

MAY 2020

LINDEN PLACE NEWS

a great place to live

Happy Mother's Day!

THE LOVELIEST MASTERPIECE OF THE HEART
OF GOD IS THE HEART OF A MOTHER!

ST. THERESE OF LISIEUX

Things to remember...



- Janie is available by phone Monday to Thursday from 9 am to 2 pm, please feel free to call with any questions or needs you may have.
- There are several options available to you for having groceries or other items delivered, just give Janie a call and she can help you.
- Please remember to keep social distancing, even if you're outside enjoying the nice weather.
(NOTE: If you're sitting outside and can lean over and touch someone - you're too close!)

May Birthdays

May 1 - Susan Dueck

May 4 - Judy Wolfe

May 8 - Maureen Thompson

May 13 - Barb Amero

Happy Birthday to everyone
celebrating a birthday this
month!

*Happy
Birthday*



• FROM THE DESK OF •
the Chaplain

“Then the Lord said to Noah, “Go into the ark, you and all your household, for I have seen that you are righteous before me in this generation.” (Genesis 7:1 ESV)

Although Spring began according to the calendar in March, April was still not quite willing to present us with warmer weather. Here in Manitoba, we celebrate Spring as we eagerly wait for the buds on the trees to spring. We listen and watch for returning birds. We smile into the sun and soak up its first warming rays. Spring comes slowly around here. So, we sit inside and wait patiently.

This Spring, however, we sit inside and wait for another reason. The COVID 19 virus, with its threat of deadly disease, demands us to stay indoors. Disconnected from the outside world, even our families and friends, we feel isolated and alone.

As I think of this crisis, I am reminded of Noah confined to the ark for a whole year. While he and his family were safe inside, the world outside changed. After this major shift, nothing would be the same. The world had gone through a transformation, and I wonder how many times Noah asked why. Why is God doing this? Why does this happen to me? Why does it have to happen this way? Why now? We ask the same questions today.

Change is never easy and often accompanied by deep emotions, such as hurt and sadness and feelings of abandonment and loneliness. Sometimes we feel anger and frustration at things or people, and sometimes we are confused about circumstance. These feelings and emotions come in waves, uncontrolled, and unannounced.

What we all are experiencing is grief. We grieve the loss of all the familiar things and circumstances. We mourn the separation from people, family, even our close neighbors. We miss and crave hugs, kisses, and handshakes. Many lament the loss of togetherness, workplaces, finances, school, even fellowship in the park. It hurts, and we wonder, why doesn't God stop the coronavirus?

I assure you that God, in His sovereignty, could stop the coronavirus. Yet He doesn't. But we have the promise that in Him, all things work together for good for those who love him. (Romans 8:28) In this truth, Christians find comfort and joy amid sorrow.

When you feel alone and isolated, sad and frustrated, or confused and hurt, be assured that God is sovereign and sustains you amid uncertainty, threat, and chaos. To Him be the glory forever. Amen.

Ron Babel, Chaplain



Hallway Hymn Sing

Thursday, May 21

Open up your door and join a hymn sing from your doorway! Watch for information to let you know when we'll be on your floor! Also, if it's nice outside we'll take it outside with our lawn chairs!



Linden Photo Directory

We'll be printing our directories this month, please call Janie to order yours - cost is \$5.

These books are for **Linden tenants only** and will not be distributed to non-tenants. Our plan is to update them approximately once a year.



Mother's Day Word Search



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



MOTHER
 GRANDMA
 FLOWERS
 ADOPTION
 WISE



CHILD
 LOVE
 PRESENTS
 PERFUME
 LESSONS



PARENT
 FAMILY
 BIRTH
 KISS
 COOKING



Prizes for Puzzles will continue!

Starting on May 4, Janie will be putting TWO different puzzle pages in your tray each week - one on Mondays and one on Thursdays. Return your completed pages to your tray by the following Monday and Janie will pick them up and do a draw to win a free meal!

**There are still a few
garden spots available,
please contact Janie by
May 14 if you're
interested.**





Video Chat with Family!

If you are interested in video chatting with family please call Janie at 204-326-9898 to schedule a time or for more information.



Doctors Manitoba want to remind Manitobans:

Don't put your health on hold, call your doctor. Manitobans are encouraged to continue seeking care for their medical concerns so they don't get out of hand or lead to complications.

**COVID MOMS AT HOME:
FEELING GUILTY ABOUT
YOUR KIDS WATCHING
TOO MUCH TV?
JUST MUTE IT & PUT
SUBTITLES ON.
BOOM.
NOW THEY'RE READING!**

Meaningful May 2020 Action Calendar



ACTION CALENDAR: MEANINGFUL MAY 2020

**"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	8 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger



ACTION FOR HAPPINESS

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

www.actionforhappiness.org

Keep Calm - Stay Wise - Be Kind