



**Cypress House**  
**2135 Scott Street .**  
**Swift Current, Sask.**  
**S9H 5N2**  
**306-778-3500**

*Princess Sport Tools & Co™*

BE THE  
COLOR TO  
SOMEONE'S  
GRAY.

-JAE ELI LOVIN

**HELLO SEPTEMBER**

# Happy Birthday!

**Faye - Sept 4**

**Leona - Sept 18**

**Nick- Sept 18**

**Gerard - 22**



**ROMANKEWICZ** – Loretta, it was with great sadness that we announce the passing of Loretta Romankewicz on August 1, 2024, at the Cypress Regional Hospital. Loretta was born in Maple Creek Hospital on April 20, 1940. Loretta was the youngest of 5 children, she had 4 older brothers.

Loretta was raised in Fox Valley and that is where she received her early education. Loretta always wanted to be a teacher and in 1957 – 1958 she attended Teachers College in Moose Jaw. She taught 2 years in Hazley, then 8 years in Fox Valley before taking a position in Swift Current for 20 years – teaching mainly Grade 7 students.

Loretta married Al Romankewicz on July 9, 1989. They were blessed with Al's daughter Judy-Lynn and a charming granddaughter Heide and her son Noah (great-grandson). During her teaching career, Loretta served on the Provincial Public Relations Committee. In addition to the local LINC & area bargaining committee. Loretta along with 3 colleagues received the Hilroy Fellowship Award in 1984 for a team-teaching initiative at O.M. Irwin Middle School. Since 1991 she has been the editor & publisher of the "In Touch" Chapters Newsletter.

The Superannuated Teachers of SK presented Loretta with an Honorary Life Membership in 2007 for outstanding services rendered in the cause of education. Loretta was a member of Mt. Calvary Lutheran Church since 1968 where she was secretary and editor of the weekly bulletin and monthly Binder. She enjoyed making power point presentations for worship services.

Loretta was predeceased by her husband Alfred on November 23, 2021, her parents Carl & Ida Sauer, her brothers Russell, Lloyd and Don. She is survived by brother Dr. Ken Sauer and his wife Valerie, sisters-in-law Elaine Sauer, Irene Sauer and nieces, nephews and many close friends.

Loretta and Al were very generous and supported many charitable organizations such as: Operation Smile, Optometry Giving Light, Diabetes Association, Heart & Stroke, MS Society, Dr. Stirling McDowell Foundation, Lutheran Church, Kinsmen Foundation, STARS, Dr. Noble Irwin and Great Plains College.

A Celebration of Life Service will be held on Saturday, September 7, 2024, at 2:00 p.m. at Parkside Funeral Home. The interment will take place at Hillcrest Cemetery, Swift Current, SK. In her memory donations can be made to the Dr. Noble Irwin Health Care Foundation. Arrangements are in care of Parkside Memorial Funeral Home – Ryan Cappelle & Hayden Cappelle.

To [send flowers](#) to the family or [plant a tree](#) in memory of Loretta Romankewicz, please visit [Tribute Store](#)

## **CELEBRATION OF LIFE SERVICE**

2:00 pm

Saturday, September 7, 2024  
Parkside Memorial Funeral Home  
69 4th Ave. N.E.  
Swift Current, Saskatchewan, Canada  
(306) 773-2931  
Need Directions?



# PRAYER FOR THE WEARY

Posted at 14:35h in [Inspiration](#), [Uncategorized](#) by [Nikki](#)  
[Comments](#)



[George 0](#)

Just wanna encourage those that are experiencing opposition today..  
Don't think your prayers. Pray your prayers.  
You're not in this alone. He's with you.  
He sees you and He's your Helper.  
Just wanna pray over you today that the Lord would open your eyes to see your circumstances as HE SEES THEM.  
May It Give you a whole new perspective and bring light back into your eyes.  
May it refresh and revive you in any areas that have held you back through fear.  
Holy Spirit adventure them today.  
May you see vision in the midst.. no matter how busy you are.  
That you would be given a Word to hold and to and meditate on.  
That during times of relentlessness you would remember your authority.  
That you would take time to exercise your authority and not just remember it.  
That you would walk in his Strength and not be tempted to cave in.  
That your thoughts would be on purpose.  
Be filled with courage and boldness.  
May all of your needs be met today, emotional, physical and spiritual.  
May your ears be open to see and hear what it is He is saying.  
Be filled with wisdom and discernment.  
Be slow to speak and careful to love.  
I shut down the voice of the enemy that whispers in your ears.  
Spirit of truth show yourself.  
Your/God's will for today is perseverance!  
Definition:  
continued effort to do or achieve something despite difficulties, failure, or opposition : the action or condition or an instance of persevering  
Some truths to meditate on..  
Which one speaks to you most?  
You are a child of God  
He loves you  
He's for you. Not against you  
Everything that he has he gives to you  
Seek and you will find  
Knock and the door will be opened  
Control your feelings or they will control you  
Call to him, He will answer you  
Be encouraged that anything that happens today, can and will be used for your good  
The enemy fears you  
He has power but no authority  
After you have done everything to stand, stand firm then  
Don't become weary, you will reap!  
Negative feelings have lies attached so find out where the lie is and replace it with the truth.  
The steps of the righteous are ordered by the Lord.  
Forget what is behind and strain towards what is ahead

