

# The Parkview Post

PARKVIEW MEADOWS CHRISTIAN  
RETIREMENT VILLAGE

519.587.2448 INFO@PARKVIEWMEADOWS.CA

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## LETTING GO

If you are like me, you need to be a director and controller of life. When you are not in control it unnerves you, leaving you feeling vulnerable and insecure. But life is a pretty big thing, ever changing, evolving, unpredictable, and dynamic. It is a very massive, stressful (and futile) job to be in control of life, all the time. You would think life experiences would make this obvious to most, but not so. It took me a long time to learn that sometimes letting go is the best form of control.

There are so many facets of life we can't control; people, the economy, taxes, the weather, and the numerous random and unpredictable events that impact us on a daily basis. To worry about all the things we can't control is to be miserable and stressed beyond measure. The only smart thing to do is to let go. Letting go means living with the recognition that life is composed in such a way that there will be things you can't control. It means living life assuming the best about events beyond your influence and power. It means living without fear and worry about the loose ends. It means trusting. Letting go means being aware of all the threats that you cannot control, but knowing a resolution for each already exists, and will appear at the right time.

Letting go is to know it will all work out in the end. Letting go is going to sleep frustrated, in despair and exhausted after you've squandered your energies and resources in a futile attempt to solve a problem, and then waking up refreshed, with the solution, which now appears so simple and obvious.

Blessings to you,  
*Mara DiBiase,*  
Parkview Meadows CEO/DOC  
[mdibiase@parkviewmeadows.ca](mailto:mdibiase@parkviewmeadows.ca)

## INSIDE THIS AUGUST 2023 ISSUE:

Blast From the Past	2
Pleasurable Dining	3
PCR Quick Tips	4
Candid Moments	5
Volunteer Corner	7
Maintenance Corner	8
Recreation	11
Birthdays	13
Announcements	14



BLAST FROM THE PAST

# PARKVIEW POST

OCTOBER 1998

**THE HUMAN TOUCH**

*'Tis the human touch in this world that counts,  
The touch of your hand and mine,  
Which means far more to the fainting heart  
Than shelter and bread and wine;  
For shelter is gone when the night is o'er,  
And bread lasts only a day,  
But the touch of the hand and sound of the voice  
Sing on in the soul always.*

Spencer Michael Free

**ADMINISTRATOR'S CORNER**



Now the season is over, and the air-conditioners have been "retired", we remind the Valleyview residents, who have not paid the \$1.00 per day charge for this year, to do so now. Your cooperation is appreciated.

You may have noticed that the Brookview parking lot entrances are clearly marked as private property. You are encouraged to jot down the license plate numbers of cars who use the parking lot as a short cut from the Townline to Keith Richardson Parkway, and report them to the office. In case you see 644 WRE, please note that this is your administrators license number, who from time to time checks the property.

All residents are invited to the second Justice Panel, sponsored by the Townsend Community Policing Committee on October 15 at 7:00 pm in the Community Church. The discussions will center much around safety issues in our community.

Finally something I read in a church bulletin not to long ago. I quote: Humility is

one of those qualities few wear perfectly. It reminds one of two brothers who grew up on a farm. One left for college, earned a degree in medicine, and established a good practice. The other brother stayed on the farm. One day, the doctor came and visited his brother, the farmer. He asked, "Why don't you go out and make a name for yourself and hold your head up high in the world like me?" The brother pointed to a field of wheat and said: "Notice that only the empty heads stand up. Those that are well filled always bent low." Remember the branch that bears the most fruit is bent lowest to the ground.

I hope you enjoy the autumn days, before, as some say, a severe winter will be upon us.

Peter Zwart

**RESIDENTS' COUNCIL**

There will be a Residents' Council meeting on Monday, October 19 at 1:00 pm in the Library.

