



Mennonite Nursing Home

Family Newsletter

September and October 2018

In This Issue

- Announcements from MNH
- September Events
- October Events
- A word from our Chaplain Amos Fehr

Announcements from MNH

As the summer comes to an end we are forced to say goodbye to our student workers Wang Yi Xian (Shelley) our IVEP volunteer student, Talia Janz, Cheyenne Epp, Ryan Epp, Michael Epp, Jamieson Fitzgerald, Eh Ni Htoo and Dallas Reimer. We were very fortunate to have such a fine group of young adults helping out this summer. They helped with activities, therapies and maintenance. A warm thank you from the staff and residents. We wish you luck in your future studies and hope to see you again!

Seniors week is officially declared as September 30 - October 6th by the Saskatchewan Government Minister of Health for 2018. The MNH will have different activities for the seniors in the last week of September and beginning of October to honor this important occasion!

The annual Alzheimer's Coffee Break occurs this month. It will be September 20th from 2-4pm in the auditorium. Come by and show your support to those who have Alzheimer's Disease. Admission is by donation. Coffee and donuts

will be served.

The Mennonite Nursing Home will be hosting our 5th annual Fall Tradeshow. It is on September 7th from 1:00-4:00pm in the nursing home auditorium. It is an opportunity for staff, family, MNH suppliers, SHA community organizations to promote, educate or sell their products. Every one is welcome to attend!



September 2018 Activities

- September 6 Birthday party**
- September 7 1-4 pm Fall Trade Show**
- September 11 BBQ, East Wing**
- September 12 10 am Resident Council Meeting (Pine View) 11:15am - Resident Council Meeting for Nursing Home Residents in West Dining Area**
- September 13 BBQ West Wing**
- September 14 BBQ Pine View**
- September 14 Memorial**
- September 20 2-4pm Alzheimer's Coffee Break**

Activity Calendars are posted in each resident room, at the white boards on the East and West Wings, on the bulletin board outside the Activity Office or you can pick up your own copy outside of the Activity Office. A link to the calendar and newsletter is also on our website. Please remember that activities are subject to change. If there are changes, they will be made to the calendars posted by the white boards. Feel free to talk to the Activity Staff if you have any questions!

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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.

October Events

FALL SUPPERS

East Side—Wednesday October 3rd

West Side—Thursday October 4th

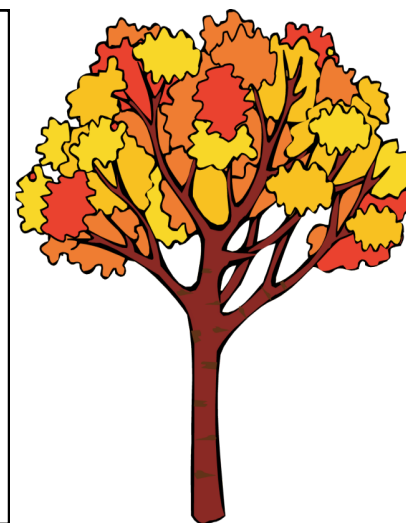
Pine View—Friday October 5th

Please watch for invitations in the mail and be sure to reply to reserve your seat for this special fall supper.

October 12th Birthday Party

October 19th Welcome Tea

October 26 Pizza Party



A Word From Our Chaplain - Amos Fehr

I enjoy watching T.V. episodes of “Canadian Pickers” and “American Pickers”. I am always amazed at the things people collect or just plain accumulate over a lifetime. When I was younger these folks were called “pack rats” and now-a-days we call them “hoarders”. For some there is a psychological component to the inability to get rid of things driven by anxiety and difficulty in making decisions. The International Obsessive Compulsive Disorder Foundation estimates that 1 in every 50 people struggle with severe hoarding. (Psychology Today – posted September 5, 2014).

But the other 49 out of 50 of us who don’t have this disorder still accumulate stuff over the years of our lives. Many of the conversations in my work; especially with older folks who are either having to give up their homes for apartments, condos or even for Personal Care Homes; have to do with decision making around downsizing and what to do with all their “stuff”. This is no small issue to an older person, laid up in the hospital, sometimes not even being able to be home when all these decisions are made.

Families deal with this in a number of ways. Some families take the time and have the patience to include mom or dad in the decision making, even getting leaves of absences from the hospital to take mom or dad home to help with the process. Other families just take over and make all the decisions. One older gentleman I once spoke with bemoaned the fact that he was hospitalized and within short order his home was sold, his belongings put in storage and all with him having virtually no input. Sorting through and making decisions about one’s own “stuff” is not easy. Three years ago our family moved to our acreage near Hague. After having lived on our Manitoba acreage for 30 years there were items we needed to give away or simply throw out. Needless to say many trips were made to the local MCC store! (One of the developmental tasks of aging is “letting go”. After a life time of accumulating the time comes when we must let go. We not only have to let go of the “stuff” we have accumulated, but we are also pressed to let go of our independence, to let go of our mental abilities and often letting go of the many relationships that enriched our lives).

In one way or another we are all “hoarders”. But life has a way of inviting us to let go. We don’t have to...we can wait until circumstances rip those things from our lives. I am slowly finding ways where choosing to let go is less painful than having life rip things from my grip. I think this is part the wisdom we find in Ecclesiastes 3, “There is a time for everything and a season for every activity under heaven...a time to keep and a time to throw away.”

Things have a purpose, relationships have a purpose, memories have a purpose but when the purpose is fulfilled, it is time to let go, to release those things once precious, meaningful or useful. Not an easy task and often seemingly impossible. Is there something in our life that we need to release? Maybe we can learn how to let go...willingly...maybe...