



# Mennonite Nursing Home

Family Newsletter

January and February 2019

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## Announcements from MNH

We would like to thank everyone for the wonderful turnout at our Christmas parties. We hope you had as much fun as our residents had! After the hustle and bustle of the holidays, the mingling with others has also brought about the spread of cold and flu viruses. We just want to remind everyone of the importance of good hand hygiene, with proper handwashing as well as the use of hand sanitizer. If you are not feeling well we ask that you refrain from visits to the home. We try

our best to prevent outbreaks in our homes and everyone, including visitors, can make a difference.

Please be careful when coming in and out of the building. The sidewalks and parking lots do get icy. Maintenance tries to keep up with it as best as they can.

Resident Council meetings are held every other month. We would like to encourage family members to attend the meetings with their residents.

Please check the activities calendar for dates. Our next Resident Council meeting is scheduled for January 31st at 11:15 a.m. in the West Dining Room.

From all the staff at the Mennonite Nursing Home, we would like to wish you and your loved ones a Happy New Year and hope you have many blessings in the year to come!



## January Events

### January Birthday Party

Friday January 4th at 2:30 p.m. Cake and coffee with entertainment to follow!

### Beach Party

Winter in Saskatchewan can be long and cold. Since the cold weather is here to stay, we have decided to make a little sunshine of our own. On January 24th at 2:30 we are having a beach party!!



### Year End Slideshow

will be held on January 10th at 2:30 p.m.

### Year End Memorial

will be held on Friday January 25th at 2:30 p.m.



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" His compassions never fail. They are new every morning; great is your faithfulness"

Lamentations 3:22-23

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.

## February Events

### February Birthday Party

Friday February 1st at 2:30 p.m.  
Cake and refreshments will be served followed by entertainment.

### Sweetheart Lunch

The sweetheart lunch will be held on Feb. 13th for our couples that live in the Nursing Home and in Pineview. If you have a spouse living in the nursing home, please watch your mail for the invitation.

### Valentine's Day Lunch

A special lunch will be served to our residents on February 14th!



## A Word from our Chaplain

### A Ray of Light: Being Mindful of Others

As I go about my work day I trust that God will help me connect with the lives of those who live here at MNH, those who work here and the many visitors coming through our doors. By having this goal I find myself becoming more mindful of how I come across...how I interact with others....hopefully in a manner that will be gracious, gentle, accepting and loving.

Christmas has come and gone for another year... the season where we are reminded of God's wonderful and infinite love through Jesus. (OK...by now it is January and the glitter and sparkle of Christmas is behind us...unless you are Ukrainian and you celebrate Christmas on January 7th. How have those of us who are Mennonite not re-arranged Christmas to a later date? Think of all the good deals we could find!) The opportunities to serve others abound all year round and not just around the "hype and lights" of the Christmas season.

January and February can be a difficult time for us humans and for a variety of reasons which I will not expand on at this time. So...how can you and I serve others during this season of winter? The "Pay It Forward" movie (released back in 2000) has occasionally sparked small outbreaks of spontaneous good will; most of the time small, almost insignificant gestures of kindness. But isn't that the point? Serving others is not about big, grandiose gestures that draw social and media attention. Serving others is very grassroots...under the radar so to speak. It is about recognizing a need and responding to it in whatever way possible. Sometimes we hold back, not wanting to get involved. We may believe we don't have anything to offer or we may just not want to take the time. But by interacting with others in kind and meaningful ways we may bring a small ray of light to a weary soul.

I would encourage you to think of people who have experienced any form of loss this past year. You probably know a few. Extend an invitation to go out for coffee, drop off a plate of cookies, give words of affirmation and love, etc. May we (so to speak) "sit with them"...recognizing and validating their journey of pain. May we be "light" in a world that longs for purpose, peace and love.