



Meadowood Manor, 577 St. Anne's Rd, Winnipeg, MB R2M 5B2  
www.meadowood.ca

Friends of  
**MEADOWOOD**  
QUARTERLY NEWS  
SPRING 2015

# Spring Resurrection

*"For behold, the winter is past; the rain is over and gone.  
The flowers appear on the earth, the time of singing has  
come, and the voice of the turtledove is heard in our land."  
Song of Solomon 2:11-12 (ESV)*

Everywhere you look around you can see the signs of Spring, the melting snow banks, the chirping of the birds, and the buds starting to grow on the trees...finally the darkness of winter is put to bed and the bright Spring arises from the cold earth.

This is also the season of Easter when we Christians celebrate the resurrection of our saviour Jesus Christ, giving thanks for the new life He has provided for us by conquering death, and rising to be with His Father in heaven. He wants us to know that no matter what we are going through in life, that if we commit our lives to Him, His spirit is always with us.

**Isaiah 41:10 (NIV)** *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Let us joyfully celebrate the arrival of Spring, and as we sit down to our Easter meals, we can praise the Lord our God, that He is faithful to sustain us through the darkness and bring us into the light through His Holy Spirit.

## ***Praise to God for a Living Hope***

*"Praise be to the God and Father of our Lord Jesus Christ!  
In His great mercy He has given us new birth into a living  
hope through the resurrection of Jesus Christ from  
the dead." 1 Peter 1:3 (NIV)*

## The Best Little PCH just got a little better

As Meadowood works to become "The Best Little PCH" in Winnipeg, our management team continues to find new ways to add improvements to areas throughout the building. We are always looking for efficiencies within our budget so we can contribute to these projects, and we are also grateful for assistance from the Meadowood Manor Foundation as they support our efforts to provide excellent care for all our Residents.

*Here are just a few of the enhancements that we have been able to secure so that our staff can do their best work in providing excellent care for our Residents:*

**Blood Pressure Machines** were purchased for both floors so nurses can easily attend to our residents in a timely way.

Installation of a new **Call Bell System** this spring as the current System is original to the building and will be replaced with one that can track response times. This project will take 6-8 weeks to complete and a temporary system will be in place for resident use in the mean time.



Visitors will notice **New Signage** throughout the building as we begin to better identify management offices and residents rooms with their pictures and names. The name sign for the Fellowship Hall recently went up and looks great.

We have also purchased 5 sets of **iPods** with headsets so our residents can listen to music. Music has been shown to help improve behaviours, especially for people with dementia. Each iPod will have different decades and genres of music to suit different residents. If families wish they may also bring in their own iPod for their loved one and fill it with personal music.

*Look for more enhancements to come as we continue to ensure that*

*Meadowood Manor is a caring home for our Residents, Tenants, and where our staff enjoys working.*

## Spring Programs

We kicked off an early Spring in the theme of green, starting with our **St. Patrick's Day** celebration featuring special music, green cupcakes and a tea party. Those residents boasting green thumbs helped to launch our Horticulture Program, planting seeds for a herb garden, to be transplanted into our new outdoor planters once



the weather warms enough to enjoy the garden patio. Later in April we'll feature **A Taste of the Tropics** featuring folk stories and tasty treats from around the world.

If you're interested in joining us as a volunteer, please call Dawna or Linda at **204-258-2589**...we'd love to have you join us!

### Upcoming Events:

**Volunteer Appreciation Dinner**  
Thursday, April 16 - 6:30 pm

**Annual Fund Raising Dinner**  
Thursday, May 28 - 6:30 pm

**AGM** - Tuesday, June 23 - 7:00 pm

## REJOICE! HE IS RISEN!

*"The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified.*

*He is not here; He has risen, just as He said. Come and see the place where He lay."* (Matthew 28:5-6)

The message of Easter is a message of hope and assurance to all who believe!

The following reminds us of this hope:

The cross means that we can look back and be thankful;

the empty tomb means that we can look ahead and be hopeful.

The cross fills us with gratitude; the empty tomb fills us with expectation.

The cross means that He died for us; the empty tomb means that He lives for us.

The cross means that the old has passed away;

the empty tomb means that all things have become new.

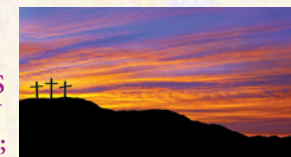
The cross is the triumph of mercy; the empty tomb is the triumph of righteousness.

The message of the cross is, "It is finished," the message of the empty tomb is, "I am alive forever more."

This Easter season may you know this hope and assurance that we can have even in the midst of struggles and trials because we have believed the message that "God So Loved The World (you and me) That He Gave" and may we desire to share that hope: "HE IS RISEN."

The Lord will reward you for your faithfulness in praying, giving, volunteering and encouraging.

**HE IS  
RISEN  
INDEED;**



Chaplain Dave (and Darlene) Holland





## Volunteer Highlight: Amber Dey

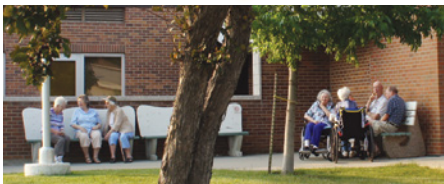
As a full time Grade 12 student at nearby Dakota Collegiate, Amber Dey has been an enthusiastic volunteer, helping out with a variety of recreation activities at Meadowood Manor.

While fully committed to her studies, since the start of February her schedule has allowed her to share her time with our residents Monday to Friday from 10:30 to Noon weekly.

Since starting to volunteer Amber has assisted with many programs including Morning Song, Curling, Portering of Residents, as well as challenging a few Residents from time to time with a game of Crib.

We are very grateful for Amber's generosity of time and her good nature as she continues to volunteer with us.

## Independent Living at Meadowood



We are currently accepting applications for our bachelor suites. Applications are available at our front desk or you can call **204-257-2394** to set an appointment to view a suite.

## Visitors to Sign-In at Front Desk



New regulations have made it necessary to introduce a visitor sign-in book for all visitors parking at Meadowood. This is for the safety and protection of all resident families and friends. In case of an emergency such as a fire or the need for evacuation, we must be able to account for all visitors within our premises.

## Something to think about

The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered in darkness, and struggle to reach the light. *- Unknown*

## Feedback

Contact:  
[info@meadowood.ca](mailto:info@meadowood.ca) for comments and contributions to the newsletter.