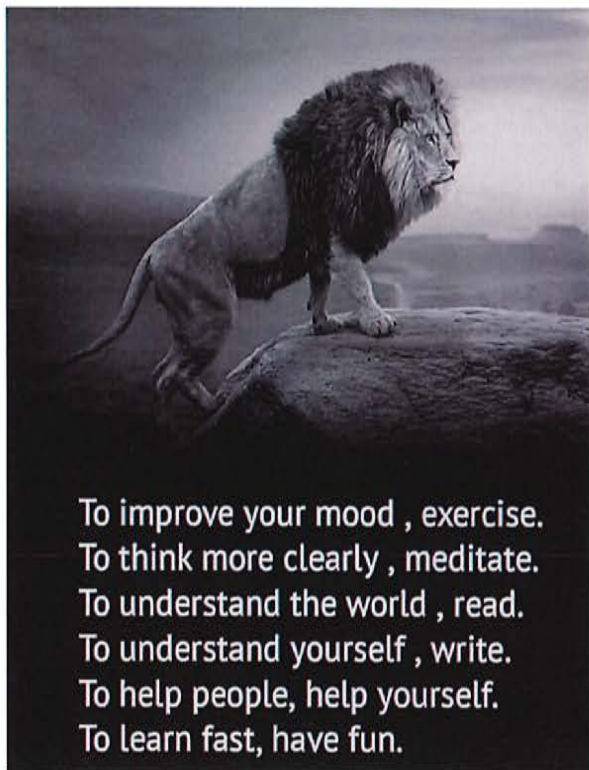
**MAINTENANCE MEMO**

Fall is on it's way. Soon air conditioners, lawn furniture etc, will need to be put away. Let me know if you need help. There is a bit of outside work to do but hopefully there will be enough good weather yet. The taps at Parkview are repaired and parts are here to finally fix the lot light in Brookview.

Reminder: Please package garbage carefully, even double bag if necessary. This will help prevent carpet damage. Thank You

Ron Currie

A thought - "Man never made any material as resilient as the human spirit."



To improve your mood , exercise.  
To think more clearly , meditate.  
To understand the world , read.  
To understand yourself , write.  
To help people, help yourself.  
To learn fast, have fun.

Parkview Meadows Annual

## GOLF TOURNAMENT

FRIDAY  
AUGUST 25, 2022

Entry Fee  
Includes:

at the Greens at  
Renton

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E

- ⇒ 18 Hole Golf with Cart
- ⇒ (Scramble Format)
- ⇒ Lunch & Buffet Dinner
- ⇒ Entry into Prize Holes Contest
- (\*Featuring: Trips, Cash, TVs etc.)

\*\*\* To participate or for more information

PLEASE CONTACT  
Michael Ciardullo

at 519-587-2448 ext 419  
mciardullo@parkviewmeadows.ca

- ⇒ Gift for Participating
- ⇒ Donation Receipt
- ⇒ Fun day with Family, Friends or Colleagues

Sponsorship  
Opportunities  
Available to those interested!



## PLEASURABLE DINING

The purpose of pleasurable dining is to enhance a residents *quality of life*. With that said, a pleasurable dining experience is as equally important as providing quality food that in turn, optimizes overall nutritional health. In reality, it really doesn't matter how delicious the food is, if the residents dislike the social atmosphere created in the dining room, then their opinion of the meal and service will be poorly rated as well. At Parkview Meadows we want to provide our residents with the best possible service in a *fine dining* setting in efforts to achieve this desired goal of "*pleasurable dining*." *How does one achieve a pleasurable dining experience?? Below are some suggestions and guidelines on how to heighten this understanding.*

- *Relaxed, supportive dining environment*; You want to ensure that the space feels safe and comfortable. Cleanliness, lighting and décor are all important factors here. Things to keep in mind would be ensuring the television is off and that *noise levels* are appropriate. As a reminder, a *relaxing* environment is also an *unhurried* one.
- *Organized Meal Service*; This means, encouraging and assisting residents to and from the dining room, ensuring they are properly groomed and with suitable tablemates. Keeping an eye on the clock is also essential to ensure meals are started *on time*.
- *Meeting Nutrition Care Needs*; Documentation is a key piece. Each resident is assessed by the dietitian and provided with a care plan to meet their needs. It is extremely important that we check documentation and follow specifications made around *diet texture* (ie. minced, puree, honey thickened fluids etc.) and *portion sizes* for example.
- *Safe and Palatable Temperatures*; All foods are to be served at safe temperatures. Documentation is also important and so is corrective action in the event temperature is not ideal.
- *Managing Medications*; Medications are not mixed in with the meals. No treatments should be administered in the dining room unless approved by the resident and in their care plan. Not only is this to protect and safeguard the resident but also to show courtesy to fellow residents at the table.
- *Supportive/Restorative Dining Programs*; Provide residents with a detailed menu upon serving and offering choices, encourage based around care plans and help residents with adaptive devices.
- *Quality Dining*; All dining is to be relaxed, unhurried and skilled. Promote *social stimulation* by cueing conversation amongst table mates. Final cleaning and clearing of tables should be conducted when residents have left the dining room. Lastly, ensure that the *basic principles of etiquette* are also followed. (ie. *Do not reach over residents when serving, be polite and friendly, use appropriate utensils when serving rather than touching with our hands* etc.)

