



PLEASANT MANOR RETIREMENT VILLAGE

Preacher's Ponderings

Do you ever feel stressed? Change and the unknown can cause us stress. Someone once told me that "stressed" spelled backwards spells "desserts". We can allow the stressful moments to become moments that are enjoyable, like a tasty dessert, when we look at things differently. We can choose to appreciate the challenges life can bring

and how God comes alongside to support us. We can be thankful for the good care He daily offers. We can be thankful for the people He brings into our lives to encourage us. We can offer others grateful, compassionate hearts. I hope we can all look at life as "desserts" rather than being "stressed". May God grant you His joy and peace!

Maintenance Muse

The Maintenance department continues to be a busy place. All the rain we had this spring has sure caused things to grow vigorously! Kurt continues to work his way around all of Pleasant Manor pruning, weeding and mulching. The rest of us are doing our best to keep everything under control as far as maintaining the buildings. We wish you all a wonderful summer. Stay Safe!

Recreation's Rant

We hope that you've all had the opportunity to enjoy some of the programs we've offered in the last bit, there's been quite a few to choose from! Coming up in July we will be starting two new learning series on Monday afternoons; first will be a DVD called In the Dust of the Rabbi by Ray Vander Laan and second will be a DVD entitled Museum Masterpieces: The Louvre. Also, we are planning on offering monthly "health" seminars specifically aimed at healthy living for seniors – check your calendars so you don't miss anything!

Dietary's Dish

Our new spring-summer menu has just started, please be patient with us as we work through our first cycle. There may still be some changes that you may see. If there are any comments or concerns please don't hesitate to contact the kitchen and let us know. I hope everyone is enjoying the summer now that it has finally arrived.

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PLEASANT MANOR

serving seniors with excellence, love and dignity

Highlights

- July 1st** – Happy Canada Day!
- July 7th** - Sing along with Irene, Helen, Nick & Jackie in HP
- July 9th** – **Physical Activity for the older Adult** – seminar by Public Health
- July 16th** – German Church
- July 24th** – **Ride Back in time** – a 1924 Chevy Convertible will visit both Long term care and the apartments for rides & reminiscing.



Our hopes are high. Our faith in the people is great. Our courage is strong. And our dreams for this beautiful country will never die.
- Pierre Trudeau



Pleasant Manor Post

July 2013

From the Director's Desk

As I walk the grounds of Pleasant Manor, I am delighted to see how beautiful our gardens look again this year. Certainly, our maintenance staff, including our summer student Kurt, deserve our thanks for their diligence in keep everything green, trimmed and blooming. I know, also, that many of you have contributed to the beauty of the grounds, through

your own planting outside your own windows and patios. Whether you have hung a lovely planter, added some blooms outside your patio or simply picked up litter when you saw it, thank you for your efforts! Together we keep our home looking as welcoming as it feels!



Farm Day Fun!



DOC's Dialogue

It has been a very busy June! The nursing department has hired four Personal Support Workers, please welcome Catherine, Coral, Sherri-Ann and Ginette to our home. We are sad to have had to say good-bye to our friend Emma Coughlan, she will be dearly missed by all. The nursing staff has attended a Palliative Care In-service and several residents have taken advantage of the "friendly visiting" program.....a big Thank you goes out to our wonderful volunteers. Enjoy the sunshine!