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[www.jubileeresidences.ca](http://www.jubileeresidences.ca)

**“Your Care Matters to Us!”**

<http://facebook.com/JubileeResidences>

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 Laurie Brown, Director of the Care Team at Porteous Lodge.



**December 2019**



**EDEN ~ From The Garden**

The Eden Philosophy has seven primary elements of well-being: identity, growth, autonomy, security, connectedness, meaning, and joy. This month we will look at the element of “**connectedness**” to measure well-being among all members of the care partner team.

**CONNECTEDNESS** – state of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature.

“No man is an island, entire of itself: every man is a piece of the continent.”

Studies show physical and emotional benefits to staying connected with loved ones and with one's environment. Connectedness is more than being surrounded by people who are friendly or skilled in customer service. It is about being in meaningful, and sometimes deep, relationships with others. It is about being a part of something that is bigger than ourselves. It is about being surrounded by things that have personal meaning for us throughout our homes. It means knowing our history and looking forward to our future. During our lives many connections can be lost — we retire, spouses and friends die, children, friends and neighbors move away, we are home-bound and don't get out as much — all of these place us at high-risk for feeling disconnected.

Individuals can become disconnected from the past, by loss of familiar relationships, places and personal possessions, and from the future by loss of hopes and dreams. Thus, the present reality becomes endless days of loneliness, helplessness, and boredom. As this seeps into their spirits, many disconnect completely from the physical and social environment. A person-directed model seeks to reconnect Elders or individuals accepting support and their care partners with the past, present, and future, with their environment and with hope and dreams. Care partner relationship consistency is the beginning of this reconnection. Creating a home space that is filled with meaningful items, and not medical trappings, continues the connections. Restoring relationships and making peace with one's life can be another way to foster connectedness. The possibilities are endless as we get to know each other's stories. *“Well-being is a much larger idea than either quality of life or resident satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective and the most valuable of all human possessions.”* - Dr. William Thomas,

**What is the domain of CONNECTEDNESS?**  
 Connectedness is about belonging, being engaged and involved, having close meaningful relationships. Connectedness comes about through loving companionship which is the antidote to loneliness. **For reflection: ‘What can you do to get more involved within your neighbourhood?’**

**Jubilee Residences  
Executive Team**

Yvonne Morgan, CEO  
306 955-0234 ext 106

Tyrone Okrainetz  
VP Quality Care  
306 955-0234 ext. 108

Jessica Medernach  
VP Corporate Services  
306 955-0234 ext 105

Robin Wolfe, Executive Asst.  
306 955-0234 ext 109

**Management Team**

Jason Campbell  
Director of Safety /  
Maintenance  
306 373-5580 ext 222  
306 382-2626 ext 222

Gloria Wall, Interim  
Director of Human Resources  
306 955-0234 ext 103

Ben Doucette, Interim  
Housing Coordinator  
306 955-0234 ext 107

Bev Jacobson  
Manager Support Services  
306 382-2626 ext 237  
306 373-5580 ext 225

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

# Porteous Lodge

Well, it seems like another year has flown by and we are busy getting ready for our busiest month of the year! We are planning trips to The Enchanted Forest at the Saskatoon Forestry Farm. We are also planning a shopping trip or two before Christmas. If you are interested in joining us on any of the excursions, please do not hesitate to let any of the staff know and we will try to make it happen. We have many great events happening in December.

Thursday, December 19th we will be having the Resident Christmas party at 2:00 pm. On Saturday, December 21st we will be having a Children's Christmas party. Warren the balloon guy will be here and we will also have pictures with Santa. Residents and staff, children and grandchildren are welcome to attend. On December 10th we will be having a Bake Sale at 2:00 pm—any donation of baking would be greatly appreciated.

Merry Christmas from the Bistro!  
If you are wanting to join your loved one for Christmas Eve Supper or for Christmas Dinner, **please RSVP to Rae in the office no later than noon on December 18. Christmas Eve Supper is \$12.00 per person and Christmas Dinner is \$15.00 per person.**

**My kids laugh because they think I'm crazy!**

**I laugh because they don't know it's hereditary!!**

Some of the best moments are never captured by camera and are not posted in any social media platforms. They are kept in private and are cherished together with the best people.



