

MANOR TIMES



September, 2021 Federal Election

The opportunity for residents of Hastings Manor to vote in this year's Federal Election will be offered differently than in the past. Instead of hosting a polling station on the main floor the following steps will be taken:

1. Elections Canada Officials will be trained before coming to Hastings Manor.
2. The registration process is to begin September 7th. This

involves going to the residents, filling out an application with them and verifying who they are with a piece of personal identification

3. The applications are processed by Elections Canada and a Special Voting Ballot is sent to each registered resident in the mail.

4. Residents fill in their Special Voting Ballot and either:
 - return it in the mail,
 - drop it off at any voting station or

- have their family member mail it or drop it off at any polling station.

Elections Canada would like to receive completed ballots by Sept. 14th, so that processing of these votes can be completed by Sept. 20th

If you have any questions regarding this please contact Jennifer at 613-968-6467 ext.2244

Thoughts

Teach us not to ask for more, but
 Rather let us give our thanks
 For what is at our door.
 For food and drink
 And gentle rain
 And sunny skies above.
 For home and friends
 And Peace and Joy
 But, most of all for Love!



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Deceased Residents—August, 2021

Bill McLaughlin	Beech Villa	September Frost	
Margaret O’Grady	Maple Villa	The morning is cold and covered with frost	My final dance—I’m falling with grace,
Everett Parks	Spruce Villa	The sun appears and warms my thoughts of loved ones we’ve lost.	Peace of mind and God’s love I embrace.
John Scott	Elm Villa	Someone bleeds and someone cries,	I am a person with such great faith—I believe God will catch me
Shirley Smit	Maple Villa	Someone is born and someone dies	
Mavis Thornhill	Elm Villa		
Arnold Welch	Spruce Villa		



Resident Meetings—August Report

Resident meetings were offered each week, by floor, during the month of August. Information was shared about the Ministry of Long Term Care Guidelines for Responding to Covid-19 Pandemic. Residents were generally pleased to see restrictions slowly being lifted in the areas of visitors in the home, the return of volunteers for music and spiritual care programs.

Five recommendations were submitted to the Administrator:

1. Requesting

improvements to the uneven pavement on the walk way and patio at the rear of the building.

2. Recommend entrée item changes on the menu: more broth soups, less rice and more potatoes and fish.

3. Schedule time for resident volunteers to tend to the rose bushes in the front and provide fertilizer for the indoor plants.

4. Recommend to turn the televisions off at mealtimes, background music is

enjoyed.

5. Arts & Craft programs planned to make Christmas gifts residents may give to their loved ones.

Responses will be heard at the September meetings:

- September 7th 2pm 5th
- September 14th 2 pm 4th
- September 21st 2 pm 3rd
- September 28th 2pm 2nd

All residents are welcome to attend



Birthdays—September, 2021

Helen Fluery	Sept. 1st	Marlene Lumsden	Sept. 27th
Anita Palmer	" 3rd	Nancy Lewchuk	" 27th
Tom Vandusen	" 3rd	John Cook	" 28th-
Lucille Power	" 6th	Steven Vesterfelt	" 29th
Fay Evans	" 11th		
Christina Tsialamatas	" 11th	Celebrate life and do your own thing.	
Maggie Carley	" 12th	Enjoy the fun good times can bring.	
Rosalind Jones	" 18th	Call a friend – have a chat.	
Bill Roberts	" 19th	Try a bit of this or that.	
Ken Newlands	" 22nd	Keep it simple – or make it great.	
Ralph Pohlman	" 22nd	It's your day CELEBRATE!	
Norm Arsenault	" 25th		
Elsie Walker	" 25th		



Welcome New Residents—August, 2021



Bob Adamson	Birch Villa	Mike Turic	Cedar Villa
Norma Auger	Birch Villa	Alfred Linkie	Maple Villa
Evelyn Clerk	Cedar Villa		
Bernie Kelly	Spruce Villa		
Bob Lovelace	Beech Villa		
Alec Macalister	Maple Villa		
Neville Symonds	Spruce Villa		
Lillian Young	Maple Villa		

Welcome to your new home. Enjoy and make it your's.

