

OCTOBER 2020

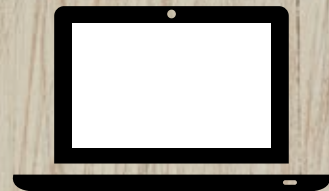
FERNWOOD NEWS

Steinbach Housing



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steinbachhousing.com

Gifts

With Christmas coming up, please note that the staff are not allowed to receive gifts or gift cards, thank you for respecting our policy on this matter.



Take Note

For your safety we ask that you do not take things out of the garbage or recycling bins.

Nutrition Information for the Elderly

Nutritional needs for the elderly are much more important than any other life stage. This is due to health issues and physical limitations. Poor nutrition occurs in fifteen-fifty % of the elderly population. The following nutrients are essential for healthy living.



Calcium:



Regular doses of calcium can help to slow age related bone loss, which can lead to osteoporosis and bone fractures. Milk and dairy products are the main sources of calcium. These include milk, cheese, yoghurt, green leafy vegetables, soy products, fish and nuts.

Fibre:



A high fibre diet allows the elderly to stay regular and fuller for longer. Fibre is found in foods such as wholemeal grain bread, potatoes, wholemeal pasta, wholemeal breakfast cereals, beans, lentils, peas, vegetables and nuts and seeds.



Vitamin D:

Vitamin d helps the body absorb calcium. It does so by helping the body absorb calcium (one of bone's main building blocks) from food and supplements. People who get too little vitamin D may develop soft, thin, and brittle bones, a condition known as rickets in children and osteoporosis in adults.

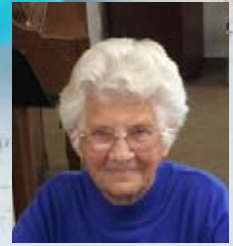


PUMPKIN CARVING

FRIDAY, OCTOBER 30 @ 2PM



September Birthday Party



Marina Reimer, Jacob Knelsen, Wayne Penner, Helen Kehler

Mary Reimer, Henrietta Friesen, Raymond Schalla, Eva G. Reimer



October Birthdays

**This month's Birthday Party will be on
Friday, October 16 @ 2pm**

1 Mary Lou Adams
4 Vivian Wiggins
5 Lydia Kliewer
5 Vera Friesen
8 Peter Harder
15 Olga Maleski
22 Mathilda Kehler
30 Andreas Thiessen



CANVAS PAINTING EVENT

THURSDAY
OCTOBER 22
AT 2PM

COST WILL BE \$10 PER
PERSON. PLEASE SEE
EVA FOR MORE
INFORMATION OR TO
SIGN UP



MENS COFFEE

FRIDAY, OCTOBER 23

9:30AM

CRAFT ROOM





OCTOBER 2020

FERNWOOD MENU



S	M	T	W	T	F	S
				1 Orange Juice Ranch Chicken Mashed Potatoes Peas Pineapple Sunshine Cake	2 Fruit Punch Hotdogs Layered Salad Trifle	3
4	5 Cherry Juice Cottage Cheese Perogies Farmer Sausage Peas Strawberry Sauce Ice Cream Sandwich	6 Apple Juice Roasted Chicken Bubbat Mashed Potatoes Peas & Carrots Keylime Squares	7 Chicken Noodle Soup White Bread Coconut Cream Pie	8 Juice Turkey Stuffing Butterhorn Mashed Potatoes Cabbage Rolls Mixed Veggies Pumpkin trifle	9 Cranberry Juice Taco Bake Rice Tossed Salad Dreamsicle Salad	10
11	12 Kitchen Closed	13 Iced Tea Chicken Drumsticks Mashed Potatoes Peas & Carrots Cheesecake	14 Kommest Borsht Brown Bread Fruit Crumble Bars w/ Ice Cream	15 Cranberry Juice Meatballs Mashed Potatoes Cucumber Salad Pecan Tarts	16 Apple Juice Chicken Burgers House Salad Cherry Cha Cha	17
18	19 Tomato Juice Sweet & Sour Breaded Pork Chops O'Brein Potatoes Mixed Veggies Banana Dessert	20 Apple Juice Lazy Cabbage Roll Casserole Garlic Bread Caesar Salad Layered Lemon Dessert	21 Taco Soup Buns Chocolate Pie	22 Fruit Punch Lemon Butter Chicken Mashed Potatoes Carrots Cookies	23 Cherry Juice Fish Fries Cranberry Coleslaw Tapioca Pudding	24
25	26 Iced Tea Sweet & Sour Veal Rice Lettuce Salad Buttermilk Fruit Salad	27 Cranberry Juice Meatloaf Mashed Potatoes Carrots Cream Puff Dessert	28 Cream of Potato Soup White Bread Fruit Tarts	29 Orange Juice Ranch Chicken Mashed Potatoes Peas Pineapple Sunshine Cake	30 Fruit Punch Hotdogs Layered Salad Trifle	31

