



The Parkview Post

PARKVIEW MEADOWS CHRISTIAN
RETIREMENT VILLAGE

5 1 9 . 5 8 7 . 2 4 4 8 INFO@PARKVIEWMEADOWS.CA

Our Board of Directors;

- John Haverkamp
- Tom Vandertuin
- John Kraay
- Evelyn Dam
- Ian Cooper
- Doug McBride
- Ben Zandstra
- Bill Kelly
- Ernie Rauwerda
- Jeanette Hogeterp

As the first Parkview Post of 2025, I would like to share my New Year’s message with all of you. 2024 has been a year of change – a new CEO, a new retirement manager, a new Director of Care, some new Board members, new policies, new processes and a bunch of new staff! A lot of upgrades in rooms, flooring, equipment with more to come this year as well.

Parkview Meadows Christian Retirement Village has done well this past year – with the fabulous efforts of our great staff, dedicated volunteers, residents and families that we have come to know. Our ongoing commitment 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 all done in the context of a Christian community where there is support for the residents’ physical, spiritual, emotional, social and financial needs.” But nowadays we need to strive to always do the best we can, and this commitment and our strength can only be fully harnessed by staying attuned to changes, drawing connections, and uniting our efforts to transform them into opportunities. Simply focusing on the present will cause us to miss the changes that we need to keep on top of in a fast-paced world. By always keeping our eyes on the future and leveraging our collective capabilities, we can overcome any challenges and changes and keep Parkview Meadows as the fine organization that it is for now and years to come. I am deeply committed to working with all of you to make sure our organization is one that embodies our mission and vision.

**INSIDE THIS
FEBRUARY 2025
ISSUE:**

Board Member Corner	2
Light	3
Candid Moments	5
Gardenview Recreation	6
Southview News	7
Maintenance Corner	8
Safety Talk	10
Recreation News	11
Announcements	12

It is my sincere hope that we all will remain humble, stay grounded, accept challenges & changes, and always approach everything with passion and ambition. I bring your attention that 2025 is the Year of the Snake according to the Chinese zodiac. The snake, which grows by repeatedly shedding its skin, symbolizes “advancing to new stages of development through continuous transformation” rather than fearing waves of change, it embraces them as opportunities for challenge and growth, pushing forward to create new experiences. This concept of transformation is also a central theme in Christian theology as well, reflecting the profound change that occurs in an individual’s life through the power of God. This transformation is not merely a superficial alteration but a deep, spiritual renewal and energy that affects every aspect of a believer’s existence. The Bible provides numerous examples and teachings on the reality of transformation, emphasizing its necessity and the divine power that enables it. Let’s make this a year filled with energy, change and forward momentum.

Let us unite as one, to steer us all into another bright year for Parkview Meadows.

Ken
G. Kenneth Callaghan BA, MBA
Chief Executive Officer / Administrator
Parkview Meadows Christian Retirement Village

BOARD DIRECTOR CORNER

When John asked me to write something for this I had no idea what I might want to talk about. Here I am at 4 a.m. wide awake with a thousand thoughts going around in my mind. Not about this, but a project that a small group in Jarvis is meeting, county representatives today about. The many questions we have about how to start, how to organize, how to fund it.

It brings to mind the people that started thinking about building this facility many years ago. They may not think so, but I consider them Community Leaders. They saw a need and decided to put caution to the wind and build it. They must have had a few sleepless nights also. I wonder in the start if they thought it would be what it has become today. My hat is off to them on a job well done.

I have only been on the board for a couple of years and we have had some major decisions to make in that time. I believe that those decisions are going to help make Parkview Meadows a great facility for all to enjoy.

At this time I want to thank fellow board members for their time and dedication and look forward to serving with them in the future.

Humbly submitted by Doug McBride

**ADVERTISE WITH PARKVIEW MEADOWS
2024 GOLF TOURNAMENT HOLE IN ONE SPONSORS**



Stress less

1. Focus on what you can control;
2. Go for a walk;
3. Color;
4. Talk about it;
5. Breathe;
6. Look for opportunities in life's challenges;
7. Dance it out;
8. Treat yourself;
9. Reminisce about good times;
10. Ask for a hug;
11. Go to bed earlier;
12. Smile.

