



DIGNIFIED Living

VOLUME 22
ISSUE 06
JUNE

Thank YOU!

The Community
with Heart 

by KAREN, EXECUTIVE DIRECTOR

Welcome to the month of June, sunny June truly kicks off the hot summer season, at least in the Northern Hemisphere. As such, the symbols associated with this month shine brightly and with unique radiance. It is a sunny and cheerful time of year.

I am truly looking forward to the month of June as we will hopefully have more opportunities to share in fun and laughter together, while celebrating two major events: Seniors Day and Father's Day!

Summer brings with it sunshine and sandals, please ensure that you are protecting yourself by wearing hats, sunscreen, and proper footwear. Sandals are lovely to keep your feet cool, however; can cause tripping hazards, please take care.

Once a year Father's Day comes and most of us cannot deny the fact that our dads are one of the most important parts of our lives. Father's Day is often remembered as a son's first hero and a daughter's first love, my dad was both to me. A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society – here's to you all!

Mid-June we will welcome Justin back to his role as Executive Director for Signature Park.

I have been humbled and touched by the many kind words of encouragement and thanks that so many of you have expressed. It is fulfilling to know that I have been able to positively contribute to your enjoyment of the lifestyle that you have chosen through joining our Community with Heart.

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Staff List
and Main
Phone Number

If someone you know would benefit from living at The Manors, please visit themanorvillage.com or contact our call centre at 403-686-8386 for more information and to learn more about our referral program.

**WELCOMING
Committee**

Joan M

**LIBRARY
Volunteers**

Jessie P, Winnie L, Bob B,
Sharron B, and Margie B

**RECYCLING
Committee**

Ester O, Ed B, Jim T

**RESIDENT/
FAMILY
Council**

EAST Wing Representatives:

1st Floor – Carol F

2nd Floor – Jean F

3rd Floor – Olga S

WEST Wing Representatives:

1st Floor – Eileen C

2nd Floor – Elaine D

3rd Floor – Anne D

Family Representatives:

Robin

Sharon S

Julia M

Secretary: Ann K

I would also like to take this opportunity to express my thanks, as it is through the numerous interactions shared with you, that I have been able to grow both professionally and personally.

You have shown me patience, understanding, and above all else, trust and confidence in the decisions that I make which impacted your day to day lives. For this, I am truly grateful.

Wishing you all the very best and keeping you in my thoughts and heart.

