

Parkview News

AUGUST 2022
UPCOMING EVENTS | NEWS



COFFEE TIME

Come and join us for coffee time on Thursday, August 18 at 2:30 PM in the Parkview Lounge.



TRAVELOGUE

Let's travel with Canada's luxury train The Rocky Mountaineer from Vancouver to Banff on Tuesday, August 23 at 2:00 PM in the Parkview Lounge.



BINGO

Come and enjoy a game of bingo on Thursday, August 25 at 2:30 PM in the Parkview lounge. Cost is \$1/card.



Supporting the Rest Haven Expansion Project

204-346-0126 or email hginfo@havengroup.ca

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From...
the Chaplain

Stopping to Remember...

Then I said, "It is my grief, That the right hand of the Most High has changed." I shall remember the deeds of the LORD; Surely, I will remember Your wonders of old. ~Psalm 77:10-11

We may reach to a familiar shelf and grab a photo album that we have paged through many times before...maybe there's an old family Bible where we trace our finger along a portion of Scripture underlined many years ago, we pack and unpack boxes evoking thoughts of yester-year and wonder... "Where has the time gone?" Remembering may bring tears, feelings of nostalgia, goals yet to accomplish, how things used to be, and lessons learned... And as we reflect on the past, we may wonder "What is my purpose? Is God still here?"

If this resounds with you, I invite you to refresh your reading of Psalm 77. Take a moment to read the Psalm. We discover that the writer of Psalm 77 went through an experience which many of us have had, or will have at some time or another in living the life of faith. Here is a man who faced a very distressing circumstance (which is never named for us) and it has sent him pleading to God for help. He shares how he prayed and wept and tried to meditate on God all night long, but, to his great distress, he feels he has received no help from God. Ultimately, we see that he is frightened. Then, in verses 10 and 11, the tone changes. The psalmist takes courage, saying, "I shall remember the deeds of the LORD".

We, like the psalmist, can be encouraged by discovering and recalling the faithfulness of God. Take time to reflect on how the Lord has carried you through the highs and lows of your life. Reflect on what God has done, what He is doing now, and what He will do in the future. God's work is not done in our lives yet! We are not "just here"... we must remind ourselves that our existence in the present matters. Our God who has been faithful to His people in the past is still remaining faithful in the present. May we trust His promises and His story to fill us with hope each day.

HAVENCARE

A HavenCare Companion can help you with a variety of things including meal preparation, accompanying to appointments, grocery shopping, housekeeping, and companionship.

Speak to Rachel @ 204-346-1501 or 204-371-1721 for more information.

"Stay awake, stand firm in your faith, be brave, be strong. Everything should be done in love."

1 Corinthians 16:13-14



TAXI SERVICES

If you are looking for a ride to and from an appointment there are some taxi services in Steinbach.

Hello Taxi 204-326-5566
Steinbach Taxi 204-326-9937
Country Cab 204-905-3506

The Pat Porter Active Living Centre has taken over the Steinbach Handi Transit which now is known as Steinbach Accessible Transit.
The phone number is 204-326-4055.

This service is available for Steinbach residents who are mobility disadvantaged of any age and seniors (55 years and older). All trips within city limits are \$5.00 per person. You can purchase a pass for \$50.00, this is valid for 10 one-way trips, within city limits

5 Questions To Ask About Your Medications

- 1.Changes? Have any medications been added, stopped or changed, and why?
- 2.Continue? What medications do I need to keep taking, and why?
- 3.Proper Use? How do I take my medications, and for how long?
- 4.Monitor? How will I know if my medication is working, and what side effects do I watch for?
- 5.Follow-Up? Do I need any tests and when do I book my next visit?

Keep your medication record up to date.

Remember to include:

drug allergies

vitamins and minerals

herbal/natural products

all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit safemedicationuse.ca for more information.

