

Jubilee Residences News

Porteous Lodge
Cosmopolitan Court
Mount Royal Court

Stensrud Lodge
Eamer Court

April 2018

www.jubileeresidences.ca

www.facebook.com/Jubilee-Residences

Eden ~ From the Garden

Every individual is unique. We are all different, in looks, character, gender, age, cultural diversity, as well as in human experiences. Why then does society seem to expect every person in every situation to grieve in exactly the same way? Every grief is unique. While there may be many similarities, every individual manifests grief in a way that is appropriate for them. We see our task as a helper—assisting the person with understanding “why” this reaction or behavior is happening; if we understand the ‘why’ the “how” will take care of itself.

How Can I Live With Grief? Coping with your grief is vital to your mental health and well-being. It is only natural to experience grief when a loved one dies...grief is the cost of caring. The best thing you can do is allow yourself to grieve. But there are other ways to help you cope with your pain.

Seek out caring people. Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar loss.

Express your feelings. Tell others how you are feeling; it will help you to work through the grieving process.

Take care of your health. Maintain regular contact with your family physician and be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief.

Accept that life is for the living. It takes effort to begin to live again in the present and not dwell on the past.

Postpone major life changes. Try to hold off on making any major changes, such as moving, remarrying, changing jobs or having another child. You should give yourself time to adjust to your loss.

Be patient. It can take months or even years to absorb a major loss and accept your changed life.

Seek outside help when necessary. If your grief seems like it is too much to bear, seek professional assistance. It’s a sign of strength, not weakness, to ask for help.

Remember, with support, patience and effort, you will survive grief. Someday the pain will lessen, leaving you with cherished memories of your loved one.

Jubilee Residences Executive Team

Yvonne Morgan, CEO
306 955-0234 ext 106

Deb Taylor, VP
Quality & Safety
306 955-0234 ext. 108

Aurora Zhou, VP
Corporate Services
306 955-0234 ext 105

Robin Wolfe,
Executive Assistant
306 955-0234 ext 109

Management Team

Kelly Greenwood
Director of Safety
306 373-5580 ext 222
306 382-2626 ext 222

Lemuel (Lem) Salang
Director of Maintenance
306 382-2626 ext 226

Heather Saunders
Dir of Human Resources
306 955-0234 ext 103

Kathy Pawluk,
Housing Coordinator
306 373-5580 ext 235

Caroline Yang, Manager
Accounting Services
306 955-0234 ext 101

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**Did you make a
difference today?**

“Your Care Matters to Us!” In the event you have any questions regarding your care please direct them to the Registered Nurse. If they are unable to assist you, please contact Val Hnatuk, Director of the Care Team at Stensrud Lodge and Paige Ens, Director of the Care Team at Porteous Lodge.



Porteous Lodge Happenings

Porteous Lodge Contact Information

306 382-2626 Extension

Director Care Team—Paige Ens 223

Facility Assistant/Receptionist
Rae Gamble 221

Bev Jacobson
Manager Support Services 237

Recreation Coordinator
Brad Lavoie 234

Recreation / Volunteer
Coordinator
Cheryl Clarke-Chorney 234

Dietary Department
Carmene Doucette 232

Maintenance 235

Lodge Nursing 228

Villa Nursing 230

Physical / Occupational
Therapies 238

**Are YOU wearing your
name tag?**

Porteous Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

YOUR voice wears a smile!

:)

News from Recreation

On Tuesday March 6th we took in the Saskatoon Blades Game! Residents on this trip were Nelson T.; Russell W.; and James M. Thanks to Dave for helping on this trip. On March 14th we had our St Patrick's Day Party. Thanks to Saltwater Joy for the excellent entertainment. Thanks to the kitchen staff for providing snacks and refreshments.

Dates to Remember

Tuesday, April 3rd Fiddle Express/Newcomers Tea 2:00 pm

Wednesday, April 4th St Thomas Wesley Service 6:15 pm

Tuesday, April 10th Salvation Army Service 2:30 pm

Wednesday, April 11th April Birthday Tea 2:00 pm

Thursday, April 19th Resident Council Meeting 10:30 am

Thursday, April 19th Duchess of Cambridge Tea 2:00 pm

The kitchen is looking to borrow 'tea pots' of any make, size and shape to use as centerpieces for the special tea on April 19th. Please label them with your name and phone number & drop them off with Rae or Carmene. It would be appreciated if you would pick them up after April 19th. Thank you in advance!