I look forward to our paths crossing again. 🍷

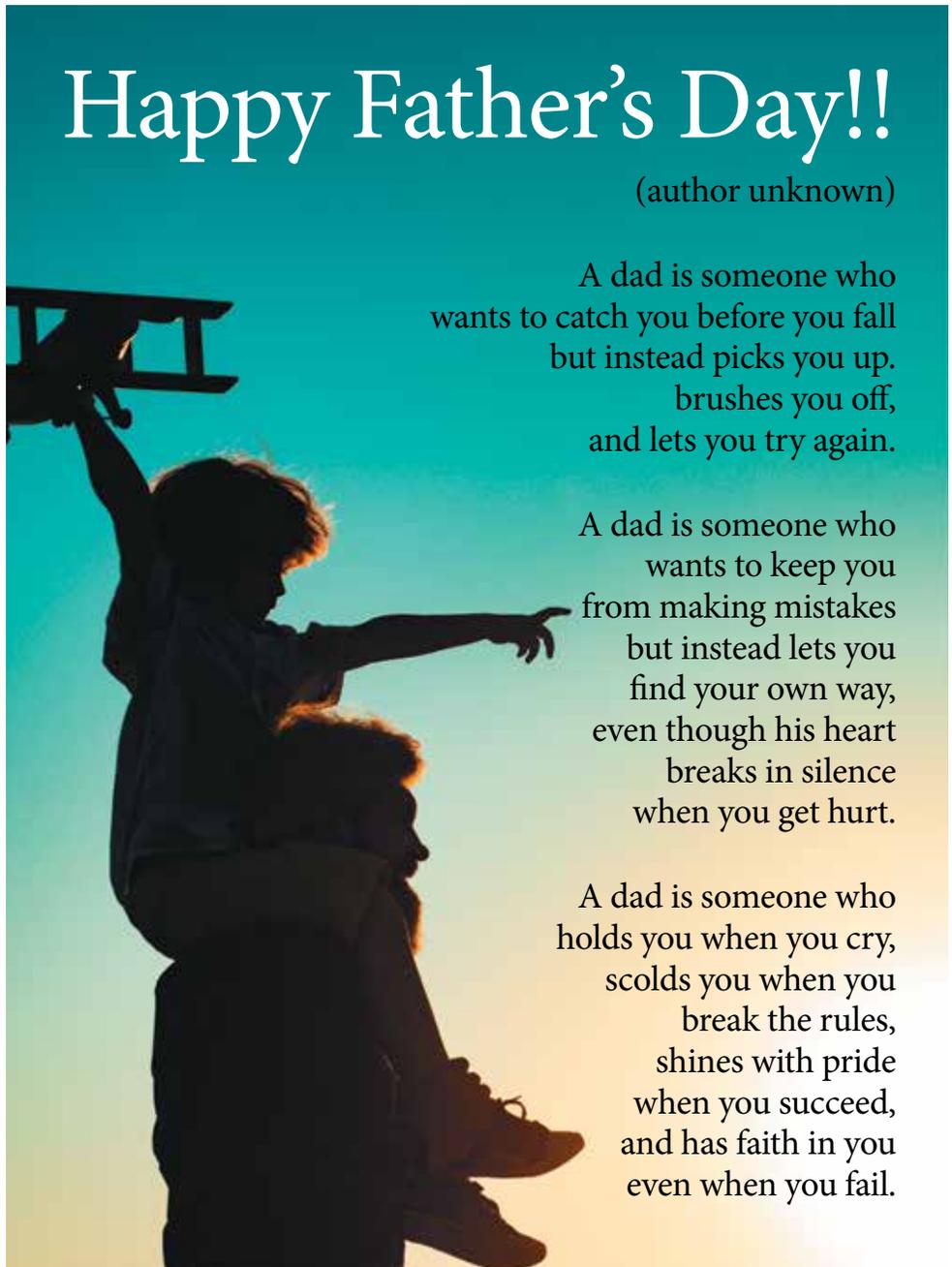
Happy Father's Day!!

(author unknown)

A dad is someone who
wants to catch you before you fall
but instead picks you up.
brushes you off,
and lets you try again.

A dad is someone who
wants to keep you
from making mistakes
but instead lets you
find your own way,
even though his heart
breaks in silence
when you get hurt.

A dad is someone who
holds you when you cry,
scolds you when you
break the rules,
shines with pride
when you succeed,
and has faith in you
even when you fail.



Meet Rochelle

Hello everyone! My name is Rochelle Dumalanta. I was born and raised in the Philippines. I completed my bachelor's degree in Medical Technology there as well. My family and I arrived here in Canada three years ago.

I just finished the Medical Laboratory Assistant Program at SAIT and I'm currently doing my practicum in a hospital and community laboratory. I've always been passionate about working in healthcare and I am very excited to start a Respiratory Therapy Program this coming fall.

I enjoy hiking, long drives, paddle-boarding and kayaking. One of my favorite summer destinations is Waterton Park, Alberta. My family and I usually spend a few days there every summer and we do all those fun activities.

I am very grateful for the opportunity that the Manor Village has given me to work and to get to know our amazing Residents. I am very happy to be a part of this family. 🍷



June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.

June's birthstone is the pearl, the Moonstone, and the Alexandrite.

The June birth flower is the Rose and the Honeysuckle



June Birthdays

June 3 George M

June 8 Helen D

June 10 Stella P

June 11 Eileen C

June 15 Dorothy D

June 16 Jane S

June 19 Simon B

June 21 Isabelle B

June 22 Roberta M

June 25 John F

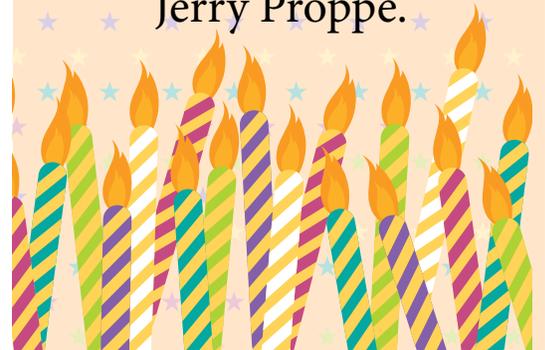
June 26 Gordon P

June 30 Maybert M

Happy birthday to all our June babies!

