



# MAY, 2024

## MOTHER'S DAY—MAY 12TH—by Jack Press

One of those days that we should never forget...a Mother is always a very special person to be remembered whether past or present.

In researching material to highlight Mothers' Day, and feature Women in general, we came across an article – found on the back page of a womens' magazine. It was placed by the well-known Bradford Exchange and offered a necklace for sale which exclusively featured a uniquely faceted crystal jewel.

Of major interest was a 'writing' below the ad:

### FACETS OF A WOMAN

A woman is a multi faceted jewel.

She is unique,

extraordinary, brilliant, and strong.

She is beautiful, compassionate, resilient, and brave.

She is who she's meant to be!

Coincidentally, this was found just after learning of the passing of Doreen Smith on Apr.3, 2024.

Doreen was a lifetime volunteer and an over 30 years member of the Hastings Manor Auxiliary.

She was the Vice President for over 20 years and still contributing to the benefit of the residents. In her gentle way she was always in the front line of events – such as the annual bazaar, family day gatherings, holiday festivities, and the list goes on. She was also

a mother of 3, a grandmother of five – the great grandmother of 7, and the backbone behind the Ron Smith Plumbing company for over 60 years! She will be remembered as a 'multi-faceted jewel' on Mother's Day and every other day!

Doreen – Thank you for your service!

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Pictured on Right—Doreen Smith, Auxiliary Volunteer  
With her is Jack Press, Auxiliary President

## A MOTHER'S LEGACY by Ralph Waldo Emerson

To laugh often and love much;  
To win the respect of intelligent  
persons and the affection of  
children . . .

To leave the world a bit better;  
Whether by a healthy child, a  
garden patch, or a redeemed  
social condition;

To have played and laughed  
with enthusiasm and sung with  
exultation;

To know even one life has  
breathed easier

Because you have lived . . .

This is to have succeeded.



## RESIDENT'S COUNCIL REPORT

Resident Meetings were held on each floor during the month of April. Highlights of topics discussed included:

- ⇒ Easter basket raffle raised \$490.00 for the purchase of Comfort Care Carts for the End of Life program.
- ⇒ Total Solar Eclipse preparedness for residents
- ⇒ Resident & Family Satisfaction Survey results for 2023, and the Home's action plan
- ⇒ The Home's Quality Improvement Plan for 2024
- ⇒ The spring and summer menu plan
- ⇒ Final Report for the City of Belleville's Art's & Culture Grant use of funds
- ⇒ The 2024 education plan for the Resident's Bill of Rights & Empathy
- ⇒ Garden Club program

planning

- ⇒ Nursing Restorative Care program.

Minutes of the resident meetings are posted in the activity lounges on each villa and reviewed each month.

The Resident's Council Villa Representatives meet on a monthly basis to review:

- ⇒ the recommendations submitted to the Administrator and Leadership Team
- ⇒ Inspection Reports under the Fixing Long Term Care Homes Act
- ⇒ The use of funds raised by Resident's Council

All residents of Hastings Manor are members of Resident's Council and welcome to attend all monthly meetings.

### Important Dates:

- |                            |       |
|----------------------------|-------|
| Resident's Council         | Villa |
| Representatives Meeting    |       |
| May 6th at 10 am           |       |
| 2nd Floor Resident Meeting |       |
| May 7th at 2:00 p.m.       |       |
| 3rd Floor Resident Meeting |       |
| May 14th at 2:00 p.m.      |       |
| 4th Floor Resident Meeting |       |
| May 21st at 2:00 p.m.      |       |
| 5th Floor Resident Meeting |       |
| May 28th at 2:00 p.m.      |       |



## WHAT THEN?

If Jesus comes tomorrow to spend some time with you,

Would you answer all His questions, or lie to hide the truth.

Would you welcome Him with open arms,

Or even let Him in?

If Jesus comes tomorrow – what then?

If Jesus calls your number – could you leave today?

Are you ready to lay down your worldly goods,

And simply walk away?

Would it take a month of Sundays,

Just to tell Him of your sins?

If Jesus comes tomorrow – what then?

If the sky turns black as mid-

night in the middle of the day,

And somehow, you knew that Jesus would soon bear His way,

Would you have to beg forgiveness,

Or could you reach out and take His hand?