Parkview Meadows strives to improve the quality of care and services to the residents that call Parkview home. In following some of these tips and reminding ourselves that we are guests in *their home*, it is possible that we can achieve this desired goal together.

Charity Schaeffer, Director of Dietary and Environmental  
 cschaeffer@parkviewmeadows.ca



### Just for Laughs

Dad; *I don't trust those trees over there...*

Son; *Why?*

Dad; *They look a little shady...*





# PRC Quick Tips

Société Alzheimer Society

BRANT, HALDIMAND, NORFOLK,  
HAMILTON, HALTON

For more information please contact your PRCs- Kathie or Stephanie at 519-428-7771

## The 8 As of Dementia

The 8 A's are an easy way for caregivers to remember which areas of the brain can be affected by dementia. Each of these A's represents damage to a particular part of the brain.

As a caregiver, keep in mind that a person with dementia may not experience all of the A's. Dementia can affect several different areas of the brain, but not always at the same time.

For the next few months we'll go through each A in more detail.

**Anosognosia** – the individual no longer realizes there is something wrong.

Amnesia  
Aphasia  
Agnosia  
Apraxia  
Altered Perceptions  
Apathy  
Attention Deficit

## Anosognosia is not the same as denial

It's important to understand that someone who has anosognosia in dementia isn't just being difficult or in denial – this is something different.

When someone is in denial, they are aware of a fact, but refuse to accept it.

With anosognosia, the damage that dementia is causing in their brain makes it impossible for that person to be aware of what's happening to them.



### Resources that may be helpful:

<https://dailycaring.com/6-ways-to-help-someone-who-doesnt-know-theyre-ill-anosognosia-in-dementia/#:~:text=Anosognosia%20is%20a%20condition%20that,believe%20that%20they%20have%20dementia.https://www.dementiacarers.ca/when-the-person-with-dementia-doesnt-know-they-have-limitations-anosognosia/>

## Anosognosia

**Pronounced ah-no-sog-NOH-zee-uh. The word literally means "to not know a disease".**

**ANOSOGNOSIA** is often mistaken for denial, stubbornness or embarrassment. In fact it is actually brain damage that can make it difficult for dementia patients to recognize their impairment. Awareness can change from day-to-day or even hour-to-hour, and this can make your loved one's behaviour unpredictable.

They may resist help, refuse treatment, become angry and defensive or dangerously overestimate their abilities. And even if they forget to bathe, miss appointments, or burn food on the stove, they're still likely to insist that they don't need help. They'll probably also insist that they're absolutely capable of living independently – despite clear evidence that things are going wrong.

Anosognosia can also make people forget their physical ailments. People may try to get up from their wheelchair and walk or transfer themselves, even though they have lost their legs or just had hip surgery.

If someone reminds them of their cognitive impairment, someone with anosognosia may get angry and defensive because in their mind they're 100% convinced that there is no problem. They forget that they forget!

## Ways to help

- Go with their reality
- Use "therapeutic fibbing" -which is similar to "stretching the truth" or using "white lies" to ease their anxiety
- Do not try to reason and use logic to help them understand, as they will get all caught up with the words and reasoning.
- Only say what needs to be said for the moment
- Avoid correcting them and having confrontations; pick your battles
- Present solutions positively and subtly
- Be creative with solutions

### Remember

The dementia patient is not *giving* you a hard time.

The dementia patient is *having* a hard time.



