

Parkview News

SEPTEMBER 2022
UPCOMING EVENTS | NEWS



COFFEE TIME

Come and join us for coffee time on Thursday, September 22 at 2:30 PM in the Parkview Lounge.



PIE & ICE CREAM

Pie and ice cream will be served on Tuesday, September 13 in the Parkview Lounge. Sign-Up Required. Cost \$3.00 per person



BINGO

Come and enjoy a game of bingo on Thursday, September 29 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

HavenGroup
HAVEN GROUP PARTNER

Foundation (2006) Inc.

From...
the Chaplain



Then after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. ~ 1 Peter 5:10

In the corner of our living room there is a large wooden bookshelf that holds many of our favourite books.

Classics of the faith from C.S. Lewis to Bonhoeffer, an old leather-bound Martyr's Mirror, various biographies, family memoirs, adventure-fiction, and many others rest on its shelves. As the years have gone by, I have discovered that my wife has an odd reading habit... when she starts a new book, she will often read the last few pages, just to see how the story ends. She likes to know the ending, because it gives her peace of mind that "all will be well" during the times of suspense or struggle within the story.

As Christians, we can also take heart in times of great difficulty, because we too, know how the story ends. Victory in Jesus Christ. In The Revelation to John, we are told in the most vivid language that we will live in a new, beautifully redeemed earth, with Christ as our king, and there will be no more pain or tears (see Revelation 21-22). We read this as a summary of that victory, of eternal peace.

From the depths of the struggles of life, it can be hard to feel the hope or happiness that comes from this truth. Especially in brokenness and pain. Our emotions betray us, but the truth of God's word remains steadfast. We must continue to read daily the rich promises He has made to those who persevere. Take 1 Peter 5:10 (written above) for example. In light of eternity, our suffering is only for "a little while". And then what happens next? God HIMSELF will restore... heal...confirm... strengthen... and establish you. Can you imagine that? You don't have to imagine...This is our hope in Him!

Take time to reflect daily on the promises found in God's word. May our testimony tell His story...that, "in green pastures...beside still waters...in paths of righteousness...through the valley of the shadow of death...surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever" (Ps. 23).

Aaron Barkman, Chaplain

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.

"Every day may not be good, but
there is something good in every
day."

Alice Morse Earle

MARRIED FOUR TIMES

The local news station was interviewing an 84-year-old lady because she had just gotten married -- for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 84, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she explained that she first married a banker when she was in her early 20's, then a circus ringmaster when in her 40's, later on a preacher when in her 60's, and now, in her 80's, a funeral director.

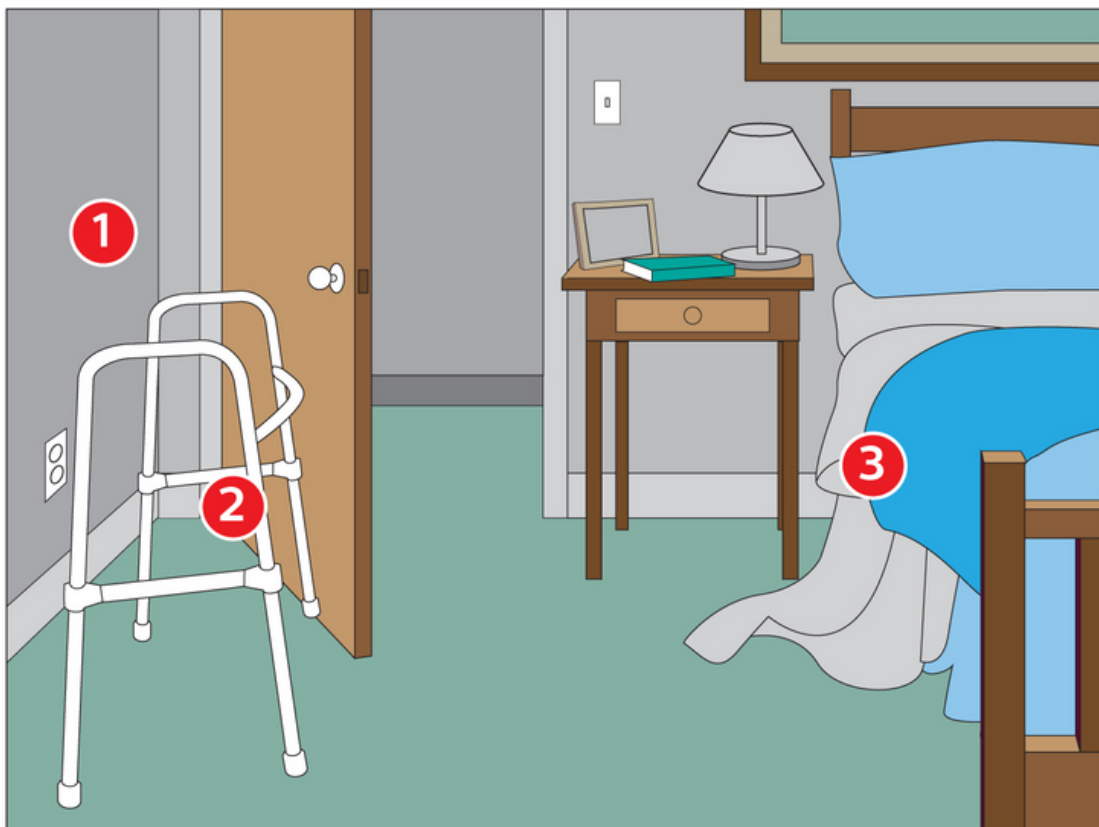
The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