This month, the Resident birthday party will be held on

June 14th at 2:30pm
in the Dining Room with performance by Jerry Proppe.



May
was...

Marvelous

To see more about activities at The Manor Village
at Signature Park follow us on social media — [TheManorVillage](#)



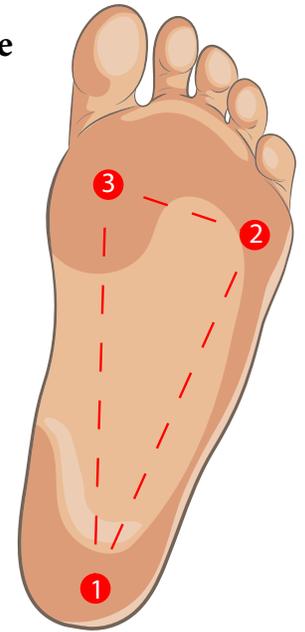


Strength Exercise to Help You Stand Up

This is a great exercise to do to help strengthen the muscles in your leg to help you get up.

The Foot Triangle of Support

The triangle is made up of your heel bone(1), the bone along the outside of your foot up to your baby toe(2) and across the ball of your foot just below your toes(3).



Now with the above image in your mind, sit or stand with your feet shoulder width apart and toes pointed forward. Practice pushing down on just the heel and hold for a count of 5. Repeat 5 times.

Now practice pushing down on the line across the ball of the foot while holding for a count of 5. Be sure to keep your toes on the ground.

Once you are comfortable with that, practice pushing down on both the heel and the ball of the foot. You can put your hands on your legs and feel you muscles contract and you should feel some lift in your body. You can do this seated or standing.

5 Tips to Manage Your Worrying

- 1 Don't waste time on "What if..?" questions:** Don't waste time thinking up situations that 'might' happen, but in reality are quite unlikely to happen – that is just a misuse of good brain time! Try to spot when you start asking yourself "What if...?" type questions. The vast majority of the scenarios you create using this approach are never likely to happen – so why waste time thinking about them?.
- 2 Learn to accept uncertainty:** Uncertainty is a fact of life, so try to accept that you will always have to live with and tolerate some uncertainty. Unexpected things happen, and accepting this will make your life easier and reduce your anxieties.
- 3 Problem-solve, don't worry:** Worrying is normally a very inefficient attempt to problem-solve. So when you worry, try to turn this into useful problem solving by considering what you need to do now to deal with the problem.
- 4 How not to lose sleep by worrying:** Very often your worries may stop you sleeping. You may find yourself running through every possible problem that could arise and trying to think up solutions. All this will do is keep you awake longer, and you'll end up feeling tired (and probably anxious) the next day. One solution to worries that keep you awake at night is to keep a pen and paper next to the bed. When you wake up worrying, simply write a list of the things your worried about. You'll probably find that once the worry has been transferred to that piece of paper, there is now no longer any need to keep it in your head as well and you can fall asleep. Your worries can be dealt with tomorrow.
- 5 Stay in the moment:** Spending most of your time worrying about things that might happen in the future means that you'll spend less time enjoying the present and staying in the moment. Acknowledge the worries that enter your head, but don't engage them, try to refocus on what you are doing in that moment – watching a TV program, reading a good book or visiting with a friend

What's happening at the Manor? LOTS!

Here's a glimpse at upcoming events

Upcoming Events

Fifth Avenue Jewellery Senior Week Event at

The Inn at Officers Garden
– June 6 at 11am-1pm

Senior Appreciation BBQ – June 9 for lunch

Jerry Proppe performing at the Resident Birthday Party
– June 14 at 2:30pm

AVON Vendor

– come by some AVON products! June 21 at 11am

Volunteer Lunch In

(make up date)
– June 22 at 1:00pm

Gala (make up date)

