

# The Parkview Post

PARKVIEW MEADOWS CHRISTIAN  
RETIREMENT VILLAGE

519.587.2448 INFO@PARKVIEWMEADOWS.CA

## Our Board of Directors;

John Haverkamp  
Jack Ouwendyk  
Ernie Rauwerda  
Tom Vandertuin  
Pete DeWaard  
John Kraay  
Ian Cooper  
Evelyn Dam  
Bill Kelly  
Doug McBride

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## GREETINGS

I am deeply grateful for the warm welcome that I have received since being here as the new CEO. From that first Monday and meeting everyone in the dining hall, I was overwhelmed by the kindness, support, and genuine warmth extended to me by every one of you. And by the end of the first week at Parkview Meadows Christian Retirement Village I felt blessed to be included as part of the Team. I would like to express my heartfelt appreciation to the residents, families, staff, volunteers, and Board Members. Such a beautiful Home for the residents, and such a great group of dedicated staff. An idyllic setting in Townsend, it is hard to think of a better place to provide a Home and to take care our residents – also blessed by years of hard work and dedication of many, with many years of good work to come.

There has been a lot of change at Parkview Meadows, but healthcare and change are almost a cliché of late. Global pandemics, staff shortages and new acronyms like IPAC (infection prevention and control) and PPE (personal protective equipment) came to forefront when COVID – 19 began. We had to learn new processes and a way of work for us to protect our vulnerable residents, visiting family members, friends, and dedicated staff. Specifically, to Parkview Meadows and some of the changes of 2023, we have me as the new CEO as of October 16th ... a new Southview Clinical Manager, Laura Stuivenberg started the same day ... a relatively new controller, Michelyn Sciannella who started late July. And ongoing other staffing changes as we attempt to have the right number of employees, in the right positions to do our best for our residents.

I know that we are going to give our best efforts to take care of the Home and of the Residents that we are here to serve – I will count on all of us, including staff, friends, families, and volunteers to support each other to accomplish that task. We are in this together and so far, we are doing well with the task at hand, through a lot of good work and dedication from all.

As to me specifically, though I am new to Parkview Meadows – I am in my 36<sup>th</sup> year in various management positions including 33 of those years in healthcare leadership positions, and I will use those years of experience to support all to the best of my abilities. Originally, I am from the beautiful Manitoulin Island, but came south and attended university at Wilfrid Laurier University in Waterloo and then stayed south. I now live a short way up the road in Waterford. If you are in Waterford, you might see me fishing on the ponds with my sons or out on my motorcycle - if you do, say HI!!

And to wrap up, a quote:

*"For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope." Romans 15:4*

*Ken Callaghan*  
Chief Executive Officer  
kcallaghan@parkviewmeadows.ca



## BOARD CORNER

At the AGM two newcomers were elected as Directors, Doug McBride, who joined the P/M committee and Ernie Rauwerda, who became the new treasurer. A well deserved thank you to Harry Fledderus who joined the ranks of retirees after serving as Director and treasurer for more than 2 decades. On January 1, 2023 not knowing what this year had in store for us and generalizing, in looking back on all that has transpired, it is needless to say, this has not been an easy year. Being faced with resignations, which undoubtedly come with its ramifications especially as it effects upper management, resulted in may additional Board meetings. It is inevitable this has affected our staff going through a time of uncertainty. Staff, we thank you for your continued commitment and love for the residents which has been so evident. Mid year Kevin Rauwerda resigned as controller. Thankfully, Carlene Boettcher, having been the controller for 14 years filled that void temporarily. A replacement was recruited; Michelyn Sciannella took on the position as the new Controller. During the course of the year, although it did not come totally as a surprise, Mara's 15 years tenure was coming to a close, a responsibility she took on faithfully and has served to the best of her ability. Resigning from 3 important positions, it was very clear we were faced with the question of how to fill these positions. Realizing the vulnerability of placing these responsibilities on one individual, the Board decided to split these positions for practical reasons and proceeded on that basis. Being fully aware filling these positions was not as simple as it sounded, especially the DOC position soon became apparent. Notices of the various positions were placed on websites and to be frank, we were surprised at how quickly the responses to the applications came in. The DOC replacement was filled quickly, but ended rather abruptly in her resignation. At the time of writing we are still pursuing filling that position. The position of CEO was filled by Ken Callaghan, well experienced as CEO and Laura Stuivenberg, also well experienced, joined the team as the new manager of Southview. We are pleased these positions are filled and they were introduced at a well attended meet and greet event on Oct. 16<sup>th</sup>. To remedy being short staffed, it is the intent to make use of an agency to alleviate that shortage when needed. It is imperative to fill the DOC position as soon as possible and it is our hope and prayer this may come to fruition so that a sense of tranquility can be experienced. Indeed a new chapter in the history of Parkview Meadows has commenced and we prayerfully in confidence move ahead.