# WHERE TO START IN SPENDING TIME WITH GOD

Posted at 10:49h in [Uncategorized](#) by [natetate 0](#)  
[Comments](#)



I believe there are a lot of people who would like to spend time with God but do not know how or once they set the time aside to do it they don't know what to do and just Give up. So I would like to share with you what I do in my time with the Lord and maybe you can grab some ideas for yourself.

First I start out by setting individual time to spend with him daily. I do this first thing in the morning because that works for me. I wake up before everyone in the house ( yes it is a sacrifice but worth it) that way my time is not interrupted. I believe that is super important. Many times people spend time with him at night before bed so it is whatever works for you but I usually find that before bed I am way too tired. You will always make time for what is most important to you.

I have always personally loved journaling this way I can go back and look at what God has been doing over the year. I also love the fact that when my kids get older they can read through my journals or if for some reason something was to ever happen to me this shares with my children every intimate detail of my relationship with God so that they can learn from my example and get to know me in ways that children never get to know their parents.

I normally start journaling and seeking God on what is most important that is going on for that day or what happened yesterday... Maybe I need help in a specific area, struggles or a praise report concerning something. After I journal all this out depending on what the situation is, then I go DEEPER. (listening next for what the Holy Spirit what have you do is what is most important!!)

Maybe he will lead me in writing out a prayer for my specific situation or he will bring me to a reference in the Bible that talks about a similar situation if not the situation itself. Or I will sit and listen for the Holy Spirit to show me something about what is going on. Maybe it is a hurt that I need healing in and I will ask him to show me some things. If he tells me to go to the Bible and look up my situation sometimes I will Google where to find it or something related to it. Then I will go search out and read. Many time if I am going through something he will show me the truth about it so that if I have been believing any lies I can replace them with truth to find breakthrough (you will know the truth and the truth will set you free). Sometimes I will look up key words to in the dictionary to get a fuller meaning to what area he is trying to show me. Listening is key to everything! He will instruct you! Even while in the middle of my reading I can hear what he has to say to me. (if you search for him as treasure you will find him)

Throughout everything he is showing me, I journal that out too. ( again this is not something that you have to do just something that I choose to do) I will journal the amazing things that he has shown me or told me and then I will pray everything out. I believe strongly in DETAIL! ( detail goes deep, it's not just a surface thing) for example, maybe he gave me wisdom on how to do something, I will then say Lord show me how to do this and lead me when I'm going through that and when this happens show me what to do, etc.

After we are finished I then ponder everything that he has shown me and everything that he is to me! just continuing to listen and by this point I am so thankful in my heart for what he has shown me for the day. I just sit and thank him individually for everything he has shown me and for revealing more of himself to me. this area I would call worship.

Last I pray about anything that my family or friends has asked me to pray about for them. I make this last because my relationship with him is first. Also I pray for people throughout the day when they ask me to so in my time with God I make it between him and I first. (this also prevents me from focusing on everyone else and then feeling empty after my time with God) if God comes first then ministry will naturally flow

Without the Spirit, it is lifeless and waking up before everyone else will just be something that gets tiring if there's no excitement. But when the Spirit communes with you then nothing more will be exciting than to wake up and spend another day with him! And it does not just stop there. Throughout the day I am listening and praying about situations and circumstances as well. Another HUGE key in your relationship. When you are continually focused on him and what he has to say about your matter, nothing else matters and your Giants becomes smaller. Not saying that they are by anyway invisible but he will give you the strength, power and wisdom on what steps to take next. I hope this helps.