# CANDID MOMENTS

⇒ Mother's Day Tea with Harpist Rosemary



Waterford Trail Picnic and Stroll (Above)

Biking with Recreation



⇒ Loving the new Duet Bicycles and Wheelchair bike from our Golf Tournament Fundraiser



⇒ Gardens around Parkview Meadows (Jim Cruise's Garden, Southview and Gardenview New Courtyard)

\*\* Photo submissions/credit; Krista Ashley / Janet Sooklal / Kaitlyn Van Brugge, Becky Walker & Michael Ciardullo



**GARDENVIEW RECREATION**

**AUGUST**

Wednesday, May 2nd at 10:00 a.m. - Donut Day (Southview Dining Hall)  
 Thursday, August 10th - Trip to Warplane Heritage Museum  
 Friday, August 11th 1:00 p.m to 3:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)  
 Tuesday, August 15th - Swiss Chalet Dine In  
 Tuesday, August 22nd - Trip to Hewitt's Dairy (Sign up with Recreation)  
 Wednesday, August 23rd at 2:00 p.m. - Residents Council Meeting  
 Friday, August 25th - Golf Tournament Fundraiser (Greens of Renton)  
 Monday, August 28th at 12:00 - Pizza Lunch  
 TBA- August Birthday Party

**SEPTEMBER**

Wednesday, September 6th at 10:00 a.m. - Donut Day  
 Thursday, September 7th - Trip to Twin Valley Zoo  
 Friday, September 8th 1:00 p.m to 4:00 p.m. - Ear Wax Removal Clinic with Connect Hearing (Free)  
 Thursday, September 14th at 2:00 p.m. - Birthday Party with "Michael Foster"  
 Wednesday, September 20th - Trip African Lion Safari  
 TBA - Lunch and Stroll at the Jarvis Lions Park (Families Welcome)  
 TBA - Bowling Trip to Whitehorse Bowling Alley

**OCTOBER**

Wednesday, October 4th at 10:00 a.m. - Donut Day  
 Friday, October 13th 1:15 p.m to 4:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)  
 Wednesday, October 25th at 2:00 p.m. - Birthday Party with "Dave Burden"  
 TBA - Knechtel's Dine- In  
 TBA -October Birthday Party  
 TBA - Little Ray's Reptile Show  
 TBA - Trip to Royal Botanical Gardens

Did you know that an Optician and Optometrist from



**VIEWPOINT**  
 VISION CARE

attends Parkview Meadows.

Covered by OHIP

\$40 Mobile Fee for Mobile Services

Next clinic date scheduled for; August 2023

Mobile eye care at your office, long term care, retirement community or hospital we can understand during these times it can be difficult to take care of your eye care needs, it can be a struggle to take yourself or your family away from your home, that's why Viewpoint will come to you. We will bring our portable Optometry clinic, equipped with our mobile diagnostic equipment, we conduct a complete and thorough eye examination. These include : Visual Acuity Testing, Refraction, Binocular Vision Assessment, Ocular Motility Testing, Pupillary Examination, Slit Lamp Exam, Intraocular Pressure Measurement, Retinal Exam, Cataract Assessment and Dry Eye Assessment.

Please connect with Michael to complete Viewpoint Intake Form for the next clinic.



## VOLUNTEER INTERVIEW

Parkview Meadows is a large and busy place. Our staff work diligently every day to ensure our residents' diverse needs are met and that our operation runs smoothly. Our volunteers also play a vital role in the overall success of Parkview as we would not have such a wonderful reputation within the community without the helping hands of these selfless individuals. Margaret Barry has been a faithful and dedicated resident volunteer to Parkview Meadows recently. Below is a brief interview with Margaret.

**How long have you been a volunteer here?**

*I have been volunteering since the Spring of 2022*

**What exactly do you do at Parkview Meadows?**

*I have been assisting in the Tuck Shop weekly and have helped with the BBQ's on Fridays.*

**Do you enjoy what you do here?**

*"I certainly do" . I always am looking to assist and help out.*

**What do you enjoy most about volunteering?**

*I enjoy being able to help others, and knowing that I am helping others gives me such joy. Being in the Tuck shop gives me a chance to chat with customers coming in.*

**How did you find out about Parkview Meadows?**

*My Son-in-laws mother lived in Southview and then moved to Gardenview. Also, I recently moved into Valleyview almost 2 years ago.*

**Do you volunteer anywhere else?**

*I previously volunteered with Home Care and assisted those that needed extra care and compassion.*

