

*The Good Shepherd
GS Villas Inc.
Prince Albert*

SEPTEMBER 2024 NEWSLETTER



The Care Home with a Heart

Welcome Residents,

It's official, September has finally caught up with us. Our summer seems to get shorter and shorter every year. Here's hoping that everyone was able to enjoy the beautiful days we were all blessed with.

Just a little recap of this past month's events. Wes Stubbs was here to entertain the residents on the 14th. Thank you, Wes, for coming during the summer months. We had our monthly birthday party on the 16th with Alice MacIntyre playing piano. Happy birthday to all who celebrated. We had two milestone birthdays: Frank Vick celebrated his 95th birthday and Margaret Hollands celebrated her 80th. Jerry and the Holy Spirit gave us a great performance as usual on the 19th. He is greatly enjoyed by everyone who comes out to see him. He always does a fantastic job engaging with the residents.

We have a couple of special events coming up this month. On Sept. 9th we will be celebrating Grandparents Day. Alice will be entertaining us on the piano. Please invite your grandchildren to come celebrate with you. Our second event will be on Friday the 13th. Come out and have a drink while listening to our newest entertainment "The Wine Nots" band.

Happy Birthday to our residents who celebrate their birthdays this month:

Ann Balicki – Sept. 5th

Janet Thompson – Sept. 7th

Olga Routley – Sept. 10th

Ursula Terfloth – Sept. 26th

Gertrude Poirier – Sept. 27th

Olga Martyniuk Sept. 29th

Mary Harder – Sept. 30th

Roy Borsheim – Sept. 30th

We would like to welcome our new residents, Sylvia Schmidt and Lena Mazurkewich to our Good Shepherd family.

Goodbye to Bob Mansfield as he has moved to B.C. to be closer to his daughters.

A special goodbye to our long-time resident Therese Robinson who passed away on August 25th. You will surely be missed by everyone who had the pleasure of getting to know you.

Please let staff know when you are taking a resident from the building. Also, please sign out in the logbook next to the front door. With the nice weather, there is more traffic coming in and out, so the doors are locked early, for the safety of the residents and staff. Please ring the doorbell or call to be let in.

If anyone wishes to be put on the email list, please send us a message to: recreation@goodshepherdvilla.ca and you will receive the GSV Monthly Calendar & Newsletter and any emergency updates.

Anyone wishing to get books or audio books from the library, please let recreation know and we will get you set up. Library Exchange Day is on Sept 24th this month.

The canteen cart comes around every two weeks. Come see Geri, if you want to start a canteen fund. Money will be put in an envelope for you, to spend at a future time. If there's something you would like to see on the canteen cart, please let Geri know. We will be selling Progressive Bingo cards at this time. We have a Bingo board outside the Great Room. Cards are \$1 and you can purchase more than one card. Follow the pattern and possibly win the jackpot. The jackpot will be carried over to the next month if not won. We encourage people to play, as this gets the resident out of their room. They need to come to the front of the building to get the daily number, which is posted next to the great room door.

Messiah Lutheran Church and Salvation Army Church will resume in September. Watch your calendar for upcoming dates.

I've said it before and will say it again. You can seem like a millionaire to one person and a homeless person to the next. The ants think you are a giant and the trees don't even notice you. You think you have a boring life, but the next person might be striving for your lifestyle. Comparison is the thief of joy, so stay kind and keep loving life. Life is all just a big game of perspective.

This hit me

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

“Don't Wash Your Hair in the Shower”

(It's so good to finally get a health warning that is useful)

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR BODY WHEN YOU SHOWER WITH IT..... A WARNING TO US ALL!!!

I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! 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. Its label reads, “DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE” Problem Solved!

If i don't answer the phone I will be in the shower...