The Annual fishing trip is Thursday, May 24th. Do you want to hook up?

The next Resident Council Meeting will be held at 10:30 am on Thursday, June 21st.

The Reception Office will be closed March 28th– afternoon, March 29th all day and April 2nd for year end processing. Payments cannot be process until April 3rd.

Worrying won't stop the bad stuff from happening, it just stops you from enjoying the good!

New Eden Language: We are gathering thoughts and suggestions to establish new neighborhood names! What would resident's or their families like? If you have any suggestions, please let Paige or Rae know. There are no parameters; we would like to hear your thoughts and ideas. This will be an agenda item at the April 19th Resident Council Meeting.

Pets: What type of pet would residents and families like to see at Porteous Lodge.? What are your thoughts? Again, this will be an agenda item at the April 19th Resident Council Meeting.

Porteous Lodge Happenings

Good-bye's & Hello's to Our Residents

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Victoria Miller; Blanche Myers; Doris Hamre; Marlene Ginther and Joyce Charles.

Welcome to our new Residents who have decided to make Porteous Lodge their Home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: William Swimmer; Amy Swingley and Gene Dlouhy.

Please consider how mindful you are! Be Mindful of how you treat yourself: Nothing will change in your life unless you change the way you view yourself. We have to learn to see ourselves through a 90% lens. Be mindful of how you take care of yourself. Don't spend any more time stuck in the 10% lens. Enough excuses! Leave everyone like you may never see them again. Be mindful of how you treat people. Speak kindly, hug them, feed them, drop by, call and love them. You will never regret that!

SAVE THE DATE FOR THE 3RD ANNUAL FINE DINING IN HONOR OF ALL MOTHER'S AND FATHER'S

THURSDAY MAY 3, 2018

TWO SEATINGS AVAILABLE

11:15 am & 12:30 pm

LIMITED SPACE SO GET YOUR TICKETS EARLY

TICKETS ARE \$20.

CONTACT RAE @306-382-2626 ext 221

TICKETS MUST BE PURCHASED BY APRIL 23RD 2018

EXCITING NEW MENU! CHOICE OF:

SOUP OF THE DAY OR TOSSED SALAD

ROASTED CORNISH HEN OR LEMON GREEK RIBS

RICE PILAF OR BABY ROASTED POTATOES

GRILLED ASPARAGUS OR MONTEGO MIXED VEGETABLES

DUTCH APPLE PIE A LA MODE OR ANGEL FOOD CAKE WITH STRAWBERRIES

Stensrud Lodge Happenings

Good-bye's & Hello's to Our Residents

With heartfelt sorrow we say goodbye to Residents who have left this world.

We say farewell to: Thomas Strickland and Edward Hayduk.

Welcome to our new Residents who have decided to make Stensrud Lodge their Home.

Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff.

We welcome: Marianne Bloski; Ralph Gordon; Irene Plotzki; Edward Kwasnik and Gayle Bourget.

Stensrud Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

ABC's of Dementia There are ten evidence based changes that have been identified as warning signs for dementia. It's about much more than just memory loss. The warning signs involve a change in an individual's **abilities, behaviours** or how they **communicate**. Different dementias have different warning signs. Alzheimer disease is only one type of dementia. Other types include vascular, Lewy Body, and frontal-temporal. These are progressive and do not have a cure. Symptoms of dementia can be similar to symptoms of other conditions such as depression, thyroid or heart disease, infections, drug interactions or alcohol abuse.

