



The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

519.587.2448 INFO@PARKVIEWMEADOWS.CA

Our Board of Directors;

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

SEASONS

Can you believe it's spring? At least we've seen some very nice days, then back to snow and now this week the sunshine that follows a spectacular week with last week's total eclipse which was enjoyed by many residents, family members and staff. People seem as if they are awakening from hibernation after a long but relatively mild winter. As the days now are getting longer and the weather gets warmer, I am reminded of what spring is all about: growth. Each year we enjoy the flowers blooming, the birds chirping and new life developing. It seems only fitting, then, to announce several new initiatives in this spring newsletter.

First of all, we are hard at working towards the replacement of Dr. Medve in Gardenview LTC and Southview Retirement. We are still reviewing our solar power expansion for Parkview, but are getting very close to committing to the project. Many new staff have been onboarded since our collective agreement was signed in January, with more to come as we will always endeavor to meet the continued needs of our residents. We also have been committed to onboarding more services for outings on our Parkview bus to have residents enjoy shopping excursions, day's out and just a change of scenery – once paperwork is completed and verified you will see some more faces supporting our residents on these welcomed outings. And not the least, we are reviewing a 5 year capital plan that aims at balancing fiscal responsibility and keeping the Parkview Village overall in the fine state of repair and efficiency that we all want for our residents, families and staff.

And again, when I write for these posts in the newsletter, I can't help but think of all the effort, time and dedication that goes into each hour of each day as Parkview and its staff are "committed to assisting each resident to function at his/her highest level of independence and to live a life with dignity and sense of worth and value. This done in the context of a Christian community where there is support for the residents' physical, spiritual, emotional, social and financial needs. "

So I say thank you to all, to all the staff, families, contractors, suppliers and residents for supporting us at Parkview Meadows Christian Retirement Village – we and I could not do it without you. Working together, always trying to support each other in a Christian community of need for our residents and families.

Blessings to all!

Ken Callaghan –CEO

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LETTER FROM THE BOARD

Spring is in the air.

We all enjoy the seasons but spring gives us renewed energy as we watch nature come back to life. Fields need planting, lawns need mowing and windows need washing. There is endless chores to do when the weather turns nice. We are thankful for the Parkview Meadows greenhouse where residents start seedlings which will be transferred to flower beds in May to beautify the grounds. Thank you to all involved for your time and effort.

As I watch the news and see the unrest and hurt in Gaza, Ukraine and parts of Africa, I am thankful for the country God has blessed us with. We have opportunity and means to look after our senior members of our society. We are thankful that Parkview Meadows can care for its residents with dignity. This can only be done with the help of staff, volunteers, and board members. Each member is important in making the home function for the benefit of all the residents and community.

Every May the board and members of Parkview hold elections to fill open positions; this year is no exception. We are happy to report that 5 people have allowed their name to stand to fill 3 positions. We thank those who have served their term for their dedication to Parkview.

As we move into the season of spring, may we all look to the Giver of all blessings with thankful hearts and continue to seek Him for wisdom and strength.

On behalf of the board.

John Kraay

MOTHER'S DAY
Greenhouse Fundraising
PLANT SALE

with
Bake Sale & Barbeque Luncheon

SATURDAY, MAY 11, 2024
9:00 - 1:00 P.M.



** DONATIONS OF CANNED GOODS ARE BEING COLLECTED
NORWICH & VAN STRATTEN BAKERY GOODS AVAILABLE

Parkview Meadows 11th Annual
GOLF TOURNAMENT

FRIDAY
AUGUST 23, 2024

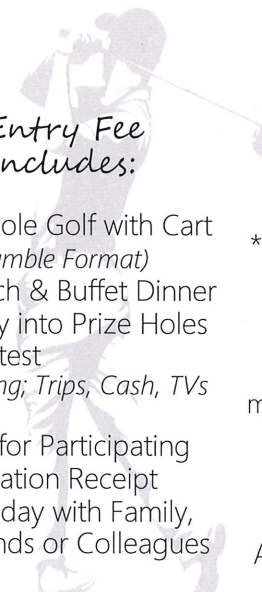
at the Greens at Renton

Entry Fee Includes:

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- ⇒ 18 Hole Golf with Cart
 - ⇒ *(Scramble Format)*
 - ⇒ Lunch & Buffet Dinner
 - ⇒ Entry into Prize Holes Contest
 - (*Featuring; Trips, Cash, TVs etc.)*
 - ⇒ Gift for Participating
 - ⇒ Donation Receipt
 - ⇒ Fun day with Family, Friends or Colleagues

*** To participate or for more information
PLEASE CONTACT
Michael Ciardullo
at 519-587-2448 ext 419
mciardullo@parkviewmeadows.ca

Sponsorship Opportunities
Available to those interested!



