



FIVE STAR NEWS

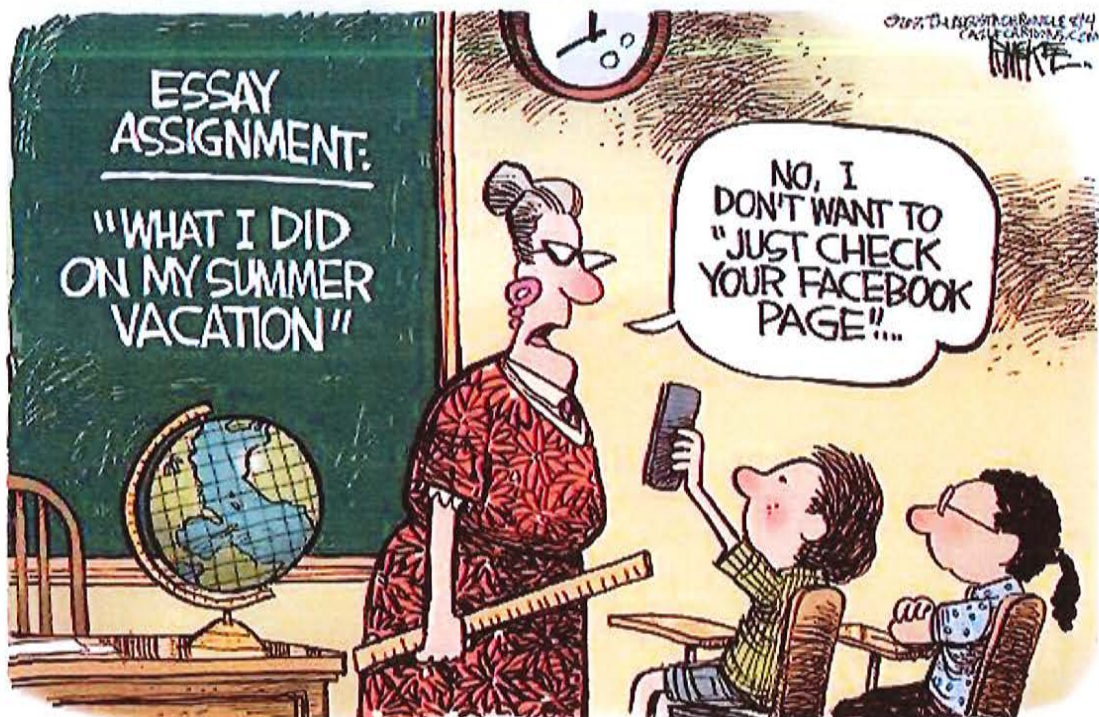
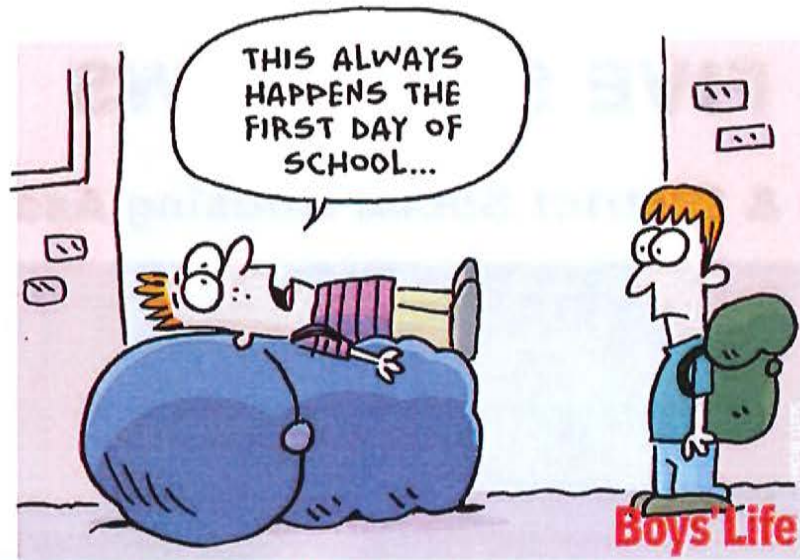
Barrhead & District Social Housing Association