If Jesus comes tomorrow – what then?

## PEARLS OF WISDOM

HATE – has four letters – BUT, so does LOVE.

ENEMIES – has seven letters – BUT, so does FRIENDS.

LYING – has five letters – BUT, so does TRUTH.

CRY – has three letters – BUT, so does JOY.

NEGATIVITY – has ten letters – BUT, so does POSITIVITY.

LIFE – is two-sided, so choose the better side of it!

Tip your server. Return your shopping cart.

Pick up a piece of trash.

Hold the door for the person behind you.

Let someone into your lane while driving.

Small acts can have a

triple effect. That's how we change the world!

Never let anyone tell you what you can or cannot do!

Just look at Beethoven!!!

Everyone told him he would never be a musician just because he was deaf!





Join Us at the  
 Plant & Bake Sale  
 Saturday, May 11th  
 10 a.m. to 3 p.m.  
 Hastings Manor's  
 Multipurpose Room

PROCEEDS WILL SUPPORT THE SPECIAL  
 RECREATION & SOCIAL EVENTS FOR RESIDENTS  
 THROUGH OUT THE YEAR

## SEED THOUGHTS

The heart is a garden where  
 thought flowers grow,  
 The thoughts that we think are  
 the seeds that we sow.  
 Each kind, loving thought  
 bears a kind, loving deed.  
 While a thought that is selfish  
 is just like a weed.

God created beauty when  
 He created flowers,  
 And sprinkled them profusely  
 upon this earth of ours.  
 Each blossom is a token of  
 love beyond compare,  
 A tender language of the  
 heart for everyone to share.



## THE ART OF HAPPINESS

You can't pursue happiness  
 and catch it.  
 Happiness comes upon you  
 unawares  
 While you are helping others,  
 Happiness does not depend  
 on a full pocket book,  
 But upon a mind full of rich  
 thoughts  
 And a heart full of rich  
 emotions.

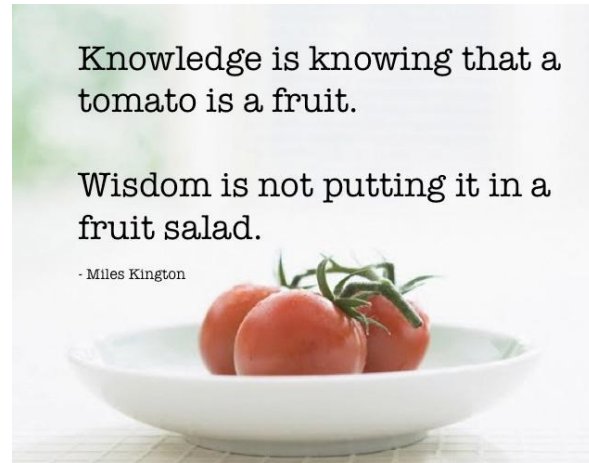
Happiness does not depend  
 on what happens outside of  
 you,  
 But on what happens inside  
 of you;  
 It is measured by the spirit  
 in which you meet the  
 problems of life.  
 Happiness does not come  
 from what we like to do,  
 But, from liking what we  
 have to do.

Happiness grows out of  
 harmonious relationships with  
 others,  
 Based on attitudes of goodwill,  
 tolerance, understanding and  
 love.  
 Happiness is found in little  
 things,  
 A baby's smile, a letter from a  
 friend,  
 The sound of a bird, a light in  
 the window ...



## GREAT TRUTHS ABOUT GROWING OLD

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. It's frustrating when you know all the answers, but, nobody bothers to ask you the questions.
6. Time may be a good healer, but it's a lousy beautician.
7. Wisdom comes with age but sometimes age comes alone.



## PECANS IN THE CEMETERY

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts.

"One for you, one for me. One for you, one for me." said one boy. Several dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough he heard, "One for you, one for me. One for you, one for me." He just knew what it was. He

jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

"Come here quick," said the boy, "You won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls."

The man said, "Beat it kid, can't you see it's hard for me to walk."

When the boy insisted though, the man hobbled slowly to the cemetery. Standing by the fence they heard, "One for you, one for me. One for you, one for me." The old man whispered, "Boy, you've been telling' me the truth. Let's see if we can see the Lord."

Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord.

At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done."

They say the old man made it back to town a full five minutes before the kid on the bike!