– June 30

Activities at the Manor

Coffee & Chat

– daily from 9-11am

Mobility Classes

– 9:30am and 10:30am daily

Music with Tessa

– Mondays at 2:30pm

Hymn Sings

– Sunday's at 3:00pm

Manor Minstrels

– Friday's at 11:00am

Bible Study

– every other Wednesday at 10:00am

Book Club

– meets once a month

Mindfulness with Pam

– once a month

Discussion Groups

– meets once a month

Men's Pub Lunch

– first Thursday of every month at 1:00pm

Putting Competition

– every other Friday at 2:00pm

Floor curling

– every other Wednesday at 3:00pm

Horse Racing

– every other Friday at 2:00pm

Visit with Toby

– twice a month

Bridge

– Saturdays and Wednesdays at 1:00pm

Tile Rummy

– Saturdays at 10:00 am

Card Bingo

– Tuesdays and Saturdays at 3:30pm

Cribbage

– Wednesday nights at 7:00pm

Euchre

– Tuesday nights at 7:00pm

Scrabble

– Thursday's at 2:30pm

Pool

– Monday's and Thursday's at 3:30pm

Movie

– every night at 7:00pm

Popcorn afternoon movie

– once a month at 2:30pm

Chats with Staff

– dates and times vary

PLEASE SEE DAILY
AND MONTHLY CALENDARS
FOR CHANGES TO EVENTS,
ACTIVITIES AND BUS TRIPS

Bus Trips

Bus trips will be dependent on weather. Remember to sign up for bus trips in advance at reception. Make sure to check the calendar and daily posters to be aware of any changes!

Upcoming Bus Trips:

(TBD)

June 2:

AM: **Sobeys**

PM: **Market Mall**

June 9:

AM: **Shoppers & Safeway** PM:
Winners/Superstore/Dollarstore

June 16:

AM: **Walmart**

PM: **Outdoor walk**

June 23:

Day trip to Canmore

June 30:

AM: **London drugs**

PM: **Co-op**

Notes for Newcomers

Residents' Volunteer Committees

Resident Volunteer contributions are recognized and appreciated! Any resident who would like to volunteer, please let management know, or ask Reception for the current contact names for your interests.

CENTERPIECE COMMITTEE

Doris A | Betty J | Hilda

MANOR MINSTRELS

Sing Along Group

Betty J | Ann K

HYMN SINGS

Jan B | Ann K | Carol F

RESIDENT RUN ACTIVITIES

PUTTING: Carol F

LOCAL WALKS: Hilda L

CANASTA: Clare R

BRIDGE: Erica K

EUCHRE: Hilda

TILE RUMMY: Eleanore B

CARD BINGO:

Ruth H, Doris A

SCRABBLE: Hilda

BOOK CLUB: Jean F

DISCUSSION
GROUPS: Ann K, Elaine

JOIN THE FUN!



Simple acts of kindness and generosity

“When you get, give. When you learn, teach”. Maya Angelou, the acclaimed author and civil rights activist believe that this advice, passed down by her mother, was one of the greatest lessons she’d ever learned. It could also describe the concept of paying it forward, where a physical item, knowledge, or a kind or positive deed is passed from one person to another.

It demonstrates that you don’t have to be rich or powerful to have a positive impact. After all, you can set a pay-it-forward chain in motion just by smiling at a fellow shopper or commuter. Uplifted by the experience, they, too, might extend your friendly greeting to another passerby and before you know it (in fact, you won’t know it), your good will could have radiated out into the world in the most wonderful way.

Contagious and Spontaneous

There are everyday moments of kindness, too. One morning in the winter of 201, a woman at a drive-through coffee shop in Winnipeg, Canada, paid the bill for the customer in the car behind her. The recipient of this generous act then chose to pay it forward, too setting off a ripple effect of altruism that continued, with each of the subsequent 228 patrons paying for the car behind them.

Sense of Reward

The scope of paying it forward is wide. Studies have found that simply witnessing a generous deed can inspire generosity, allowing a single moment of kindness to spread goodwill to others. Research also suggests that doing good deeds increases a person’s sense of well-being. It can give a sense of purpose, boost self esteem, and increase feelings of gratitude and compassion. In turn, nurturing these emotions can have a positive effect on health by helping to reduce stress levels.