MAY I TALK TO GOD FIRST?

May I talk to God first?

Those were the words a resident asked while lying on the operating table just before his surgery. No wonder God's nearness was needed. It's a rather frightening thought to have an operation at an old age. There's the uncertainty of the outcome and the question what might be found during the surgery. For that reason, our resident asked for a quiet pause before the anesthesia was administered. He needed to talk to his Heavenly Father first!

He told me this story as if it was the most logical and normal question to ask the medical staff to just put things on hold. To ask for a few quiet minutes and request: "May I talk to God first?"

I marveled! What a touching story.

What a child-like dependence he portrayed. What a sense of security that was needed. But, he knew what to do and where to go. How well God answered his prayer, for the operation was a successful one.

How wonderful when we can stop the natural flow of life and ask this same question. We always have a need for independence, our God on whom we can lean on. And, how trustworthy He is! Also, what a pleasure it must be for our heavenly Father to hear earnest requests come from the mouth of his child. When we need heavenly guidance, His answer is written for us, black on white: "Those who wait on the Lord shall renew their strength. They shall mount up with wings as eagles. They shall run and not be weary, they shall walk and not faint. (Is. 40: 31)

"Through Scripture, God tells us how to love and serve Him. How He desires for us to seek Him heart and soul first, no matter when or where we are. However, when we turn God's instructions into a set of obligations, we undermine His purposes for our lives altogether.

We were born to be in a relationship with Him, to seek His heart, to rest, to love and to listen to the Triune God. And, through this loving relationship we never walk alone.

Yet, some may wonder if they are spiritual enough. Some may think God speaks to others but not to them. Others feel disqualified to ask personal questions. Others may feel guilt, shame or fear. But, regardless of how we feel or what we think, God is a Father, God is our Father. His arms are always open for His beloved children. How well we see this illustrated in the parable of the Prodigal son. God not only has loving arms but they are also big and wide and open for anyone who comes to Him.

While listening to his testimony, I could not help but wonder if this too is my first response in uncertain times. Scripture reveals clearly our heavenly Father who cares so very deeply in all our needs and wants. How He delights in us when we tell Him we need Him, when we walk and talk with Him on our life's journey, to stop and say at anytime, "May I talk to God first?"

How lovely to listen and learn from others and to hear beautiful God-stories!

Theresa Bakker

Commissioned Pastoral Care - Parkview Meadows



PRC Quick Tips

December 2023

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 (covered in the last issue May 2023)

Amnesia

Aphasia

Agnosia (covered in November 2023)

Apraxia

Altered Perceptions

Apathy (covered in June 2023)

Attention Deficit



What is Amnesia?

People with dementia often experience memory loss. This is because dementia is caused by damage to the brain, and this damage can affect areas of the brain involved in creating and retrieving memories.

Memory can be affected in different ways.

These include:

- not being able to create new memories –for example, the person may forget a conversation they have just had.
- taking longer to retrieve information –for example, they might need more time to find the name for an object.
- not being able to retrieve information -for example, they may get lost in familiar surroundings or on journeys they have taken many times.

Some common experiences are:

- forgetting recent conversations or events (sometimes referred to as short-term memory loss)
- struggling to find the right word in a conversation
- forgetting names of people and objects
- losing or misplacing items (such as keys or glasses)
- getting lost in familiar surroundings or on familiar journeys
- forgetting how to carry out familiar tasks (such as making a cup of tea)
- forgetting appointments or anniversaries
- not being able to keep track of medication, and whether or when it has been taken
- struggling to recognise faces of people they know well.

These changes may be more visible to family and friends than to the person themselves.

References:

1. <https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/symptoms/memory-loss>
2. <https://www.alzheimers.org.uk/blog/how-support-dementia-christmas>

Planning for the holidays

The holiday season means many things to many people- from food, family and festivities to religious observance and quiet reflection. For people affected by dementia, it can be difficult. Here are some ways you can support people with dementia over the holidays.

1. Put decorations up gradually

Introduce the holiday celebration environment slowly so it doesn't come as a big change to the person's usual setting.