John Haverkamp  
Board Chair

Remembrance Service with Hagersville Legion On Thursday November 9th at 10am  
in Southview Dining Hall.... All Welcome!



*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them"*



## PROBING THE HEART

Working amongst the elderly is indeed very rewarding work. And, especially you can't help but love folks who question your inner self.

Will you come with me?

I want you to meet a hundred-year old saint in our Gardenview Nursing Home  
Sit with me while I'm feeding her.

Shhh, she likely sleeping, for she tires very soon these days.

See, her eyes are closed and her hands are folded again.

She prays much.

Sometimes I hear her pray when I'm near her.

How often she prays for her family.

Her language is a mixture of English, Dutch and Friesian.

But, God hears it all and delights in it all as well.

What a marvellous way to grow old...to be a praying mother.

Yet, while I was feeding her the other day, she asked me two very personal questions.

I'm sharing those questions with you, for they truly touched my heart.

With her eyes closed she asked, "Do you love Jesus?"

My answer: "Yes, I do, with all my heart."

Second question: "Is He your Saviour?"

My answer: "Yes, for Jesus is the only way for me to come to my Heavenly Father."

I don't know why she asked me those questions for she's the only one who calls me the "Gospel Lady".

But her questions still thrilled my heart. Simple questions. Core questions. Heart questions. Probing questions  
And they called for a personal testimony.

I've gone to church my entire life. Not my own family, nor my church family has ever asked me these two simple yet personal questions; many may have presumed the answer.

Yet, I marvel and rejoice at them both - they demand an answer for my love and obedience to Jesus.

Jesus asked one of His beloved disciples this very question in John 21:15, not once but three times over.  
It probes Peter's identity and it probes ours too.

This question could also be somewhat embarrassing for us.

But it's a question all of us need to answer sooner or later.

It's a question that is more significant than all others; it puts all questions into a secondary place.

The question of this sweet mom demands me to look right into the very Heart of Christ.

Humbly I may say, "Thank you 100-year-old precious one, for giving me the freedom to answer your question boldly."

You, Jesus, are my life... my joy... my all!

And it's God's grace for me to answer your question boldly and truthfully.

Theresa Bakker,  
Commissioned Pastor for Parkview Meadows.





# PRC Quick Tips

Soci t  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

**Anosognosia** – the individual no longer realizes there is something wrong. (Covered In August 2023 Newsletter)

Amnesia  
Aphasia  
Agnosia  
Apraxia  
Altered Perceptions  
**Apathy**  
Attention Deficit

## Apathy is not depression- but you can have both!

Some of these symptoms are also common in people who have depression, such as losing interest in things and lacking energy. This is why it can be hard to know whether a person has depression or apathy, even for a doctor. The main difference is that a person with depression will feel sad, tearful, hopeless or have low self-esteem (see the section 'Depression and dementia'). A person with apathy will not have these symptoms of low mood. Instead they will feel that they have no energy or 'spark'.

## Ways to help

-Try to find tasks and activities the person will enjoy and find meaningful. They may find it helpful to have a daily routine.

-Break tasks down into simple steps. They may find it easier to do several small steps rather than one big step.

-Gently prompt or help the person to start an activity, such as dressing. Give lots of encouragement to keep them engaged but try not to fuss over them. Be positive and focus on what they have achieved.

-Don't blame the person for being 'lazy', unhelpful or uncaring. The person is not choosing to have apathy.

-If you feel frustrated, try to remain as calm as you can to avoid the person reacting negatively.

<https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/apathy-dementia>

## Apathy

### Lack of interest, enthusiasm or concern

Many people sometimes have less energy or 'drive', or lose their 'spark'. However apathy is different. If a person has apathy they will have little or no motivation to do things that they would usually find meaningful and worthwhile.