There are a few helpful things to remember when passing on good deeds:

- Generosity is meant to feel good, so it’s important to only give what you can afford.
- Be creative and vary your kind deeds and gestures to keep it fun and prevent them from becoming a chore.
- Look out for opportunities and be prepared to extend your help to strangers.
- Pay attention to when others’ gestures benefit your life and consider emulating them.
- Giving doesn’t need to be about money. Often the most valuable

gifts are time, knowledge, and skills, which don’t need to be big or showy.

- Don’t wait for someone else to start the chain of goodwill, set the domino effect in motion yourself.
- Give without expecting anything in return. If someone does offer to repay you, suggest they pay it forward.
- Consider volunteering for a group or organization and enjoy the camaraderie of being part of a kindness team
- Paying it forward can start with the simplest gesture. Perhaps the first could be to consider what small act of kindness you could set in motion today.

Need inspiration?

Here are a few ideas:

- Offer to mentor someone in your field of expertise or teach someone a skill you know.
- Spread good news and uplifting stories.
- Bake for your colleagues, friends.
- Send an impromptu handwritten letter or card so someone you know.
- Donate unneeded clothes, furniture, and so on to charity.



How do we celebrate?

Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Although it is celebrated on a variety of dates worldwide, many countries observe this day on the third Sunday in June.

On Father's Day many people make a special effort for their fathers or father figures. Some people visit their fathers, while others give cards, flowers or other gifts, such as clothing or sporting equipment, or luxury food items. Father's Day is a relatively modern holiday, so different families have different traditions. These can range from a simple phone call or greetings card to large parties honoring all father figures in an extended family. Father figures can include fathers, step-fathers, fathers-in-law, grandfathers, great-grandfathers and even other male relatives.

Father's Day in India is a relatively new concept but it is celebrated in similar ways as in the United Kingdom or the United States, although on a smaller scale. There is a greater awareness of Fathers Day events in metropolitan cities and bigger towns due to the greater exposure of people to the western cultures in these areas. In

Mexico Father's Day is referred to as "Día del Padre", where many families get together, prepare meals and distribute gifts to fathers or father figures. In South Africa, many social and cultural societies host Father's Day celebrations to stress the important role of fathers in nurturing children and building stronger society.

Background of Father's Day

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the Sun as the father of the universe. The June solstice occurs around the same time of year as Father's Day so some people saw a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations and planned a day to honor fathers early in the 20th century. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. Father's Day has become increasingly popular throughout North America and other parts of the world over the years. Mother's Day is also celebrated in Canada on an annual basis.

Interesting Facts about Father's Day

Since the Middle Ages, families have been honoring their paternal bonds with well wishes, lavish gifts, and family gatherings. While in various parts of the world it's held on different days and often in the months of March, May, and June, the goal is all the same, to honor fatherhood. Here are 12 interesting facts you may not have known about the holiday.

- Father's Day was founded on June 19, 1910, in Spokane, Washington at the YMCA by Sonora Smart Dodd to honor her father, Civil War veteran William Jackson Smart, for all his efforts as a single parent raising his six children.
- It wasn't until 1972 when President Richard Nixon signed into law a permanent recognition of Father's Day.
- According to Hallmark, Father's Day is the fourth-largest card-sending occasion with 72 million cards given every year.
- Consumer spending on Father's Day is expected to rise to an all-time record of close to \$17 billion in 2020.
- Census data shows there are more than 70.1 million dads in the U.S.
- Two million fathers are single.

"A Father is someone you look up to no matter how tall you grow"

Father's Day



WE ARE WHAT WE EAT!

“Let food be thy medicine...”

—HIPPOCRATES

by GARTH MANN, DIRECTOR: THE MANOR VILLAGE LIFE CENTERS

Our bodies and minds react exactly to how we treat them. Each person's body and mind are unique and should be studied genetically, rather than focusing on symptoms.

A simple nutrigenomic test will determine what foods we can metabolize and digest. Diets packed with glutens, sugars and trans fats will, over time, result in microvascular ischemia (changes to small blood vessels in the brain) and heart disease in many people.

My grandson, Caden, was diagnosed at age two as showing symptoms of autism.

My daughter, Alissa, was determined to find a solution for her child, who was unable to assimilate answers to questions or respond without anger. She was not going to submit to a diagnosis of autism, even though the medical and holistic naturopathic experts were certain the family should “just accept and prepare for the autistic spectrum.”