Advice on Happiness

- Life is short . . .
- Break the rules . . .
- Forgive quickly . . .
- Love truly . . .
- Laugh uncontrollably!
- And never regret anything that made you smile!!



Covid-19 Pandemic Planning

A joint memo was released by the Ministry of Long-Term Care, Ministry of Health and Ministry for Seniors and Accessibility as a follow up to the August 17th announcement regarding third doses of the COVID-19 vaccine for residents in higher-risk congregate settings, including long-term care (LTC) homes and high-risk licensed retirement homes.

This announcement affects you as residents because your LTC home teams will be working with your local Public Health Units to distribute a third vaccine dose for you and your peers in the near future. As part of this process, your consent will be obtained again so you can make an informed decision.

3rd roll out of the vaccine to residents at Hastings Manor will be discussed in more detail at the September Resident meetings



STOP CORONAVIRUS

This information and the

We Wish You Enough

We wish you enough sun to keep your attitude bright,
 No matter how grey the day may appear.
 We wish you enough rain to appreciate the sun even more.
 We wish you enough happiness to keep your spirit alive and everlasting.

We wish you enough pain so that even the smallest of joys in life may appear bigger.
 We wish you enough gain to satisfy your wanting.
 We wish you enough loss to appreciate all that you possess.
 And, to close off:

MAY YOUR TROUBLES BE LESS
 YOUR BLESSINGS BE MORE
 AND NOTHING BUT HAPPINESS
 COME THROUGH YOUR DOOR!

Hugs

A hug has no moving parts, no batteries, no monthly payments and no fees.
 It is inflation proof and non taxable. In fact, it is quite relaxable.
 It can't be stolen, it won't pollute. One size fits all,

will not dilute.
 It uses little energy, but yields results enormously.
 Relieves your tension, and your stress. Invigorates your happiness.
 Combats depression, makes you beam. And elevates your self esteem!





Trivia

Each King in a deck of playing cards represents a great King from history:

Spades – King David

Hearts – Charlemagne

Clubs – Alexander The Great

Diamonds – Julius Caesar

received in battle. If the horse has all four legs on the ground, the person died of natural causes.

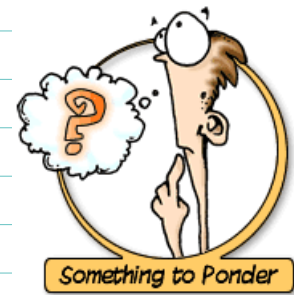
Reading – Men can read smaller print than women can. Women can hear better than men.

Monuments – If a statue in the park, of a person on a horse, has both front legs in the air, the person died in battle. If the horse has one leg in the air, the person died because of wounds

The best way to get a husband to do anything is to suggest he is too old to do it!

A woman tells the story of her husband saying he

'needed some space. So, she locked him outside!



Good Morning Blessing



This morning when I awakened and saw the sun above,

I softly said 'Good morning Lord – bless everyone I love!'

Right away, I thought of you and said a loving prayer –

That He would bless you specially, and keep you

from all care.

I thought of all the happiness a day could hold in store,

I wished it all for you – because – no one deserves it more.

I felt so warm and good inside, my heart was all aglow,

I know God heard my prayer for you – He hears them all, you know!

HAVE FAITH IN GOD. HE LOVES YOU MORE THAN YOU COULD KNOW!

Laughter is the Best Medicine

I love getting older, I learn something new everyday and forget about 5 other things!

Always laugh when you can, it's cheap medicine!

Three old guys are out walking. First one says "Windy isn't it?"

Second one says "No, it's Thursday!"

Third one says "So am I, let's go get a drink!"

Why are spiders so smart?

They can find everything on the web!



Interview With God

(Offered with the greatest respect)

I dreamed I had an interview with God:

So, you would like to interview Me, God asked.

If You have time, I said.

My time is Eternity, he replied. What questions do you have in mind for Me?

What surprises You most about mankind?

God answered:

That they get bored with childhood.

That they wish to grow up and then long to be children again.

That they lose their health to make money, and then lose their money to restore their health again.