2. Keep it simple and familiar

Someone with dementia may feel overwhelmed over the holiday period so it's best not to overdo it. Keeping the day's activities low-key will help your loved one relax. Stick to familiar routines and keep celebrations short.

3. Get everyone involved

The most important thing is that the person with dementia feels included.

4. Create a quiet space

It's ok if the person with dementia wants some time away from the crowd and leaves the room to sit quietly on their own.

5. Bring back old memories

Whether it's an old song they used to enjoy or a classic holiday film, find something you can take part in that is important to the person. Making a photo album or memory box could be a nice way to spend time together.

6. Be mindful of food

A full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload the person's plate- you can always go back for seconds!

7. Be flexible

It's easy to get caught up in traditions and how things have always been done in the family, but your festive season might begin to look different as the dementia progresses. It's always worth having a plan B, and be prepared to change your plans if a particular element is not working.

8. Plan ahead

Consider minimising situations where the person with dementia is put on the spot to remember names. Think about giving a gentle reminder each time a new person arrives or ask that people introduce themselves. Speak with family members in advance to avoid embarrassment.



CANDID MOMENTS

Gentlemen of Harmony serenading on Valentine's Day



Rosemarie Soenen playing the Harp for Valentine's Day Social (Above Right)

Valentine's Day Celebrations



Above: Heart & Stroke Cookie Fundraiser



Greenhouse Creations

Above: Getting Greenhouse ready for Mother's Day Plant Sale..... Big Thanks to Jessie and Bill Fledderus for making it blooming this year.

Below: Magician James Allan



⇒ Bowling Fun at Whitehorse Bowling Alley in Simcoe



⇒ Watching the April 8th –Solar Eclipse (Once in a Lifetime experience)

** Photo submissions/credit; Jerry Van Dyk / Janet Sooklal / Kaitlyn Van Brugge, Becky Walker & Michael Ciardullo

GARDENVIEW RECREATION MAY

Wednesday, May 1st at 10:00 a.m. – Donut Day in Southview Dining Hall
 Thursday, May 2nd at 11:00 a.m.. – Trip to Harmony Diner
 Tuesday, May 7th - Viewpoint Optometry Clinic (Appointment Required)
 Wednesday, May 8th at 2:00 p.m. –Mother’s Day Tea Social with Harpist Rosemary
 Friday, May 10th from 1:00 p.m. to 3:30 p.m. –Hearing Clinic with Connect Hearing (Craft Room)
 Saturday, May 11th from 9:00 a.m. to 1:00 p.m. –Greenhouse Plant Sale Fundraiser
 Tuesday, May 14th at 1:30 p.m. – Homesteading Presentation with Heidi
 Thursday, May 16h at 1:30 p.m.. - Trip to BerkelBloem Greenhouse & Drive
 Wednesday, May 22nd at 1:30 p.m. - Parks and Gardens of Haldimand with Geneva Gillis
 Thursday, May 23rd at 1:30 p.m. – Trip to Hewitt’s Dairy and Spring Drive
 Saturday, May 25th 11 a.m. to 1:00 p.m. - Alzheimer’s Walk and Picnic Lunch
 Monday, May 27th at 2:00 p.m. – Birthday Party with Kristin Nichols (Southview Dining Hall)
 Tuesday, May 28th at 1:30 p.m. – Horticulture Presentation and Planting Group with Heidi
 Thursday, May 30th at 1:30 p.m.– Drive to Waterford Deer Park

JUNE

Wednesday, June 5th at 10:00 a.m. – Donut Day In Southview Dining Hall
 Thursday, June 6th at 10:00 a.m. - Trip to Twin Valley Zoo & Picnic Lunch
 Thursday, June 13th at 10:45 a.m. - Port Dover for Father’s Day Fishing Trip
 Thursday, June 13th at 7:00 p.m. –Haldimand Norfolk Concert Band in Southview Dining Hall
 Friday, June 14th 1:00 p.m. to 3:30 p.m.. - Hearing Clinic with Connect Hearing (Craft Room)
 Saturday, June 15th from 12:00 p.m. to 4:00 p.m. - Father’s Day Classic Car & Vendor Show
 Tuesday, June 18th at 1:30 p.m. - Historical Buildings of Haldimand with Geneva Gillis
 Thursday, June 20th at 10:00 a.m. - Trip to Waterford Trail and Picnic Lunch
 Wednesday, June 26th at 2:00 p.m. - Birthday Party with Wally Mags
 Thursday, June 27th at 10:30 a.m.. - Grand River Drive & Picnic