Abilities

The loss of ability to perform basic tasks or a sudden struggle to complete an action that was once routine is a significant indicator of a deeper issue. Occasionally a person may be preoccupied or distracted and miss a step, however, if the order of a task suddenly becomes confusing or functional ability is compromised it may be an indication of dementia. The warning signs:

- Changes in day-to-day abilities
- Difficulty performing familiar tasks
- Disorientation of time and space
- Misplacing things

continued next month with Behaviours and Communication

April highlights Emergency Preparedness Code Black

Code Black is the term used to describe a situation when a bomb threat has occurred that poses a threat to the safety of the people and the facilities. Bomb threats can be received by:

- Telephone call - Other communication methods, ie, email, note - Discovery of unusual or suspicious package. A Code Black may be accompanied by Code Green (evacuation) or Code Orange (influx of casualties/expanded services).

Internal bomb threat is considered to be on site, located within facilities or in out-buildings, parking lots and immediate grounds.

External bomb threat is considered to be off site but in adjacent or key facilities near the site that may affect the safety of people on site or the site facility.

Level of Threat is an assessment of the situation with expert knowledge from the Saskatoon Police Service (Bomb Squad) and the Site Incident Commander to determine probability of real intent.

No bomb threat is to be ignored or classified as a prank.

Stensrud Lodge Happenings

Stensrud Lodge Contact Information

306 373-5580 Extension

Director of Care Team
Val Hnatuk 226

Mngr Support Services 225
Bev Jacobson

Receptionist
Cathy Stuchenko 221

Recreation / Therapies
Lisa Loveridge & Lana Mulic 224

Volunteer Coordinator
Lyla Fuller 244

First Floor Nursing 230
Second Floor Nursing 233

Dietary
Michael Pszedwoyski 228

Are YOU wearing your name tag?

For daily maintenance concerns during the week for courts, please contact Cathy at 306 373-5580 ext 221. Should you have any concerns on the weekends regarding minor maintenance issues, please contact your custodians.

Eamer Court

Richard Care—306 292-9597

Cosmo Court

Gary Pinkerton—306 291-4404

News from Recreation

Interesting Facts that you should know about April.....Sweet April Showers do bring May Flowers. April birthstone is a Diamond and April Flowers are the Daisy or Sweet Pea.

Important Dates to Remember

Wednesday, April 4th 6:30 pm Lets Sing Choir
Thursday, April 5th 2:30 pm Happy Hour Piano Music with Wes
Monday, April 9th 10:00 am Mommy & Baby
Monday, April 9th 2:30 pm WDM Singers
Tuesday, April 10th 10:00 am Slides with Jack
Tuesday, April 10th 2:30 pm April Birthday Party with Don
Monday, April 16th 2:00 pm Remai Art Program
Tuesday, April 17th 10:00 am Read with Heather
Tuesday, April 17th 2:45 pm Resident Council Meeting
Monday, April 23rd 2:30 pm Music with Elizabeth
Tuesday, April 24th 9:30 am St. Augustine School Visit
Tuesday, April 24th 2:30 pm Spring Bingo
Wednesday, April 25th 10:00 am Daycare Kids
Thursday, April 26th 2:30pm Music with Neil & Nancy
Monday, April 30th 2:00 pm Baking Cinnamon Buns

The Annual Fishing Trip will be Friday, June 15th! Cast away your troubles!!

Upcoming Resident Council meeting:-Tuesday June 19th 2:45 pm.

The Reception Office will be closed March 28th– afternoon, March 29th all day and April 2nd for year end processing. Payments cannot be process until April 3rd.

New Eden Language: The language we use to describe who we are and what we do defines the care environment. Traditional approaches were based on institutional language. The Eden name for the kitchen/dining room area is still under consideration; It will not be referred to as the Dietary Department any longer. Please share your suggestion with any staff member so that the idea can be brought forward at a Communication Meeting. We are also re-naming the neighborhoods...any ideas? All staff will be called "The Wellness Team".

