

APRIL 2020

LINDEN PLACE NEWS

a great place to live

BEHOLD THIS SEASON...

John Piper recently wrote: God not only comprehends the coronavirus; He has purposes for it. God does nothing, and permits nothing, without wise purposes. Nothing just happens. Everything flows from the eternal counsels of God (Ephesians 1:11). All of it is purposeful. For those who trust Jesus Christ, all of it is kindness. For others, it is a merciful wake-up call. 'Let the one who is thirsty come; let the one who desires take the water of life without price' (Revelation 22:17). My hope and prayer is that each finds an 'inner rest' even as our lives are interrupted by the coronavirus and its harmful reach.

We recognize that the restrictions placed on all of us are not naturally welcomed but critically necessary. The socialization and distancing restrictions placed on us by public health officials are meant to protect our own health and the health of others – be it our immediate and extended family, our church family, and our community family. Restrictions are further heightened for vulnerable persons which involves older persons and those with underlying health conditions.

I want to express my appreciation for how each of you has moved toward living under these restrictions by limiting or discontinuing your outings, social distancing in your home and elsewhere, frequently washing your hands, changing how you shop for groceries, communicating in new ways, and so on. I want you to also know that we as staff were sad to shut down programming and spaces, knowing full well these very same connections are where you contribute to and 'live' in community.

We also recognize that we cannot yet see the end of the coronavirus reach in degree and duration.

Please recognize that further restrictions by public health officials might come into play and we would communicate these changes to you. Further restrictions might be coined as 'sheltered-in' which could mean you as tenants could only leave the facilities for such items as groceries, medications, gasoline, and for medical appointments. 'No visitors' restrictions at the site could then also come into effect. Again, these restrictions are not meant to harm anyone. More importantly, they are meant to care for yourself and those you love and care about.

I want to go back to where I started. I hope we all find our strength in our Lord: This I call to mind, and therefore I have hope: The steadfast loved of the Lord never ceases; his mercies never come to an end, they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him' (Lamentations 3:21-24).

Blessings,

David Driedger (Chief Executive Officer)

April Birthdays

April 4 - Lena Bueckert

April 27 - Susie Enns

Happy Birthday to everyone
celebrating a birthday this
month!

Happy Birthday



Linden Photo Directory

Pearl will not be coming door to door to take photos for the directory. This project will resume once the COVID-19 situation is over.

If she has not yet come to see you, a survey will be put in your information tray. Please fill out and return.



• FROM THE DESK OF •
the Chaplain

*"Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, "Go and prepare the Passover for us, that we may eat it."
(Luke 22:7-8 ESV)*

What exactly happened on that Passover night in which our Lord transformed the Jewish Passover Seder into the Lord's Supper or, as we call it, communion?

The Passover meal was the remembrance celebration of the Exodus from Egypt. In Jesus' time, the ceremony was ordered by the Seder– the order of service. People were reclining around the table, while it was the host's duty to interpret each of the foods on the table as it related to the deliverance from Egypt.

Besides the roasted lamb, bitter herbs, stewed fruit, unleavened bread (without yeast), and wine were elements of the meal. The unleavened bread, the bread of affliction, reminded them of the persecution in Egypt. The four cups of wine represented the joy of salvation. Jesus was the worship leader at the Passover meal Peter and John had prepared.

"And when the hour came, he reclined at the table and the disciples with him. And he said, 'I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God'" (Luke 22:14-16).

On that night when he was betrayed, Jesus used two elements of the Jewish Seder to introduce what we know as the Lord's Table – the bread and the wine.

As the host, Jesus took bread, and when he had given thanks, he gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me" (v.19). The unleavened bread of affliction was now given greater significance. In essence, it represented Jesus' body and the affliction he would endure on the cross. It speaks of his vicarious gift of himself for our sins.

"And likewise, the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood"(vs.20). By calling this cup "the new covenant in my blood," Jesus was intentionally contrasting the shedding of his blood with the Old Testament bloodshed of many lambs. Jesus' death paid for the salvation of the world, which the Passover lamb couldn't do. And so, we are set free through the broken body and the shed blood of the Lamb of God.

I am saddened that we cannot have our scheduled Good Friday Communion Service, due to the COVID-19 threat. I am looking forward to sharing the bread and wine with you as soon as we can gather again at the Lord's Table.