"Easy, son," she smiled. "I married one for the money, two for the show, three to get ready, and four to go!"

Eliminating Causes Of Falls

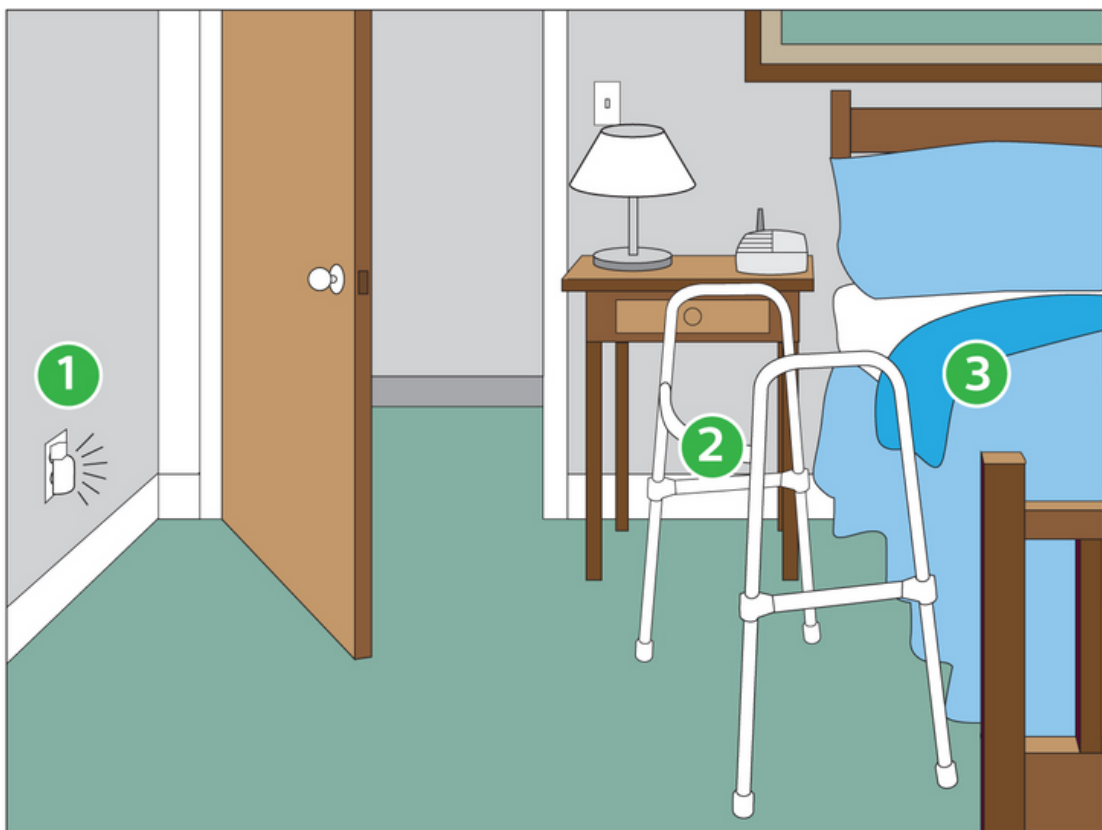
Bedroom Safety Issues

1. **Cluttered nightstand.** Too many objects leaves no room for more useful items such as a table lamp.
2. **Objects on floor.** Clutter can lead to tripping. Worn carpeting or loose throw rugs also pose a hazard.
3. **Non-accessible phone.** Without a phone near your bed, getting up or rushing to answer phone could lead to a fall.
4. **Awkward furniture arrangement.** Prevents easy access to doorway and does not offer safe pathway around room.