Stensrud Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

Eamer & Cosmo & MRC Courts

Fire Safety

REMINDERS ABOUT COOKING

Be Careful when Cooking

- * Never wear loose fitting clothing while cooking for example housecoats or other garments with long loose sleeves etc.
- * Keep anything that will catch fire away from your stovetop such as oven mitts, food packaging, paper towels etc.
- * Do not use your stove top as part of your counter top when not cooking. Items should not be stored on top of the stove even when you are not using it. If a burner is accidentally turned on it can cause a fire.
- * When cooking, check your food regularly, remain in your suite or cottage and use a timer if you are baking, roasting, or boiling food.
- * If you must leave your suite or cottage for any reason, turn off your burner or oven.
- * Fight small cooking fires by sliding a lid over the pan, turning the stovetop off and leaving the pan covered until it is completely cooled.
- * If the fire does not go out, leave your home and call 9-1-1 immediately

REMEMBER TO CALL 9-1-1 AS OUR ALARMS ARE NOT CONNECTED TO THE FIRE DEPT. DON'T ASSUME THAT SOMEONE ELSE HAS CALLED

Eamer Court Bulletin Board

Coffee, Tea & 2 Goodies with Marion: Eamer lounge Monday to-Friday 8:00 – 10:00 am.
Cost is \$3.00. Everyone is welcome! Bring a Cup.

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on Tuesday, April 3rd, from 10:00 – 11:00 am. Lona will keep coming out as long as we have good attendance at these clinics. The clinic is held in the tub room #103. Hope to see you there!

Social Club Meeting: Wednesday, April 4th at 7:00 p.m.

Exercises with Marion on Thursday mornings at 9:30 am. Everyone is welcome.

Supper: Please watch for posters!

Book Club: Wednesday, April 18th at 1:30 pm

Birthday Party: Tuesday, April 17th at 2:00 pm. We will be celebrating April/May birthdays but everyone is welcome to attend! Coffee, tea & cake & ice cream is served. Please bring a cup. Everyone is welcome. No charge.

Entertainment: Oral Fuentes Reggae Band on Tuesday, April 10th at 7:00 pm. Cost is \$3.00. Refreshments served.

Milk Delivery: Gerhard has been providing this very valuable service for a number of years now. This helps out our tenants very much and we do appreciate it very much. If you want milk & common dairy items, please sign up on sheets posted on the bulletin boards at Eamer and Cosmo Courts. He picks up orders on Wednesday mornings & delivers the same morning. He only charges for the items he brings, no delivery fee. Thanks Gerhard for all you do!

Welcome to New Tenants: Byrne Moore #106

Eamer & Cosmopolitan Courts

GARDENS: It is that time of year again where we are thinking about warm weather and summer gardens. We have a number of garden plots around the property and for those who enjoy this pastime, there may be availability for you to have a plot to plant garden vegetables and/or flowers. For more information please contact Kathy at 306 373 5580 ext 235.

Cosmopolitan Court Bulletin Board

Social Club Meeting: Monday, April 2nd at 7:00 pm in the lounge.

Blood Pressure Clinic: Lona from Saskatoon Home Support will be here on Tuesday, April 3rd from 9:00 – 10:00 am.

Coffee Mornings Tuesdays April 3rd, 10th, 17th & 24th 8:30 to 10:00 am. \$2. each.
Bring your own cup!

Saturday, April 14th: Game Night! 7:00 pm

Movie Night: Monday, April 16th - Please watch for posters!

Sunday, April 29th: **Birthdays Party** for January, February, March and April birthdays 1:00 to 2:00 pm. Everyone is welcome!

Income Tax: We hope to have volunteers this year again to do income tax for free for our tenants. Please watch for posters for dates & times or call Kathy at 306 373—5580 ext 235.

Welcome to New Tenants: Gary & Cheryl Holowatiuk #100;
Beverly & Leslie Carruthers #35.

Attention ALL Cosmo Court Tenants: Please **DO NOT** leave any items (clothing, food, prescriptions, etc) that you no longer wish to own in the Cosmo lounge with the hopes that someone else will pick it up and take it home. Please take your items that you wish to donate off the site and put them in a donation bin or dispose of them in the garbage. Unused prescriptions should be returned to any pharmacy for proper disposal.

If there are several tenants who wish to have their donations picked up, perhaps this could be discussed as an agenda item at a Social Club meeting and a date agreed upon so that a Social Club Executive Member could make arrangements for a truck to pick up donations gathered from the building. A plan needs to be discussed at a Social Club meeting.