S
A
V
E
T
H
E
D
A
T
E

Parkview Meadows 11th Annual
GOLF TOURNAMENT

**FRIDAY
AUGUST 22, 2025**
at the Greens at Renton

Entry Fee Includes:

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



LIGHT!!

Living in the Townsend area, I could not help but marvel this past year at the extravagant “sea of lights” which surrounded our hamlet in December. It thrilled my heart to see many windows, doors, roofs and lawns lit up with various Christmas colours. During the dark December evenings, many a car stopped by the side of a street to feast their eyes on the various displays.

It is now January, and all the lights that shone so brightly last month have been packed away in boxes. Presently, many a heart longs for the new season of Spring to lighten and brighten our days once again.

Yet for those who know the “LIGHT” it's a different story. God's light was permanently placed in us when we invited Jesus into our heart. That light shines in and through us no matter what time of the year. It's our guide. But, sometimes our light seems rather dim.

That's not God's fault. When we focus on a self-centered life, a burdened lifestyle or worry about the future, we lose sight of trusting God. Our lives then become dim and our light is barely visible. We've lost our spark. It takes a turning back to God and to realize our light needs refueling. This can only be done by the Spirit of the living God. The timeless Scriptures often speak of light-stories. Yet, those who lived in Old Testament times never experienced the coming of “THE LIGHT.” Rather, they waited for prophesies and promises to be revealed to them. In the Old Testament King David shouted: *“The Lord is my Light and my Salvation; whom shall I fear? (Psalm 27:1)*

Another one of God's saints cried out, *“O send out thy light and thy truth: let them lead me; let them bring me t unto thy holy hill, and to the altar of God. (Psalm 43 :3)*

But then, Jesus stepped into our world and gave us the answer! He called himself the *“The Everlasting Light.” This Light shines in the darkness; and the darkness has not overcome it.” (John 1:5)*

With those encouraging promises we can carry on in 2025. It's our anchor for life. We don't only know *about* the light, but we *are* the light.

Let's not store away this precious gift.

Let's sing along with our children: *“This little light of mine, I'm gonna let it shine...”*

What an awesome gift we've been given.

We, young and old may shine brightly and spread this marvelous light all around!

Theresa Bakker
Commissioned Pastor of Parkview Meadows.



PRC Quick Tips

Soci t  Alzheimer Society
BRANT, HALDIMAND, NORFOLK,
HAMILTON HALLIBROOK

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

What raises your suspicion it may be a depression?

- "Mom isn't attending church anymore"
- "Gladys is ringing the call bell constantly! And all she does is complain" (called "importuning")
- "Mom says she needs something for her nerves"
- "Dad's pants are almost falling off him! He needs a belt!"

What does depression look like?

When you have depression, you have trouble with daily life for weeks at a time. Doctors call this condition "depressive disorder" or "clinical depression."

Depression is a real illness. It is not a sign of a person's weakness or a character flaw. You can't "snap out of" clinical depression. Most people who experience depression need treatment to get better. Older people are less likely to admit depression due to the stigma of a mental disorder or a character failure.

Depression can co-occur with dementia

Depression can look like a pseudo-dementia

Major affective disorder in older persons is the most common mental health challenge, exceeding the dementias. It is a diagnosis often missed due to the stigma, atypical clinical presentation and other complexities in the older person.

Often times we as health care professionals, including physicians, will believe depression is a normal part of ageing (ageism) thinking "I would be depressed too"

Major affective disorder will often reoccur. If a person experience 2 or more episodes there is a 60-80% chance of a reoccurrence. Knowing the person's emotional health history is critical.

THERE ARE WOUNDS THAT NEVER SHOW ON THE BODY THAT ARE DEEPER AND MORE HURTFUL THAN ANYTHING THAT BLEEDS.

Depression isn't a normal part of ageing

Depression is a common problem among older adults, but it is NOT a normal part of aging. In fact, studies show that older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness.