## Our Wish For You.....

**We wish you happiness.....the kind that's deep within your soul and shines through your eyes.**

**We wish you serenity and a sense of perspective that calms you and lends you understanding in the most difficult times.**

**We wish you success in every facet of your life; satisfaction and contentment in everything you do.**

**We wish you dreams with the promise of their fulfillment; a lifetime of extraordinary memories and a path which leads to beautiful tomorrows.**

**Merry Christmas & Happy new Year!**

**Thank you to.....Justin Wotherspoon, from SEPW Architecture Inc.** who is the architect we are working with on the redevelopment of the Avenue P property.

Once again, Justin has donated ten car passes (free admission for up to seven passengers per car) for The Enchanted Forest. That would be five trips each for both Porteous and Stensrud Lodges. An awesome gift that we can certainly make good use of!

**In a World where  
You can be  
Anything,  
Be Kind!  
No act of kindness,  
no matter how  
small,  
is ever wasted.**

# Porteous Lodge

<b>Contact</b>	<b>Ext:</b>
<b>306 382—2626</b>	
Director of Care Team Laurie Brown	223
Facility Assistant/Receptionist Rae Gamble	221
Recreation Coordinator Brad Lavoie	234
Recreation / Volunteer Coordinator Cheryl Clarke-Chorney	234
Dietary Team Lead Carmene Doucette	232
Maintenance	235
Lodge Nursing	228
Villa Nursing	230
Physical/Occupational Therapy	238

**Good-bye's & Hello's**

**With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Walter J. Douglas; Ronald J. Fleming; Ronald A. Kochan; Shirley M. Moffat; Alexandra Rebryna; Heinz G. Schulz; and Michael Strasky.**

**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: John M. Belanger; Joseph Pender; Joseph Maurice Roland Pinel; Nelson E. Rupchan; Sheo Prasad Verma; and Garry E. Wilson.**

## Important Dates to Remember

Tues. Dec 3	St Gerard School Christmas program	10:00 am
Tues. Dec 3	Fiddle Express	2:00 pm
Fri. Dec 6	R.C. Mass	2:00 pm
Wed Dec 4	St Thomas Wesley United Service	6:15 pm
Wed. Dec 11	December Birthday Tea	2:00 pm
Tues. Dec 10	Bake Sale & Silent Auction	2:00 pm
Thurs. Dec 12	St Mary's School Christmas program	10:30 am
Thurs. Dec 19	Residents Christmas party	2:00 pm
Sat. Dec 21	Children's Christmas party	2:00 pm
Tues. Dec 31	New Year's Eve party	2:00 pm

*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.*

For daily maintenance concerns during the week for courts, please contact Rae at **306 382-2626** xt **221**.

Should you have any concerns on the weekends regarding minor maintenance issues, please contact the nursing station at **306-382-2626** ext **228**.

**Be the reason  
someone smiles  
today!**

**Save the Date: Thursday, January 16th for the Porteous Lodge fabulous Hawaiian Day Buffet !**

**Porteous Lodge Residents and Staff Children/ Grandchildren's Christmas Party: Saturday December 21<sup>st</sup> at 2:00 pm in the Main Dining Room. Warren - the Balloon Man is coming plus there will be activities; treats and our favorite guy in a red suit SANTA! Please sign up! If you have any questions please call Recreation at 306 382—2626 xt 234.**

Contact  
306 373-5580 Ext:  
Director of Care Team  
Val Hnatuk 226

Facility Assistant/Receptionist  
Cathy Stuchenko 221

Recreation  
Lisa Loveridge & Lana Mulic 234

Volunteer Coordinator  
Terry Renn 244

Dietary Team Lead  
Michael Pszedwoyski 228

First Floor Nursing 230

Second Floor Nursing 233

Physical & Occupational  
Therapy 236

For daily maintenance concerns during the week for courts, please contact **Cathy 306 373-5580 xt 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**

