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Hastings Manor’s Residents Council
Villa Representative Election

Resident’s Council is an essential forum for all residents to come together and discuss their satisfaction and/or concerns with care and services. Every resident is a member of Resident’s Council and can attend meetings in the Home.

Resident’s Council Villa Representatives are elected every two years. Their role is to welcome new residents who move into the Home and help them to feel welcome as they settle in. They are able to answer questions about routines for care, amenities provided in the home and encourage others

to participate in events offered. Villa representatives also advocate for the suggestions or concerns brought to their attention by residents.

They meet with the Executive of Resident’s Council to plan fund raising activities and prepare recommendations for response from the Administrator.

On Wednesday, September 25th, polling stations will be set up on each villa for residents to vote by ballot for their villa representative.

Nominations can be brought forward to the nominating committee consisting of:

Alec M., President
Natalie S., Vice President

Kim S., Past President

All nominees will be advised of the election results before the Resident’s Council Executive meeting in October.





There's a new gal at the helm of the Recreation & Volunteer Services Team! Please welcome Jamie Robertson-Golden to Hastings Manor.

Jamie is replacing Jennifer LeClair, who has retired from her role as Recreation & Volunteer Services Supervisor, after 31 years of service!

Jamie is a Therapeutic Recreationist, who brings prior experience from the acute care hospital and long term care sectors. Her friendly,

Welcome Jamie!

compassionate nature and innovative ideas will bring a fresh outlook to the programs and services offered to residents.

Residents, family members, volunteers and team members are welcomed to attend an afternoon social on Wednesday, September 11th at 2:00 p.m. where we will welcome Jamie to the Home and introduce her to our Hastings Manor family.

This will be the beginning of her bright future and career with us!



**“WHEREVER
LIFE TAKES
YOU—GO WITH
ALL YOUR
HEART”**

Thoughts From Mary Manor & Harry Hastings

Getting old requires a sense of humour. Wherever life takes you – go with all your heart. No matter your age – just do it! No matter what people think of you – always sing your own song. Age is just a number – enjoy your senior years.

The youth may walk faster, but the elderly know the road. Youth is a gift of nature – but – age is a work of art. Count your life by smiles – not tears. Count your age by friends – not years. The best thing about growing older is

knowing what's good for you and what doesn't matter. As you grow older you will discover that you have two hands – one for helping yourself, and the other for helping others! Let's make it a great day friends!!!

Four Worms

A minister attending at Hastings Manor one Sunday, decided that a visual demonstration would add emphasis to his sermon for the day.

He placed four worms into four separate jars: the first worm was put into a container of alcohol. The second worm was placed into a container of cigarette smoke. The third worm was

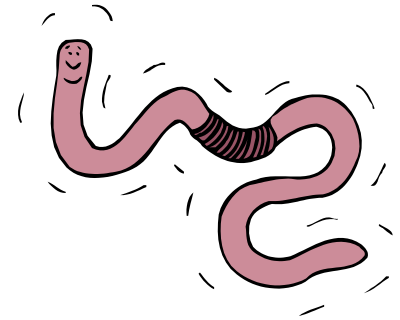
placed into a container of chocolate syrup. The fourth worm was placed into a container of good clean soil.

At the conclusion of his sermon—lasting almost an hour—the Minister reported the following results:

First worm in alcohol—dead, second worm in cigarette smoke—dead, third worm in chocolate—dead,

fourth worm in good, clean soil—alive.

So, the Minister asked the congregation what lesson could be learned from this demonstration. Jim Lynch was sitting in the back and immediately raised his hand and said, “As long as you drink, smoke, and eat chocolate ... you won’t get worms.” That pretty well ended the service.



Dog Logic

The reason that a dog has so many friends is that he wags his tail instead of his tongue.

There is no psychiatrist in the world like a puppy licking your face. A dog is the only thing on earth that loves you more than he loves himself.

