



PLEASANT MANOR RETIREMENT VILLAGE

Preacher's Ponderings

I recently read My Heart's Desire by David Jeremiah. He challenges us to live every moment in the wonder of worship. As we come into God's presence, we should come with awe at His majesty, power, sovereignty and love. God's presence is available wherever we are and whenever we choose. David Jeremiah encourages us to foster a sense of daily

worship where we humbly bow before God and recognize what a privilege it is to spend time in His presence. We cultivate a spirit of thankfulness, trust and obedience. In every situation and social encounter, we have the opportunity and privilege to become more like Him, to glorify Him, and to point others in His direction.

Suggestions for Staying Cool

Here are some tips for staying cool during heat waves.

- The HP Chapel, OV Chapel and Creekview link are air conditioned, please feel free to come and cool off anytime in any of these locations
- Use fans and air conditioners in your apartments.
- The tuck shop sells ice cream treats every Wednesday afternoon from 3:00-3:30. *In the event of another heat wave, we will do this daily.
- Check on each other regularly through extremely hot weather, make sure everyone is safe.
- **Drink lots of water!**

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PLEASANT MANOR

serving seniors with excellence, love and dignity

Recreation's Rant

Tenants: I'd like to call your attention to a few changes to this month's calendar. We've added two new exercise classes each week, on Tuesdays at 3:00pm and Wednesday's at 9:00am. The existing two classes will now also start at 9:00am. See the posters for more information. We have also changed the time of the Monday afternoon DVD Learning series to make it easier for people to attend – it will now begin at 2:00pm and continue until 3:00. If you have a suggestion for topics you'd like to learn about, please let me know. Also back is the Tenant Watermelon & Rollkuchen Event – see the calendar or poster for more details.

Dietary's Dish

I hope everyone is enjoying the summer!! The kitchen is truly enjoying hearing the compliments on the meals that people are enjoying. If there is anything people would like to see on the menu please don't hesitate to let us know. We are also looking forward to all the local produce that will be available over the next couple of months.

Highlights

August 7th – George Reimer's Stamp collection presented in HP

August 11th – Sing along with Trudy, Irene & Helen in HP

August 13th – Falls Prevention in OV Chapel
August 14th – Music with Gerry K.

August 17th – Albert Dahl Musicians

August 21st – Bryan's Vacation slide show in HP

August 22nd – Watermelon & Rollkuchen Social in Garden court Gazebo – Cost \$2 per person

August 30th – HP Birthday Party with Summer Pictures Slide Show

August 31st – Tenant Birthday Party for July & August

DOC's Dialogue

Here we are in August, it seems as though the summer has just flown by! The nursing department has hired two additional Personal support workers, welcome Christina and Beata to our team. We have had the opportunity to have several in-services provided to us in the nursing department which include: pain management, congestive heart disease and behaviour management.

Thank you to the two students who have chosen to do their placements here at Heritage Place. Izabella, a first year medical student has presented an educational session on osteoporosis and falls prevention along with Rena (RN) and Melissa, a fourth year nursing student is working on a communication system for her final project. We are pleased to have had them spend a part of their summer with us!



Pleasant Manor Post

August 2013

From the Director's Desk

With the wide variety of weather that has been thrown at us over the last few weeks, I have decided I have much to be grateful for. A working air conditioner is at the top of my list on some days – on others, a wide window to let in fresh cool air. At our home we have a deep porch, from which I can watch rain storms in dry comfort. And yet so many days in

the month of July were bright and sunny. Here in Canada we think about weather a lot, and I do as well. One of the joys of summer is the length of the day, and every one of them brings with it something to be grateful for, including the weather. Enjoy the rest of your summer – I know I will!



Photo Booth Fun!