Depression in the general population

Major Depressive Disorder (also known as unipolar) is characterized by a persistent feeling of sadness or a lack of interest to outside stimuli.

The individual must be experiencing 5 or more symptoms during the same 2-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day
- Significant weight loss when not dieting or weight gain; or decrease or increase in appetite nearly every day (usually loss of weight and appetite in seniors)
- A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day (pseudo-dementia)
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan for completing suicide

Other symptoms in older persons

- Sleep disturbances, particularly early morning waking
- Diurnal variation in emotions, often worse in the morning and better as the day progresses
- Associated or co-occurring anxiety
- Mood congruent thoughts or distortion i.e. feelings of poor self-esteem, re-emergence of traumas of the past
- Psychotic symptoms with somatic distortions commonly experienced, thoughts of being a sinner, a feeling that people are against the person (which the person may endorse as being deserved)

Standardized Tools to Assess for Probable Depression:
Geriatric Depression Scale (GDS)-no or mild dementia
Cornell Depression Scale-can be used at any stage of dementia or without dementia

CANDID MOMENTS



Christmas Bazaar Preparation with Poinsettias



Greenhouse is Blooming!!!!



Strawberry Cheesecake Baking Club



Christmas Visits with Santa and his wonderful Elves!



HAPPY NEW YEAR CELEBRATIONS WITH JACK COULSON
"Michael had the crowd busting a move"



** Photo submissions/credit; Leah Mitchell, Alex Guetter/ Kaitlyn Van Brugge, & Michael Ciardullo

GARDENVIEW RECREATION

FEBRUARY

- Tuesday, February 4th from 9:30 am to 2:30pm – **Fifth Avenue Jewelry Parkview Centre**
 Wednesday, February 5th at 10:00 a.m. - **Donut Day Southview Dining Hall**
 Wednesday, February 5th at 11:30 a.m. - **Bus Outing to Simcoe Bowling Lanes**
 Friday, February 21st 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Craft Room)**
 Wednesday, February 12th at 10:00 a.m. - **Bus Outing to Courtland Bakery**
 Wednesday, February 12th at 1:15 p.m. - **History of Valentine Cards with Geneva Gillis**
 Thursday, February 13th at 2:00 p.m. - **Valentines Social with Rosemary Soenen (All Welcome)**
 Tuesday, February 18th at 2:00 p.m. - **Birthday Party with Jack Coulson Band**
 Wednesday, February 19th at 10:30 a.m. - **Bus Outing to Warplane Heritage Museum**
 Wednesday February 19th at 10:00 a.m. - **Resident Council Meeting in Community Room**
 Thursday, February 18th 10:00 a.m. to 3:00 p.m. - **Boutique Clothing in Craft Room**
 Wednesday, February 26th at 1:30pm - **Bus Outing Country Drive & Apple Place**

MARCH

- Tuesday, March 4th at 8:00 a.m. - **Shrove Tuesday Breakfast in Craft Room**
 Wednesday, March 5th at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Tuesday, March 11th at 1:30 p.m. - **Irish Roots Presentation with Geneva Gillis**
 Wednesday, March 12th at 10:00 a.m. - **Social Hour with Ruth Willis**
 Wednesday, March 19th at 10:00 a.m. - **Resident Council Meeting in Community Room**
 Friday, March 21st 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Free)**
 Monday, February 24th at 2:00 p.m. - **Birthday Party with Kristin Nichols (Southview Dining Hall)**

APRIL

- Wednesday, April 2nd at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Wednesday, April 3rd at 2:00 p.m. – **Magic Show with James Alan**
 Friday, April 11th 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Craft Room)**
 TBA - **Dance Performance**

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;

May 2025

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.

SOUTHVIEW NEWS

Southview Retirement has recently become one of the most sought-after retirement communities in the area, and for good reason. With a reputation for providing excellent care, a warm, welcoming atmosphere, and a wide range of services tailored to the needs of its residents. Southview has rapidly gained recognition as a top choice for seniors looking for a fulfilling and comfortable living environment. '

The community offers a variety of amenities, including spacious living arrangements, beautifully landscaped grounds, and a robust activity calendar that promotes engagement and socialization. Residents can enjoy everything from fitness classes to arts and crafts, keeping both their minds and bodies active. The skilled, compassionate staff further enhance the quality of life, ensuring that all residents are well-cared for and supported in their daily needs.