The average dog is a nicer person than the average person. Anybody who

doesn't know what soap tastes like has never washed a dog. If a dog is fat ... you aren't getting enough exercise. If you pick up a starving dog and make him prosperous, he will not bite you: that is the difference between a dog and a man.

If you think that a dog cannot count, try putting three dog biscuits in

your pocket and giving him only two of them.

Dogs are not our whole life, but they make our lives whole!



Scottish Golfer

The doctor is amazed at what good shape the guy is in and asks, "How do you stay in such good physical condition?"

"I'm Scottish and I am a golfer." says the old guy, "And that's why I'm in such good shape. I'm up well before daylight and out golfing up and down the fairways. I have a wee glass of whiskey, and all is well."

"Well," says the doctor, "I'm sure that helps, but there's got to be more to it. How old was your Dad when he died?"

"Who says my Da's deid?"

The doctor is amazed. "You mean you're 80 years old and your Dad's

still alive. How old is he?"

He's 100 years old, "Says the old Scottish golfer. "In fact, he golfed wi' me this morning, and then we went to the topless beach for a walk and had another wee dram and that's why he's still alive. He's Scottish and he's a golfer too."

"Well," the doctor says, "that's great, but I'm sure there's more to it than that. How about your Dad's dad? How old was he when he died?"

"Who says my granddad's died?"

Stunned, the doctor asks, "You mean you're 80 years old and your grandfather's still living! Incredible, how old is he?"

"He's 118 years old," says the old Scottish golfer.

The doctor is getting frustrated at this point. "So, I guess he went golfing with you this morning too?"

"No .. Grandad couldnae go this mornin' because he's getting married today."

At this point the doctor is close to losing it. "Getting married! Why would a 118 year-old guy want to get married?"

"Who said he wanted



Hastings Heroes Certificates

Resident's Council advocates for the wellbeing, comfort and health of resident's living at Hastings Manor. They also provide an opportunity for all residents to show thanks and appreciation for the care and service they receive.

Hastings Heroes certificates are available for any resident to give to a team member or

volunteer that they would like to especially show their gratitude towards.

Certificates can be requested from the Executive members of Resident's Council directly or at a Council meeting. Each certificate is individually made and presented to the recipient personally or at a Resident's Council meeting.

This program began in June of 2023. Currently there have been 66 certificates presented to team members and volunteers at Hastings Manor!

“Elvis” Rocked the House!



Professional musical artist, Jackson Begley, brought down the house August 28th, with his impersonation of the King—Elvis Presley! There was “A WHOLE LOTTA’ LOVIN’ GOIN’ ON!”

This concert was made possible through the kind donation made by the Perry family, in memory of their loved one, Shirley

Aunty Acid on Showering

Don’t wash your hair with shampoo in the shower.

I don’t know why I didn’t figure this out sooner.

I use shampoo in the shower and when I wash my hair, the shampoo runs down my whole body.

And, printed very clearly on the shampoo label is this warning ‘For Extra Body and Volume’

No wonder I have been gaining weight!

Well, I got rid of that shampoo and I am going to start showering with Dawn

dishwashing soap instead. It’s label reads:

‘Dissolves Fat That Is Otherwise Difficult To Remove’.

Problem resolved!

If I don’t answer the phone when you call, I’ll be in the shower!



How to be a Gracious Lady



Jennifer's wedding day was fast approaching. Nothing could dampen her excitement ... not even her parents' nasty divorce. . .

Her mother had found the perfect dress to wear and would be the best dressed mother of the bride ever!

A week later, Jennifer was horrified to learn that her father's new, young wife had bought the exact same dress as her mother!

Jennifer asked her father's new, young wife to exchange it, but she refused.

"Absolutely not, I look like a million bucks in this dress, and I'm wearing it," she replied.

Jennifer told her mother who graciously said, "Never mind sweetheart. I'll get another dress. After all, it's your special day."

A few days later they went shopping and did find another gorgeous dress.