That by thinking anxiously about the future, they

forget the present such that they live in neither the present or the future.

God's hand took mine and we were silent for a while

I asked 'As a parent, what are some of life's lessons you want your children to learn?

God replied with a smile and said to me:

To learn that it is not good to compare themselves with others.

To learn that they cannot make anyone love them.

What they can do is let themselves be loved.

To learn that a rich person is not one who has the most, but is the one that needs the least.

To learn that it takes only a few seconds to open profound wounds in

persons we love and it takes many years to heal them.

To learn to forgive by practising forgiveness.

To learn that there are persons who love them dearly but simply do not know how to express or show their feelings.

To learn that two people can look at the same thing and see it differently.

To learn that it is not always enough that they be forgiven by others, but that they must forgive themselves.

I very humbly said Thank You for Your time. Is there anything else that You would like Your children to know?

To learn to know that I am here always!

Important Notice

The Courtyard Café will open in September!

Volunteers are returning to open the Courtyard Café on the main floor .

Light snack items, hot and cold drinks and sundry items will be available for purchase.

Cash and trust account charges only please

Residents and their fully immunized family and/or friends are welcome to enjoy their visit in this location





Help Me Please

So, let me get this straight....I go to the grocery store and buy a pound of sliced meat, wrapped in plastic; a loaf of bread in a plastic bag; four litres of milk in a plastic bag; a pack of napkins in a plastic bag; a Greek salad in a plastic container; a plastic bottle of mustard and a plastic bottle of ketchup; and they won't give me a plastic bag to carry it home, because the plastic bag is bad for the environment?



Celebrating Resident's Council Week



Resident's Council week will be celebrated September 13th to 19th this year, in partnership with the Ontario Association of Resident's Councils.

Residents will be invited to attend the food related webinar called "Empowering Residents Through LTC Food Foundations" on September 15th at 2 p.m.

Hastings Manor's Resident's Council members will also participate in preparing an educational video about the Resident's Bill of Rights. This will be shown during Resident's Councils Week and beyond!

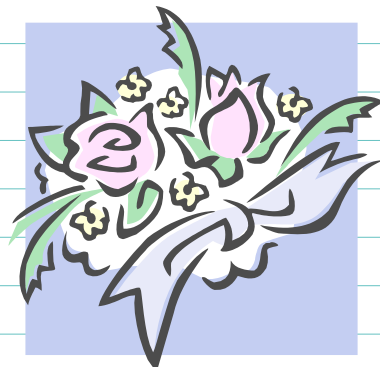
Resident meetings in September will discuss the Residents' Bill of Rights as it

applies to all residents living in a Long Term Care Home, to raise awareness amongst our resident population.

Wedding Anniversaries—September, 2007

Harold & Betty Hartford September 4th

Debbie & Lou Vigna September 25th



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Odds & Ends

A thief who stole a calendar got 12 months.

And

When a clock is hungry, it goes back for seconds.

The guy who fell on an upholstery machine is now fully re-covered.

He had a photographic memory which was never developed.

When you have seen one shopping centre, you have seen a mall.

The batteries were given out – free of charge.

When she saw her first strands of grey, she thought she would dye.

A bicycle can't stand alone – it is too tired.

A boiled egg is hard to beat.



A Can of Peaches

Mary Manor, a somewhat cranky older woman, was arrested for shoplifting at a grocery store. She gave everybody a hard time, from the manager to the security guard, to the arresting officer who took her away. She complained and criticised everyone throughout the process. When she appeared before the judge, he asked her what she had stolen. She defiantly replied 'Just

a stupid can of peaches'. The judge asked why she had done it and she said 'I was hungry and forgot to bring any money to the store'. The judge asked how many peaches were in the can and she replied, in a nasty tone, 'Nine. But why do you care about that?'. The judge answered patiently 'Well, ma'am, because I'm going to give you nine days in jail – one day for each peach'.

As the judge was about to drop the gavel, the lady's long-suffering husband raised his hand slowly and asked if he could speak. The judge said 'Yes sir. What do you have to say?'. The husband said meekly 'Your Honor, she also stole a can of peas.'