The influx of new residents has been remarkable, with Southview seeing a significant rise in demand for its services. This surge in popularity is a direct result of positive word-of-mouth from current residents and their families, as well as strong online reviews. People have taken notice of the community's excellent reputation for safety, comfort, and overall quality of life.

As a result of this growing demand, Southview Retirement has now implemented a waitlist for new residents. While this is a testament to the community's high standing and the demand for its services, it also means that those hoping to join may face a wait before securing a spot. For prospective residents, this can be both good and a frustrating situation: on the one hand, it is reassuring to know that Southview is a top-tier facility; on the other, it may require planning ahead for those who wish to move in.

Overall, Southview Retirement's increasing popularity and the establishment of a waitlist are positive signs of its commitment to quality care and a vibrant, active lifestyle for seniors. If you're considering this community for yourself or a loved one, it's wise to inquire early, as demand continues to grow

Laura Stuivenberg
Southview Retirement Manager

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), Krystal (DOC) and Michael (Program Services Manager)

Next Meeting will be held on **Thursday, February 20th, 2025 @ 2pm in the Craft Room**

We look forward to seeing you there!

MAINTENANCE CORNER

We are already into February? Saturday December 21st 2024 was the shortest day of the year last year, with the least amount of sunlight. Since then, our days have been getting gradually longer (and closer to springtime). With the colder weather and lower levels of daylight the winter is hard for some people. This year on January 20th it was blue Monday, the day that researchers say is the day that collectively we have the lowest mood, or with winter blues. So, if you struggle in the winter like many do, we are well on our way towards spring!

Always be sure to use caution when you are heading outside during these cold months, wearing appropriate footwear, warm winter clothing, and keeping a blanket or safety kit in your car in case of an emergency.

Inside the building things continue to change and evolve as the times do, especially with the cold and flu season upon us. Parkview has been taking steps over the last couple years to make some improvements to the building that are focused on infection prevention and control, including replacing older carpet with antibacterial vinyl and increasing cleaning at "high touch" areas. Last week we saw the delivery of all the new dining room chairs in the Parkview Center. These new chairs are no longer made from wood but instead have an anodized aluminum frame and a non-porous sanitizable vinyl for the cushions. These are a wonderful upgrade that provide arm rests to assist those that need the help to get up as well as making it much easier for cleaning and sanitizing if there are any spills.

In the Valleyview building we have been replacing the last of the apartments tubs with walk in showers. These changes are helping people get in and out with much less difficulty and in a safer manor. With only 1 or 2 left to be complete these will likely be finished and minor touchups of paint underway by mid to late February.

In the Brookview AND Valleyview buildings we will be having digital televisions installed in each of the lobbies to share events and advertisements. The electricians have run the hydro lines and we be putting the displays up as soon as they arrive.

Jon Toal – Maintenance Supervisor
Maintenance Supervisor

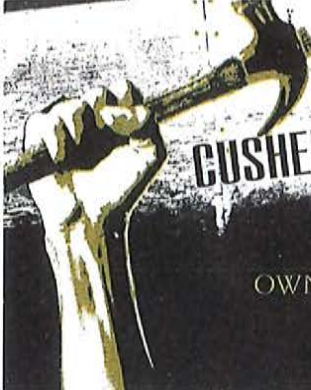
ADVERTISE WITH PARKVIEW MEADOWS

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 (** advertising as shown throughout the Newsletter)

Jeffrey Hewson
 Sales Representative
 Owner/Team Leader

✉ jeff@teamhewson.ca
 ☎ (905) 512-0223
 🌐 teamhewson.ca

CENTURY 21
Real Estate Group Ltd.

CUSHENAN CONSTRUCTION

ROB CUSHENAN
 OWNER / LICENSED CARPENTER
robert.cushenan.1@hotmail.com
 Cell - (905) 870-3779

SAFETY TALK

Safety Talk

Inclement Weather: Snow Removal



Winter ice, snow and drifting snow conditions can complicate walking, driving and exiting/entering buildings.