Apathy is much more common in people with dementia than in older people who don't have dementia. About 2–5% of older people without dementia have apathy, but about 50–70% of people with dementia have apathy. People who have any type of dementia can have apathy. However, it is particularly common in people with [frontotemporal dementia](#) (FTD).

## Causes of apathy in person with dementia

People with dementia often develop apathy due to damage to the frontal lobes of their brain. This part of the brain controls our motivation, planning and sequencing of tasks.

If a person with apathy is withdrawn, stops doing things and loses their confidence and abilities, their apathy can get worse. People who are close to them may be able to help prevent this.

## Symptoms of apathy in person with dementia

A person with dementia who has apathy will be less motivated to do things. They may also:

- have no energy or motivation to do routine or daily tasks, such as brushing their teeth or having a shower
- rely on other people to suggest and organize activities
- not be interested in joining conversations or talking to new people
- not be worried about their own problems
- have unemotional responses to news or personal events
- they may seem to be uninterested or detached.



# CANDID MOMENTS

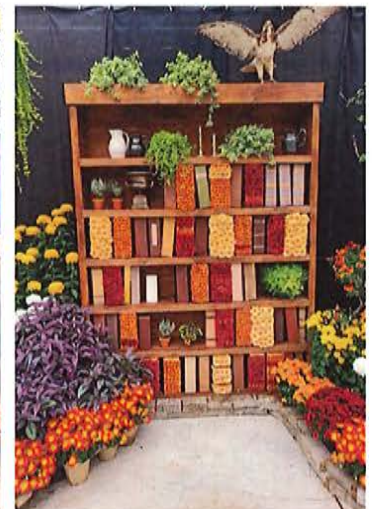
Canada Day Celebrations on the Patio (Below)



Hamilton Mum Show 2023 (Above and below)



⇒ Simcoe Wellington Park Picnic and Stroll (Above)



## Catch of the Day



⇒ Fishing at Port Dover Pier (Nothing was caught except F.U.N.)

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



## GARDENVIEW RECREATION

## NOVEMBER

- Wednesday, November 1st at 10:00 a.m. - Donut Day Southview Dining Hall  
 Thursday, November 9th at 10:00 a.m. - Remembrance Service with Hagersville Legion  
 Friday, November 10th 1:15 p.m. to 3:30 p.m. - Hearing Clinic with Connect Hearing (Craft Room)  
 Monday, November 13th at 11:00 a.m. - Bowling Trip to Whitehorse and McDonald's  
 Friday, November 17th at 2:00 p.m. - WWI and WWII Presentation (Southview Dining Hall)  
 Monday, November 20th at 8:15 a.m. - Special Breakfast in Craft Room  
 Wednesday, November 22nd at 12:00 p.m. - Dine In with Knechtel's Perch Dinner  
 Thursday, November 23rd at 2:00 p.m. - Birthday Party with Dave Burden  
 Thursday, November 23rd at 7:00 p.m. - Concert with Haldimand Norfolk Concert Band  
 Thursday, November 30th at 7:00 p.m. - Memorial Service for Residents of 2022

## DECEMBER

- Friday, December 1st All Day - Christmas Tree Decorating  
 Saturday, December 2nd 9:00 - 1:00 p.m. - Annual Christmas Bazaar at Parkview Meadows  
 Tuesday, December 5th at 6:00 p.m. - Simcoe Lights and Jarvis Light Up (Willow Grove Only)  
 Wednesday, December 6th at 10:00 a.m. - Donut Day  
 Friday, December 8th 1:15 p.m. to 4:00 p.m. - Hearing Clinic with Connect Hearing (Free)  
 Monday, December 11th at 6:30 p.m. - Synchronicity Christmas Concert  
 Tuesday, December 12th at 5:30 p.m. - Simcoe Lights and Jarvis Light Up (Birch Trail Only)  
 Wednesday, December 13th at 6:30 p.m. - Christmas Concert with Jarvis Gems  
 Wednesday, December 20th at 7 p.m. - Selkirk Christian Chapel Choir Christmas Concert

## JANUARY

- Monday, January 1st at 2:00 p.m. - New Years Party with Jack Coulson  
 Wednesday, January 3rd at 10:00 a.m. - Donut Day (Southview Dining Hall)  
 Friday, January 12th 1:15 p.m. to 3:30 p.m. - Hearing Clinic with Connect Hearing (Craft Room)

Did you know that an Optician and Optometrist from



attends Parkview Meadows.

