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

**"Your Care Matters to Us!"**

<http://facebook.com/JubileeResidences>



# Jubilee JOURNAL



January 2020

## 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 "meaning" to measure well-being among **all** members of the care partner team.

**MEANING – significance; heart; hope; value; purpose; reflection; sacred.**

The medical model of care strips away meaning in many different ways. The physical environment becomes meaningless for anyone except the decorator who designed it or healthcare professionals who access it. The sacred work of care partnering is reduced to a series of tasks and procedures described in the interdisciplinary care plan. The rhythm of daily life becomes repetitive and numbing, holds no meaning and inspires little motivation for the individual. A person-directed approach infuses meaning into every corner, every act and every relationship. This way, all care partners share in a life worth living. Simple pleasures are brought to life for all. The rhythm of daily life is affirming and nurturing, drawing people together in meaningful ways. Meaning is generated because of the caring

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.

caring relationships we have nurtured with one another. Creating meaning takes a lifetime of effort. Meaning thrives and grows in moments of time. It is more than fulfilling a life's wish. It is woven into our emotions, our feelings, and our need to be needed. Each individual and each community experiences meaning in different ways. Meaning sometimes arises out of other life events; trying to rationalize trials and successes. Often meaning comes from the very act of searching for it. Food and shelter can be withheld, but meaning is something others cannot deny us. Regardless of our life situation, as humans we are always seeking meaning.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel!

Love and kindness are never wasted.

They always make a difference.

Be the reason someone smiles

today!

**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

**A man's wealth is  
the good he does in  
this world!**

**Compliment people,  
magnify their  
strengths not their  
weaknesses!**

# Porteous Lodge

We've been busy!

On November 28 we attended the dress rehearsal for the Elim Church Christmas Program. This excellent performance was attended by Nick R.; Deb F.; Alex W. and Marie H. It was an absolutely fabulous show; thanks to Cheryl and Elim Church for the invitation. Thanks to Myrna and Natalie for helping with this outing. On November 29 we went to the Festival of Trees at the WDM. Residents on this outing were Marie J.; Sherry H.; Laurie B.; Sharon W.; and Rose A. and Fred O. Thanks to Cheryl, Allie, Terry, Karen and Elexis for helping with this trip. On December 3 we had over fifty grade three students from St Gerard School come to visit us and bring Christmas cards. On December 4 we took a trip to The Enchanted Forest at the Forestry Farm. Residents on this excursion were Leona H.; Freda G.; Russell W.; Leslie K.; Lloyd M.; Liz H. as well as Luetta P and her son Rick. Thanks to Karie and Allie for helping out. On December 5 we took a shopping trip to Lawson Heights Mall. Residents on this trip were Alex W.; Marie H.; Pearl M.; and Fred O. Thanks to Darlene and Myrna for joining us on this trip. On December 9 Confederation Park School came to perform their Christmas program for us. On December 10 we held our Christmas bake sale. Thanks to all who supported with donations and purchases. We raised over \$450. Thanks everyone! On December 17 we had the Choir from Legacy Christian Academy come sing for us!

**Alzheimer's Request**

Do not ask me to remember,  
Don't try to make me understand.  
Let me rest and know you're with me,  
Kiss my cheek and hold my hand.

I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you,  
To be with me at all cost.

Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
I can't be different though I try.

Just remember that I need you,  
That the best of me is gone.  
Please don't fail to stand beside me,  
Love me 'til my life is gone.

**You are invited!**

**Break up the winter blues with our  
annual Hawaiian Buffet!**

**Thursday, January 16<sup>th</sup> at noon**

**RSVP by Wednesday, January 8th  
to the reception office at Porteous  
Lodge. Cost \$15.00 per guest**

The true essence of  
humankind is kindness.  
There are other qualities  
which come from education  
or knowledge, but it is  
essential, if one wishes to be  
a genuine human being and  
impart satisfying meaning to  
one's existence, to have a  
good heart.

# Porteous Lodge

<b>Contact</b>	
<b>306 382—2626</b>	<b>Ext:</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: Phillip V. Hicke and Garry E. Wilson.**

**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 C. Kruining; Gerard A. Leibel; Murray S. McKnight; Rose Mernickle; Marjorie Tondevold and William S. Wilson.**

Happy New Year! Wow! **The year 2020 is here already!** Where does the time go? I hope everyone had a healthy and happy holiday season. Thanks to everyone who helped decorate for Christmas.