Entrances:

Ensure that a cleared path from each exit is maintained that is free of ice and snow to a public way allowing the applicable to both the all emergency exit doors. they become saturated snow, and place floor is wet and mop up falls.



Change the entrance mats when with water from the melting "Caution" signs whenever the regularly to prevent any slips and

Sidewalks/Storefronts:

More often than not, we have to use a shovel to keep these areas clear of snow, which can lead to back injuries.



Here are a few tips when shovelling snow;

- Warm up your muscles before shovelling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Protect your back from injury by lifting correctly.
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- Dress appropriately for the task and be visible. Wear High Visibility clothing such as a Winter Parka or a Vest over regular clothing. Plus wear proper gloves and footwear.



ADVERTISE WITH PARKVIEW MEADOWS



Golf Tournament Platinum Sponsor 2024

Contact Michael at 519-587-2448 Ext 419 to inquire about sponsorship holes and advertising your business for a minimal fee

RETIREMENT ACTIVITIES FEBRUARY

- Tuesday, February 4th at 10:15 a.m. - **Bus Outing to Mary Maxim & Swiss Chalet Lunch**
 Tuesday, February 4th at 2:00 p.m. - **Canvas Painting with Haldimand Abilities**
 Wednesday, February 5th at 10:00 a.m. - **Donut Day Southview Dining Hall**
 Thursday, February 6th at 1:15 p.m. - **Bus Outing to Jarvis Library & Tim Hortons (FREE)**
 Monday, February 10th at 11:30 a.m. - **Bus Outing Lunch at Fisherman's Catch Port Dover**
 Wednesday, February 12th at 2:00 p.m. - **History of Valentine Cards with Geneva Gillis**
 Thursday, February 13th at 9:45 a.m. - **Bus Outing to Crossroads Antique Market & East Side Mario's Lunch**
 Thursday, February 13th at 2.00 p.m. - **Valentine's Social with Harpist Rose Soenen**
 Tuesday, February 18th at 2:00 p.m. - **Birthday Party with Jack Coulson**
 Thursday, February 20th at 10:15 a.m. - **Bus Outing to Haldimand Abilities Centre Brunch**
 Friday, February 21st from 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing**
 Monday, February 24th at 1:15 p.m. - **Winter Drive Bus Outing**
 Thursday, February 27th at 9:45 a.m. - **Bus Outing to RBG Alice in Bloomland & Mandarin**
 Each Friday at 1:15 p.m. - **Shopping Trip to Simcoe Walmart**

MARCH

- Tuesday, March 4th at 2:00 p.m. - **Canvas Painting with Haldimand Abilities**
 Wednesday, March 5th at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Thursday, March 6th at 1:15 p.m. - **Bus Outing to Jarvis Library & Tim Hortons (FREE)**
 Tuesday, March 11th at 1:30 p.m. - **Irish Roots Presentation with Geneva Gillis**
 Monday, March 17th at 2:00 p.m. - **St Patrick's Day Party**
 Thursday, March 20th at 9:45 a.m. - **Bus Outing to Haldimand Abilities Centre Brunch**
 Friday, March 21st 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Free)**
 Monday, February 24th at 2:00 p.m. - **Birthday Party with Kristin Nichols (Southview Dining Hall)**
 Each Friday at 1:15 p.m. - **Shopping Trip to Simcoe Walmart**
 TBA - **Dine In**

APRIL

- Wednesday, April 2nd at 10:00 a.m. - **Donut Day (Southview Dining Hall)**
 Wednesday, April 2nd at 2:00 p.m. - **Magic Show with James Alan**
 Friday, April 4th at 1:15 p.m. - **Shopping Trip to Simcoe**
 Friday, April 11th 1:15 p.m. to 3:30 p.m. - **Hearing Clinic with Connect Hearing (Craft Room)**

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;
 February 2025

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, February 21st
 Location; Craft Room at 1:00pm to 3:30pm