Covered by OHIP

\$40 Mobile Fee for Mobile Services

Next clinic date scheduled for;

November 6th 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.



## THANK YOU TO OUR SPONSORS

On Friday, August 25th, 2023, Parkview Meadows hosted its 10th Annual Golf Tournament. Year after year, I am overwhelmed by the generosity displayed by various supporters. Our sponsors and those who make donations towards our tournament play a huge role in our continued success. Please know that we at Parkview Meadows greatly appreciate your support and that we consider ourselves truly blessed. We cannot thank you enough! This years contributions will be put towards the revamping of our kitchens and including a new server in the Southview Dining Hall. This years tournament provided us with one of the most beautiful days that all of our wonderful participants enjoyed. We had great feedback stated that it is one of the best run tournaments around. We look forward to seeing everyone next year to assist us in our fundraising efforts for our residents and loved ones of Parkview Meadows. This years tournament was one for the books with almost a full course of 142 golfers and being able to raise \$30, 200. Also, we were able to raise \$6,600 for the 50/50 draw and the winner going to Davis Miedema....

### SPONSORSHIP

#### Silver Sponsors

Nobes Construction  
Salverda Enterprises  
Wanda & Scott Salverda  
Coopers Funeral Home  
Cardinal Health  
Lenos Farms  
Skyline Contracting  
CGC Hagersville  
Verboom Plumbing

#### Gold Sponsors

Klassic Coconut  
Cardinal Health  
Wanda & Scott Salverda Memorial Golf  
Tournament  
Oneida Movers  
Good Redden Klosler LLP.  
Cargo Ease  
Carpet One - Port Dover  
New Tech Fogging  
Kradale Acres Farms

#### Bronze Sponsors

Roulston's Pharmacy  
AIRON

#### Hole Sponsors

Timber Mart - Jarvis  
DBK Accounting  
Port Dover Denture Clinic  
Adventure RV in Waterford  
Heaslip Ford  
Mark's Auto Service

SilverCross  
Deyemere Simcoe Honda  
Wardell's Factory Warehouse  
Doughty & Williamson  
Cornell Feenstra Electric  
W.J Heaslip

Bobcat of Brantford  
Oneida New Holland  
Skyline Contracting  
At Work Office Furniture of Brantford

### DONATIONS

Klassic Coconut  
Roulston's Pharmacy  
Campbells  
Greens at Renton  
EcoLab  
Unique Designs  
Total Power  
SilverCross  
Hole in One - ETC.  
Schoitens  
Catherine Montague  
Lighthouse Festival Theatre  
Carlene Boettcher & Family  
Bob Donaldson & Family

MarineLand  
Twin Valley Zoo  
BML Multi Trades  
KR Communications  
Niagara Parks  
Bird Kingdom in Niagara  
Pete DeWaard & Family  
Hockey Hall of Fame  
Brantford Bulldogs  
Start Fresh  
John & Nancy Kraay & Family  
Debbie Sipes & Family  
Little Johnny's  
Niagara Parks

CN Tower  
Lighthouse Guy—Jim Cave & Family  
Canadian Tire Upper James Hamilton  
George Kloet  
Lorianne Wilkins and Family

## MAINTENANCE CORNER

As the ever-consistent march of the seasons continues onward, we once again approach fall and winter (I know, I said it). This summer and fall have been an eventful time here at Parkview Meadows. Just like the leaves changing color on the trees, we too have seen some change in the building, and just as the ever-consistent march of the seasons continues onward, so do we.

The Gardenview building has seen most of its flooring replaced from the old carpet or linoleum to a vinyl plank. This new flooring helps with the building's infection control procedures and allows us to keep our residents and staff much safer when it comes to sanitizing surfaces to reduce the risk of contaminants. Just as the Southview building's bathroom floors were finished, so to were the floors in the Valleyview apartment bathrooms. The same anti-bacterial, anti-microbial floor that was installed in the Southview bathrooms was installed in these Valleyview bathrooms to replace the old linoleum, some of which was still the original from 1985!