*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.*

# Stensrud Lodge

## Good-bye's & Hello's

**With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Pauline Gibb and Gladys Muriel Rowlands.**

**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: Lothar E. Bartz; Nick Hricz; Margaret Jones; Olga Childs and Nora A. Pihrag.**

## Dates to remember:

Monday, Dec 2	1:30 pm Christmas Baking
Tuesday, Dec 3	10:00 am Bishop Murray School – Christmas Cards
Friday, Dec 6	2:00 pm Christmas Bingo
Saturday, Dec 7	10:45 am Piano Recital
Monday, Dec 9	2:30 pm WDM Singers
Tuesday, Dec 10	10:30 am Slides with Jack
Wednesday, Dec 11	2:00 pm Quilting Bee
Thursday, Dec 12	2:00 pm to 4:00pm Christmas Party Music with Heavenly Hash
Monday, Dec 16	10:30 am Music with DEBOYZ
Monday, Dec 16	2:00 pm Birthday Party Music with Wes
Tuesday, Dec 17	10:00 am ST. Augustine School Visit
Tuesday, Dec 17	2:00 pm Grand Ole Opry Music
Tuesday, Dec 17	6:00 pm Enchanted Forest Outing
Wednesday, Dec 18	2:00 pm Remai Art Program
Thursday, Dec 19	2:15 pm Gospel Music with Ralph
Monday, Dec 23	10:30 am Anita & Paul Christmas Music
Monday, Dec 23	2:00 pm Music with Doug and Mo
Tuesday, Dec 24	Elves deliver Christmas Cheer & Gifts
Wednesday, Dec 25	Merry Christmas—Happy Holidays
Thursday, Dec 26	Boxing Day
Friday, Dec 27	2:00 pm Winter Movie
Tuesday, Dec 31	1:30 pm New Years Eve Celebration

# Stensrud Lodge

*Give the Gift of Time!*

**Stensrud Lodge is looking for volunteers in the following areas:**

**Recreation**

**Meal Assistance**

**One to Ones**

**Portering to Sunday Church Services**

**Etc....**

*If you are interested in becoming a part of the Stensrud Lodge Volunteer team. Please contact:*

**Terry Renn – Volunteer Coordinator**

**Office Hours : Monday, Tuesday & Thursdays  
10:00am to 3:00pm**

**Phone: (306) 373-5580 ext. 244**

**[Terry.Renn@saskhealthauthority.ca](mailto:Terry.Renn@saskhealthauthority.ca)**

**DID YOU KNOW STENSRUD LODGE HAS A SMALL LIBRARY on the first floor?**



**Check out the large print selection! THE HOLIDAY SEASON IS COMING and there are a few Christmas books in the library!**



**Christmas Dinner**

**December 25th**

**@11:30 am**

**You are welcome to join us**

**Cost: \$15.00**

**Limit of 4 guests per resident**

**Contact Cathy @ 306-373-5580, ext 221**

**by December 13th**

**to reserve a seat**

**You are Invited.....**

**To Celebrate a Stensrud Christmas!**

**Thursday, December 12th 2:00 to 4:00 pm**

Music with 'Heavenly Hash'

Christmas Baking—Apetizers

Christmas Punch—Eggnog Wine bar \$3.

Door prizes—Silent Auction

Maximum of three family members or friends per resident

Please contact the recreation team:

Lisa—Lana—Kelly

306 373—5580 ext 224 OR

Cathy Stuchenko at

306 373—5580 ext 221

**Please reply Before Thursday, Dec 5th**

This event is free of charge

Happy Holidays & Best Wishes to All!

This is the time of year to make the Christmas season warm and special for our Residents. To ensure that everyone will have a Christmas gift to open during the holiday season, we kindly ask that you purchase a gift for your family or friend. We recognize that not all residents will have someone to purchase for them, so recreation will make sure that will not happen. If you are unsure as to what to buy for your loved one or friend, please feel free to ask the staff for suggestions as to what their immediate needs are.