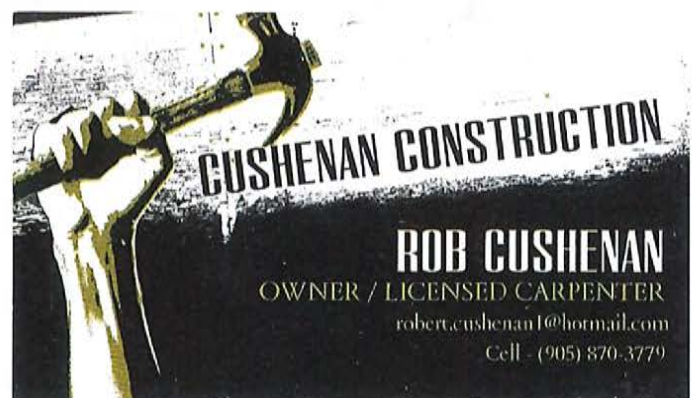
**Is it okay if we get a bit more personal Margaret? I think that everyone would be interested in finding out a bit more about you as an individual. What is your life like outside of Parkview?**

*I enjoy working outdoors in my gardens and have dabbled in golf. I enjoy puzzling in the games room with other residents. I enjoy watching baseball and attending some of the Parkview Meadows trips that they have for us. I have 3 children; 2 boys and 1 girl; and always enjoy family time.*

**\*\*\* If you or someone you know is interested in making a difference and becoming a volunteer, please contact Michael at 519-587-2448 ext. 419 [mciardullo@parkviewmeadows.ca](mailto:mciardullo@parkviewmeadows.ca)**

## ADVERTISE WITH PARKVIEW MEADOWS

The Parkview Post now offers advertising space to local businesses and entrepreneurs. The fee is minimal and the gains are grand! Contact Michael at 519-587-2448 ext.419 or email at [mciardullo@parkviewmeadows.ca](mailto:mciardullo@parkviewmeadows.ca) (\*\* advertising as shown throughout the Newsletter)





**SAFETY TALK**

# Safety Talk



**Remember:** during a fire, everyone's safety depends on good preparation and an efficient evacuation.

## Fire Safety

### Housekeeping:



- Follow your buildings security measures and keep unauthorized people out of your workplace
- Keep flammable liquid storage to a minimum and in approved containers
- Keep your workplace clutter free
- Keep alleys and other areas around your building well lit
- Keep exits, stairways, storage areas, staff rooms and work areas free from debris such as empty boxes, waste paper and dirty rags
- Keep large quantities of flammable liquids in an approved storage cabinet

### Electrical Safety:

- Do not overload electrical circuits
- Replace electrical cords that have cracked insulation or broken connectors and never run extension cords across doorways, under carpets or where they can be stepped on or pinched



### Portable Fire Extinguishers:

- Ensure everyone has left the building before attempting to fight a fire
- Portable fire extinguishers are not designed to fight large fires or those that may spread quickly
- Everyone should read the extinguisher instructions and be trained in the safe operation of fire extinguishers
- Use portable fire extinguishers to extinguish and control small, contained fires until the fire department arrives

### Appliances:

- Allow air to circulate around heat producing equipment such as photocopiers, computer terminals and heaters
- Unplug or turn off all appliances including coffee makers, hot plates, and burners at the end of each day

### Smokers:

- Smoke only where permitted and use large, non-tip ashtrays. Thoroughly soak butts with water before discarding
- Ensure visitors are aware of smoking regulations



### Employees are responsible for...

- Knowing the location of all building exits
- Knowing the location of the nearest fire alarms and how to use them
- Counting the doors or desks between their work area and nearest exit. During a fire, exit signs may not be visible due to smoke or a power failure

### Employers are responsible for...

- Posting an escape plan in a prominent location on every level
- Ensuring all employees are familiar with exit locations, escape routes and fire extinguisher locations
- Conducting regular fire drills
- Posting the emergency numbers on or near all telephones
- Making provisions for the safe evacuation of employees with disabilities by appointing someone to assist them
- Appointing and training a fire warden on each level of the building to ensure safe evacuation and ongoing safety programs