(to anyone reading this, please feel free to write what works for you also this way people who could use help will learn from you as wel





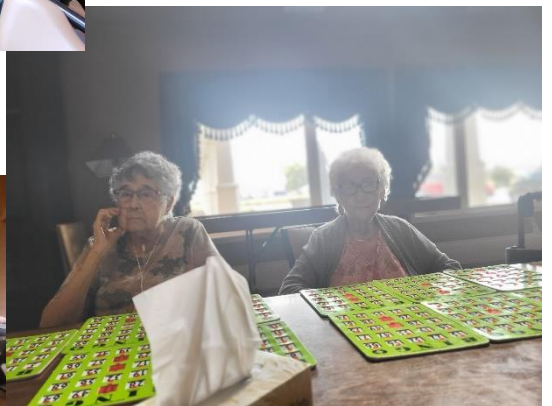
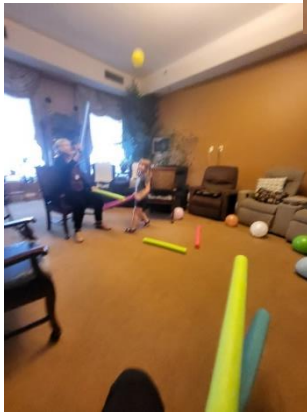
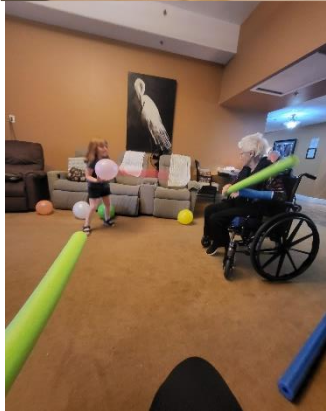
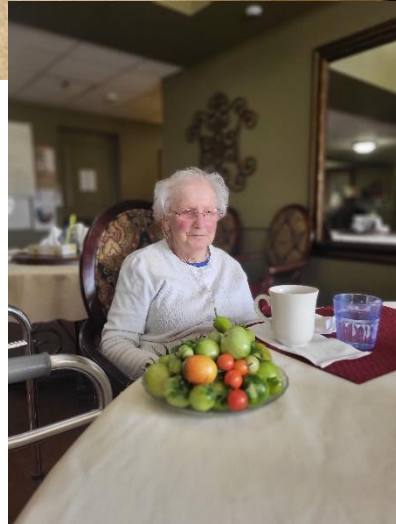


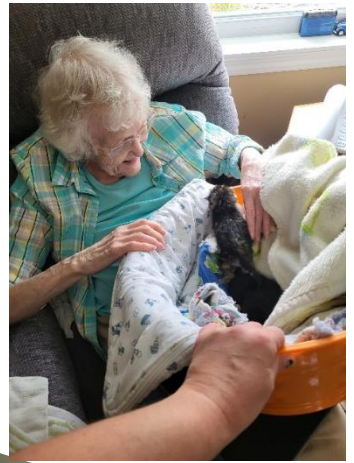




**An Early Fall Garden**

Pumpkin (*Cucurbitaceae* family), Sunflower (*Helianthus* sp.).







# CAREHOME CRUISIN'



## PRIZE PASSPORT RALLY

**SEPTEMBER 7TH, 2024**

**FOLLOWING THE CRUISIN' THE MARKET  
CAR SHOW**

**STARTING AT 3PM, CARS WILL HAVE THEIR PASSPORT  
STAMPED AT AREA CARE HOMES**

**PRIZE DRAWS WILL BE MADE AT THE LIVING SKY CASINO  
PARKING LOT**

**5PM**





*September  
national days  
word search  
printable  
from Always  
the Holidays*

S G U A C Y A D T O I R T A P  
T E R Y A D R E N N I D V T I  
Y A H A D E Y A D Y L I M A F  
A K I D T Y A D T C E P S E R  
D Y N S W I D C H A I D A Y Y  
R A O R B A T M A N D A Y A A  
E D D E E F U U K H E V Y D D  
P U A M T F N S D G A F A L E  
A K Y I H T A O A E F W D A E  
R O M E A C E B S F D D O S F  
C D I H N K P E H E A A R O F  
S U D Z S M A R P R Y Y Y P O  
Y S A L A M I D A Y L T G O C  
K O Y A D E C A E P N E E R G  
S C A R F D A Y K U R F I P Y