JULY

Wednesday, July 3rd at 10:00 a.m. – Donut Day In Southview Dining Hall
 Thursday, July 4th at 10:00 a.m. - Trip to Pier 4 (Lunch and Bike Rides)
 Friday, July 12th 1:15 p.m. to 4:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)
 Monday, July 15th at 2:00 p.m. - Hawaiian Luau with Steel Drum Band Music of Kenn Lewis
 Tuesday, July 16th at 12:00 p.m. - Knechtel’s Dine- In
 Thursday, July 18th at 10:00 a.m. - Trip to Apple Hill Lavender Farm and Picnic Lunch
 Tuesday, July 23rd at 1:30 p.m. - Printing Press and Local Newspaper Presentation
 with Geneva Gillis
 Thursday, July 25th at 10:30 a.m. - Trip to Greens of Renton Simulators

Parkview Meadows is looking for VOLUNTEERS!!!

Are you looking to become more involved within your surrounding community?? Possibly meet new people and have some fun while doing it??? While look no further as I have a position for you...its called VOLUNTEERING!!!

Duties range from serving and place setting in the Southview dining room, tending the greenhouse, feeding in Gardenview or running the Tuck Shop.

Positions are occasional as we are grateful for any help we receive.

For more information please contact Michael at Extension 419

VOLUNTEER CORNER

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. Brian Paterson has been a faithful and dedicated resident volunteer to Parkview Meadows recently. Below is a brief interview with Brian.

How long have you been a volunteer here?

I started on the Board of Directors at Parkview Meadows in June 2016. I served one full term and 2.5 of the second term. Currently I have been cleaning the grounds and gardens around Parkview Meadows. I have a

What exactly do you do at Parkview Meadows?

Now I am chair of the Brookview Residents Council and I, along with Doug Thompson and my wife when she is able do the trimming and weeding in the common gardens around the whole complex. I volunteer to barbeque on Fridays and for special events. This past winter I barbequed once per month for four months. Occasionally I help in the greenhouse. I also collect all recyclable alcoholic containers and return them for money. The money is donated to special causes. I also help others crush the aluminum cans for Walpole Antique Tractors.

Do you enjoy what you do here?

Yes mostly.

What do you enjoy most about volunteering?

It's good to have things to do that have value. It's wonderful to make the grounds as beautiful as possible.

How did you find out about Parkview Meadows?

My wife's mother was the first occupant of Southview when it opened.

Do you volunteer anywhere else?

No, No time.

Is it okay if we get a bit more personal Brian? 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?

We live in Brookview and love it here!

**** 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*

NUTRITION CORNER

“Our bodies often mistake thirst for hunger,” so if you're not reaching for water throughout the day, its only a matter of time before you go for cookies or potato chips instead. And of course, its better to sip water than sugary drinks: a recent UCLA study found that adults who drink one or more sodas a day are 27 percent more likely to be overweight. In contrast, research shows that dieters who replace sugary drinks with water instead of with diet soda consume fewer calories and lose more weight than those who stick with the artificially sweet stuff.

MAKE A HABIT: Pour yourself some water at every meal. Keep a water bottle with you and snack on fruits and vegetables (which can be over 90 percent water) during the day.

TEST YOURSELF: Want to be sure you're flush with water? Check your pee: if its colorless or only slightly yellow, you're on track.

*Water doesn't have to be dull!!! Flavor it with citrus, cucumber or mint.
Trade ice cubes for frozen berries or grapes.
Or get a fizz fix from club soda.*

MAINTENANCE CORNER

I'm not too sure why but as the years pass by it feels as though time keeps on speeding by faster and faster. This winter was relatively mild by normal standards and now spring has jumped right into its place with warm sunshine and flowers making their appearance though the spring soil. Maintenance has several things happening in the first few months of this season and are going to be coming up very soon. We will soon be putting away the shovels and salt pails until next winter, and we will be installing the speedbumps back onto the roadway. The weather can still shift with very little warning so we will be waiting until the first week or two of May before we remove any A/C covers, or turn off the in floor heating.