## THOUGHTS—MARY & HARRY

Everyone talks about leaving a better planet for our children,

Why doesn't anyone try to leave better children for our planet?

Circuses struggling to find new clowns as top prospects – continue

to go into politics.

My neighbour just yelled at her

kids so loud that even I

brushed my teeth and went to bed!

Never confuse education with intelligence.

It's better to grow old with a sense of humour,

than to grow old with no sense at all!

Today – I'm doing nothing, because I started doing it yesterday,

and I wasn't finished – and, I'm no quitter.

You're not losing your memory – you're just really good at

letting go of the past!

## WANDERLUST

A nomad spirit stirs within my heart today

I long to journey far way

On roads that lead me to the sea.

To mountain forest or to flower-scented lea.

It is always so

When spring winds blow!

The scented and sight

Of apple blossoms, pink and white,

Fill me with a strange delight.

Each perfumed breeze seems to tease

And beg me to be gone

Down distant roads that beckon on.

When fragrant wine is in the air I long to thrust aside each fettering care ...

Be a rover, gay and free,

And let the Wanderlust possess me!

Someday I shall not hesitate

(The urge within me shall be too great)

We shall start at early dawn

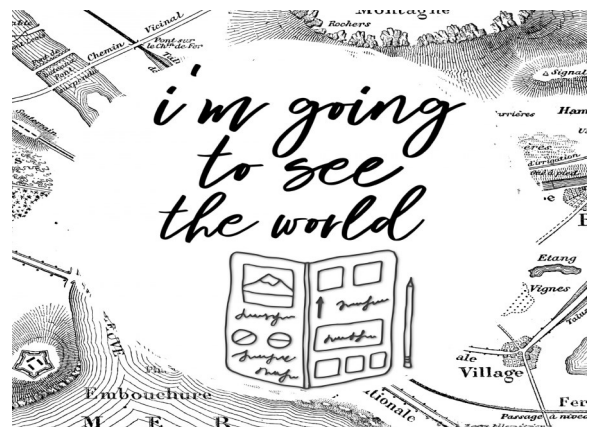
And roam until the dusk comes on;

Then wander far, in great delight,

Down winding, starlit paths at night.

Just two nomads, young spring and me ...

Footloose travelers, fancy-free



## GREAT TRUTHS THAT ADULTS HAVE LEARNED

1. Raising teenagers is like nailing Jello to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge ... mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.
6. Middle age is when you choose your cereal for the fibre, not the toy.



## JUST FOR LAUGHS

An elderly couple had dinner at another couple's house, after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly." "What was the name of the restaurant?" The other man said.

The first man thought and thought and finally said, "What is the name of the flower you give to someone you love? You know ... the one that's red and has thorns?" "Do you mean a rose?" "Yes, that's the one." Replied the man. He then turned toward the kitchen and yelled, "Rose, what's the name of the

restaurant we went to last night?"

## THOUGHTS ON LIVING

As we grow up, we learn that even the one person that wasn't supposed to ever let you down, probably will. You will have your heart broken probably more than once and it's harder every time.

You'll break hearts too, so remember how it felt when yours was broken.

You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually love someone you love.

So take too many pictures, laugh too much, and love like you've never been hurt, because every sixty seconds

you spend upset, is a minute of happiness you'll never get back. Don't be afraid that your life will end ... be afraid that it will never begin!

*"Live Life To The Fullest Because It Only Happens Once"*

Maddi Jenkins  
Tuesday - Aug 7, 2012 (2:49 pm)

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**Hastings/Quinte Long Term Care Services**  
**MISSION STATEMENT**

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

**WONDERFUL YOU**

Thanks for all you do, all you say

Struggling, juggling, balancing the day

I know it can't be easy, doing all the things you do

That is why you're special, that is why you're you.

You carry no burden, you do it with love

A guardian angel from Heaven above.

Taking care of your loved one, come rain or shine

Though tired and exhausted, protesting you're fine.

Your love and compassion forever true

Like a ray of light shining through

You may cry in silence, that I don't know

You keep it well hidden, never on show.

Taking care of your loved one, as best you can

Each day a challenge, no time to plan

I want to acknowledge all that you do

You are a wonderful mother, wonderful you.

*I love  
you  
mom*