

HASTINGS MANOR

APRIL 2024

Inside this issue:

Residents' Council Report	2
Why Me Lord?	3
Happy Anniversary	4
Solar Eclipse	5
April Fools Manor Musings	6 7

Special points of interest:

Good Friday Worship Service—March 29th at 2pm

Easter Sunday Worship Service—March 31st 2pm

Solar Eclipse—April 8th

Spring Fling Carnival—April 13th 1:30 to 3:30 pm

Lion's Club Bingo—April 17th 7pm

Ice-No-Slice Concert—April 20th 2pm

Bruce & Betty Concert—April 26th 2pm

Volunteers—Always Caring, Always Sharing

Volunteering at Hastings Manor, formerly began in the 1950's with a group of neighbourhood ladies who wanted to provide social comforts to the residents. They were known as the "Avondale Ladies", and eventually evolved into a charitable organization called "Hastings Manor Auxiliary". Hastings Manor Auxiliary was actively involved in fundraising efforts and a variety of activities that brought joy and comfort to the Residents from 1953 to 2022.

When a person volunteers they give a part of themselves in time, energy, skills and feelings. They give to their family, friends, neighbours and community. It provides an opportunity for personal growth by becoming more aware of the community and its needs that is fulfilling and rewarding. Volunteering doesn't have to be a one-time experience, for many, it's a lifetime activity that has a lot to offer.

Our volunteer program continues to thrive with seventy people who sup-

port the departments and services provided to the residents. Volunteers contribute on a regular basis through spiritual care, pet therapy, entertainment, education programs, comfort care and the individual needs of residents.

They enhance the quality of service we are able to provide on a daily basis and deserve praise and recognition for their efforts—in thanks from residents, family members and team members.

"Take every opportunity to thank our



Residents' Council Report—March, 2024

Residents in the Home were invited to attend meetings each week on their floors. The Executive of Resident's Council met at the beginning of the month to discuss projects, concerns and/or complaints identified. Topics discussed at February meetings included:

- Mohawks of the Bay of Quinte correspondence
- Fundraising goals for Palliative Care comfort carts
- Senior's Month celebrations
- Villa Wall Art project Open House celebration
- Nursing Restorative program
- Quality Improvement Program Report from the

Leadership Team Minutes for each meeting are posted in the activity lounges on the villas.

All Residents are members of Resident's Council and welcome to attend the meetings.

Resident's Council represents all Residents of Hastings Manor in matters pertaining to their quality of life, comfort, safety and their rights as laid out in the Resident's Bill of Rights, FLTCA, 2021. The Bill of Rights is posted on each villa, in both English and French. Resident's Council works in cooperation with the Leadership Team to carry out quality improvement initiatives and raise awareness of

their activities amongst the Resident population.

Resident's Council Executive Meeting—April 8th at 10 am in the multipurpose room.

2nd floor Resident Meeting April 2nd at 2pm

3rd floor Resident Meeting April 9th at 2pm

4th floor Resident Meeting April 16th at 2pm

5th floor Resident Meeting



A Sweet Canadian Thought

Perhaps the most Canadian taste in the world is that of maple syrup. Canadian politicians and diplomats often bring along maple products when they visit other countries, since Eastern North America is the only place where maple delicacies are made. Maple is also a taste that evokes the long-awaited arrival of spring—the Ojibwa called the wonderful couple of weeks between mid-March to mid-April—the “Maple Moon”, in

celebration of the snow starting to melt and the sap beginning to flow.

Goodbye snow and winter—hello to a sappy spring!



Why Me Lord?

Why me Lord?
 What have I ever done,
 to deserve even one
 Of the blessings I've
 known.
 Tell me Lord, what did
 I ever do
 That was worth love
 from You,
 Or the kindness You've
 shown.
 Try me Lord,
 If You think here's a
 way
 I can try to repay
 All I've taken from You.
 Maybe Lord – I can

show someone else,
 What I've been
 through myself,
 On my way back to
 You.
 Lord help me Jesus,
 I've wasted it – so help
 me Jesus,
 I know what I am, but
 now that I know
 That I've needed You
 – so help me Jesus
 My soul's in Your
 hands!

“What have I
 ever done, to
 deserve even
 one of the
 blessings I've
 known.”

MARY MANOR & HARRY HASTINGS COMMENTS

Harry -Where can
 single men over 70
 find younger women
 who are interested in
 them?

Mary – Try a
 bookstore under
 Fiction!

Harry– How can you
 increase the heart
 rate of your over 70
 husband?

Mary – Tell him
 you're pregnant!

Harry – Is it common
 for 70 year old
 husbands to have
 problems with short
 term memory
 storage?