There is a freezer located in #17 in Cosmo Court that is for the SHARED use of all court tenants as well as the Social Club for hosting court events. Items placed in the freezer are to be labelled by the owner. Items have been going missing! Stealing is theft! If anyone is in need of anything, please personally speak to a Social Club Executive Member. Please **DO NOT** help yourself to what is in the freezer unless it is your own. A thief is a thief, whether he steals a diamond or a cucumber.

To rent the lounge, please call Sandy at 306 291—4405.

For after hours maintenance concerns please call Gary @ 306 291-4404.

Comforts of Home-Bathing Room Project Update

Jubilee Residences Inc. has a vision to enhance the bathing experience for the residents who call Porteous Lodge and Stensrud Lodge home. We want to be able to provide them with, not only a weekly bath, but a bath they can look forward to each week.

Jubilee Residences will do this by transforming our dull, institutional bathing rooms into warm and inviting spaces. It is our plan to replace all of our 8 aging tubs in our lodges with new therapeutic whirlpool tubs including lift systems. These new tubs will provide our residents with easier access, added safety and more comfort and, more importantly, peace of mind, knowing they are receiving the best care possible in the best environment. We will also add new non-slip flooring, new tiles, fresh paint, proper storage, window treatments, soft lighting and music. Our residents will even be given the opportunity to choose what music they would like to hear during their weekly bath.

The bathing room transformations are being made possible through an exciting partnership with **Atmosphere Interior Design, SuRe Innovations and Masion Design + Build**. Atmosphere co-owners Curtis Elmy and Trevor Ciona have donated their time and talents by re-designing the bathing rooms. Their design plan not only meets industry standards and codes but also incorporates those elements and special touches that will ultimately enhance the bathing experience for our residents. Tom Redhead of **SuRe Innovations** will provide the electrical and automation solutions to the project. Andrew Wagner of **Maison Design + Build** will serve as the project manager.

The first bathing room to receive a make-over will be the 2nd floor bathing room at Porteous Lodge. This room was chosen, as Porteous recently received a very generous, anonymous donation of \$50,000 to be used to purchase a new tub. The new tub has arrived and the renovations to the bathing room are scheduled to begin sometime in April.

The cost estimate to completely transform each bathing room is about \$75,000. **Jubilee Residences Inc.** is hopeful the residents of Saskatoon will understand and appreciate the many benefits these new bathing rooms will provide for our residents and staff and will recognize that enhancing the bathing experience will enhance quality of life. **Jubilee Residences Inc.** is counting on the Saskatoon community including residents, businesses and organizations to get behind the project by making a donation, large or small, to our **Comforts of Home Bathing Room Campaign**.

Jubilee Residences Inc. will soon embark on a major marketing and promotional campaign. We will be reaching out to local media to help us tell our story. We will also embark on a major social media campaign. This is where **YOU** come in. **Jubilee** needs **YOUR** help in getting the word out about this very worthwhile project. We are reaching out to **YOU**; our residents, families, staff, volunteers, donors and community partners to “like” the **Jubilee Residences Inc.** Facebook page and share our posts with your Facebook friends. We encourage you to invite your Facebook friends to “like” our page and share our posts as well. www.facebook.com/Jubilee-Residences

We will also be putting together a Comforts of Home Bathing Room brochure that **YOU** will soon be able to get copies of and share with your friends and family. The brochure will be made available within the next couple of weeks. We trust that **YOU** will understand the need to transform the bathing process into a more relaxing, pleasurable experience for the residents in our care. We trust that **YOU** will share our vision to really enhance the bathing experience for the residents who reside in our lodges. We trust that **YOU** will understand that by working together, **WE** can successfully make a difference in so many people’s lives.

Help us to tell our story. Help us to provide a life worth living!

Mount Royal Court Bulletin Board

Welcome to New Tenant: Nettie Adrian #28 Mount Royal

For emergency maintenance evening, weekends & holidays please call: the Porteous Lodge Nursing Desk at 306 382-2626 ext. 228 & they will put you in contact with the maintenance person on call.

For daily maintenance concerns during the week, please call: Rae Gamble at 306 382-2626 ext 221.