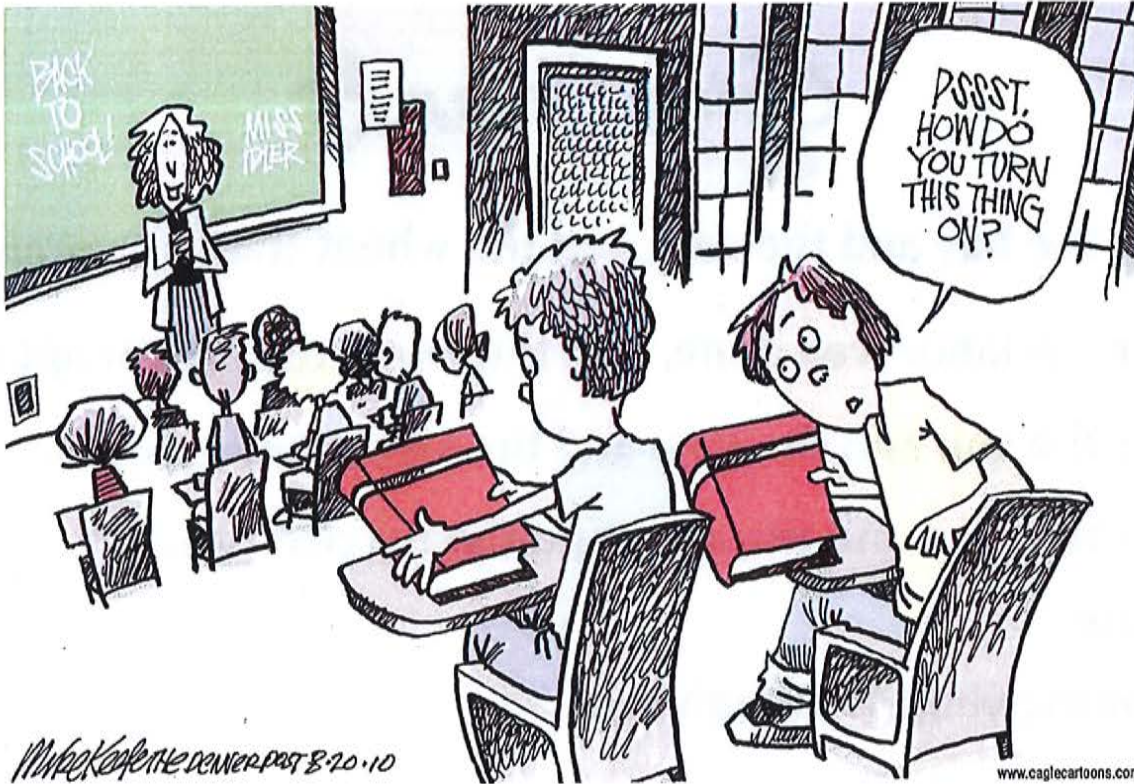


September, October, November 2022

FREE

Back to School Humor







Give Thanks

**For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought
home-
Thanksgiving! Thanksgiving!**

For the trade and the skill and the wealth in our land,

For the cunning and strength of the working man's
hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have
brought-
Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea:
For this land that is ours "we stand on guard for thee"
Thanksgiving! Thanksgiving!