### Important Dates to Remember

Friday, January 3	R.C. Mass	2:00 pm
Tuesday, January 7	Fiddle Express	2:00 pm
Wednesday, January 8	Birthday Tea	2:00 pm
Thursday, January 9	Community Association Meeting	2:45 pm
Thursday, January 16	Hawaiian Day Buffet	12:00 noon
Thursday, January 30	Pub Night	6:30 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.*

### How can I prevent spreading or getting germs

It is influenza and cold season! Use precautions to prevent spreading or getting germs: **Wash your hands—often!** You should do this after every cough, every sneeze, of course, throughout the day. These simple recommendations may decrease the number of colds we get every year, the number of work days we miss, and the number of days we are laid up in bed. Use warm water if possible, and rub your hands for 20 seconds or more (about the time it takes to say your ABCs or sing “Happy Birthday”) to work up a lather. Rinse all soap off your hands, and then dry them with a clean towel. You can use paper towels to turn faucets or door handles in public restrooms. No water? You also can use hand sanitizers (usually wipes, liquids or gels) when you can’t wash your hands. We encourage everyone to take the time to protect themselves and others from influenza when visiting by sanitizing their hands and donning a mask if they have not been vaccinated.

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**.

**Always  
be kinder than you  
feel!**

# Stensrud Lodge

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.*

**Good-bye's & Hello's**  
**With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Olive Alice Sitrler.**

**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: Olga Childs; Margaret Jones; Olivine Coutts and Nora A. Pihrag.**

### Dates to remember:

- |                  |          |                               |
|------------------|----------|-------------------------------|
| Wednesday Jan 8  | 2:00 pm  | Quilting Bee                  |
| Friday Jan 10    | 1:30 pm  | Baking                        |
| Monday Jan 13    | 2:30 pm  | WDM Singers                   |
| Tuesday Jan 14   | 10:30 am | Slides with Jack              |
| Tuesday Jan 14   | 2:00 pm  | Winter Bingo                  |
| Wednesday Jan 15 | 2:15 pm  | Gospel Music With Ralph       |
| Monday Jan 20    | 2:00 pm  | Birthday Party Music with Wes |
| Tuesday Jan 21   | 10:30 am | Read with Jeff                |
| Tuesday Jan 21   | 1:30 pm  | Pizza Making                  |
| Friday Jan 24    | 2:15 pm  | Newcomers Tea                 |
| Monday Jan 27    | 10:30 am | Music with DEBOYZ             |
| Monday Jan 27    | 2:00 pm  | Winter Movie                  |
| Tuesday Jan 28   | 10:30 am | Read with Jeff                |
| Thursday Jan 30  | 2:45 pm  | Community Association Meeting |

### 7 Things Every Child Needs to Hear:

1. I love you.
2. I'm proud of you.
3. I'm sorry.
4. I forgive you.
5. I'm listening
6. This is your responsibility.
7. You've got what it takes.



**It's called reading.**  
It's how people install new software into their brains.



# Stensrud Lodge

**Make 2020 your year for giving**

**Volunteers needed at**

**Stensrud Lodge in the following areas:**

**Portering residents to Church on Sundays**

**Meal Assistance**

**Recreation Assistance**

**One to Ones**

**And much, much more.**

*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)**

## Resident Responsibilities

1. Be considerate and respectful of the rights of others.
2. Contribute as much as possible to the growth of the community for all residents within the home.
3. Give correct and complete information to your care team and participate in the planning of your care.
4. Ask questions when you do not understand information.
5. Be patient and understand that care is provided to those whose needs are most pressing. This may result in delays in your care.
6. Meet the terms of policies and practices of the home.
7. Maintain independence and participate in your care and decision making to the greatest extent possible.
8. Be informed about how your choices affect your health.
9. Designate someone, such as a family member or friend, to make decisions on your behalf in the event that you cannot make decisions for yourself in the future.
10. Take responsibility for your personal belongings to the extent that you are able.

## Change.....what are your options?

If you try to ignore the situation, change will slam into you and knock you off balance.

Getting angry won't make it go away—in fact, temper typically makes things worse.

Wishful thinking is a waste of time, too, so don't sit around thinking and talking about "the good old days" with the hope they'll return.

You can't even run away from it, because there's no place you can run that's beyond the range of change.

Might as well face the problems and find the opportunities.

How you think, and how you act, become very important during times like these.

Obviously, you won't be able to control everything that happens to you.

But you're in complete control of how you respond to what happens.