Maintenance is busy finishing up much of the outdoor work for the fall including installing all the Southview air conditioner covers and getting the hose reels put away. Of course, as those hose reels go into the garage for the winter, we bring out the salt pails and shovels to be prepared for the winter season to arrive. Although the sun is beautiful and can be nice and warm some days, always remember to take a jacket with you if you are venturing outside. While the seasons change so does the sun. We are adjusting the light timers outside almost weekly and will have to continue doing so until some time in November. If you happen to notice an outdoor light that isn't working like it should be, please fill out a maintenance requisition and we will get it changed or repaired as soon as possible.

Jon Toal  
*Maintenance Supervisor*

## Gardenview Family Council

Family Councils of Ontario were launched in 1998 and are recognized in the Long Term Care Act as a vital link to improve the quality of life for residents in long term care. We are the families and friends of residents in Long Term Care who volunteer our time to improve the conditions that impact the daily life of seniors living in Ontario government homes.

Family Council meets every three to four months for a chance to be able to have questions answered by Management directly. Invited guests will be Ken (CEO); Michael (Program Services Manager) and Cheryl and Lisa (ADOC)

Next Meeting will be held on **Monday, November 13th , 2023 @ 2pm in the Craft Room**

*We look forward to seeing you there!*



SAFETY TALK

# Safety Talk

## Fire Safety



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

**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

**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

**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



ADVERTISE WITH PARKVIEW MEADOWS



Golf Tournament Hole In One Sponsors of 2023



## RETIREMENT ACTIVITIES NOVEMBER

- Wednesday, November 1st at 10:00 a.m. - Donut Day Southview Dining Hall  
 Friday, November 3rd at 1:15 p.m. - Library and Tim Hortons Trip (Free)  
 Tuesday, November 7th at 9:30 a.m. - Trip to Mary Maxim and Swiss Chalet  
 Thursday, November 9th at 10:00 a.m. - Remembrance Service with Hagersville Legion  
 Friday, November 10th 1:15 p.m. to 3:30 p.m. - Hearing Clinic with Connect Hearing (Craft Room)  
 Wednesday, November 15th at 10:15 a.m. - Trip to Norwich Bakery and Lunch  
 Thursday, November 16th at 9:45 a.m. - Trip to HAC Brunch and Bingo  
 Thursday, November 16th at 1:15 p.m. - Shopping Trip to Simcoe  
 Friday, November 17th at 2:00 p.m. - WWI and WWII Presentation (Southview Dining Hall)  
 Tuesday, November 21st at 10:00 a.m. - Trip to Eising's Craft Show  
 Wednesday, November 22nd at 12:00 p.m. - Dine In with Knechtel's Perch Dinner  
 Thursday, November 23rd at 2:00 p.m. - Birthday Party with Dave Burden  
 Thursday, November 23rd at 7:00 p.m. - Concert with Haldimand Norfolk Concert Band  
 Friday, November 24th at 1:15 p.m. - Shopping Trip to Simcoe  
 Thursday, November 30th at 7:00 p.m. - Memorial Service for Residents of 2022

## DECEMBER

- Friday, December 1st at 1:15 p.m. - Shopping Trip to Simcoe  
 Saturday, December 2nd 9:00 - 1:00 p.m. - Annual Christmas Bazaar at Parkview Meadows  
 Wednesday, December 6th at 10:00 a.m. - Donut Day  
 Friday, December 8th 1:15 p.m to 4:00 p.m. - Hearing Clinic with Connect Hearing (Free)  
 Monday, December 11th at 6:30 p.m. - Synchronicity Christmas Concert  
 Wednesday, December 13th at 6:30 p.m. - Christmas Concert with Jarvis Gems  
 Friday, December 15th at 1:15 p.m. - Trip to Jarvis Library and Tim Hortons  
 Monday, December 18th at 6:00 p.m - Simcoe Lights and Jarvis Light Up Bus Tour  
 Wednesday, December 20th at 7 p.m. - Selkirk Christian Chapel Choir Christmas Concert  
 Friday, December 22nd at 1:15 p.m. - Shopping Trip to Simcoe

## JANUARY

- Wednesday, January 3rd at 10:00 a.m. - Donut Day  
 Tuesday, January 16th at 2:00 p.m. - Birthday Party with Jack Coulson

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;  
 December 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, November 10th  
 Location; Craft Room at 1:00pm to 3:30pm



