

*The Good Shepherd
Villas Inc.
Prince Albert*

FEBRUARY NEWSLETTER



The Care Home with a Heart

The month of January sure passed by quickly. We had many nice days with lots of sunshine, but then we also had some very cold, snowy days as well. Here's hoping February brings us some warmer days and plenty of sunshine.

January was another busy month, full of activities. Karen Routley has been with us on Tuesday mornings for elastic chair band exercises. Wes Stubbs, Alice McIntyre, the "Mamas" and Karaoke with Geri are a few of our regular entertainers that come to entertain our residents. At the end of the month, we enjoyed cocktails while listening to Gille Francoeur and his bandmates.

February is going to be another busy month of activities. Please check your calendar for upcoming events. Please check the whiteboards daily for any changes to our calendar. They are located between Houses #1 and #2, and between Houses #3 and #4. Rick Martin will be back this month. Wes Stubbs and Karaoke with Geri will return once again. We will have our Valentine's Day Party with Alice McIntyre on the 14th and our Birthday party with "Mamas" on the 21st.

Upcoming Birthdays

Yee Quan - February 3rd

Caroline Banks - February 10th

Patricia Hannah - February 14^t

Happy Birthday to all who celebrate this month!



Condolences to the families who have recently lost loved ones in our care. Olga Switenky, who has been a long-time resident of Good Shepherd Villa. She has been a part of our family for 16 years. You could hear Baba singing up a storm or else see her at the table coloring lots of pictures. She always had an infectious smile and would always tell you how much she loved you. Linda Tyson, loved to play the piano, loved to attend church and loved to go out to all our music events. They will be greatly missed and will be remembered by all who knew them. Rest easy ladies...

Linda Tyson & Olga Switenky

Goodbye to Marie Magnin, who will be moving to a new care home. Marie has been a resident with us for 9 years. Good luck to you in your new home. You will be missed for sure.

Please let staff know if you are taking a resident or family member from the building. There is a logbook at the front door to sign in and sign out. If the door is locked, please ring the doorbell or call 306-922-1202 to be let in. The doors are usually locked around 6pm for the security of our residents and staff.

If anyone would like to be added to our e-mail list, please send us a message at recreation@goodshepherdvilla.ca You will then receive the GSV monthly Newsletter, Calendar and any Emergency updates. If you have any pictures of past events that you would like to share with us, please use this e-mail as well.

If you want to get any books or audio books from the library, please let Luda or Geri know and they can give you the required form to fill out and get you set up. Library Exchange Day will be on the 20th of this month. Francois from the John M. Culinaire Library has donated to us some large print books. They are located on a shelf outside of the office and on the bookshelf beside the hair dressing shop. Please take one to read and then return it to the shelf, as Francois will come every couple of months to switch them out.

If you want to start up a canteen fund, please talk to Geri. If you would like a special request for the canteen, Geri can try to accommodate you, as well.

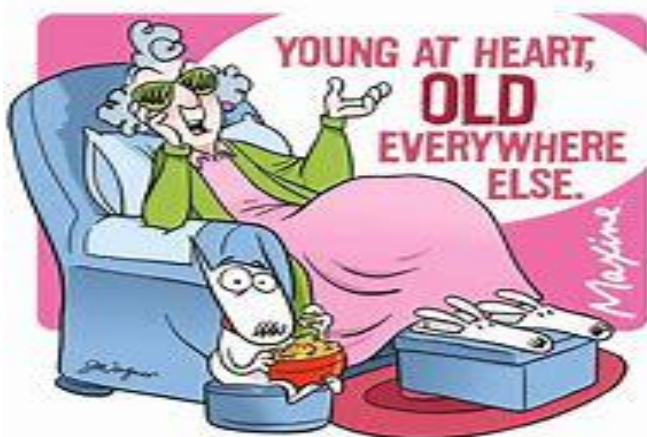
We will be selling Progressive Bingo cards. Our Bingo board is usually hung outside the Great Room. A new number will be posted every day with a pattern displayed every month. Cards are \$1 and more than one card may be purchased. Follow the pattern and try to win the jackpot. If not won, it will be carried over to the next month. We encourage the residents to play, as it gets them out of their rooms to come and check the numbers. Congratulations to Marie Magnin who won our jackpot of \$31.

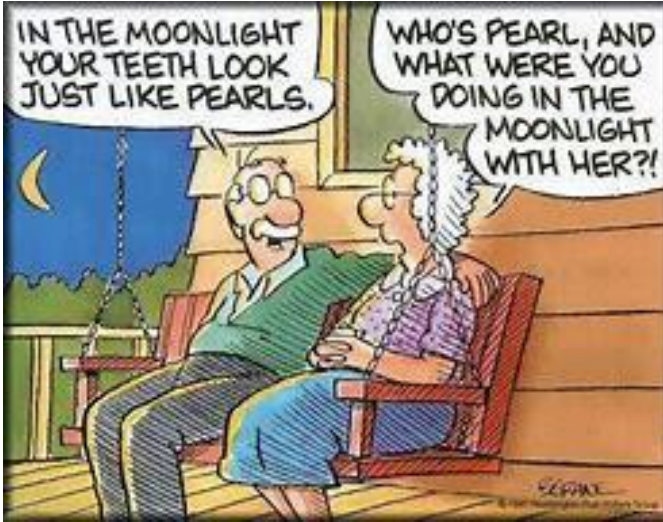
We are always looking for ideas for activities, crafts, games, and entertainment for our residents to enjoy. Suggestions are always welcome

Jokes

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge. Seated at the bar is an elderly looking lady. The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, “So tell me, do I come here often?”

An old man and a 20-year-old are paired together at a golf tournament. They’re playing a long par 5 that dog legs around some tall trees. As the 20-year-old sets up his tee shot to hit onto the fairway the old man notes “when I was your age, we used to hit over the trees- not around to the side.” So, the 20-year-old readjusts and tries to hit over the trees- but can't clear them and loses his ball. He tries again and loses that one too.... Then the old man says “of course, when I was younger, the trees were only 6ft tall.





Senior Citizens Prayer

Lord, I'm growing old

I'm not that young anymore

No longer that strong

But thank you Lord, I am still alive

Growing old can be lonely and scary at times

But I'm ok, I'm fine because you are always at my side

Thank you, Lord, I have gone this far

As you have loved me when I was young,

I know you love me more now.

Help me endure the boredom with patience, for my aches and pains are increasing day by day.

Thank you, Lord, I have provisions and love from my family and friends,

And thank you for my faith that helps me survive.

Tomorrow

We don't know what tomorrow will bring.

So, don't stay mad for too long.

Learn to forgive and love with all your heart.

Don't worry about the people that don't like you.

Enjoy the ones that love you.