This is the Age of Instability, where managing change is everybody's job. Think of it as your personal assignment.

**As you're the only one you can really change, the only one who can really use all your good advice is yourself!**

**To Stensrud Lodge Volunteers**



**THANK YOU for being AWESOME!!**

**Have an amazing year!**

**We cannot start over but we can begin now and make a new ending!**

January highlights Code Red!

**What does Code Red Mean?**

**Code Red** is a term used to describe a fire situation. The alarm is activated through verbal / telephone notification or automatically through a fire system (i.e., pull station, smoke activated). **Code Red All Clear** is a term used to announce that the fire threat is over. All personnel may resume their duties and building returns to normal operations (i.e., resume use of elevators). NOTE: A **Code Red** may invoke a Code Green (evacuation).

IN CASE OF FIRE, REMEMBER

**RACE: R** – Rescue residents, visitors, staff, etc. from fire threat

**A – Activate** the closest safe pull station or activate fire alarm system and dial 9-1-1

**C – Contain** the fire by closing doors and windows

**E – Extinguish** only If safe to do so or Evacuate following Code Green procedures

TO USE A FIRE EXTINGUISHER, REMEMBER

PASS: **P – Pull the pin**

**A – Aim** the nozzle at the base of the fire

**S – Squeeze** the trigger

**S – Sweep** the extinguisher from side to side.

**DREAM**

**As though you have nothing to lose.**

**BELIEVE**

**As though anything is possible.**

**LOVE**

**As though your hear knows no bounds.**

**LIVE**

**As though there is only today.**

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

**Safety Corner:**



**Remember workplace safety is everyone's responsibility.**

**Musculoskeletal injuries** (MSIs) are various conditions caused by overusing muscles, tendons, and joints, and are a major cause of lost work in many labour-intensive industries.

**PREVENTION IS KEY!**

- ◇ Prevention must aim at eliminating the repetitiveness of the work by proper job design.
- ◇ Where this is not possible, preventive strategies such as good workplace layout, tool and equipment design, and proper work practices should be considered.
- ◇ Preventive and control measures, in order to be truly effective, require significant involvement on the part of the workers, their representatives, and management to improve occupational health and safety.

Saskatchewan OH&S Act and Regulations, state by law that employers must protect the workers safety, set up health and safety policies and cooperate with the employees to improve workplace conditions. Employees in turn have an obligation to work safely, and to report work place hazards and injuries.

**Saskatchewan Occupational Health and Safety Regulations, 1996**

**Section 3a)** Every employer will ensure the health, safety and welfare of all employees.

**Section 4a)** Every employee has a responsibility to use the training and equipment provided to protect themselves and their coworkers.

**Section 12)** General duties of the employer to provide information, instruction, training and supervision.

**Sections 13 a) & b)** General duty of the employee/ worker to use the safe guards put in place; follow the safe work practices put in place.

**Section 78)** No worker will lift a load that exceeds their capacity. There should be suitable equipment and training on how to use it.

**Thank you for working safely!**

**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!**

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

We find out what make life meaningful for each Elder and what it is that makes each Elder want to get out of bed every day. We understand that for activity to be meaningful, it must tie into the Elder’s personal values and perspective. We ensure that Elder rituals take the place of organizational routines. We understand that we need to be in the moment with Elders, and that the antidote to boredom is variety and spontaneity.

**12 Things to Always Remember**

1. **The past cannot be changed.**
2. **Opinions don’t define your reality.**
3. **Everyone’s journey is different.**
4. **Things always get better with time.**
5. **Judgements are a confession of character.**
6. **Overthinking will lead to sadness.**
7. **Happiness is found within**
8. **Positive thoughts create positive things.**
9. **Smiles are contagious**
10. **Kindness is free.**
11. **You only fail if you quit.**
12. **What goes around, comes around.**

# 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 Tenant: Doug Bird #228**

**Wednesday, Jan 8th Social Club Meeting at 7:00 pm**

**Tuesday, Jan 14th Music by Brent Irwin band at 7:00 pm; \$4.00 per person Coffee and Cookies!**

**Thursday, Jan 16th Chinese Supper at 5:30 pm \$12.00 per person. Bring your own dishes. 50 / 50 Draw!**

**Tuesday, Jan 28th Music by Memory Lane at 7:00 pm \$4.00 per person Coffee and Cookies!**

In Loving Memory: Steve Semchyshen

### **Making a Difference**

An old man walked up a shore littered with thousands of starfish, beached and dying after a storm. A young man was picking them up and flinging them back into the ocean “why do you bother?” the old man scoffed.....“You’re not saving enough to make a difference”.