Mary – Storing
 memory is not a
 problem – retrieving it
 is a problem!

Harry – Why should

70 year old people
 use valet parking?

Mary – Valets don't
 forget where they
 parked the car!

Harry – Where
 should a 70 year old
 husband look for his
 glasses?

Mary – On his
 forehead!

Mary – What is the
 most common
 remark of 70 year old
 females when they
 enter an antique
 store?

Harry – Gosh! I
 remember these!

Mary – How can a 70
 year old women
 avoid that terrible
 curse of the 'elderly
 wrinkles'.

Harry – Take off your
 glasses!

Mary – No, seriously

–what can I do for
 these crow's feet and
 all those wrinkles on
 my face?

Harry – Go bra-less
it will usually pull
 them out!

QUESTION TO
 MARY AND HARRY
 – As people age, do
 they sleep more
 soundly?

Mary and Harry -Yes!
 But it's usually in the
 afternoon!



DARK HUMOUR ON MARRIAGE

“Wife looks at husband and says Honey I know we’ve been married for 15 years but I want a divorce.”

A married couple is driving down the interstate doing 80 km/hr with the husband behind the wheel. Wife looks at husband and says ‘Honey, I know we’ve been married for 15 years but I want a divorce’. The husband says nothing but slowly increases his speed to 60 km/hr. She then says ‘I don’t want you to try and talk me out of it because I’ve been having an affair with

your best friend and he’s a better lover than you are’. Again, the husband says nothing – just stays quiet and speeds up – as his anger increases. She says ‘I want the house!’. Again, the husband speeds up and is now doing 80 km/hr. Then – she says ‘I want the kids too’. The husband keeps driving faster and faster and now he is up to 100 km/hr. At that time she says ‘I want the car – the

checking account and all the credit cards too!’. The husband slowly starts to veer to the right towards a bridge overpass piling as she says ‘Is there anything that you want?’. The husband replies ‘No, I’ve got everything I need’. She asks ‘Really! – What’s that?’. As he veers the car off the road at 90 km/hr, he replies ‘The airbag!’.

HAPPY ANNIVERSARY



Since its creation on April 1st, 1924, the Royal Canadian Air Force (RCAF) has evolved into a storied national institution, one that has played a pivotal role in our nation’s history and in the skies above. Building on foundations laid by Canadian pilots in the First World War, the fledgling RCAF first distinguished itself through its civil air operations, pioneering the use of aircraft for fighting forest fires, and contrib-

uting to the mapping of Canada. When Canada’s Air Force stepped onto the world’s stage during the Second World War, the RCAF quickly made a name for itself at home and abroad, propelled forward by the war and peacetime contributions of its members. To all members – past and present - Thank You for your service!

The Royal Canadian Mint has issued a 2024 Proof Dollar to

commemorate the occasion.



Do you enjoy gardening?
 Would you like to help our gardens to look beautiful?
 Consider joining the Garden Club!
 Residents and family welcome!
 If interested we will be having our first meeting on
 Thursday, April 4th @ 2:00pm in the Multipurpose Room
 Please RVSP to Jennifer LeClair
 613-968-6467 x2244 or
 LeClairJ@hastingscounty.com



SOLAR ECLIPSE TO OCCUR—APRIL 8, 2024

A total, solar eclipse will occur on Monday, April 8th, crossing over North America; passing path over Mexico, United States and Canada. It has been dubbed the Great North American Eclipse by some of the media

The sun will be fully eclipsed at approximately **3:20 to 3:23 p.m. EDT**. According to Destination Ontario, the eclipse will travel eastward across our region and cross the communities of Belleville, Kingston and Cornwall at 3:21, 3:22 and 3:24 p.m., respectively

Therefore, the City of Belleville, is preparing for this event and the influx of visitors to the area .

We kindly remind residents to **refrain from directly looking at the eclipse**, as it can potentially harm your eyes.

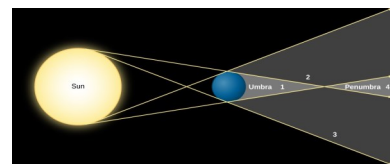
Looking directly at the Sun without proper eye protection is unsafe.

At Hastings Manor, we plan on pulling down the blinds from 2 to 4 to protect the residents to discourage them from looking at the sun

directly.

We will have the NASA livestream of the eclipse on the TV's for residents to watch if they are interested.

Additionally, there will be recreation programs from 2 to 4 to ensure there is engagement opportunity for the residents should they wish to participate.