RECREATION

This past December we were able to hold our annual Christmas Bazaar and Poinsettia Fundraiser and to boot we once again we had our wonderful man in the red suit join us for Santa photos with Jerry Van Dyk! We had close to 25 tables with local vendors, that were able to provide our residents and community with home made Christmas gifts and ideas. Next year we will see about inviting our green friend from Whoville "The Grinch" to be able to take pictures along with Santa and Mrs. Claus. The event featured many local companies from Epicure, Fifth Avenue, Jams and Jellies to name a few. Parkview also sold Dutch goods from Van Stratten Bakery, poinsettias, and handmade items crafted by our seniors. All the proceeds for this years Bazaar will be assisting with mini-putt and lawn bowling items, along with new tables for events and fundraisers. It is fundraising events that we are able to raise funds to help aid in promoting better services here for our seniors. A special thanks to all of our volunteers that assist us at these events. They are a great asset to the home and to our seniors.

Keep your eyes and ears open for our upcoming events. We will be hosting our Spaghetti dinner once again, which has not happened since February 2019 with approximately 180 guests being held in the Southview Dining Hall. We are hosting this event on Thursday March 20th at 6:30pm in the Southview Dining Hall. Tickets can be purchased at our Gardenview receptionist from Monday to Friday 8am to 4pm.

We have also booked our 2025 Golf Tournament Fundraiser for Friday August 22nd being held at the Greens at Renton with a 12pm tee off time. This event is such a great way to connect, have fun and fundraise for the home. Registration will soon be open on our website. Contact Michael for further details and registration.

Our Recreation team has had many new faces join our team. We once again have 4 Recreation Programmers with Leah, Alex, Subie, and Jessica. We will be able to reach out to our residents and provide more 1 to 1 programming and new ideas to our calendars. Kaitlyn and Lisa will be providing activities on our Retirement side of Southview. Calendars can be accessed on our website each month.

Michael Ciardullo, Program Services Manager

JUST FOR LAUGHS



BRAIN WACKY WORDIES

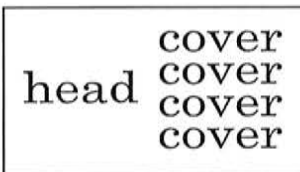
Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. _____



2. _____



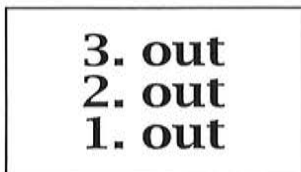
3. _____



4. _____



5. _____



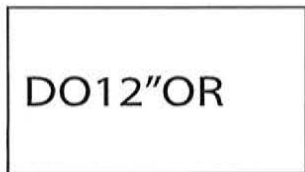
6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

ANNOUNCEMENTS

MOTHER'S DAY
Greenhouse Fundraising
PLANT SALE

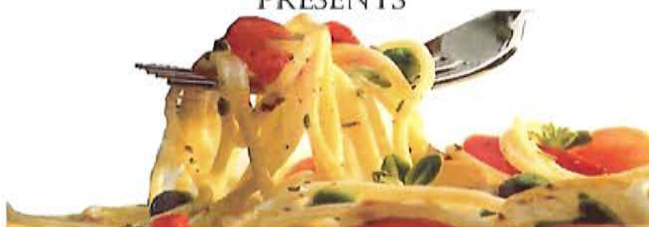
with
Bake Sale & Barbeque Luncheon

SATURDAY, MAY 10, 2025
9:00 - 1:00 P.M.



** DONATIONS OF CANNED GOODS ARE BEING COLLECTED FOR THE HAGERSVILLE FOOD BANK
COMPLIMENTARY SPIDER PLANTS WILL BE OFFERED FOR DONATIONS

PARKVIEW MEADOWS CHRISTIAN RETIREMENT VILLAGE
72 Town Centre Drive, Townsend, Ontario
PRESENTS



ANNUAL SPAGHETTI DINNER

THURSDAY MARCH 20, 2025
DINNER 6:30P.M.

TICKETS; \$25.00 EACH

and includes all you can eat spaghetti, caesar salad, garlic bread, coffee or tea and dessert.