### In the event of a fire...

- Sound the alarm and leave the building immediately, closing all doors behind you
- If smoke blocks your primary exit, use another one. If you must exit through the smoke, stay low by crawling on your hands and knees
- Check doors before opening them. Kneel or crouch at the door, reach up and touch the door, knob and frame. If you feel any warmth on or around the door, use another escape route. If the door feels cool, open it slowly and carefully with your shoulder against it. Slam the door shut if you see flames or smoke on the other side
- Call 9-1-1 no matter how small the fire appears to be
- Follow directions, from fire and security personnel. Once outside, move away from the building to the designated meeting location, out of the way of fire fighters. Remain outside until the fire department says you may go back in



## ADVERTISE WITH PARKVIEW MEADOWS





## RETIREMENT ACTIVITIES AUGUST

- Wednesday, August 2nd at 10:00 a.m. - Donut Day
- Thursday, August 3rd at 1:30 p.m. - Trip to Triple C Bible Camp for Ladies Tea
- Wednesday, August 9th at 3:00 p.m. - Fraud Prevention Presentation with Simcoe OPP
- Friday, August 11th 9:00 a.m to 12:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)
- Tuesday, August 15th at 12:00 p.m. - Swiss Chalet Dine In
- Wednesday, August 16th - Trip to Pier 8 Trolley Tour and Williams Café
- Thursday, August 17th - Trip to Haldimand Abilities Brunch
- Friday, August 18th at 1:15 p.m. - Shopping Trip to Simcoe
- Friday August 25th at 12 p.m. - Golf Tournament Fundraiser at Greens of Renton
- Thursday, August 31st - Lunch at Harmony in Simcoe
- Thursday, August 31st at 3:15pm - Residents Council Meeting
- TBA - August Birthday Party with Kristin Nicholls

## S E P T E M B E R

- Friday, September 1st at 1:15 p.m. - Trip to Jarvis Library and Tim Hortons
- Tuesday, September 5th at 2:00 p.m. - Birthday Party with "Michael Foster"
- Wednesday, September 6th at 10:00 a.m. - Donut Day
- Friday, September 8th 1:15 p.m to 4:00 p.m. - Ear Wax Removal Clinic with Connect Hearing (Free)
- Wednesday, September 13th - Trip to African Lion Safari
- Friday, September 15th at 1:15 p.m. - Shopping Trip to Simcoe
- Tuesday, September 19th - Trip to Whistling Gardens
- Thursday, September 21st at 10:00 a.m. - Trip to Grand River Boat Cruises
- Friday, September 22nd at 1:15 p.m. - Shopping Trip to Simcoe
- Wednesday, September 27th - Trip to Warplane Heritage Museum
- Friday, September 29th at 1:15 p.m. - Shopping Trip to Simcoe

## O C T O B E R

- Wednesday, October 4th at 10:00 a.m. - Donut Day
- Friday, October 6th at 1:15 p.m. - Trip to Jarvis Library and Tim Hortons
- Wednesday, October 11th at 2:00 p.m. - Birthday Party with "Dave Burden"
- Friday, October 13th 1:00 p.m to 4:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)
- Friday, October 20th at 1:15 p.m. - Shopping Trip to Simcoe
- Friday, October 27th at 1:15 p.m. - Shopping Trip to Simcoe
- Monday, October 30th at 2:00 p.m. - Halloween Social Southview Dining Hall

Did you know that a Dental Hygienist from



attends Parkview Meadows every six to eight weeks  
Service for ALL Parkview Residents with a low cost  
Next clinic date scheduled for;  
September 2023

Did you know that a hearing specialist from



attends Parkview Meadows every second Friday of the  
Month?  
**FREE** Service for ALL Parkview Residents  
Next clinic date scheduled for; Friday, August 11th  
Location; Craft Room at 1:00pm to 3:30pm



RECREATION

On Saturday May 26th, Parkview Meadows joined the Alzheimer’s Walk for Memories that was being hosted at the Jarvis Lions Park. It was a day with sunshine, friendship and an opportunity to bring the community together to raise funds for Alzheimer's. With the assistance and generosity of all of our residents and families, Parkview Meadows team; The Parkview Wanderers” were able to raise \$1600.00 to the Alzheimer's Society of Haldimand-Norfolk. This event will be one not to miss out on next year.

