODY.** If you do come down with a cold or flu, take it easy. Spending excessive energy steals valuable resources from the immune system. Even attempting to perform normal activities at work or school may be too much. Besides, if you believe you're coming down with flu, probably the best thing you can do for friends and family is to not expose them unnecessarily to the virus.
9. **SEEK HELP IF YOU GET WORSE.** If your symptoms become significantly worse after the first three days of illness, especially if your fever subsides and then returns, be sure to seek medical attention right away. The reason that flu is considered a potentially dangerous infection is that it leaves the body vulnerable to other infections like pneumonia.

* Thanksgiving Word Search *

Find the words below.

P J E F E I P N A C E P H D C T L W P A
 Y P K B N T W L G P H D Y Y P W E L N P
 P Q A N A Y T R H I K U R I F N V Q C I
 Y C R A N B E R R I E S B E M I B P R P
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NOVEMBER
 HAM
 POTATOES
 THANKFUL
 DINNER
 PARADE

TURKEY
 PUMPKINPIE
 PECANPIE
 MAYFLOWER
 FAMILY
 THANKFUL

STUFFING
 CRANBERRIES
 PILGRIMS
 CORN
 FEAST

Chuckles of the Month



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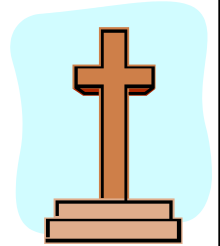
Meadowood Tower Calendar – October 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|--|
| <p>1</p> <p><i>Worship Service & Communion</i> 10:00 am Fellowship Hall</p> | <p>2</p> <p><i>Game Day</i> 1:30 pm – 3:30 pm Sing A Long 7:00 pm Fellowship Hall – Brooklyn & Brook from Waverley Baptist Church</p> | <p>3</p> <p><u><i>Election Day-Voting</i></u> <u>1:00 pm – 4:00 pm</u> <u>PCH Fellowship Hall</u> <u>Bring ID or Voter ID Card</u></p> | <p>4</p> <p><i>Bible Study</i> 2:00 pm 10th Floor Chapel</p> | <p>5</p> <p><i>Exercise</i> 10:30 am Friendship Room</p> | <p>6</p> | <p>7</p> |
| <p>8</p> <p><i>Worship Service</i> 10:00 am Fellowship Hall</p> | <p>9</p> <p><u><i>Thanksgiving Day</i></u>  Offices Closed</p> | <p>10</p> <p><i>Meadowood Café</i> 1:00 – 3:30 Friendship Room Cost \$1.00</p> | <p>11</p> <p><i>Bible Study</i> 2:00 pm 10th Floor Chapel</p> | <p>12</p> <p><i>Exercise</i> 10:30 am Friendship Room</p> | <p>13</p> <p><i>Giant Crossword</i> 10:30 am Friendship Room</p> | <p>14</p> <p><i>Painting Acrylics with Esther</i> 2:00 – 4:00 Friendship Room</p> |
| <p>15</p> <p><i>Worship Services</i> 10:00 am Fellowship Hall</p> | <p>16</p> <p><i>Bingo</i> 1:30 pm – 2:00 pm Friendship Room</p> | <p>17</p> | <p>18</p> <p><i>Bible Study</i> 2:00 pm 10th Floor Chapel</p> | <p>19</p> <p><i>Exercise</i> 10:30 am Friendship Room</p> | <p>20</p> <p><i>Finish The Line</i> 10:30 am Friendship Room</p> | <p>21</p> |
| <p>22</p> <p><i>Worship Services</i> 10:00 am Fellowship Hall</p> | <p>23</p> <p><i>Game Day</i> 1:30 pm – 3:30 pm</p> | <p>24</p> <p><i>Flu Clinic</i> 8:30 am – 11:00 am Friendship Room ~~~~~ <i>Keurig Coffee</i> 1:00 pm – 3:30 pm Cost: \$1.00</p> | <p>25</p> <p><i>Bible Study</i> 2:00 pm 10th Floor Chapel</p> | <p>26</p> <p><i>Exercise</i> 10:30 am Friendship Room</p> | <p>27</p> <p><i>Giant Crossword</i> 10:30 am Friendship Room</p> | <p>28</p> |
| <p>29</p> <p><i>Worship Services</i> 10:00 am Fellowship Hall</p> | <p>30</p> <p><i>Bingo</i> 1:30 pm – 2:00 pm Friendship Room</p> | <p>31</p> | | | | |

TOWER TENANTS



CHURCH SERVICES



Combined Sunday Services PCH & EPH & Community
10:00 am – Fellowship Hall

EPH Bible Study Wednesdays 2:00 pm
10th Floor Chapel



PCH Catholic Mass: Thursday October 12, 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 – October 2023

'O GIVE THANKS!'



**“O give thanks to the Lord,
for He is good,
for His steadfast love endures forever!”
Psalm 107:1 (ESV)**

The Bible has long extolled the benefits of giving thanks to the Lord! The Thanksgiving holiday is a time when we specifically pause to give thanks to God for the many things, He generously supplies us with. But we should also keep in mind that we ought to be thankful for **“who God is”** – not just for what He gives us! The Psalms repeatedly call on God’s people to give Him thanks for His **“character.”** We are reminded throughout the Psalms to give Him thanks because **“He is good and His love endures forever...and to thank Him for His unfailing love and wonderful deeds!”** The Lord delights in giving good gifts to us as His people – that’s who God is! God’s great love for us and His kindness, should cause us to realize that He not only deserves our love and worship, but He also deserves thankful hearts. Everything that’s good in life comes from Him and with all that we have been given, gratitude should be as natural as breathing. May you be encouraged this Thanksgiving, to respond with truly thankful hearts – not only for what God provides you with – but for His goodness and steadfast love!

Wishing you All, a very Happy & Joyful Thanksgiving...

Pastor Rick

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

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 *Pastor: Adam Wiebe*

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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 or call (204) 588-8507.



Thank You, LORD!