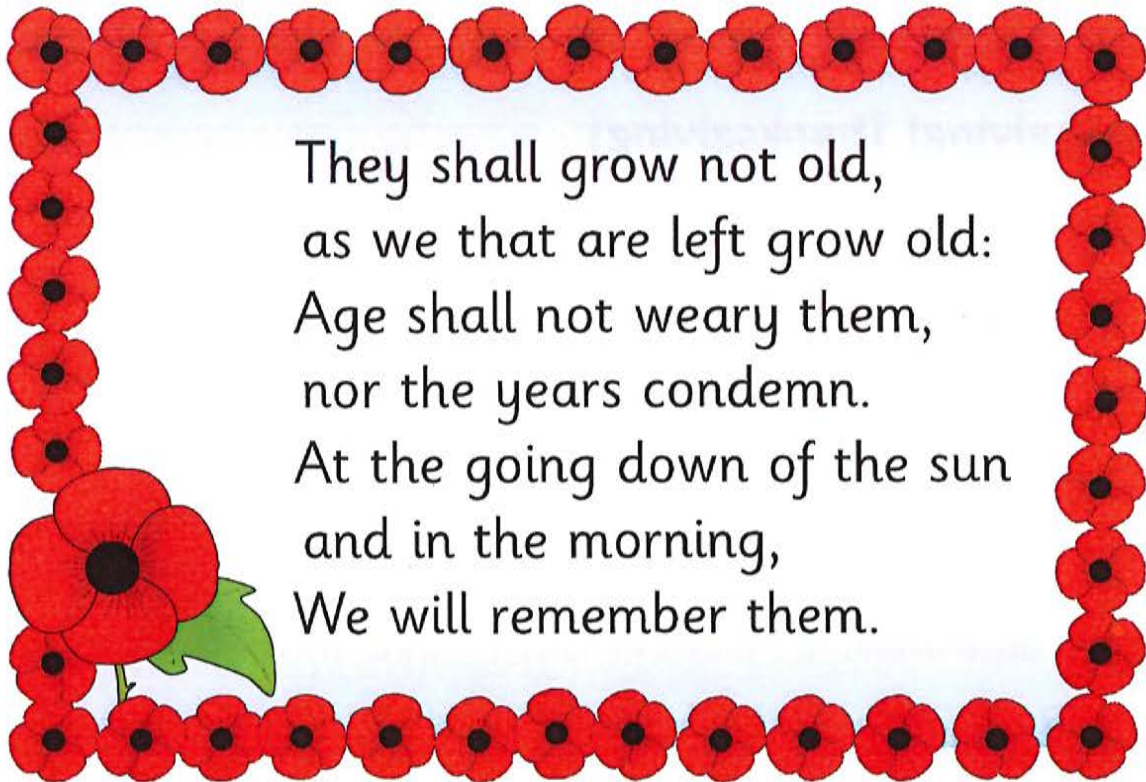


Give thanks
to the Lord, for
He is good; His love
endures forever.

Psalm 107:1



*In Loving Memory of all
Veterans*



They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning,
We will remember them.



I do not know your name~
Nor for which battle you died.
I do not know your home,
Nor the tears that were cried.

I do not know where you rest~
Nor the promises broken.
I do not know your uniform
And your fears lay unspoken.

But, I know your spirit exists~
That your courage is admired,
And your sacrifice is honored
By each soul that's inspired.

And I offer you from my heart
Thank you, to guardians unknown
For offering yourselves for us all
That we may keep freedom...
Our home.

Bless you

© Sherrie Ball



Wise One-Liners to Live By

***Your fences need to be horse-high, pig-tight and bull-strong.**

***Keep skunks and bankers at a distance.**

***Don 't interfere with somethin' that ain't bothering you none.**

***Sometimes you get, and sometimes you get got.**

***If you find yourself in a hole, the first thing to do is stop diggin'.**

***Words that soak into your ears are whispered...not yelled.**

***Meanness don't jes' happen overnight.**

Farmer's Advice

- *Forgive your enemies; it messes up their heads.**
- *Do not corner something that you know is meaner than you.**
- *It don't take a very big person to carry a grudge.**
- *You cannot unsay a cruel word.**
- *Every path has a few puddles.**
- *When you wallow with pigs, expect to get dirty.**
- *The best sermons are lived, not preached.**

Farmer's Wisdom

- *Most of the stuff people worry about ain't never gonna happen anyway.**
- *Don 't judge folks by their relatives.**
- *Remember that silence is sometimes the best answer.**
- *Live a good, honorable life.. Then when you get older and think back, you'll enjoy it a second time.**
- *Life is simpler when you plow around the stump.**
- *A bumble bee is considerably faster than a John Deere tractor.**



***The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.**

***Always drink upstream from the herd.**

***Good judgment comes from experience, and a lotta that comes from bad judgment.**

***Lettin' the cat outta' the bag is a whole lot easier than puttin' it back in.**

***If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.**

***Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.**





Ice Fisherman's Secrets to a Good Catch

Billy Bob and Jethro decide to go ice fishing. After arriving at the lake early in the morning, they cut two holes in the lake and drop their lines in the water. After fishing for a few hours, Billy Bob has caught dozens of fish while Jethro hasn't even gotten a bite.

Jethro asks, Billy Bob, what's your secret?

Billy Bob answers, Mmu motta meep da mmrms mmm.

Jethro asks, What did you say?

Billy Bob answers, Mmu motta meep da mmrms mmm.

Jethro again asks, What?

Billy Bob spits into his hand and says, You gotta keep the worms warm!

REPORTS



Hello everyone!

I hope everyone has enjoyed the summer so far. I know it has been a warm one. Our Administration team has been very busy working on many different things, new and old.