The Jubilee Residences News is produced monthly for residents, families and staff. If you wish to receive the newsletter by e-mail, or have comments or suggestions for content, please let us know by e-mail, phone or regular mail. Telephone: 306-955-0234 ext 109 Jubilee Residences # 8- 2602 Taylor Street East, Saskatoon SK S7H 1X2



On Wednesday, March 7, 2018, the JR Inc Board of Directors met at Porteous Lodge.

Board Members were provided with a presentation from WCB and the Saskatchewan Association Safe Workplaces in Health prior to the start of the board meeting. The Board reviewed the financial statements for the ten month period ended January 31, 2018. Board Members discussed the Accreditation Canada Governance process and criteria was provided for the standards 7.0 and 9.0. Board Members were updated on the Eamer Court boiler work. The Board of Directors remain focused to ensure delivery of quality care as well as safety of the residents in a caring community.



Foundation Office 25-2602 Taylor Street E **Saskatoon**, SK S7H 1X2
Phone (306) 955-0234 Fax (306) 955-4440

Monthly giving is easy—a simple, affordable way to support Jubilee Residences over the year.

One tax receipt will be issued at the end of the year. You can cancel or change your monthly gift at any time.

- My post-dated cheques, made payable to **Jubilee Residences Foundation**, are enclosed:
 \$ 25/ month \$50/month \$ 100/month \$_____ /month

OR

- I authorize Jubilee Residences to deduct my monthly gift by the 8th of each month from my:

- MasterCard Visa Other credit card _____

Card # _____ / _____ / _____ / _____

Expiry Date ____ / ____
mm/yy

Signature _____

OKTOBERFEST

2018 Dinner & Comedy Night Sponsorship

The Jubilee Residences' family of volunteers, care-givers, staff and residents are looking forward to our 4th Annual Oktoberfest Dinner and Comedy Night, Friday, October 19, 2018. We're thrilled to announce that award-winning Canadian stand-up comic, Lars Callieou, will be our featured entertainer!

Accompanied by German dancers, Earl's Pharmacy and Rubicon, our Edelweiss/Title Sponsor will welcome all of our guests to the German Cultural Centre, The evening will commence with a beer-sampling and cocktail hour, followed by an authentic German-themed buffet, incredible entertainment, live and silent auction.

Last year's event was our biggest success yet, bringing almost 300 community members together to share laughter, schnitzels, music and more with friends, family, colleagues and clients, Our 2018 fundraiser offers many opportunities for individuals, businesses and organizations to get involved.

Event ticket sales, live & silent auction, sponsorship and generous donations enable Jubilee Residences to achieve its mission. Funds raised help replace broken or out-of-date equipment and furnishings, as well as redevelop and upgrade space to improve quality of life for residents.

We invite you to join our Jubilee Community as a sponsor, Partnering with Jubilee Residences Foundation benefits everyone involved. It is a great way for businesses to build and strengthen relationships with our community while enhancing the lives of 200 residents who call Porteous Lodge and Stensrud Lodge home.

Donations of unique products, services and/or experiences for our silent auction are encouraged as well. Every sponsorship and donation will help enrich the lives of the older adults who live in our lodges. **CALL TRISH to find out what sponsorship can do for your organization!**

(306) 241 - 1872

Do you have a filter? One small improvement is like a rain drop, each one adds up and they all can fill a bucket. The same analogy can be used by choices, each choice has an impact. Every choice we make leaves a drop in the bucket. Positive or negative we get that drop. Let's think of the bucket as our mind or our being. We carry each drop, the positive is clear, clean water but the negative is unfiltered dirty water that is harmful. What happens when we mix the drops in the bucket? That depends, if we have a lot of clean water a few dirty drops may not have a lasting impact and vice versa if we have more dirty drops. One thing to note is how dirty are the negative drops? Well depending on how severe the negativity determines how dirty the drop. Sometimes it only takes a few drops to contaminate your bucket. There is an amazing thing. We can recondition how we think, so we can filter the water in our bucket. It will never be totally clean, as we cannot undo the past but the filter is a reflection. When we filter, we learn what was in the water and can change our future drops. The only catch is we have to want a filter and have to put it into action. Out of all the things we can do, self-improvement and discovery are essential to living a better life filled with your purpose.