We have also been putting out the outdoor furniture as the days are getting longer and warmer, and we are looking into getting a relatively large shed for storage of many of these items. In the Southview building there is discussion of expanding the laundry room to make the space more functional and if this does occur the recreation office will be relocated. The CEO has settled in to his position and we have started to make a handful of changes to the business office so that he can be relocated there. This makes him a central point in Parkview where all residents or families could contact him with ease. This will likely occur in the first week of May as the finishing touches are made to the paint and office furniture (a full re-arrange of the furniture for a new year).

Valleyview will have the pillar at the front of the building repaired in the next couple of weeks, and there will also be a handful of units that will be getting an A/C sleeve installed. During construction this was something that people had an option to choose and some people didn't want them. Parkview is coving the cost of this installation and if you decide to use an A/C unit for the summer season please be sure to let Nikki in the business office know. We are also in the process of replacing the old laundry equipment in Valleyview so keep an eye out for new machines in the laundry facilities

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), Lismi Kallan (Interim DOC).

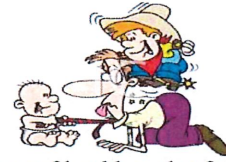
Next Meeting will be held on **Thursday May 9th, 2024 @ 2pm in the Craft Room**

We look forward to seeing you there!



Safety Talk

Safety at Home



Over the past year, you have been learning and understanding the importance of health and safety at work. But do you bring the information you are taught in the workplace and apply it to your home life? This Safety Talk will discuss different safety precautions and techniques that you can apply to your own homes and families.



Barbeque Safety Pre-Grilling Tips

With the weather slowly warming up, the desire to cook on the grill is becoming even more tempting. Before you start up your barbeque this summer, be sure you know how to operate it safely.

Before you fire it up:

- Test hoses for leaks
- Check for insect nests and spider webs, which may cause fires
- Replace worn and rust parts to prevent leaks
- Clean everything thoroughly and check for any blockages

While cooking:

- Light it right—open lid **before** turning on fuel
- **Always barbeque outside**
- Keep the kids at a safe distance to avoid burns
- Never leave a barbeque unattended - grease fire flare ups are possible
- When finished, shut off propane valve first to clear the lines
- When transporting your propane cylinders, make sure all the valves are closed

Summer Food Safety

It is important to remember a few health and safety tips to prevent illnesses and cross contamination when cooking and preparing food.

- wash hands and surfaces to avoid the spread of bacteria and always wash raw fruits and vegetables in clean water
- when camping, ensure clean water is nearby or plan ahead and bring your own
- keep raw foods separate from cooked foods to avoid cross contamination
- wrap raw meats and poultry securely and put them on the bottom of the cooler to prevent juices from dripping onto other foods
- wash all plates and dishes that have touched or held raw meat or poultry
- make sure you cook food thoroughly to kill bacteria



Knife Safety in the Kitchen

Preparing healthy and delicious meals for your family is always special. Ensure you are using your knife safely and storing it properly. Check the following tips to make sure you aren't putting yourself at risk:

- Purchase a good, sturdy knife
- Always use a proper cutting board
- Know your knife and use the correct knife for your job
- Protect your fingers
- Sharpen your knife
- Always store knives in a knife holder
- Never attempt to catch a falling knife
- Never cut anything that is placed in your hand
- Use your knives for their intended purpose
- Clean knives
- Stay focused on the job at hand
- Make sure your knife is good and



Planning and Practicing Fire Drills

At work, you were instructed on the proper operating procedure of what to do in case of a fire. Do you have a plan at home? If you don't, here are some basic steps on how to construct your own fire evacuation plan for your house.

Draw a floor plan of your home **Include all possible emergency exits**

- This will show you and your family all possible escape routes at a glance.

Show two ways out of every room, if possible

-If the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. If windows have security bars, equip them with quick-releasing devices

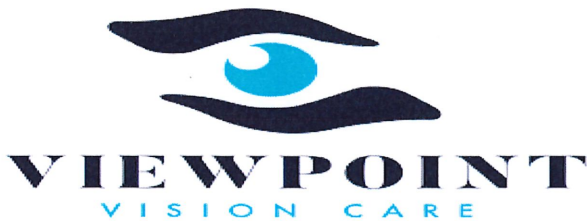
Does anyone need help to escape?

- Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency

Choose a meeting place outside

- Choose a meeting place a safe distance from your home that everyone will remember. In case of fire, everyone will go directly to this meeting place so they can be accounted for

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 in Craft Room for;

Tuesday, May 7th 2024 - 10 a.m. to 5 p.m.