Humor From The Heartland



A farmer walked into an attorney's office wanting to file for a divorce. The attorney asked if the farmer had any grounds. The farmer said, "Yea, I got about 140 acres." The attorney said, "No, you don't understand, sir, I mean do you have a case?" The farmer said, "Nope, don't

have a Case . . . Have a John Deere, though." The attorney sighed and asked the farmer if he thought he had a suit. The farmer answered, "Yes sir, I got a suit. I wear it to church on Sundays." The attorney, becoming exasperated, asked, "Sir, does your wife beat you up

or anything?" The farmer said, "Nope, we both get up about 4:30." Finally the attorney says, "Okay, let me say it this way. Why do you want a divorce?" And the farmer says, "Well I can never seem to have a meaningful conversation with her."

*You know
how it is
with an
April day*

Two Tramps in Mud Time Robert Frost

The sun was warm
but the wind was
chill.
You know how it is
with an April day
When the sun is out
and the wind is still,

You're one month on
in the middle of May.
But if you so much as
dare to speak,
A cloud comes over
the sunlit arch,
A wind comes off a

frozen peak,
And you're two
months back in the
middle of March.

April Fools

April Fools' Day—occurring on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue in the subject of

the April Fools' Day prank. While its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life. April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day

event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.



MANOR MUSINGS

Harry Hastings and Mary Manor have been on the job, doing surveillance and conducting investigations. They have found out that some of the volunteers assist in conducting tours of the Home, particularly on weekends when staff are not available. One such tour took place on Saturday March 2nd.

HARRY TO MARY: Seems like there was this local lady who

wanted to have a look at our home as a future residence, and she was accompanied by her daughter from Kelowna, B.C., and another son from Belleville. They were doing okay, getting the “feel of the scene”, when they ran into “Sweet Kim”, the lady on 5th who is always trying to get her picture in the Manor Times (Twice so far). So Kim invites them all to have a look at her room (which she is terribly proud of) and then proceeds to chew

their ears off for about twenty minutes! At one point she asks the visiting lady how old she is. The reply is “87” and Kim tells her she’s just a youngster! By the time Kim gets through with them, extolling the virtues of life at Hastings Manor, the visiting lady doesn’t want to leave! Seems like most everybody wants to get in here! MARY TO HARRY: Well now, isn’t that nice! Kim deserves an “attagirl” for doing

such a great job! You know Harry, it really is a great place and we are lucky to be surrounded with great friends and great staff. May God Bless Our Home!

When I Leave The World Behind

I’m very poor, but still
I’ll leave a special will.
When I must say
goodbye,
I’ll leave the sunshine to
the flowers,
I’ll leave the Springtime to
the trees;
And to the old folks I’ll
leave the memories

Of a baby upon their
knees.
I’ll leave the nighttime
to the dreamers,
I’ll leave the songbirds
to the blind;
I’ll leave the moon
above to those in love,
When I leave the
world behind.

To every wrinkled face
I’ll leave a fireplace.
To paint their favourite
scene within the
golden rays,
Scenes of their
childhood days when
they were sweet
sixteen.
I’ll leave them each a

song, to sing the
whole day long.
As toward the
end they plod -
To every broken
heart, with
sorrow torn
apart,
I’ll leave the love
of God.
(Irving Berlin –
1915

Ain’t It The Truth?

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require hip replacement.

The first patient is examined within the hour, is x-rayed the same day, has a time

booked for surgery the next day and within two days, is home recuperating.

The second sees the Family Doctor after waiting a week for an appointment, then waits eighteen weeks to see a specialist, then gets an x-ray, which

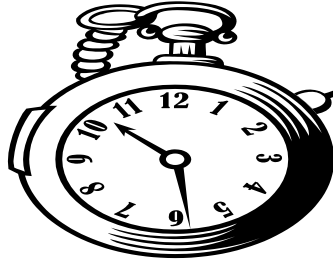
isn’t reviewed for another month and finally has his surgery scheduled for six months from then. Why the different treatment for the two patients?

The first is a Golden Retriever, the second a n adult male!





Manor



Times

HASTINGS MANOR LONG TERM CARE

VISION STATEMENT

Leading the way through continuous improvement in resident-centered care.

MISSION STATEMENT

Our long term care team works together to optimize quality of life in a diverse environment of compassion, safety, and comfort

VALUES

S– Supportive Environment H– Honesty & Integrity A– Accountability R– Respect
E– Empathy

Printed: 325 copies of the Manor Times. The Manor Times is produced monthly, by the Recreation & Volunteer Services Department. After it has been distributed to residents, spare copies of the Manor Times are available at the reception desk and from the Courtyard Café.

Hastings Manor
476 Dundas Street West
Belleville, ON
K8N 5B2
613-968-6467
www.hastingscounty.com

SUPPORTING PEOPLE
*Hastings*TM
AND OUR COMMUNITIES