This year, Parkview Meadows decided to host our Father’s Day Classic Car Show on the Saturday June 17th; and invite local vendors to host their wonderful food, clothing, and goods. We also had fresh strawberries, strawberry desserts, bake sale and a BBQ to make this event one to remember. In the parking lot we had the local community bring 27 wonderful classic cars for all of our residents to see and gaze as it took them back to the oldies. We had a great turn out of family and friends, and a great way to celebrate our fathers. Everyone that attended stated that they were pleased and happy to have such a wonderful day at Parkview.

We have recently received our new duet bike and electric wheelchair bike from last year’s golf tournament fundraiser. Our recreation staff have been enjoying them with residents this summer all around the grounds of Parkview Meadows. We have such wonderful scenery around our home and want to allow our residents the ability to enjoy it as well. This years golf tournament fundraiser event is being hosted on Friday August 25th, 2023 at the Greens of Renton. We will be selling tickets for \$10 each or 3 for \$25. Get your tickets before they run out. Tickets will be sold at the entrance of Parkview Meadows on Thursdays from 12 to 4pm, beginning May,18th 2023.

Michael Ciardullo, *Program Services Manager*

JUST FOR LAUGHS





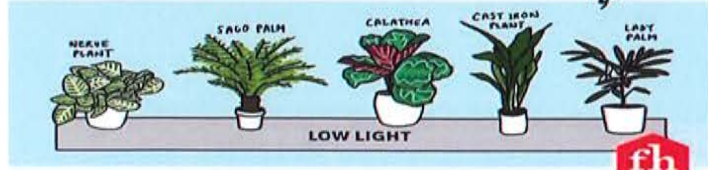
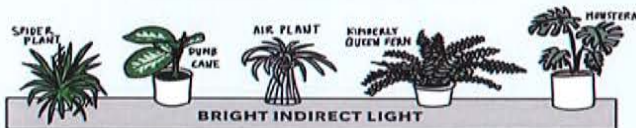
## BRAIN WACKY WORDIES

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 FOOD	5 <u>READ</u>	6 <b>Blood</b> Water
7 Beeeee	8 CANCELLED 	9 once 	10 Egg Egg HAM	11 Try Stand 2	12 T O N
13 NightsGHT	14 Aid ← Aid Aid	15 Million	16  3.14	17 ice <sup>3</sup>	18 G R O N  C I K
19 Think 	20 GROUND feet feet feet feet feet feet	21 I KNOWS	22 <b>Big Big</b> ignore ignore	23 RAVEN	24 KNEE light light

## HORTICULTURE CORNER

### Low-Light Indoor Plants THAT THRIVE IN NEAR DARKNESS



### How to Layer *A Compost Pile*

- 1 Start with a layer of coarse "browns" in contact with the soil.
- 2 Make a well or depression in this layer and put the "greens" into the well.
- 3 Cover "greens" with a generous layer of "browns" so that no food shows.
- 4 Keep adding layers of greens and browns, like making lasagna.
- 5 Keep layering until it reaches a height of 3 to 7 feet.





## BIRTHDAYS

### AUGUST

**Residents:**

Carl Lamb	2
Margaret Thompson	4
Frances Vandersluis	4
Betty Anema	5
Rita Fumo	6
Freda Van Dyk	6
Hidde Bruinsma	7
John Scherpenzeel	7
Alexander Stahn	9
Pietje Kooistra	13

Martha Lamb	14	<b>Staff:</b>	
Marianna Stoessel	14	Jackie Millard	5
Hendrika Gringhuis	15	Randy Morris	9
Helen Dossier	20	Khassier Anne Factora	13
David Wilson	22	Cloey DesRoches	18
Isabell Epple	24	Sharon Paterson	20
Rhoda Ann Malcolm	27	Lisa Mohl	25
Bernard Cadieux	30	Alero Awoyemi	29
Cornelius Spierenburg	30	Suzanne Den Boer	29
Deb Smith	31	Stacey Morton	30
		Robin Linger	31

### SEPTEMBER

**Residents:**

Helen Phibbs	2
Tina Rauwerda	3
Mary Ann Walsh	5
Wilma Wilson	10
Elizabeth Cromie	12
Antoinette Provo	12
John Hallema	13
Jerry Van Dyk	13
Ada Stavinga	15
Bert Prinzen	15