Please drop off a wrapped gift with the resident's name on it to the recreation dept by Friday, December 13th. Thank you for helping us make this time of year special for our residents of Stensrud Lodge.

**Please see a list of gift giving ideas on page 6.**

**On Behalf of Stensrud Lodge  
Staff and Residents.....**

**We want to take this time to wish all of our  
volunteers a very happy, blessed and safe  
holiday season!**

**Your individual caring and time  
means so much and  
warms all of our hearts.  
Thank you!**

**Flu Shots:** For staff members still wanting to get their flu shot, please contact either **Val Hnatuk** OR **Laurie Brown** and they will make arrangements with you. Also, any staff member who has had their flu shot somewhere other than Porteous or Stensrud, please inform **OHS Intake via email or phone.**

**Jubilee Residences is committed to  
safety for ALL**



**Safety Corner: Remember  
workplace safety is everyone's  
responsibility. Thank you for working safely!**

**Thoughtful Christmas Gift Giving  
Ideas for Residents:**

- Gift card for Access Transit passes
- Gift card from the hair salon/barber in Stensrud or Porteous Lodge
- Floating Shelf or Picture Rail (e.g: from Jysk or Michaels) to eliminate clutter in resident rooms
- Digital Photo Frame loaded with pictures
- I-pod or Shuffle loaded with music and earphones
- Big letter crossword or word search puzzle books
- Non-slip socks or slippers
- Velcro closure slippers
- Warm cardigan sweater
- Large print calendar
- Shawl or Lap Blanket
- Open-back Nighties and PJs
- **Door covering from ‘True Doors’  
.....please ask to see the catalogue!**
- Gifts of time are surely the basic ingredients of a truly Merry Christmas!

**DECEMBER highlights Emergency  
Preparedness Service Disruption**

**DEFINITION:** service disruption is the term used to describe a situation where a facility/utility service has been disrupted or has failed. Types of service may include: power, heat, natural gas, water, sewage, computer, telephone, etc. As resident care may be impacted by any service disruption, immediate response is required to resolve the situation.

**You are not  
only  
responsible  
for what you  
say ~ but also  
for what you  
do not say!**



**Holiday Gift Suggestions:**

- To your enemy, Forgiveness.**
- To an opponent, Tolerance.**
- To a friend, Your heart. To yourself, Respect**
- To a customer, Service. To all, Charity.**
- To every child, a Good example.**

**Our Christmas Wish for You....**

May you always have enough happiness to keep you sweet; Enough trials to keep you strong; Enough success to keep you eager; Enough faith to give you courage; and Enough determination to make each day a good day!

**The Eden domains of Well-Being:**



**Well-Being is defined as ‘a contented state of being’.**

**Well-Being is the path to a life worth living!**

**Connectedness: Belonging, engaged and involved, having close meaningful relationships.**

What does this domain look like in the day to day service of Elders?

We understand that loving companionship is the antidote to loneliness.

We are welcoming and supportive of each Elder’s family and of all relationships that are important to them.

We help Elders make connections and develop friendships with each other.

We engage with Elders in a respectful, genuine way with our focus always being the success of the Elder.

We recognize that true relationship building requires a commitment to the person that is not simply based on performing tasks. This means that we will visit and engage with Elders even when no task is being performed or needed.

We are committed to being active and positive members of the neighbourhood(s) to which we belong.

**A toast for the New year!  
May your troubles be less,  
May your blessings be more,  
And may nothing but happiness  
Come through your door!**

The **Jubilee Journal** is produced monthly for residents, families, tenants and staff. If you wish to receive this internal newspaper by e-mail, or have comments or suggestions for content, please let me know by e-mail, phone or regular mail. We’d love to hear from you!