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.

RETIREMENT ACTIVITIES

MAY

- Wednesday, May 1st at 10:00 a.m. - Donut Day in Southview Dining Hall
 Tuesday, May 7th - Viewpoint Optometry Clinic (Appointment Required)
 Tuesday, May 7th at 10:00 a.m. - Trip to Mary Maxim and Swiss Chalet Lunch
 Wednesday, May 8th at 2:00 p.m. - Mother's Day Tea Social with Harpist Rosemary
 Friday, May 10th from 1:00 p.m. to 3:30 p.m.- Hearing Clinic with Connect Hearing (Craft Room)
 Saturday, May 11th from 9:00 a.m. to 1:00 p.m. -Greenhouse Plant Sale Fundraiser
 Tuesday, May 14th at 1:30 p.m. - Homesteading Presentation with Heidi
 Tuesday, May 21st at 10:00 a.m. - Trip to Cambridge Butterfly Conservatory
 Wednesday, May 22nd at 1:30 p.m. - Parks and Gardens of Haldimand with Geneva Gillis
 Saturday, May 25th 11 a.m. to 1:00 p.m. - Alzheimer's Walk and Picnic Lunch
 Monday, May 27th at 2:00 p.m. - Birthday Party with Kristin Nichols (Southview Dining Hall)
 Tuesday, May 28th at 1:30 p.m. - Horticulture Presentation and Planting Group with Heidi
 Friday, May 31st at 1:15 p.m. - Trip to Tim Hortons and Jarvis Library (FREE)

JUNE

- Monday, June 3rd at 1:30 p.m. - Hewitt's Dairy and Spring/Summer Drive
 Wednesday, June 5th at 10:00 a.m. - Donut Day In Southview Dining Hall
 Wednesday, June 5th at 11:00 a.m. - Trip to Warplane Heritage Museum
 Monday, June 10th at 11:30 a.m. - Trip to Port Dover Pier & Arbour Hot Dog Lunch
 Wednesday, June 12th at 10:00 a.m. - Trip to Twin Valley Zoo in Brantford
 Thursday, June 13th at 7:00 p.m. -Haldimand Norfolk Concert Band in Southview Dining Hall
 Friday, June 14th 1:00 p.m. to 3:30 p.m.. - Hearing Clinic with Connect Hearing (Craft Room)
 Saturday, June 15th from 12:00 p.m. to 4:00 p.m. - Father's Day Classic Car & Vendor Show
 Monday, June 17th at 10:30 a.m. - Picnic Lunch and Walk in Whistling Gardens
 Tuesday, June 18th at 1:30 p.m. - Historical Buildings of Haldimand with Geneva Gillis
 Wednesday, June 19th at 10:00 a.m. - Harmony Brunch and Whitehorse Bowling in Simcoe
 Thursday, June 20th at 10:00 a.m. - Trip to Waterford Trail and Picnic Lunch
 Monday, June 24th at 1:15 p.m. - Summer Drive and Dairy Queen Dessert
 Tuesday, June 25th at 10:30 a.m. - Trip to Mandarin and Talize in Hamilton
 Wednesday, June 26th at 2:00 p.m. - Birthday Party with Wally Mags

Shopping Trips to Simcoe Every Friday at 1:15 p.m. - Sign up in Southview Recreation Board

JULY

- Tuesday, July 2nd at 10:00 a.m. - Trip to Mary Maxim and Swiss Chalet in Paris
 Wednesday, July 3rd at 10:00 a.m. - Donut Day In Southview Dining Hall
 Friday, July 5th at 1:15 p.m. - Trip to Tim Hortons and Jarvis Library
 Monday, July 8th TBD - Trip to Local Bingo Hall
 Wednesday, July 10th 9:30 a.m. - Trip to Bird Kingdom in Niagara Falls
 Friday, July 12th 1:15 p.m. to 4:00 p.m. - Hearing Clinic with Connect Hearing (Craft Room)
 Monday, July 15th at 2:00 p.m. - Hawaiian Luau with Steel Drum Band Music of Kenn Lewis
 Tuesday, July 16th at 12:00 p.m. - Knechtel's Dine- In
 Wednesday, July 17th at 9:30 a.m. - Trip to Pier 4 Trolley and William's Pub Lunch
 Monday, July 22nd at 11:15 a.m. - Lunch at Brantford Casino
 Tuesday, July 23rd at 1:30 p.m. - Printing Press & Newspaper Presentation (Geneva Gillis)

RECREATION

Spring is finally here and I couldn't be more excited for the beautiful weather and what nature will bring. We find ourselves greeted by joyful songs from our feathered friends, trees sprouting abundantly with fresh buds and early spring flowers such as tulips and daffodils fill our gardens with vibrant color. Let's not forget the days are getting longer, brighter and warmer! That in itself is medicine for the soul.