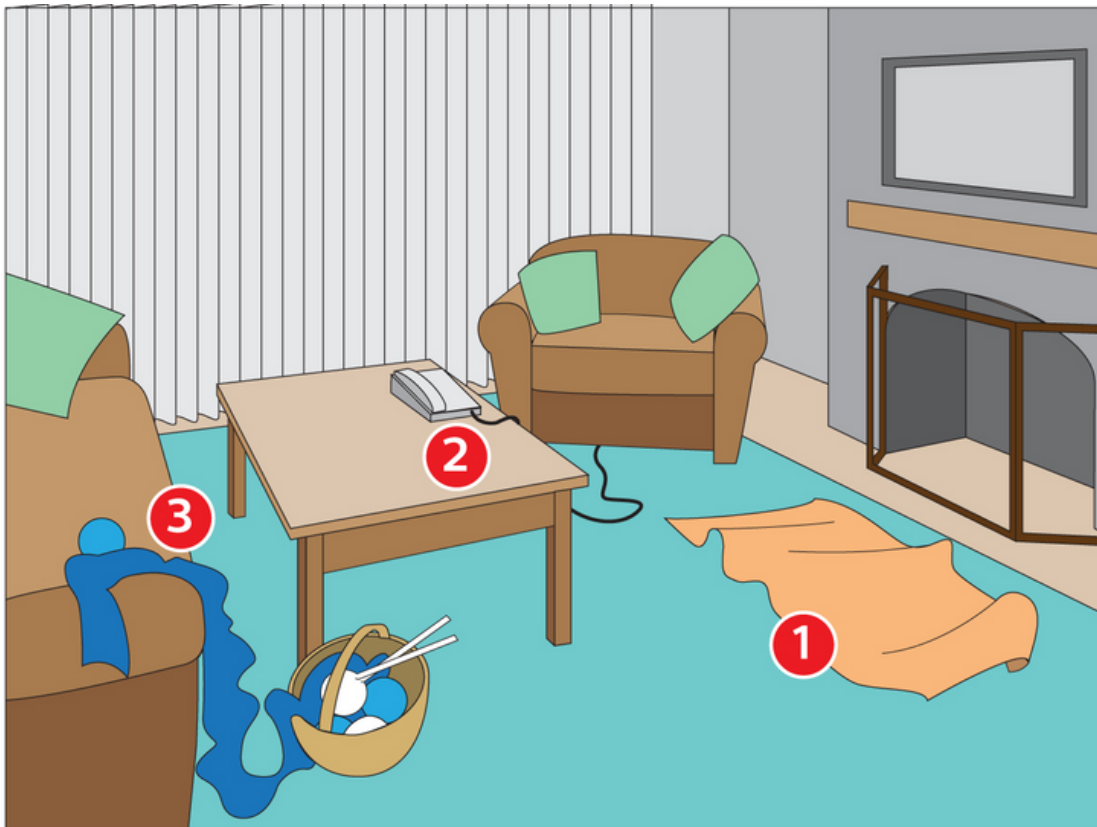
Bedroom Tips: Much Safer

1. **Clean nightstand.** Neater surface leaves room for table lamp or other necessary items that can be accessed from bed.
2. **Less cluttered floor.** Shoes are placed away from walking areas. Secure rugs with double-sided tape or remove entirely.
3. **Accessible phone or Lifeline device.** Phone within reach of bed or, with Lifeline service, phone could be answered with a push of a button.
4. **Better furniture placement.** Removing chair creates a safer path to doorway.



Living Room Safety Issues

1. **Non-secured rug.** Curled rug is easy to trip over.
2. **Exposed cords.** Extension or telephone cords can easily entangle feet.
3. **Clutter.** Craft projects and basket are blocking path to sofa.



Living Room Tips: Much Safer

1. **Remove or secure rugs.** Eliminates tripping hazard.
2. **Hidden cords.** Telephones and electronic devices are placed nearer to wall sockets, and all cords are removed from walk ways.
3. **Organize room.** Less overall clutter and organized projects reduce falls risk.