Alissa is a strong-willed woman who refuses to believe what she is told without being absolutely certain. She was determined to mitigate symptoms by associating the disease with intestinal hyperpermeability (leaky gut syndrome).

From the age of two to 12, Caden lived on a diet that excludes glutens, trans fats, most sugars, seed-type

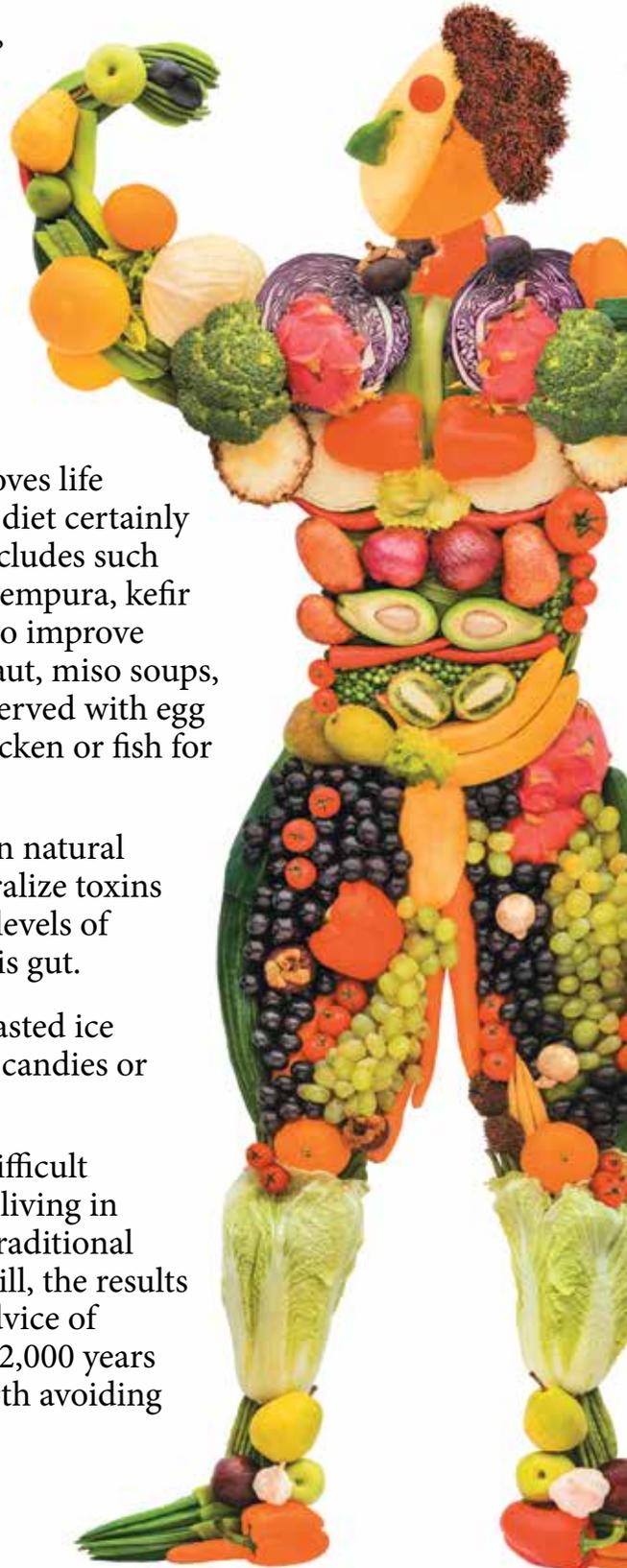
saponins, bananas, chocolate, deep-fried foods and traditional dairy. Certainly not the typical North American diet.

As a result, Caden has grown to be a healthy, intelligent 12-year-old who loves life and all sports. His diet certainly isn't typical and includes such foods as kabocha tempura, kefir with live bacteria to improve digestion, sauerkraut, miso soups, kimchi fried rice served with egg and fresh farm chicken or fish for protein.

His diet is based on natural probiotics to neutralize toxins and diminish low levels of inflammation in his gut.

Caden has never tasted ice cream, Halloween candies or fried fast foods.