The young man picked up another starfish and sent it spinning back to the water. “Made a difference to that one”, he said.

**You make a difference every day!**

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 & Cosmo Courts

**MY MIND IS  
LIKE MY  
INTERNET BROWSER**  
19 TABS OPEN  
3 OF THEM ARE FROZEN &  
**I HAVE NO IDEA WHERE  
THE MUSIC IS COMING FROM**

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a "living" is not the same thing as making a "life. I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”  
Maya Angelou

## Cosmopolitan Court

In Loving Memory: Darryl Nordmarken

**Blood Pressure Clinic:** Lona from Saskatoon Home Support will be here on **Tuesday, January 7th from 9:00 to 10:00 am.** Come and get your blood pressure checked!

**Social Club meeting:** Monday, January 6th at 7:00 pm in the lounge.

Tuesdays: January 7; 14; 21; and 28 Coffee mornings in the lounge—\$3 each. Bring your cup!

Saturday, January 4th Taco in a Bag 12:00 to 1:00 pm \$5. proceeds to go to Telemiracle.

Saturday, January 18th Music at 7:00 pm \$3. per person

Thursday, January 30th Bingo 7:00 to 9:00 pm

### **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.

**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.**



# Mount Royal Court

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

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

## Jubilee Residences Health & Safety Policy

### Preamble:

In Saskatchewan, the employer is required by law to promote and protect the safety of the staff in the work place; this document provides Jubilee Residences declaration of its commitment to Safety.

### Jubilee Residences Safety Philosophy:

"We all go home safe."

### Commitment:

Jubilee Residences is committed to providing a safe and healthy work environment for all staff. Jubilee Residences recognizes the duty, rights, and responsibilities for all staff and will ensure that all staff are aware of these duties, rights and responsibilities.

Jubilee Residences will establish and maintain an occupational health and safety program, and Mission Zero as part of their safety management system.

Jubilee Residences will support safe work procedures through the funding of adequate equipment, programs, and training through the establishment of standards for safe work practices.

### Jubilee Residences will adopt and preserve the following:

- Safety of staff is as important as the safety of Elders.
- Staff have a right to work in a safe and healthy work place.
- Health and safety is everyone's responsibility based on the work place responsibility system (WRS). Continued....

# Stensrud and Porteous Lodges

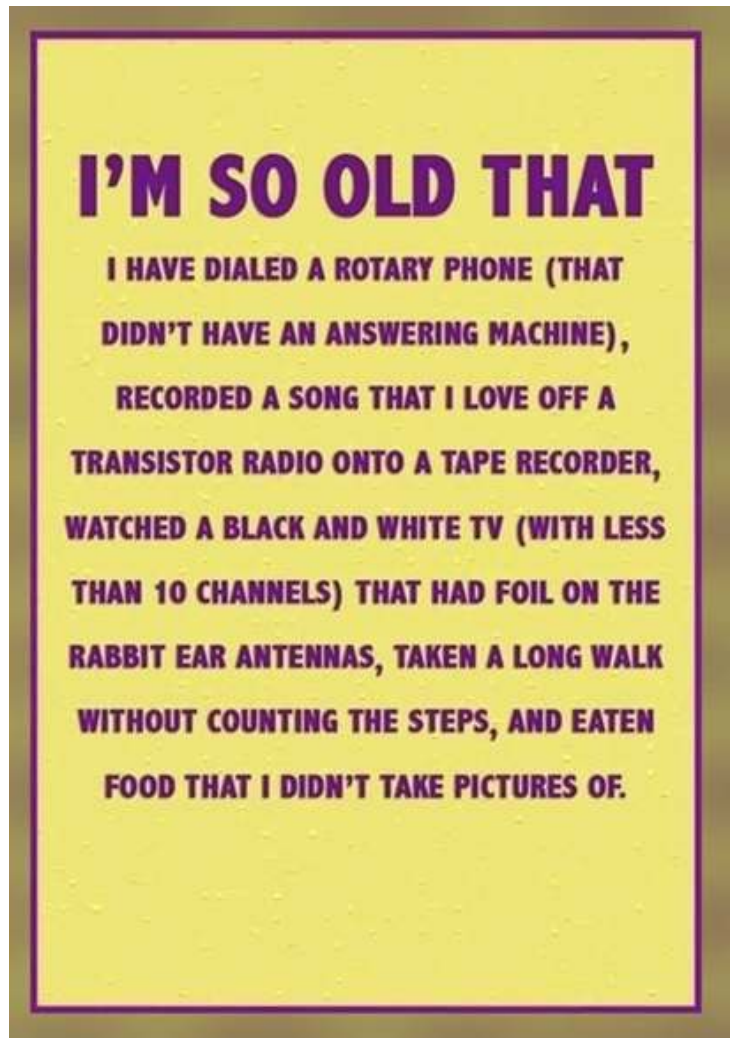
**Please note the administrative office hours during the holidays:**