Donna Armstrong	16	<b>Staff:</b>	
Brooke Sowden	17	Kaitlyn Van Brugge	1
Julius Katona	19	Angela Longland	5
Donald Wonnacott	19	Dorothy Croft	6
Vera Repath	20	Becky Vandermeersch	13
Kathleen Joan Acres	20	Lacey Chapman	14
Laura Mahoney	20	Paula McKeen	15
Janny Elzinga	24	Jermaine Hamilton	20
Wilma Karsten	25	Kelly-Ann Muir	25
Mary Anne Parschauer	28	Laura McCafferty	26
Walter Tersteeg	29		

### OCTOBER

**Residents:**

Brenda McKay	1
Alice Cole	2
Ronald Hamilton	2
Raymond Smith	3
Ruth Hart	6
Laurraine Chambers	9
Nancy Lenos	10
Jeanette Nelson	14
Mary Hodgins	14
Elsie McAlpine	14
Bertha Church	17

Derek Tidd	17	<b>Staff:</b>	
Johanna Stelpstra	21	Jonathan Toal	1
Margaret Unsworth	24	Joyce White	6
Mae Glen	29	Lindsay Paterson	13
Beverly Ertel	29	Julie Bassindale	16
		Nikki Schaeffer	25
		Michelle Klein	26



OUR WEBSITE:  
[www.parkviewmeadows.ca](http://www.parkviewmeadows.ca)

Access everything you need to know about Parkview Meadows right in your own home by checking us out ONLINE!

- ⇒ Updates on Vacancy
- ⇒ Programs & Activity Listing
- ⇒ Past Newsletters

## PRAYER CORNER

Please pray for the families of Jill Middel, Denis Morissette, John "Jack" Early, Robert Lenos, Laurie Prowse, Giannina Ruggieri, John Haster, Nida Kerychuk, as they continue to mourn their loss.



## SUNDAY WORSHIP SERVICES

You are welcome to worship at our Parkview Worship Services on Sundays at 2:30 p.m.

**Offerings:**  
Parkview Meadows

**May**  
Canadian Bible Society

**June**  
Gideons Haldimand

**July**  
Haldimand Norfolk Women's Shelter

## WHIP UP A TREAT TO ENJOY AT HOME!

One of the most enjoyed and certainly most delicious programs on the recreation schedule is our baking program. *Oatmeal Raisin Cookie* was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

### Ingredients

- 1 cup of soft butter
- 1 Cup of brown Sugar
- 1/4 C sugar
- 1 Tbsp vanilla
- 1 Tbsp Dark Molasses
- 1 1/2 Cups of Flour
- 1 tsp baking soda
- 1 1/2 tsp cinnamon
- 3 C rolled oats
- 1 C of raisins
- 1/2 C chopped roasted walnuts (optional)

### Directions

1. Preheat oven to 350 degrees.
2. Cream softened butter and sugars for 2 mins. Add the eggs and mix on high until smooth. Add vanilla and dark molasses.
3. Separate bowl, whisk flour, baking soda, cinnamon and salt together. Add the wet ingredients and mix on low until combined. Beat in the oats, raisins and walnuts. Chill the dough for 60 mins in the refrigerator.
4. Roll balls of dough (about 2 Tbsp) and place 2 inches apart on the baking sheet. Bake for 12-14 mins.

## Golf Tournament 50/50 Raffle

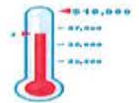


Tickets will be sold every Thursday from 12pm to 4pm at the Parkview Meadows Entrance

1 Ticket = \$10

Or

3 Tickets for \$25



Winning Ticket will be drawn Friday August 25th

I CAN  
**DO** all things  
 through Christ  
 who STRENGTHENS ME



PHILIPPIANS 4:13

Wacky Wordy Answers: 1. Forget it 2. Jack in the box 3. Somewhere over the rainbow 4. Back door 5. Read between the lines 6. Blood is thicker than water 7. Bee line 8. Cancelled cheque 9. Once upon a time 10. Downtown 11. Try to understand 12. Downtown 13. Bump in the night 14. First aid 15. One in a million 16. Apple pie 17. Ice cube 18. Rocking around the Christmas Tree 19. Think outside the box 20. Six feet underground 21. Won by a nose 22. Too big to ignore 23. Half baked 24. Neon lights