Sure, it has been difficult for Caden's family living in Arizona to avoid traditional American diets. Still, the results of following the advice of Hippocrates from 2,000 years ago have been worth avoiding a life with autism.





THE MANOR VILLAGE

LIFE
CENTERS™

AT SIGNATURE PARK

STAFF Directory

The Community
with Heart♥™

**Wellness Staff is in the Building
24 Hours a Day**

To Reach On-Duty Nurse
Dial 553

**IN CASE OF EMERGENCY,
PLEASE PRESS YOUR PENDANT!**

PCAs dial 551/554	Catherine, Eden, Richianne, Nora, Nikka, Shirlyn, Robert
Part Time PCA	Sheila
Casual PCAs	Levelyn, Dona, Rose Mary, Sara, Cherry
LPNs dial 552/553	Elizandra (Liza), Minakshi, Joy, Mandeep
Part Time LMPs	Adiam, Rima, Sokunthea (Thea)
Casual LPNs	Magdaline, Uche (Emmanuel), Hanani, Yvonne, Askale, Samira

Executive Director	Karen dial 502
Director of Wellness	Liz dial 505
Recreation Director	Natalie dial 504
Accountant	Selma dial 503
Maintenance Coordinator	Peter dial 514
Maintenance Assistance & Painter	Victor dial 0
Lead Reception	Susie dial 0
Part Time Reception	Vicki, Rochelle, Lawna
Le Salon	Rada dial 513
Housekeeping Manager	Aileen dial 512
Housekeeping Staff	dial 562 Regie, Luisa, Roy, Antonio, Ndong
Transportation Coordinator	Helmut
Activity Assistant & Transportation Coordinator	David
Lifestyle Marketing Professional	Nicole dial 517
FOOD SERVICES & DINING ROOM dial 509	
Executive Chef	Shawn dial 506
Sous Chef	Bernie
Dining Room Manager	Linda dial 507
Dining Room Supervisor	Sandra
Dishwashers	Mikhail (Mike), Jimmy
Line Cooks	Daniel, Robert, George
DINING ROOM STAFF	
Alex, Mai, Jaspreet, Isra, Esther, Luke, Alec, Rochelle, Emily	

CurrieGreen



Construction has begun on our newest and largest location!

Currie Green is a progressive three phase project that will include: The Davenport House, The Alexandria House, and The Manor Village. It is located in the sought-after community of Currie – one of the most exclusive locations in Calgary. These three buildings will be elegantly designed and constructed in steel and concrete for luxury living and safety.

The Davenport House & Alexandria House feature beautiful, spacious one and two bedroom suites (plus den) for lease. They are joined by a glassed-in Atrium which houses amenities such as indoor Pickle Ball, Bocce Ball, Stretch & Flex Programs, as well as two floors for The Garden Café and Medallion Dining. There are several services and amenities available to contribute to the elevated quality of life for our Residents.

As a true “Aging-in-Place” community, Currie Green includes a third building. The Manor Village Life Centers meets the needs for extended health care including Memory Care and Enhanced Care. The aging process should represent dignified living. The main two floors of The Manor Village at Currie Green are occupied by Advanced Medical Group / Surgical Center, to provide community health services to Residents and their families plus Currie and area neighbours.

All three buildings surround the beautifully manicured Officers’ Mess Garden with trees, shrub, benches and walking paths.

For more information about Pre-Sales of Currie Green.

For more information:
curriegreen@statesmangroup.com
or 403-369-6000

www.curriegreen.ca

This is how life is meant to be lived,
through healthy aging!

Top Notch Dad Jokes

I was addicted
to the hokey
pokey but I
turned myself
around.

Did you hear
about the new
pencils with an eraser on each end?
I just don't see the point

Why can't your nose be 12 inches long?
Because then it would be a foot.

I used to have a job at a calendar factory but I got
fired for taking a couple days off.

What did the buffalo say to his son when he dropped
him off at school? *Bison*

What do you get when you cross a vampire with a
snowman? *Frostbite.*

Did you hear about the restaurant on the moon?
Great food, no atmosphere.

What's brown and sticky? *A stick.*

Why don't crabs give to charity?
They're a little shellfish.

Want to hear a joke about construction?
I'm still working on it. 🚧

I KEEP ALL MY
DAD
JOKES
IN A **DAD** A **BASE**