Ron Babel, Chaplain



For the month of April Ron Babel will be here on Mondays as well as Thursdays.

If you would like a visit, please call Ron at 204-371-7808 or Janie at the office.

Please remember: 6 feet apart and the visits will be shorter.

For those who had Edwin Klassen complete their tax return, he will be returning them to Janie and she will arrange a time with you to sign and take payment if still necessary.



Video Chat with Family!

Janie will be taking appointments for video chats with families in the next week or so. A hand out with more information on how this works will be put in your tray soon!



EASTER

word search

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

Can you find these words?

EASTER

EGG HUNT

JELLYBEANS

RESURRECTION

BUNNY

BASKET

SPRING

SUNDAY

FUN

CANDY

GRASS

MARCH

HE IS RISEN

CHOCOLATE

GAMES



Prizes for Puzzles!

Starting April 6, Janie will put an optional puzzle game or colouring page in your tray outside your door two times per week. Completed pages may be returned to your tray and Janie will retrieve them and replace it with a new puzzle. For each completed page you will be entered into a weekly draw to win a free meal! (Call Janie if you have questions!)

Hallway Hymn Sing

Open up your door and join a hymn sing from your doorway! Janie will come to each floor to lead in 15 minutes of singing. Watch for posters on the bulletin boards to let you know when I'll be on your floor! Also, when it's nice outside we'll take it outside with our lawn chairs!



Grocery Shopping Needed?

We've given out some information regarding your options for getting groceries, but if you need more ideas or options Janie can get you an updated handout.

Things to do at Home

social distancing does not mean social isolation!



Schedule out your day. Plan to be productive by making reasonable goals for yourself. Maybe go through your closet or some old boxes, or bake some cookies for the freezer.



Make a phone call. Likely someone else is lonely and would love to chat! Call your grandkids and ask them what they're learning at home or ask them to share a joke with you.



Read a chapter from Proverbs for each day of the month! There are 31 chapters in Proverbs, convenient! Or check out our Library on the 5th floor.



Get some fresh air. Walk around the parking lot or down the block, or sit outside on the bench for a while. (Make sure you are 6 feet from anyone else!)



Keep your brain healthy by playing brain games. Plan to do the puzzles that Janie will be handing out soon, or pull out a crossword puzzle book.



Exercises can be done anywhere! Set aside a bit of time each day to do a few exercises. Need some inspiration? Janie can give you a hand out sheet with ideas and instructions of some fun exercises!

April Active Coping Calendar



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

"Everything can be taken from us but one thing:
the freedom to choose our attitude in any given
set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5 Get active.
Even if you're
stuck indoors,
move & stretch

6 Contact a
neighbour or
friend and offer
to help them

7 Share what
you are feeling
and be willing to
ask for help

8 Take five
minutes to sit
still and breathe.
Repeat regularly

9 Call a loved
one to catch up
and really listen
to them

10 Get good
sleep. No screens
before bed or
when waking up

11 Notice five
things that are
beautiful in the
world around you

12 Immerse
yourself in a new
book, TV show
or podcast

13 Respond
positively to
everyone you
interact with

14 Play a game
that you enjoyed
when you were
younger

15 Make some
progress on a
project that
matters to you

16 Rediscover
your favourite
music that really
lifts your spirits

17 Learn
something new
or do something
creative

18 Find a fun
way to do an extra
15 minutes of
physical activity

19 Do three
acts of kindness
to help others,
however small

20 Make time
for self-care. Do
something kind
for yourself

21 Send a
letter or message
to someone you
can't be with

22 Find positive
stories in the news
and share these
with others

23 Have a
tech-free day.
Stop scrolling and
turn off the news

24 Put your
worries into
perspective and
try to let them go

25 Look for the
good in others
and notice their
strengths

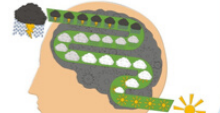
26 Take a
small step
towards an
important goal

27 Thank three
people you're
grateful to and
tell them why

28 Make a
plan to meet up
with others again
later in the year

29 Connect with
nature. Breathe
and notice life
continuing

30 Remember
that all feelings
and situations
pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

COVID-19 symptoms compared to common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No