With the sunnier days ahead, we look forward to bringing all of our residents outside to enjoy the warm breeze once again on their face. We will once again be able to bring residents outside with the use of our duet bicycles. We are looking at providing more outings and musical events to our residents in the home to fulfill all of our 5 avenues of involvement : Spiritual, emotional, physical, intellectual and social.

We are currently updating our website to be able to provide better communication with our community and families and will be up and running shortly. We will inform you once it is functional.

On Saturday, May11th 2024 from 9 am to 1pm we will once again be hosting our Mother's Day Greenhouse Fundraising Plant Sale with Bake Sale and BBQ Luncheon. We will have homemade baked pies and many items from Van Stratten and Norwich bakeries available. Coffee and Gebbakje will also be available for everyone. Make sure to stop by and pickup a lovely planter for your loved one or to spruce up your front entrance or backyard. It is a wonderful event that assists us to keep the greenhouse going from year to year for therapeutic gardening classes & programs.

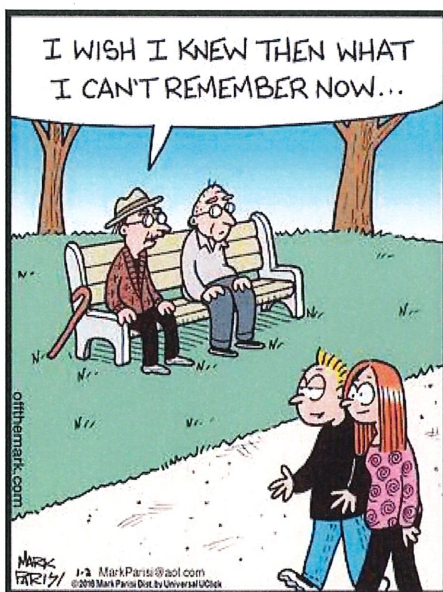
This years Golf Tournament Fundraiser, we will be selling Raffle Tickets for a 50/50 draw on the day of the event. This years event is being hosted on Friday August 23rd, 2024 at the Greens at Renton. We will be selling tickets for \$10 each or 3 for \$25. Get your tickets before they run out.

Michael Ciardullo, Program Services Manager

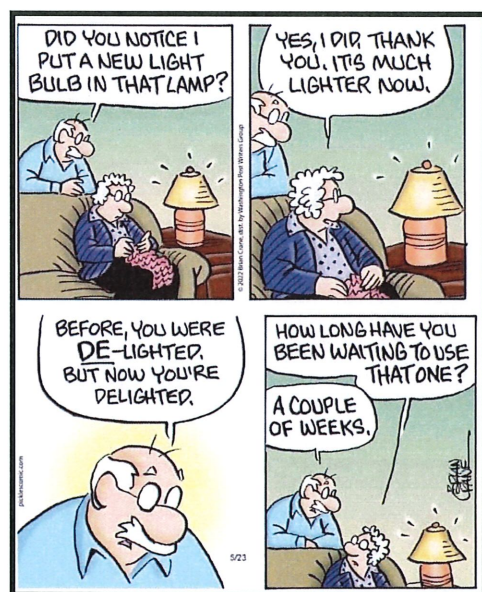
JUST FOR LAUGHS



Dad; I don't trust those trees over there...
 Son; Why?
 Dad; They look a little shady...








Dad: Why can't you trust stairs....
 Son: Why?
 Dad: They're always up to something.....



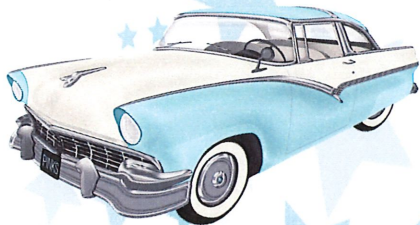
BRAIN WACKY WORDIES

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 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TWO
13 NI bump GHT	14 Aid ← Aid Aid	15 Million	16  3.14
17 ice ³	18 R O C N G I K 	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

UPCOMING EVENTS

Let's celebrate Father's Day the *Classic* way...



