



Mennonite Nursing Home

Family Newsletter

November and December 2017

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Announcements from MNH

With the holiday season just around the corner, many residents will be enjoying special visits and gatherings with friends and family. If you would like for your resident to have their hair done for a special occasion, on top of their regularly scheduled hair day, please call our hairdresser, Judy Neufeld. You can reach her at the Nursing Home Wednesdays through Fridays. 306-232-4861.

Thank you to the kind souls that donated to the Alzheimer's society through our Coffee Break Fundraiser! We raised \$588.35 this year!

The activities department is asking for donations of new socks, googly eyes, quilt stuffing and buttons. These supplies will be used to make sock snowman centerpieces for the Christmas Dinners in December. If you have donations, please drop them off at the Activities Office at the nursing home.

The activities department is also looking for volunteers to run the canteen and assist with other activities such as bingo. If you are interested in volunteering, please contact Debbie in activities at 306-232-4861.

The nursing home is hosting a clothing sale for Sewlutions Clothing. The company sells regular and open back clothing. The sale is on November 7th from 10am-4pm.

November Events

November Birthday Party

Friday November 3rd at 2:30 p.m.
Cake and Coffee will be served. Entertainment by Three Guys and a Gal will follow.

Resident Council Meeting

The meeting is scheduled for November 16th at 11:15 am in the West Dining Room. Residents and family are encouraged to attend.

Crackling Breakfasts

Will be held for the residents November 13th-17th. They will enjoy cracklings, fried eggs, hash browns, fresh bread and jam.



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“ Teach us to number our days, that we may gain a heart of wisdom” Psalm 90:12

While we endeavour to inform you as much as possible about events at MNH, this Newsletter only touches on some of the many activities that happen on a regular basis at the Nursing Home.

December Events

The December Birthday Party

Friday December 1st at 2:30 p.m.

Cake and refreshments will be served followed by entertainment.



Christmas Dinner East Side—Wednesday Dec. 13 West Side—Thursday Dec. 14 Pineview—Friday Dec. 15

Please watch for invitations in the mail and be sure to reply to reserve your seat for these special Christmas dinners.

Santa will be distributing gifts to each resident at the dinners. If your resident's present is clothing or an item that will be laundered please ensure that the item is labeled with the resident's name. If you need ideas on what to purchase for a gift please feel free to call and ask for suggestions.



A Word From Our Chaplain—Amos Fehr

The ability to laugh at ourselves is a powerful communication tool. It opens the door for more meaningful conversations, for getting our point across without being taken wrong, and for defusing difficult situations. It helps everyone to feel more relaxed.

Laughter is also good for your health as it relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter boosts the immune system. It has been proven that laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. As children, we used to laugh many times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

When we laugh at ourselves, we automatically create a climate of openness. Sharing a funny story about yourself shows that you are “human” and helps you to connect better with your family and friends. In addition, humor is a natural icebreaker; it puts people more at ease. It also contributes to a higher level of shared conversation during our interactions. Lastly, humor and laughter encourage problem solving, foster teamwork and dispel conflict.