**PATRIOT DAY  
PROPOSAL DAY  
GRATITUDE DAY  
DEAF DAY  
BATMAN DAY  
SOBER DAY  
ALZHEIMERS DAY**

**PEANUT DAY  
GYRO DAY  
CHAI DAY  
SALAMI DAY  
FAMILY DAY  
GREENPEACE DAY  
SCARF DAY**

**VFW DAY  
RHINO DAY  
RESPECT DAY  
SKYSCRAPER DAY  
TV DINNER DAY  
SUDOKU DAY  
COFFEE DAY**



# FALL

## Word Search



FROST SOCCER BONFIRE CHILI AUTUMN

OCTOBER NOVEMBER SEPTEMBER HIKING CANDY

A	W	I	M	A	U	T	U	M	N	T	D	U	P
B	O	N	F	I	R	E	E	N	B	D	P	K	W
O	A	X	W	A	L	R	N	O	J	W	N	H	E
T	C	H	I	L	I	X	U	V	U	I	Q	O	W
G	G	Y	Q	U	V	S	Z	E	L	S	F	A	G
G	X	L	P	J	Y	S	V	M	M	S	S	Q	L
S	S	B	C	J	L	F	A	B	Z	B	I	Z	T
X	F	F	V	S	O	C	C	E	R	U	F	J	O
C	A	N	D	Y	S	Q	Y	R	U	K	H	V	K
B	I	O	C	T	O	B	E	R	V	Y	I	I	S
I	O	Z	X	F	R	O	S	T	Y	C	G	L	H
W	R	Q	Z	Q	Z	D	I	M	R	S	M	O	H
Y	T	B	F	O	S	E	P	T	E	M	B	E	R
Z	Z	H	I	K	I	N	G	K	N	B	S	J	P





# HARVEST FESTIVAL

## WORD SEARCH PUZZLE

APPLES  
AUTUMN  
BALLOONS  
BASKET  
CORN  
CORNUCOPIA  
CRAFTS  
CROP  
FACE PAINTING  
FARMER  
FESTIVAL  
FIELDS  
FLOWERS  
FOOD  
FOOD  
FRUIT  
FUN  
GRAINS  
HAYRIDE  
LEAVES  
MAZE  
MOON  
MUSIC  
OUTSIDE  
PICK  
PUMPKIN  
RIDES  
SCARECROW  
SEASON  
TOUR

S W B A S K E T S N I A R G  
Y H K E F L O W E R S E M L T  
G L A V I T S E F D O S T S  
F N M U T U A E I O C O O E  
F N I H A N Z S N A U Y A A  
S I B T J T T N R R V S I S  
S K M E N U R E R S Q D P O  
N P O U O I C E T O T L O N  
O M F A S R A F M A C E C H  
O U F L O I A P P R F I U A  
L P O W E R C P E J A F N Y  
L O O E C A L S D C R F R R  
A R D T Z E V O E U A P O I  
B C U X S A O E I M L F C D  
S E D I R E M T S P I C K E

The words appear UP, DOWN, SIDEWAYS, BACKWARDS, and DIAGONALLY.  
Feed and circle each word.







# Autumn

## Word Search

B U G U N T L C Z M A D A O F  
M Q A E A T Y I Q U R P E A L  
E T A U H S P S T K P E M G F  
A C N A N A N U E L O I W N E  
Y J N Z Y R M I E R L I G F T  
S K G V O N D C P Y O G Z U A  
S M X C M Y I D S U X M B V T  
H Y A K S D S C D A M O S E X  
J E R Q E H A G B L E P U C U  
C K G R L R W S I L M A K S W  
K R U X E J I K K E B V E I J  
J U M C V V D D C A O Q S P N  
S T R K A C D P D V T J O S X  
O O B O N F I R E E L U T A I  
W E D I R Y A H R S S O M D U

ACORN  
APPLE CIDER  
AUTUMN  
BONFIRE

FAMILY  
HAYRIDE  
LEAVES  
PUMPKIN

SCARECROW  
SMORES  
TURKEY  
THANKS

23



Spot the



Differences



# 3 Impossible Autumn Differences







## ATTENTION ALL VAN USERS:

Due to a high demand and the cost of gas, starting August 1 st Cypress House will now be charging a fee for the use of the van.

The fees are as follows:

- o \$15 per hour for drop off and pick up with a minimum 1 hour.
- o \$25 per hour if a staff member is required to assist and stay at the appointment with a minimum of one hour.

Payment will be accepted at the office at the time of booking by cash only. Unfortunately, we are not able to accept cheque, debit, or credit card.

If you have any questions, please stop by the office to discuss further.

Thank you  
Jenn Meyer

Regarding your loved one's Medications or Care Plans, please call the office to arrange an appointment with The Nurse. Thank You!  
Office; 306-778-3500



Please remove all muddy Outdoor footwear, FOR the safety of our residents thank you very much!

Wellness Foot Care

September 16, 2024



\$5.00 PER Apt.

Make Arrangements can be made **with the office** or the nurse on duty.

*Cypress House Hair Dresser*

*Lori Dueck*



*call or text - 306-741-632*