Join us on
Saturday, June 15, 2024
12:00 p.m. to 4:00 p.m.

in the front parking lot of Parkview
for a ...

CAR & VENDOR SHOW

**Local Vendors will be setup around the grounds.
BBQ Luncheon and Strawberry Sundaes available**

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;
May 2024

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, May 10
Location; Craft Room at 1:00pm to 3:30pm

BIRTHDAYS

MAY

Residents:

Tina Bergsma	1
Marin Nie	2
Harold Mandley	9
Kay DeVries	11
Richard Cheslik	12
Shirley Riewald	15
Tony Smyrechinsky	15
Nellie DeVries	19

Lida Sisson	19
Gunther Burger	20
Nick Anema	21
Josef Hubinger	24
Rowna Mathyk	26
Ruby Reichheld	26
Edith Rumbles	27
Joan Stahn	30
Marie Rollins	31

Tonya Cooper	4
Danielle Phillips	5
Morgan Jansen	7
Alice Eggink	10
Kimberly Showell	14
Brianna Peckham	19
Jonathan Mitchell	24
Lisa Chase	24
Kayla Henry	26

Staff:

JUNE

Residents:

Hoebeltje Lenos	4
Arthur Miller	10
Janet McBride	10
Robert Dunsford	15
Joan Lacroix	16
Magdalena Boers	22
Margaret Hielema	22
Cornelia Stigter	26
Patricia Goddard	27

Staff:

Marina Van Belle	6
Megan Salter	6
Laura Van Houten	7
Tamara Vanden Beukel	9
Rachel Millard	12
Janet Tomas	19
Lorianne Eggink	23
Anna Cruikshank	27

JULY

Residents:

Marilyn Kloet	1
Diny Blyleven	1
Dorothy Kowtaluk	3
Marlene Pearce	4
Betty Anema	5
Cecile Walker	6
Maxine House	7
Sandra Blundell	9
Mary Sywak	9
Andrea Tiffin	16
Freda Uyl	17

James Shears	22
Bertha VanGroningen	23
Tina Miedema	24
Norma Sherk	26
Meta Griffioen	28
Marilyn Hazlett	29
Nellie Vandendool	30

Staff:

Lisa Marie Hatchett	2
Tara Quinn	3
Santana Daley	5
Miranda Stilwell	8
Jeremy Schott	9
Donna Coke	12

OUR WEBSITE:
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

NEW TIME!

SUNDAY WORSHIP SERVICES

You are welcome to worship at our Parkview Worship Services on Sundays at 1:30 p.m.

Offerings:

Parkview Meadows

February

Heart & Stroke - \$124.50

March

Alzheimer's Society – \$200.00

April

Pet Smart Foundation - \$200.00

PRAYER CORNER

Please pray for the families of Herbert Burtch, Robert Perks, Brian Lefler, Mary Marfisi, Alex Stahn, Kathleen Little, Bill Louis & Carol Craig 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. *Peach Cobbler* was an interesting and simple recipe and a favourite around here. Below is the recipe so you can try them at home!

Ingredients

- 5 tbs butter, divided
- 1/4 C Brown Sugar
- 2 peaches, sliced
- 4 Cup Almond Flour
- 1 tsp cinnamon
- 1/2 C Rolled Oats
- 1 tbsp vanilla

Directions

1. In a sauté pan over medium heat, melt 1 tbsp of butter, and then add the sliced peaches.
2. Add the cinnamon, vanilla and brown sugar. Sauté, stirring occasionally, until the peaches are tender, about 5 minutes.
3. While peaches cook, make the crumble.
4. To a bowl, add the almond flour, oats and the remaining butter. Using your hands, mush all the ingredients together until crumbs form.
5. Pour the cooked peaches equally divided into prepared ramekins. Top with mint and oatmeal crumb.
6. Microwave on high for 2 mins, and serve.

Please join us in the

Alzheimer's Walk & Picnic Lunch



Saturday, May 25, 2024

11am to 1pm

Jarvis Lions Park

Parkview Meadows has registered a walking Team! Please visit our Team page "Parkview Meadows Steps of Hope" to donate or sponsor a walker at the Park! Bus will be taking residents on the walk (20+ Spots)



I CAN DO all things through Christ who STRENGTHENS ME

PHILIPPIANS 4:13