For more information or to purchase tickets please call
519-587-2448 ext. 400
Tickets can also be retrieved in the Gardenvue entrance at the reception desk.

BIRTHDAYS

FEBRUARY					
Residents:		Barbara Wase	14	Kayla Van Houten	2
		Carol Kriter	17	Laura Earls	8
		Jerry Herrow	17	Tia Dikasz	9
		Edna Weir	17	Jenessa McConachie	10
		Janice Matthews	17	Liam Callaghan	14
		Jessie Visser	19	Julie Mitchell	15
		Joan Wood	20	Stacie Nicole Thompson	15
		Deborah Fitzpatrick	20	Kristen Warren	17
		Jeltje Vandervelde	21	Teela Hill	23
		Maureen Wiechula	29	Nikka Caide	24
		Staff:		Saranya Raju	27
		Jenny Heeg	2	Arnav Singh	27

MARCH					
Residents:		Syd De Boer	23	Aileta Slade	12
		John Lake	24	June Cook	12
		Joan Haskett	26	Justine Wall	15
		Patricia Walker	26	Taylor Fess	17
		Roxanne Wood	28	Lindsey Sather	18
		Staff:		Brittany Schlosser	21
		Juliet Kett	2	Katelyn Schaeffer	22
		Marian Cwierdzinski	12	Kulwant Thiara	25
				Lori Helder	29

APRIL					
Residents:		Lee Schweyer	22	Lisa Heastont	13
		Robert DeBackere	23	Shannon Snider	16
		Robert Matthews	26	Amber Snyder	21
		Lenore Cain	30	Subhekchhya Poudel	23
		Staff:		Baylee Forgie	25
		Kathy VanderMeer	2	Sulab Adhikari	30
		Breanne Miller	5		

• T H A N K Y O U •

As we close on another year, we reflect on the accomplishments and challenges that we have completed and overcome. With that being said we wanted to thank all of our employees for assisting us in the Health and Safety of our staff in the home. We pride ourselves to keeping all those working here safe and stress free. Lets keep the same spirit and ensure all of our safety. If you ever witness or experience any concerns in the workplace always approach a health and safety member or bring to your supervisor.

To reward our year we will be holding a staff appreciation lunch that will allow us to commemorate all of the hard work that goes into ensuring the health and safety of all employees of the home.

Sincerely, Joint Health and Safety Committee.

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

SUNDAY WORSHIP SERVICES

You are welcome to worship at our Parkview Worship Services on Sundays at 1:30 p.m. in the Southview Dining Hall
Offerings:
 Parkview Meadows

November
 Jarvis Food Bank

December
 Christian Reformed World Relief Committee

January
 Back to God Hour

PRAYER CORNER

Please pray for the families of Rowna Mathyk, Patricia Courtnege, Grace Jarvis and Walter Armstrong 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 residents of Gardenview are kept busy whipping up tasty treats along side the staff. One of their favourites so far from this year happen to be, Valentine Heart **Sugar Cookies**. Below is the recipe so you can try them at home!

Ingredients

- 1 cup of butter
- 1 cup white sugar
- 1 egg
- 1 tsp vanilla
- 1/2 tsp salt
- 3 cups of flour
- 3/4 tsp baking powder

Directions

1. Cream together sugar, eggs, vanilla and butter
2. Mix all dry ingredients into a separate bowl
3. Add dry ingredients slowly into the wet ingredients.
4. Roll onto greased sheets covered in flour and cut out shapes
5. Bake at 350 degrees for 8-10 minutes (dough must be chilled for 1 hour before rolling, they only require a hint of golden color around edge)

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!!!

Parkview Meadows is currently looking for volunteers for multiple positions as we are always in need of some helping hands. 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 519-587-2448 ext.419

Check out our profile on the Website

Wacky Wordy Answers:

1. Odds are against you
2. Split Level
3. Head for cover
4. You are full of bologna (below knee)
5. Tee time
6. Outnumbered 3 to 1
7. One right after another
8. Step backwards
9. Foot in the door
10. More often than not
11. Missing You
12. Trail Mix