Telephone: 306-955-0234 xt 109

Jubilee Residences # 8- 2602 Taylor Street East,  
Saskatoon SK S7H 1X2. Robin

[robin.wolfe@saskhealthauthority.ca](mailto:robin.wolfe@saskhealthauthority.ca)

# Eamer Court

Attention ALL Eamer Tenants:

**IN CASE OF EMERGENCY, PHONE 9-1- 1  
OR FAMILY MEMBERS.**

Exercises in Eamer lounge Thursdays—9:30 am

**Eamer Court Social Club Executive:**

**Ron Wrishko - President**

**Ralph Underwood - Vice President**

**Marlene Eaton - Secretary**

**Welcome to New Tenants:**

**Doug Bird #228**

**Wilburt Draeger #219**

Music: Saltwater Joy will play on Tuesday,  
December 10 at 7:00 pm. \$4. per person  
Coffee & Cookies!

Thursday, December 19th “Turkey Dinner” \$12.  
per person at 5:30 pm Pay before December  
17th—Watch for Signs!



## Eamer Court & Cosmo Courts

### Invitation from the Hairdresser in Eamer

**Court:** Sandra McDonald is the hairdresser in Eamer Court and she would like to extend an invitation to all newcomers to Eamer Court and Cosmo Court. To welcome new tenants 'Sandy' will offer 20% off her services!

### On Wednesday, November 20, 2019, the JR Board of Directors met at Porteous Lodge. The following is a summary of the meeting:

Board Members discussed moving forward with the timeline presented by the Sask Health Authority around the Porteous Lodge Elevator Replacement Project and the Porteous Lodge generator. Information was presented and approved related to a new commercial washing machine for Porteous Lodge. The second of three water heaters in Cosmo Court failed and required emergency replacement. Information was presented and approved related to remediating the fire in the Cosmo Court north laundry room. The Board continues to advocate for appropriate funding for long term care. The Board of Directors remain focused to ensure delivery of quality care as well as safety of the residents in a caring community.



## Cosmopolitan Court

### Welcome to New Tenants:

**Lynn Constantinescu #58**

**John Haffner #20 Shirley Kachur #81**

**Blood Pressure Clinic:** Lona from Saskatoon Home Support will be here on **Tuesday, December 3 from 9:00 to 10:00 am.** Come and get your blood pressure checked!

**Social Club meeting:** Monday, **December 2** at 7:00 pm in the lounge.

Tuesdays: **December 3—10—17** Coffee mornings in the lounge—\$3 each. Bring your cup!

Saturday, **December 8** Bingo 1:00 to 3:00 pm with donation

Saturday, **December 14** Christmas Supper 5:30 pm \$10. for Social Club members & \$15 for non-members. Must be paid by December 10. Bring a \$5. gift—Bring one! & Get one!

### Cosmo Court Social Club Executive:

**President—Linda B.** phone 306 716—4152

**Vice-President—Duane H.** phone 306 249— 0381

**Treasurer—Sandy P.** phone 306 291-4405

**Secretary—Brenda Z.** phone 306 280— 1517

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





# Mount Royal Court

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

## ATTENTION MRC Tenants:

**Please DO NOT shovel your snow onto the street.**

For emergency maintenance evening, weekends & holidays please call: the Porteous Lodge Nursing Desk at 306 382-2626 ext. 228.

### ATTENTION ALL

#### Eamer and Cosmo Court Tenants

**PLEASE PAY ATTENTION TO THE BINS LOCATED AT THE WEST END OF EAMER:**

The **RED** bin is for yard and garden waste.

The **GREEN** bin is for household garbage.

The **BLUE** bin is for recycling of paper, cardboard that has been flattened, clean plastics, household tin and aluminum that has been rinsed, and household glass that has been washed with the lid removed.

Did you know that there is a Guest Suite in Eamer Court available at a cost of \$50. per night. Call 306 373-5580 ext 221 for reservations.

Please accommodate family guests by using the guest suite. Sub-letting, sharing of accommodation and extended visits are not allowed (no longer than one week) without permission.