News from Board Meetings

- **Policy Review Meeting is being held on October 17th.**
 - **BDSHA Administration and Board members will be reviewing and revising policies.**

- **In past years, Generous Donations were provided for specific purposes by previous residents.**
 - **Evelyn Menzies- Hillcrest Landscaping**

- **An RFP will be prepared in the early fall and hopefully awarded so that work may begin in early spring. The hope is that the area's will be ready for everyone to enjoy during the summer of 2023.**
- **Wilf Seal- Library**
 - **Another RFP will be prepared for this project shortly to renovate the old family room/temporary office space into a new library. This will be a beautiful place for all of the residents at BDSHA to enjoy. Work could occur during the winter of 2022-23.**
- **Clarence Nickel- Bus**
 - **The bus has been purchased recently and is already being used. A decal will be placed to commemorate Clarence on the side of the Bus.**
- **The John and Gerald Fellowship is no longer a part of Barrhead and District Social Housing Association's Portfolio. The Fellowship has been turned over to Blue Heron Support Services because it better suits their field of expertise.**

Hillcrest Addition

On June 30th, we were finally granted permission to move residents into phase 2 of the new addition. Work is nearing completion of the exterior, and there will be some deficiencies to address within the first year. We can finally see the end of this project and it is very exciting.

BDSHA is busy furnishing the new spaces and making some changes to other areas as well.

NEW OFFICE

Most of our Administration Staff has moved into the new office space. This is located exactly where the old (Pre-construction) office was located, and it has been renovated to fit BDSHA's current needs. It will take some time for everyone to get settled in, but it will be a comfortable and productive workspace.

At any time, feel free to drop by and say "hi" to Dawn, Jaime, Dorothy, Deb, Su, and I. Residents are always welcome.

Projects

Since our last newsletter, there has been some development in regards to projects.

- **The Klondike Place Concrete Replacement is over halfway complete.**
- **A Tender package has been released for the replacement of the Jubilee Manor Intercom (ASHC Funded)**

The Board of Directors has chosen to build a "Scooter Shed". This amenity will provide storage for scooters at all times of the year. The Concrete pad is poured behind the bus garage, and a Request for Proposals has been sent to several local contractors to complete the project before the snow flies.

Unfortunately, the Fire Panel Replacement Projects occurring at Klondike Place and Pembina Court Manor are behind schedule. This is due to a shortage of materials. Work should be complete by the end of October

A few more project RFP's are still being prepared to release very soon, including:

- **James and Della Roach Park Manor Utility Door Replacement**
- **Golden Crest Manor and Barrhead Community Housing Suite Renewals (Cabinets)**
 - **A budget has been granted to complete this work from Alberta Seniors and Housing and a certain number of suites will receive new cabinets. The specific units will be determined by BDSHA.**

New Housekeeping Supervisor

We have a new Housekeeping Supervisor. Her name is Jennifer and she is excited to work with our great Housekeeping Team. We hope you get a chance to meet her very soon!

Recycle Program

BDSHA has recently implemented a recycling program at Hillcrest and Klondike Place. Once a week, a young gentleman from town will stop in and pick up recycle materials from the designated locations.

Hillcrest : By the 2-storey Elevator

Klondike Place: In the Front Lobby

At these stations, residents from all properties may bring paper, plastic, and aluminum for recycling purposes. Since this is a new program, we will evaluate the frequency of the pick up times.

Bottles and cans are still being collected separately with the proceeds going towards activities. New matching cannisters will be placed soon in the same areas.

Electric Wheelchairs vs Mobility Scooters

BDSHA recognizes the fact that many seniors require mobility aids such as mobility scooters and Electric Wheelchairs. There has been some recent confusion about what mobility aids are permitted inside the buildings.

Electric Wheelchair



A power chair is basically a wheelchair that is powered by batteries and an electric motor, that is designed for constant use. They offer support to the back and sides of the individual for added comfort. With hand controls on the armrests, the wheelchair can be controlled without extension of the arms or leaning too far forward. This allows

for a stable position for those individuals who have limited mobility of the arms or the upper body.

Electric Wheelchairs have a tighter turning radius and don't reach the same speeds as mobility scooters.

Mobility Scooters



A mobility scooter is a scooter made for those who are not completely immobile. They allow for easy mounting by lifting up the armrests in order to easily slide in and out. They are powered by batteries and controlled by switches attached to handlebars; sometimes a finger lever or a twist grip throttle. Their bases are constructed sturdier and thus they are more solid. Mobility scooters are able to reach higher speeds and are more capable of travelling on different terrains such as concrete, grass, and gravel (to some degree).

***Information sourced from
www.electricwheelchairsusa.com**

Mobility Scooters are not permitted indoors at any BDSHA managed property. Because of the higher rate of speed and inability to make tight turns, there is a much higher chance of injury to other residents and the possibility of property

damage. Scooters must be parked in designated areas such as the parkade (or in the New Scooter Shed once it is complete.)