Wednesday, Jan 1 Closed

Thursday, Jan 2 Regular office hours resume

Continued....

- It is a condition of employment that all Jubilee Residences staff will work in a safe and healthy way.
- All hazards will be identified, and controlled through work place inspections.
- Health and safety education and training will be consistent and ongoing.
- Healthy and safety meetings will be held regularly with staff input.
- All incidents and dangerous occurrences will be reported and investigated.
- Safety applies to all: employer, supervisor, staff, volunteer, and contractor



**101 Things to Do with the Person Who Has Alzheimer Disease**

- Clip coupons
- Fold socks
- Give a manicure
- Sort poker chips
- Take a walk
- Make paper butterflies
- Count tickets
- Reminisce about the first day of school
- Plant a tree
- Rake leaves
- Make an Easter basket
- Use the carpet sweeper
- String Cheerios to hang outside for the birds
- Make homemade applesauce
- Read out loud
- Finish famous sayings
- Bake cookies
- Bake a fresh fruit salad
- Feed the ducks
- Look up names in the phone book
- Look at family photos
- Cut out paper dolls
- Toss a ball
- Dry dishes
- Colour pictures
- Make a family tree poster
- Wipe off the table
- Cook hot dogs outside
- Weed the flower bed
- Have a spelling bee
- Shell peas
- Wipe off patio furniture
- Sweep the patio
- Mold with Play Doh
- Colour paper Shamrocks green
- Look at pictures in magazine
- Read the daily newspaper
- Put a simple puzzle together
- Fold towels
- Have afternoon tea
- Sand wood
- Remember great inventions
- Wash silverware
- Make homemade bread
- Sort objects such as beads, blocks or coins
- Make Christmas cards
- Sing Christmas carols
- Blow bubbles
- Put silverware away
- Make a Valentine collage
- Play favourite songs and sing together
- Put bird feed out for the birds
- Say "Tell me more" when they start talking about a memory
- Sort playing cards by their colour
- Sort cards into suits or decks
- Read classic short stories
- Cut out pictures from
- Put coins into a jar
- Cut pictures out of greeting cards
- Plant bulbs or bedding plants
- Finish Bible quotes
- Cut up used paper for scrap paper
- Make sandwiches
- Finish nursery rhymes
- Make homemade lemonade
- Rub in hand lotions with a scent
- Listen to polka music
- Decorate cookies or cupcakes
- Decorate paper place mats
- Plant seeds indoors or out
- Clap simple rhythms
- Arrange fresh flowers
- Make a pie
- Read aloud from labels
- Dye Easter eggs
- Pop popcorn
- Write a letter
- Sew sewing cards
- Clean out a pumpkin
- Snap beans, wash vegetables
- Make a birthday cake
- Roll yarn into a ball
- Take a ride
- Reminisce about a favourite summer
- Shell peanuts
- Water house plants
- Reminisce about a first kiss
- Take care of a fish tank
- Read the Reader's Digest
- Play horseshoes
- Trace and cut out leaves
- Fold clothes
- Dance
- Ask simple questions
- Have a calm pet visit
- Sing favorite hymns
- Paint with string
- Colour a picture of our flag
- Straighten underwear drawer
- Remember famous people
- Ask a friend, neighbor, or Church acquaintance who has a baby or child to visit

## Thanks for Your Time

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday."

Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important... Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time.

The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture... Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said.

"What box?" Mom asked.

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox.

"Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention.

"Mr. Harold Belser" it read.

Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack, Thanks for your time! - Harold Belser."

"The thing he valued most...was...my time."

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant asked.

"I need some time to spend with my son," he said.

"Oh, by the way, Janet... thanks for your time!"

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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.

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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.**

**We will start the year off with a gift to you for \$250.00 off your first month’s rent!**

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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/>

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

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