

# Radiant Care Pleasant Manor

Join us for a Matinee showing of The Addams Family Musical at Laura Secord Secondary School – This will be the fourth year that we are seeing one of their productions and we are impressed every year with the quality of the performance.

Check out the posters for more details – Price includes your lunch!

## Megan's Muttering

By the start of February, everyone is sick of layering up in their coats and boots and mittens. So, this past weekend I treated myself to a little pot of red and yellow tulips. They are barely open, just beginning to show their colour. I look forward to watching them open – they will give me a little mood-lift while I wait patiently for spring! I encourage everyone to do what they need to lift their spirits until the flowers are blooming outside.



## Preacher's Ponderings

February often brings to mind thoughts of love. After all, February 14 is Valentine's Day. Reminiscing on past experiences we may recall buying flowers or chocolate or heading out for romantic dinners with a sweetheart – engaging in activities that would show our love for someone special. This year February 14 is also Ash Wednesday, the start of Lent and a day when we begin to reflect on the love of the One who gave his for us. Those following 40 days remind us of God's sacrifice. Likewise, they call us to consider what sacrifices we can make in order to get the slightest glimpse into God's heart. Let this month be about Love – love for others but, more importantly, love for God. There will be a special Ash Wednesday service on February 14<sup>th</sup>. More information will follow.

## CANDLEMAS

Candlemas, on February 2, is a Christian holiday that falls forty days after Christmas. It commemorates the presentation by Mary of the baby Jesus to the temple. Jesus, on this day, was proclaimed to be "the Light of the world." Ever since, candles have been lit in Jesus' honor.

Similar to the legend of Groundhog Day, also on February 2, the following is said about Candlemas:

*If Candlemas day is bright and clear, there'll be two winters in the year.*

*If Candlemas brings cloud and rain, winter will not come again.*

## Calendar Highlights

Feb 2<sup>nd</sup> – Groundhog Day!

Feb 9<sup>th</sup> – Auxiliary Valentines social with entertainer Debra Frappier in HP

Feb 9<sup>th</sup> – Winter Olympics Opening Ceremonies begins.

Feb 11<sup>th</sup> – Worship Time with Irene and Friends

Feb 14<sup>th</sup> – Couple's Lunch for HP

Feb 19<sup>th</sup> – Family Day

Feb 20<sup>th</sup> – *Addams Family Musical* Matinee Bus trip – Sign up on the Chapel bulletin board

# Pleasant Manor Post

February 2018

## MONTESSORI MOMENTS

We continue to implement the Montessori philosophy of care in the home through a variety of programs and experiences. You may have noticed that we recently had a can crusher installed in the link hallway area between Heritage Place and Abourview. This successful Montessori activity provides an opportunity for our residents and tenants to use their hands, stimulate their minds, and to be actively engaged in meaningful moments and provides purpose to their lives.

We need to continually restock the recycling bin with pop cans, if anyone wishes to help support this program we ask that you rinse out the pop cans, store them in a plastic bag and bring them to the Recreation Office.



Engaging in Montessori Activities

## Karen's Korner

Cough, cough, Hack, Hack – Clean Hands, Clean Hands.... Heritage Place has experienced and increased number of people with cough, congestion and/or fever – this is why Public Health declared an outbreak. There is an outbreak management team that meets every day with Public Health to give us direction since plans can change daily. The one thing that doesn't change is we all need to be more diligent at cleaning our hands, wiping surfaces, limiting visitors – and for visitors not to mingle with others. Thank you to everyone for working together to see this clear up as soon as possible.

If you have any of these symptoms (cough, congestion, fever, sore throat, chills, vomiting/nausea) **PLEASE DO NOT VISIT** until you are symptom free.