# Stensrud and Porteous Lodges

**Please note the administrative office hours during the holidays:**

Tuesday, Dec 24	office closed at 3:00 pm
Wednesday, Dec 25	closed
Thursday, Dec 26	closed
Friday, Dec 27	<b>Stensrud</b> Lodge closed
Friday, Dec 27	<b>Porteous</b> Lodge open
Monday, Dec 30	regular office hours
Tuesday, Dec 31	office closed at 3:00 pm
Wednesday, Jan 1	closed
Thursday, Jan 2	regular office hours resume

## Ways YOU can reduce or slow the spread of influenza:

- Wash your hands frequently
- Cover your nose & mouth when sneezing & coughing & then wash your hands.
- Use single –use tissues for wiping your nose.
- Do not touch your eyes, nose or mouth.
- Do not share cups, glasses, dishes or cutlery.
- GET the appropriate vaccine....**GET the flu shot!**

Adverse Effects? Vaccination cannot cause influenza—NOT a live virus in the injection. **YOUR health is in YOUR hands!**





## General Safety Rules

**We are all accountable for our actions. We are all expected to comply with the provisions of JRI's bylaws, policies, procedures and our code of conduct. All employees must:**

- 1 Be current in all job qualifications such as, but not limited to, any certifications, registrations, licences or risk based training which is required for your position.
- 2 Show respect for the dignity and well-being of our elders, co-workers and the community by ensuring behaviours, attitudes and communications are positive and respectful at all times.
- 3 Work the full duration of every scheduled and accepted shift unless you have been granted an approved leave.
- 4 Always check with your supervisor before carrying out any task or activity if you feel that your personal safety or the safety of others may be at risk.
- 5 Inspect your equipment and tools before using them and report any defects or problems immediately.
- 6 Be current and up-to-date in TLR and apply the principles of good body mechanics when moving residents or objects.
- 7 Wear closed toe, closed heel and supportive footwear that is appropriate to the risks associated with the job and the environment.
- 8 Use the Personal Protective Equipment (PPE), the safeguards and safety appliances/equipment as outlined in risk base programs and Safety Data Sheets.
- 9 Wear approved respiratory protective devices when you are likely to be exposed to airborne contaminants (dust, fumes, gas, mist, suspected or diagnosed airborne infections) TB, SARS or any other possible respiratory infection which has not been clearly identified for healthcare workers and any other airborne contaminants that are harmful or offensive.
- 10 Wear your name tag at all times.

11 Carry, at all times, the nurse call phones and have them turned on to a volume that can be easily heard.

12 Only fill laundry bags 1/2 to 2/3 full and never place foreign objects, garbage or sharps into the soiled linen bags.

13 Store compressed gas cylinders in an upright and secured position. Cylinder valves must be closed when not in use.

14 Participate in programs and initiatives of Jubilee Residences such as, but not limited to, Eden and Purposeful Interactions.

15 Adhere to proper PPE storage and handling when using WHMIS and controlled chemicals.

16 Report promptly any and all accidents, injuries, unsafe conditions and near misses to your supervisor and through the incident reports.

17 Know your rights. 1) The right to know the hazard of the task, how to identify it and the controls 2) The right to participate in the OHC and all safety initiatives. 3) The right to refuse dangerous work (unusually dangerous to the job).

18 Do Not carry personal cellular/data phones with you or use them during work hours unless otherwise directed by your manager. Access to personal cellular/data phones is permitted during all designated break times.

**If you planted hope today in a heart that felt alone,**

**If you caused a laugh that chased some tears away,**

**If someone's burden was made lighter because of your kindness,**

**Then your day was well spent!!**

### Three Treasures for the Holidays!

The Holidays are just around the corner – yet another source of stress for most people. This year, how about trying a different approach? Rather than obsessing over the perfect gift, outfit, dinner, wine, hectic schedule, or any of the other superfluous things we think are so necessary for a joyous holiday, let's just be totally present with our loved ones. Allow the ripples to calm on the surface of your lake and, from that balanced and peaceful place, you just might be able to see and appreciate the blessings that have always surrounded you. The first step is to change your mind!

