



**PLEASANT MANOR** RETIREMENT VILLAGE

### Preacher's Ponderings

Every second we live counts. By the time we are 80, we have lived over 2 and a half billion seconds. Even though seconds are small, they are a gift from God and they do add up. Our choices about how we use each second are important and will determine

the impact of our lives and the legacy we leave behind. Ephesians 5:15-16 states "Be careful how you walk...making the most of your time." May God help us to use each second wisely – to enjoy our relationship with God and to impact the lives of others!

### Dietary's Dish

March is one of my favourite months. It is a reminder that spring is right around the corner. Over the next few months I will be working on putting together the next spring/summer 4 week rotational menu that will probably start in May or June. Suggestions are always welcome!

And also a reminder that we have Resident's choice meals once a month! Is there something that we can make for you?

15 Elden St  
Virgil, ON, L0S 1T0  
905-468-1111  
www.pleasantmanor.net



**PLEASANT MANOR**

serving seniors with excellence, love and dignity

### Debi's Desk – Supportive Housing

We hope our tenants enjoy the upcoming opportunities for them – firstly is Fire safety training, join us in the chapel for this important session led by the fire department – your safety is important to us!

The Niagara Alzheimer's society is also coming with an evening presentation this month– we hope you will invite your families for the **Finding Your Way** session. Finding Your Way is a program that offers practical advice on how people with dementia can stay safe while staying active. It shows how to best deal with the risk of going missing. We expect that this will be beneficial to our entire community so that we can support each other better.

### Maintenance Muse

All is well in Maintenance. We have certainly had enough of winter. The days are getting longer or at least the sun is up longer. We are looking forward to spring! We are looking at a number of maintenance projects for this year, more about that to follow.

### Calendar Highlights

March 9 – Daylight Saving Time begins (Spring Forward)

March 11 – **Tenant Fire Safety Training**

March 12 – **Golden Age Apparel** in the Creekview Link

March 19- **EBEP Music Group in HP**

March 20 – **First Day of Spring** ☺

March 24 – **Family Council in HP**

March 27 – 7:00pm – **Alzheimer's Presentation – Finding Your Way**. For tenants and their families.



# Pleasant Manor Post

March 2014

## From the Director's Desk

In the last several months, we have sent out surveys to our tenants and our volunteers, to get feedback and suggestions on the service we provide here at Pleasant Manor. Thank you for your thoughtful responses and for participating in the survey. A couple of themes emerged from the results - you have told us that you are very happy with your life here, but suggest that we pay more attention to maintaining and upgrading our outdoor areas, and that we continue to find new and exciting activities for everyone

to take part in, that builds the community of Pleasant Manor. In the weeks and months to come, you will see invitations and announcements about activities, and I encourage you to take part. Also, feel free to share ideas with your Tenant Council about activities that can be planned by the tenants, for the tenants. And once spring finally arrives, we hope you will be pleased with the effort we put into making our outdoor areas as beautiful and well maintained as we can.



Olympic Hockey Fun

### Bonita's Bit

Heritage Place has enjoyed a bustle of activity, thanks to the recreation department, enjoying the Olympics in the comfort of our warm home! It sure is cold outside! We warmly welcome another nursing student, Jessica Burn. The staff of Heritage Place have been embracing learning and teaching opportunities and I commend them all for a job well done! Thank you, dear residents, for your kind and encouraging words. We are blessed by each one of you. It is a pleasure to provide this service of excellence, love and dignity.