Barrhead and District Social Housing Association permits electric wheelchairs inside all properties.

Survey Results

I had every intention of having Resident Survey results ready for this newsletter. Unfortunately, there hasn't been any opportunity for me to add comments yet. I apologize for this. The survey results will be available very soon. I know many people are curious to see them.

Sincerely,

Tyler Batdorf

CAO

Barrhead and District Social Housing Association



'How may I help you?'



Resident Services

Summer has just been flying by. I hope you all got to enjoy the weather and some time with your families.

We have had a lot of changes over the summer. The construction is coming to an end. There have been some new residents already move in and more that will be coming in the next couple weeks. Please make sure to say hi and make them feel welcome.

I will be having Tea and Topics in the next few months. I would like to meet with all the buildings and any resident who would like to join. Watch for notices on when this will be happening.

The Resident and Family Councils Act ensures that every person living in a licensed supportive living or long-term care setting serving four or more residents in Alberta, along with their family, has the opportunity to form a resident and family council. A resident and family council can help make positive changes to the quality of life of residents. There is Resident and Family Council in the Klondike Place. If

anyone from Hillcrest would like some information, we have a toolkit that could help set this up.

I am always available for questions or concerns. Call me at 780-674-2787, email dprice@bdsha.org or up at the front.

Dawn Price

Resident Service Manager



Dietary Services

The Dietary Department wants to welcome all the new residents to the BDSHA facility.

One of our morning staff, Riley, has left us and moved to Edmonton. We wish him all the best on his future endeavours. His morning shift position has been taken by MJ who we congratulate on getting the job.

***We are in talks with the new dietician and hope to be getting the new menu done for the residents to enjoy soon.**

***We have ordered new milk carafes for the tables as residents and staff were finding them difficult to use.**

***All residents please remember that dishes and food cannot leave the Hillcrest kitchen dining area or the Jubilee Manor dining area. Thank you for your cooperation.**

***We will be having fun meal days coming up such as BBQ days and other special meal days coming up in the future.**

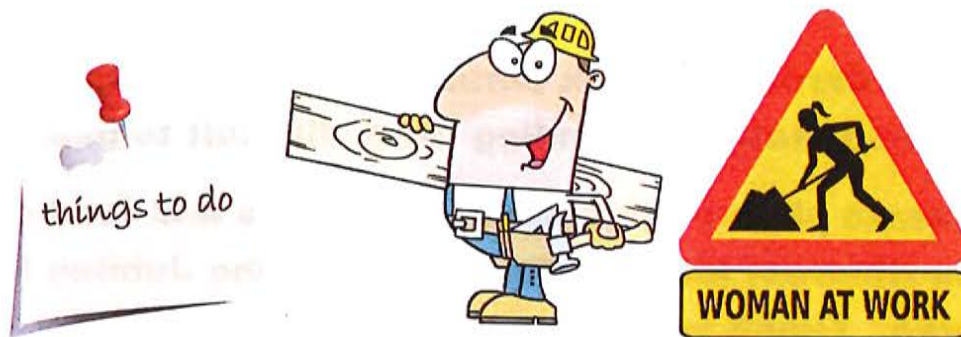
We hope you had a great summer!

Dietary Team

Donovan George – Dietary Supervisor

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Maintenance and Grounds Department

As I'm sure most of you would agree, summer is still in full swing and it's hard to imagine that fall is just around the corner.

We in the Maintenance department are still trying to catch up on some of our summer projects! (You may have noticed lines in the parking lot being painted or the Klondike Place parkade being cleaned up while all the vehicles have been removed).

However, cooler weather will inevitably be here soon enough and with it a host of new projects for everyone.

This may be a good time to remind everyone that come fall, (or whenever you no longer need it) any AC units that may have been installed should be removed before the weather turns too cool. Anyone wanting a unit removed can contact the office and have them make a work order for Maintenance which we will get to as soon as we can. Along with AC removal, another helpful reminder to keep your room/suite warmer is to ensure your windows are not only

closed but locked. Cold air can sneak in through the smallest cracks and create quite a draft.

You may have noticed new furniture, artwork, TVs and shelving popping up in the buildings as we work with the Activities department to try and make everything a bit homier. This is always ongoing so look for more additions in the future.

I'm sure the changing colours of fall will be welcomed by everyone after all this summer heat, but in the meantime lets enjoy what's left of it! And please remember to contact us if you have any other Maintenance concerns.