When they stopped for lunch, Jennifer asked her mother, "Aren't you going to return the other dress? You really don't have another occasion where you could wear it."

Her mother just smiled and replied, "Of course I do dear. I'm wearing it to the rehearsal dinner the night before the wedding."

Definitions?

BERNA -DETTE – The act of torching a mortgage.

BURGLAR – IZE – What a crook sees with.

COUNTER-FEITERS – Workers who put kitchen cabinets together.

EYE-DROPPER – A clumsy ophthalmologist.

HE-ROES – What a guy in a boat does.

MIS-TY – How golfers create

divots.

PARA-DOX – Two physicians.

PHARM-ACIST – A helper on the farm.

POLAR -IZE – What penguins see with.

PARA-SITES – What you see from atop the Eiffel Tower.

RE- LIEF – What trees do in the Spring.

RUBBER-NECK – What you do to

relax your wife.

SEL-FISH - What the owner of a seafood store does.



Huh?

I'm A Senior

I'm a senior citizen.

I'm the life of the party even if it lasts to 8 pm.

I'm very good at opening childproof caps – with a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you're saying.

I'm sure everything I can't find is in a safe secure place – somewhere.

I'm wrinkled, soggy and lumpy – and that's just the left leg.

I'm beginning to realize that aging is not for wimps.

Yes...I'm a senior citizen and I think I'm having the time of my life.

Now, if only I could remember who sent me these nice thoughts, I wouldn't send it back to them. Or – maybe I should send the thoughts to all my friends anyway. They won't remember even if they did send it.

Share the laughter and spread the cheer!!!!

Let's be happy while we're still here!!



More Advice from an Old Farmer

1. most of the stuff people worry about ain't gonna happen anyway.

2. Don't judge folks by their relatives.

3. Remember that silence is sometimes the best answer.

4. Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

5. Don't interfere with something that ain't bothering you none.

6. Timing has a lot to do with the

outcome of a rain dance.

7. If you find yourself in a hole, the first thing to do is stop digging.

8. Sometimes you get, and sometimes you get got.

9. The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morning.

10. Always drink upstream from the herd.

11. Good judgment comes from experience, and a

lotta that comes from bad judgment.

12. Letting the cat outta the bag is a whole lot easier than getting it back in.

13. If you get to thinkin' you're a person of influence, try orderin' somebody else's dog around.

14. Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.



Hastings Manor
476 Dundas Street West
Belleville, Ontario
K8N 5B2
613-968-6467

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Hastings/Quinte Long-Term Care Mission Statement

Our Long Term Care Team works together to optimize quality of life in a diverse environment of compassion, safety and comfort.

Cheezies & Root Beer



When Angus was a little boy, growing up in Belleville, he wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with cheezies and a six pack of root beer and he started on his journey.

When he had gone about three blocks, he met an elderly man who was sitting in the park, feeding the pigeons. He sat down next to him and opened his suitcase. He was about to take a drink of root beer when he noticed that the man looked hungry, so he offered him a cheezie. The elderly gent gratefully accepted the cheezie and smiled at Angus. His smile was so pleasant that Angus wanted to see it again, so he offered

him a root beer.

Again, the man smiled at him and Angus was delighted. They sat there all afternoon and never said a word. As it grew dark, Angus realized how tired he was and he got up to leave, but before he had gone a few steps he turned around and ran back to the man and gave him a big hug. The man gave him his biggest smile ever!

When Angus got home a short while later, his Mother was surprised by the look of joy on his face. She asked him what he had been doing during the day that made him so happy. Angus replied, "I had lunch with God." Before his Mother could respond, he added "And, you know, God has the

most beautiful smile I've ever seen!"

Meanwhile, the elderly man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and asked "Dad, what did you do today that made you so happy?"

He replied, "I ate cheezies in the park with God, and .. You know, he's much younger than I expected!"

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring—all of which have the potential to turn a life around! People come into our lives for a reason, a season or a lifetime.

Embrace all equally!