RECREATION

On Friday, August 25, local business owners, and other various supporters of Parkview Meadows gathered together at Greens at Renton and participated in the our 10th Annual Golf Tournament Fundraiser. I am quite pleased to announce that the day was a huge success with 142 golfers registered for the event; profiting Parkview Meadows with \$30,200.00. I am always amazed at the incredible amount of support that is consistently received. As a community we are truly blessed to say the very least. Big things continue to occur here at Parkview Meadows and I can only imagine what is in store for the future. I cannot thank the individuals involved with this fundraiser enough for your continued support. Volunteers, golfers, sponsors, committee members, you name it....we are eternally grateful for all that you have provided us with. (\*\*see page 4 for list of sponsors and donors)

For those of you who are interested in participating next year, the date has tentatively been tentatively set for *Friday August 23, 2024*. This is truly a spectacular event consisting of fantastic food, jaw dropping prizes, a whole lot of FUN and most importantly a shared goal of working together for the greater good. Mark the date in your calendar, make the call and register today at 519-587-2448 ext. 419.

Our next big event before 2023 comes to a close is the Annual Christmas Bazaar. It is scheduled for Saturday, December 2nd from 9 until 1 p.m.; which will be held inside the front entrance of Parkview Meadows once again. This event features an assortment of vendors to meet your holiday shopping needs, along with delicious baked goods and of course beautiful poinsettias all for purchase. New this year will be a chance to have your professional picture taken with Santa Clause.

Come on out and enjoy the day! We look forward to seeing you there!

Michael Ciardullo, Program Services Manager [mciardullo@parkviewmeadows.ca](mailto:mciardullo@parkviewmeadows.ca)

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 <b>Priority</b>	2 <b>WEAR LONG</b>	3 <b>O o P u E t N</b>
4 Rain, Sleet, Snow, Hail, Fog, Sunshine, Humid, Breezy, Cloudy <i>feeling</i>	5 <b>COW</b>	6 <b>HAY HAY Needle HAY HAY HAY</b>
7 <b>GRAVE</b>	8 <b>SLAP WRIST</b>	9 <b>A W A K E</b>
10. <b>READ</b>	11. <b>MOUTH</b>	12. Close      Comfort Close      Comfort Close      Comfort Close      Comfort
13. <b>YEAR</b> ○	14. <b>ROAD</b> ■	15. <b>HEAD ACHE</b>

HORTICULTURE CORNER

**Why do leaves change color in the Autumn?**  
Most of the spectacular colors of autumn have actually been in the leaves all summer, however they were "covered up" by the dominant green of the chlorophyll. As weather cools, and shorter days settle in, the chlorophyll begins to break down, revealing new and varied color pigments. The brightest colors are seen when late summer is dry, and autumn has bright sunny days and cool nights.

**GREEN - Chlorophyll**  
Chlorophyll is responsible for helping trees and plants turn sunlight into food. For most months, it is the dominant color seen in most leaves until it fades away. As many trees shut down their food production, they turn to stored sugars to survive the winter.  
White Birch

**RED - Anthocyanin**  
Unlike other leaf colors that always exist in the leaf, anthocyanins are produced as the chlorophyll is broken down. The anthocyanins are often seen in leaves named for their autumn splash of red including Red Maples, Scarlet Oaks, and Red Sumacs.  
Swamp Chestnut Oak

**ORANGE - Carotene**  
Sugar Maples may be one of the best examples of carotene in action. Their bright signature orange fills many hills and country roads throughout the northern US. Sassafras leaves also turn a slightly more muted orange. As its name implies, Carotenes are also the chemical responsible for giving carrots their unique coloring.  
Sugar Maple

**YELLOW - Xanthophyll**  
Xanthophyll can be seen throughout the fall in trees including beeches, ashes, birches, aspens, and some oaks. It also contributes its bright yellow color to autumn squash and corn.  
Aspen



DID YOU KNOW?

that sunflowers are not just pretty faces? They're often planted to help clean up contaminated soil. Sunflowers are known as **phytoremediators**, meaning they can absorb and accumulate **heavy metals** and **toxins** from the soil, effectively detoxifying it. These cheerful flowers not only brighten up gardens but also contribute to environmental cleanup efforts!