Soon the weather will change, the vegetables will be harvested, and flowers will stop blooming. We will put the perennial plants to bed for another growing season. Once the weather turns cooler and the gardens are finished, we will not be filling the water barrels. Gardeners, please clean out your gardens at the end of this growing season If you need garbage bags please let us know.

Maintenance and Grounds Team

Darrell Schonknecht – Maintenance and Grounds Supervisor





Activity Department



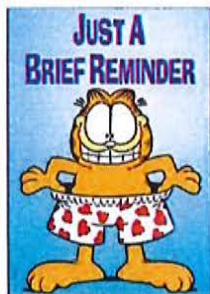
- * **Levis Rondeau for the beautiful table arrangements.**
- * **Louisa Lavoie for the paintings.**
- * **Doris Bain & Hennie Mast for making the potato salad for the Weiner roasts and BBQ.**
- * **Rulie Wierenga – donation of the pool table.**
- * **Kathy Hosack’s family for helping with the BBQ and Weiner roast.**
- * **Lead Well site Management for the donation of replacement bearings for our curling rocks.**
- * **To all Residents and Tenants who help us with activities, thank you! We appreciate the extra help!**

***To all who have ventured out of your room to participate in activities, enjoy the patio with family and friends, played pool in the center rec room and encouraged others to join in.**



***Ducks – our little friends went to live with Tyler and family. We hope you enjoyed watching them grow the two weeks they were here. This Spring we will try and incubate chicks and ducks.**

***Bottle Recycle Bins – 2 locations, Center Rec Room and KP Rec Room. We can do pickups! If you have a few or many give us a call or drop a note into the mailbox and we will come and get them! Thank you for contributing your bottles to our fundraising efforts. We are currently raising funds for Christmas decorations, crafting supplies, painting supplies, sponsoring a student with Hot Lunch for the year.**



Activity Calendars, Newsletters, Trivia, upcoming events, sign up sheets and Activity Information is available in the Center Rec Room. All residents and tenants are encouraged to visit the Center Rec Room. Thank you!

WE are A COMMUNITY

We are a community! We are connected by pedways and ALL Residents and Tenants are welcome to attend.....

*** CURLING IN BOTH LOCATIONS IN HILLCREST AND KLONDIKE PLACE. Everyone can participate!**

*** EXERCISE GROUP IN BOTH LOCATIONS IN HILLCREST AND KLONDIKE PLACE. Everyone can participate!**

*** Use Exercise Equipment in Klondike Place Rec Room. All buildings, this equipment is for everyone!**

*** Book the Party Room located in Klondike Place on the third floor. Please book with reception \$60 for the day, \$50 damage deposit. The party room is the only place where you can have private functions, family gatherings, birthday parties. Room capacity is 25 people.**

*** Attend PAINTING CLASS in Klondike Place in the Rec Room.**

*** Come for Coffee in Hillcrest dining room.**

*** Attend EVENTS in Hillcrest dining room.**

*** Sit, visit, enjoy the PATIO located between Hillcrest and Golden Crest.**

***Walk the halls! Go from building to building – GREAT EXERCISE!**

Before COVID and CONSTRUCTION there was NO separation or exclusive building activities, everyone was welcome to participate regardless of which building you lived in. Let's get back to being a community and helping each other live our best life!



***We would like to raise \$800 to sponsor a student for the school year – HOT LUNCH, if you wish to donate to this project, please bring your donation to the reception desk. Thank you! Accepting donations September 1-October 7/22**

***Thursday September 15 at 7pm, 90 Plus Celebration. Everyone is welcome to attend. There will be reserved**

**seating for the NEW 90 plus club members and their family.
COME AND HELP CELEBRATE!**

***Monday September 19, 2022 at 1pm. Join Louisa and the Activity Dept. for painting classes! Materials are provided, everyone welcome!**

***Sunday October 2, 2022 – Calvin Vollrath in concert. Tickets \$25 (cash only) bus \$5. Details are posted on the Activity Bulletin Board in the Centre Rec Room.**

***Samaritans Purse Shoebox Campaign – donations of knitted and crochet items, please bring to the Activity office by November 10, 2022. Details are posted on the Activity Bulletin Board in the Center Rec Room.**

November 14, 2022, at 2pm join us for cake and coffee, thanking everyone who contributed to the Shoeboxes.

**November 17th at 2:30pm, Fall Tea and Craft Sale
Admission is by donation, if you are interested in a table to sell your crafts please call the Activity Department.**

Activity Department Team

Shelley Oswald- Activity Manager



