

# Mennonite Nursing Home

## Family Newsletter

January/February 2025

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A frosty morning view of our Country Gardens (hidden in the pines). Winter can be a dreary time of the year, but it does have its own beauty. We feel blessed to have a property where residents can enjoy the scenery during all seasons.

## January Events:

**January 3** Birthday Party

**January 16** Resident Council Meeting

10:00 Pineview

11:15 West

**January 24** Year End Memorial

**January 31** Year End Slideshow

We would like to thank the choirs, music groups, volunteers, friends and family who visited the home during the Christmas season. It helps make that time of the year extra special for our residents. Thank you to all!

Resident Council meetings are held every other month in the Nursing Home, Pineview, and Sunrise. This is an opportunity for residents to bring up any of their concerns or suggestions for any areas in the home. Families are also welcome to come to these meetings to advocate for their loved ones. Our next Resident Council Meetings will be held on January

16th at 10:00am in the Pineview Games Room and at 11:15am by the library on the West wing.

Fraudulent calls, emails, and texts seem to be on the rise these days and the senior population can be especially vulnerable to these scams. We have advised our residents at council meetings how to spot the red flags. These include: an unfamiliar number, unsolicited contact, suspicious links, typos, urgency, and requesting confidential information. Residents are advised when in doubt, do not respond and instead ask someone, whether a family member or staff or trusted friend on how to handle the situation.

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!

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## February Events

**February 7** Birthday Party

**February 13** Sweetheart Luncheon

**February 14** Valentine's Day Lunch

### Sweetheart Lunch

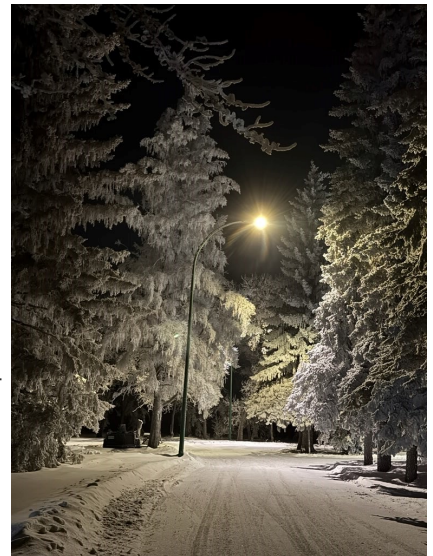
The sweetheart lunch will be held on Feb. 13th for our couples that live in the Nursing Home, Pineview and Sunrise Place. If you have a spouse living in the nursing home, please watch your mail for the invitation.

## A Word From Our Chaplain—*Amos Fehr*

### Fearfully and Wonderfully Made

"People go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering". –St. Augustine 394 A.D.

The human body consists of about one trillion cells. This is far more cells than there are stars in our galaxy. Of this cell population, 600 billion die daily while the same number are created every day; this is more than 10 million cells per second. The average lifetime of skin cells only amounts to approximately two weeks. Bone cells are replaced every three months and millions of antibodies are produced every 90 seconds, each one from some 1200 amino acids and 200 million red blood cells are replaced every hour. Not a single substance in the body remains how it is as all of our physical body is constantly being reproduced and replaced! **Learn to wonder again...** isn't that amazing? We are, in fact, in constant change and continue to develop, renewing our bodies unendingly from second to second.



This beautiful wintery scene was captured by our resident Peter Bowden. Just as our bodies are fearfully and wonderfully made, God made the our world with wonder and awe!

Speaking of wonder and amazement...I have had the privilege of becoming a grandfather on three separate occasions over the past 4 months!! Words cannot begin to describe the wonder of new life! Daisy, Elizabeth and Rosie are so precious to me and have found their way into the most inner part of my being. I praise God for their safe arrivals. All three were born at the Jim Pattison Children's Hospital in Saskatoon. We are extremely grateful for the healthcare professionals who made sure mother and child were safe and sound!

Over the years we have heard a lot of complaints about Saskatchewan's health care system. The challenge to finance and operate such an organization is insurmountable. Yet, my experiences have been mostly positive. It was 6 months ago I tore the ACL and meniscus in my knee and it's an experience I hope I never need to relive. The medical care I have received during this time has been excellent. From X-rays, ultra sound, MRI, physio and even a surgery date for January 2<sup>nd</sup> (hopefully by the time you read this I will be on the road to recovery). I have had genuine and professional medical attention and advice when I most needed it. Other fellow employees told me recently that they too have had incredibly quick care and attention when it was needed.

May we take a moment to reflect on the amazing human body that God created when He made you! There is no one like you...not even remotely close! May we stop and wonder with awe and amazement at what God has done. Psalm 139:14 says, "I praise You LORD for I am fearfully and wonderfully made".

*"Every good gift and every perfect gift is from above." James 1:17*