Menu subject to change. Please order at least 24 hours in advance--by noon the day before.
There is no cost if you cancel before 10 am. You will still be charged if you cancel after 10 am.

From the Chaplain's Desk

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it?" (Isaiah 43:18-19 ESV)

I love Fall, with lush green leaves changing into beautiful shades of reds, yellows, and browns. As I sit on my deck, I welcome the cooler weather, especially after a hot and dry summer. It's time for garden clean up. Smells change, too. There is the smell of rotting leaves, mixed with mushroom smells. Someone in the neighbourhood is burning yard waste, and the wind is chasing the dry leaves across the yard. And there is also the crunchy sound of the dry leaves under my feet? Many things change in Fall.

As I meditate on the changes Fall brings, I cannot help but see our human experience reflecting. We, too, go through all kinds of seasons as we journey through life. Some are seasons of hard times; others are characterized by joyful events, loneliness, loss, or gain. Every season brings change. Often, we leave something behind as we experience something new. New beginnings on one side are closely related to change and loss on the other.

I am reminded of how the Lord Jesus helps us along the journey. His promise to be with us is found many times in the scriptures. In Matthew 28:20, Jesus himself promises, "And behold, I am with you always, to the end of the age." In Psalm 23:4, we read, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Christians never walk alone. In the process, God wants us to grow in Christ, become more like Him, trust, and love Him more. We sometimes say that God allows hardships to get our attention. I believe it is true. Though troubles are not from God, He allows them.

I want to use this opportunity to give you a brief Health update. First, I want to thank all tenants and staff for your concern, support, and prayers along the way.

As you have witnessed, my appearance has changed over the past months from walking normally to using a cane and riding in a wheelchair. I am seeing specialists and going through tests to find out what is causing this change of health. As of now, I don't have any diagnosis or prognosis. I want to assure you that I will be around as always to serve you as your chaplain as good as I can and as long as I am able. Thank you for your understanding and support.

This Fall, I want to encourage you to consider the changes seen outside and reflect on your journey through past and present seasons of change. May this Fall season remind you of God's grace, peace and faithfulness.

Ron Babel, Chaplain



OCTOBER 2020

FERNWOOD EVENTS

S	M	T	W	T	F	S
				1	2 9:30am- Exercises in Games room	3
4	5 9:30am- Exercises in Games room 2pm- Coffee Break <i>Bring your own Coffee</i>	6	7 9:30am- Exercises in Games room 2-3pm Bingo	8	9 9:30am- Exercises in Games room	10
11	12 9:30am- Exercises in Games room 7pm-Bible Study Group 2 Offices and Kitchen Closed	13	14 9:30am- Exercises in Games room 2-3pm Bingo	15	16 9:30am- Exercises in Games room 2pm- Birthday Party	17
18	19 9:30am- Exercises in Games room 2pm- Coffee Break <i>Bring your own Coffee</i> 7pm-Bible Study Group 1	20	21 9:30am- Exercises in Games room 2-3pm Bingo	22 2pm- Painting Event	23 9:30am- Exercises in Games room 9:30am- Men's Coffee 3pm- Open Jam Musicians only	24
25	26 9:30am- Exercises in Games room 2pm- Coffee Break <i>Bring your own Coffee</i> 7pm-Bible Study Group 2	27	28 9:30am- Exercises in Games room 2-3pm Bingo	29	30 9:30am- Exercises in Games room 2pm- Pumpkin Carving	31