



## INDEPENDENT LIVING at Meadowood EPH

If you are an independent adult 60 years of age and over, looking for a reasonably priced Bachelor suite or one bedroom, give us a call for a tour. You can reach our Elderly Persons Housing Coordinator; Marlene on Tuesday or Wednesday by calling 204-254-5405.

Applications can be found on our website at [www.meadowoodmanor.ca](http://www.meadowoodmanor.ca) or you can pick one up at our front desk Monday to Friday from 8:30am – 4:00pm.

## BINGO prizes

Our recreation team is requesting donations for our resident BINGO winners! Items such as mini and large chocolate bars, large print word search books, small bags of potato chips, expandable bracelets and nail polishes in pink or neutral colours would all be greatly appreciated. Please drop off donations at the front desk during working hours, Monday to Friday, 8:30 am – 4 pm.



MEADOWOOD MANOR  
577 ST. ANNE'S ROAD  
WINNIPEG, MB R2M 3G5  
[WWW.MEADOWOODMANOR.CA](http://WWW.MEADOWOODMANOR.CA)

friends of  
**MEADOWOOD**  
NEWS FALL 2019

## Fall Into Stillness

The falling leaves are a sure sign that back-to-busy time is here, with all the activities that keep us running; school starting, volunteering tasks, fall clean-up, committee meetings or just regular work - summer is over! Sometimes in the midst of these many duties that clutter our schedules, it's a perfect time to slow down – stop, take a deep breath, relax your muscles and release the tension.

In Psalm 46:10 it says “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

We hear God's voice speaking to us in this Psalm directly. He wants us to acknowledge in our hearts that He is all-knowing, ever-present and all-powerful in our lives and the world. There is nothing He cannot see, or do and He wants us to know we can find peace and strength by letting go and trusting in Him to carry us through. As the weeks go by and life's busyness starts to become overwhelming, be still and know that He is our GOD, the Lord of all, who knows us and loves us – let's take our refuge in His ever-loving spirit.

“God is our refuge and strength, an ever-present help in trouble.”—Psalm 46:1

## Something to think about

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. Ephesians 2:8-9

**FEEDBACK** Contact  
[info@meadowood.ca](mailto:info@meadowood.ca) for comments  
and contributions to the newsletter



**Instagram & Facebook**  
Check us out on Facebook and  
Instagram @Meadowood\_manor\_pch



**MEADOWOOD MANOR**  
ELDERLY PERSONS HOUSING  
PERSONAL CARE HOME

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## CHAPLAINCY SUPPORT DINNER & CONCERT

*New venue this year!*

Meadowood Manor Foundation is hosting their annual Chaplaincy Support Dinner & Concert on Saturday, October 26 at 6:00pm at the brand new Whyte Ridge Baptist Church located at 2405 McGillivray Blvd. Tickets are still \$25 and are now available through your Meadowood Representative. You can also contact the Foundation office directly



at [mmanorfoundation@gmail.com](mailto:mmanorfoundation@gmail.com) or phone: 204-588-8507 to speak with Ferne Thiessen.

## NEW STAFF



Meadowood Manor is pleased to welcome **Oksana Sawczuk** as our new Director of Care. Oksana came to us from Holy Family Personal Care Home as the former Clinical Resources Nurse, she started with us this past spring and is doing a fantastic job encouraging staff, and improving care for our Residents. Please join us in welcoming Oksana to the Meadowood Manor Management Team.

## CONTINUOUS IMPROVEMENTS

Over the summer the management team worked hard finding new ways to improve aspects within our facility to benefit our Residents.



## ROOMS WITH A VIEW

All residents at Meadowood Manor have a private room with a window, however not all views are favorable. For those that have a less than scenic view, our management and maintenance team have worked together to change that by adding seasonal décor to what was a bare brick wall. Residents are thrilled to have something interesting to look at each season.

## DINING CULTURE

We designated a special dining area with two attendants, at the service of our more cognitive residents who are able to sit and enjoy their meals together. They are served piping hot food from our mobile steam cart and can ask for seconds if they choose to.



## Pastor's Point

"Blessed be the Lord, who daily bears our burdens, even the God who is our Salvation. *Selah*" — Psalm 68:19

We are reminded in God's Word that He is a very personal God and that He cares about all the details of our daily life. The verse above remind us that He carries our burdens and gives us strength to face all that is ahead of us each and every day.



Here is a poem that reminds us of how God provides for us each day;

Day by day, I will trust Christ

Day by day, He will provide

He will give me grace and mercy

If in His presence I abide.

Day by day, He knows my sorrows

Day by day, He shares my pain

Jesus is my joy and comfort

He's my strength and life again.

Day by day, I can trust Him

Though some days I come unglued

As I wait upon the Lord

I find my strength is renewed.

Day by day, I have God's blessings

Which Christ's sacrifice affords

I cannot rely on my own strength

I will rather boast in the Lord.

Day by day...

*Jerry Bouey - August 3rd, 1999*

Many thanks to everyone for your continued support, encouragement and prayer for the Chaplaincy Ministry and for Meadowood Manor!

### Meadowood Manor is supported by

Abundant Life Baptist  
Emmanuel Baptist (Morris)  
Fort Richmond Baptist  
McDermot Avenue Baptist  
Mission Baptist  
Oakbank Baptist  
Rowandale Baptist  
Waverley Church and  
Whyte Ridge Baptist Church

## BIRTHDAY PARTIES

### HOSTING CHURCHES

Note new time: Parties will now take place at 10:30am

**October 22, 2019**

**Rowandale Baptist Church**

**November 26, 2019**

**Whyte Ridge Baptist Church**

COMBINED WITH DECEMBER BIRTHDAYS

**January 28, 2020**

**Abundant Life Baptist Church**