## BIRTHDAYS

### NOVEMBER

**Residents:**

Betty Bundy	1
Alvin Hall	4
Winnie DeBoer	6
Patricia Kingsnorth	8
Grace Jarvis	9
Cora "Marie" Smith	9
Betsy Boer	11
Maria Martins	20
Ed Snip	20
Ida Marcuzzi	26

Wesley Horley	27
Judy Gartley	28
Joanne DeBoer	28
Diane Sheppard	28
Bob Parschauer	30
Agnes "Nancy" Pollock	30
Marlene Nigh	30
Jean Postma	30

**Staff:**

Trish Schweitzer	12
Kristin Moerschfelder	14
Emily Nelson	15
Erica Goulbourne	16
Maria Reimer-Irvin	22

### DECEMBER

**Residents:**

Shirley Wiedrick	2
Bettee Dell	5
Joan Ashbaugh	8
Leah Dyer	10
Helle Jurs	10
Murray Walker	11
Donna Kauk	12
Wilda Byers	14
Alan Dell	17

Jessie Fledderus	17
Lois Flonder	17
Mary Kersey	19
Pauline Ward	19
Elizabeth Engelhardt	21
Norma Hindman	22
Henny Tersteege	26
Mildred Hoover	27

**Staff:**

Cathy Marshall	7
Jihan Dirbas	14
Anne Marie Veri	15
Christine Des Roches	23
Karen Sims	25

### JANUARY

**Residents:**

Tryntje De Boer	2
Warner Boer	3
Ona Closs	3
Helen Jordan	3
Bill Fledderus	4
Eileen McDonnell	4
Klaas Dekens	10
Maria Zdriluk	11
Ina Reile	17
Femmigje Hokestra	18

Jean Gordon	20
Kenneth Smith	23
Allan Chambers	24
Brian Lefler	25
Margaret Wilkins	26
John Seabourne	26
Beatrice Kindree	27
Beverly Slofstra	27
Theresa Bakker	28
Elizabeth Watmough	30
Hilligje "Hilda" Schotsman	31

**Staff:**

Kathleen Clark	6
Cheryl Mino	10
Nicola Henhawk	16
Tracy Smith	25
Laura Wray	29
Amber Garlow	31



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

**SUNDAY WORSHIP SERVICES**

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

**Offerings:**

Parkview Meadows

**August**  
 Canadian Bible Society

**September**  
 Gideons Haldimand

**October**  
 Haldimand Norfolk Women's Shelter

**PRAYER CORNER**

Please pray for the families of Derek Tidd, Margaret Thompson, Anna Boers, John Yeomans, William Thompson, Edward Cooper, Ernest Cooper, Barbara Book, Elaine Lee and Ruby "Colleen" Currie as they continue to mourn their loss.



**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. *The Best Banana Cake* was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

Ingredients

- 1 1/2 cups milk
- 2 1/2 Tbs lemon juice
- 1 1/3 cups mashed banana
- 2/3 cup soft butter
- 1/2 cup brown sugar
- 1 cup white sugar
- 3 Large eggs
- 1 tsp vanilla
- 3 cups flour
- 1 1/2 tsp baking soda
- 1/4 tsp salt

Directions

1. Preheat oven to 350 degrees. Grease 9 x 13 pan
2. Place 1 1/2 tsp lemon, top to 1 1/2 cup milk
3. Mix mashed banana and 1 tsp lemon juice
4. Beat butter, brown and white sugar until combined. Add in eggs one at a time and vanilla. Mix on high till light and fluffy
5. Combine flour, baking soda and salt in bowl. Alternate adding flour mixture and milk to egg mixture stirring until combined. Fold in bananas.
6. Place in oven and reduce heat to 300 F. Bake 60 to 70 minutes. Remove and place in freezer for 45 minutes to make the cake extra moist.

**Christmas Bazaar**



Parkview Meadows Christian Retirement Village  
 72 Town Centre Drive, Townsend

**Saturday, December 2nd, 2023**  
**9:00 a.m. - 1:00 p.m.**

Poinsettias ★ 5th Avenue Jewellery ★ Norwex  
 VanStraten Bakery Items ★ Crafts  
 Tupperware ★ Bake Sale & More !!!  
 Hope to see you there!!!

**NEW This Year....Pictures with Santa!**

\*\*\* Please note; We still have a few tables available for the Bazaar. If you are interested in becoming a vendor give us a call at 519-587-2448 ext.419 or email at [mciardullo@parkviewmeadows.ca](mailto:mciardullo@parkviewmeadows.ca)