#### 1. **Relax Into the Task**

Don't get wrapped up in the momentum of the season; remember what the holidays are actually about and honor those traditions. Enjoy the small things you do as you do them. Try to take things one at a time. Focus on what you're doing. Know the difference between "getting something done" and getting something "over with."

*Below the waves lies calm and peace; it is there I will reside.*

#### 2. **Give the Present of Presence**

No gift can have more impact on the person you are giving it to than your presence. Try to make it more about the quality and amount of time you spend with the people in your life, rather than the material replacement.

*I give from a center of serenity and balance and fill my presents with presence.*

#### 3. **How Much is Enough?**

How much do you really need when it comes to material acquisitions, food, clothing, and generally the "stuff" we are constantly being told that we need in order to be living a "successful" life? Rather than acquire more

and more, take advantage of this season to get rid of the things you really don't need. Donate rather than acquire.

### "Home for the Holidays"

#### Jubilee's first four new homes are ready for YOU to move in!

AVAILABLE IMMEDIATELY for you and your family: FOUR NEW HOMES in a brand new development in a mature neighbourhood. Each of the up and down duplexes on site contain two rental suites each with four different exterior and interior finishes to choose from.

Ample green space. Quiet residential area. Close to shopping, schools, and city bus lines. Walking and biking distance to downtown.

Upper Level: The main floor consists of a bi-level entry, which provides access to the main floor and the bonus family room. The main floor is developed with a vaulted great room, containing the living room, island kitchen and dining room. Following the great room, is a hallway leading to the main 4-piece washroom, two smaller bedrooms, and the master bedroom, which has a four-piece ensuite washroom. At the entrance to the unit, there is a staircase leading to the basement space, which contains a developed family room and a combined laundry/mechanical room.

6 appliances (F, S, W, D, M, DW). GARAGE. Up-graded finishes, quartz countertops. AC. 3 bedrooms. Bonus family room \$1600 per month. 1535 sq ft of living space.

Lower Level: The lower level is accessible via a separate entry door at the side of the house. The basement suites are developed with an open-concept living room and island kitchen, two bedrooms, a four-piece washroom, laundry closet and a mechanical room.

6 appliances (F, S, W, D, M, DW). GARAGE. Up-graded finishes, 2 bedrooms. Tons of natural light. \$1000 per month. 677 sq ft of living space.

**For further information and viewing appointments call Ben at 306 955—0234 x 107.**

Our holiday gift to you! \$250.00 off your first month's rent.

Have you seen Jubilee’s website:  
[www.jubileeresidences.ca](http://www.jubileeresidences.ca)

One of the best ways to keep up to date on what’s happening at Jubilee is to “Like” our Facebook page. “LIKE” Us on Facebook! Check out pictures in the Oktoberfest gallery!

<https://www.facebook.com/Jubilee-Residences-1733128580295335/>

### Eden Alternative Thoughts for the Day

- Know each person
- Each person can and does make a difference
- Relationship is the fundamental building block of a transformed culture
- Respond to spirit as well as mind and body
- Risk taking is a normal part of life
- Put person before task
- All Elders are entitled to self-determination wherever they live
- Community is the antidote to institutionalization
- Do unto others as you would have them do unto you
- Promote the growth and development of all
- Shape and use the potential of the environment in all its aspects: physical, organizational, and psycho-social/spiritual.
- Practice self-examination, searching for new creativity and opportunities for doing better.
- Recognize that culture change and transformation are not destinations but a journey, always a work in progress.
- Elders have a legacy or gift to share with their loved ones and their communities.
- Meaningful care is that which nurtures the human spirit as well as the human body and recognizes, celebrates and nurtures each person’s unique capacity for growth.
- The Elder, or the individual often described as the care receiver, is an active participant in her own care plan—thus a care partner in her own care; and
- Elderhood is honored as a valued phase of human development, rather than merely the decline of life.

### Did you make a difference today?

Treat people the way that you want to be treated. Talk to people the way you want to be talked to.  
**Respect is Earned not Given!**

*Jubilee Residences Foundation accepts donations on behalf of Porteous and Stensrud Lodges  
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