

Radiant Care Tabor Manor

WE REMEMBER...

John Peters
Helene Fast
Elfriede Frederiksen

WE WELCOME...

Evelyn Street
William "John" Barrett
Kathleen Flynn
Timothy Yates

WE CELEBRATE THE BIRTHDAYS OF...

Telva Atkinson—1st
Tena "Tina" Goertzen—7th
Margaret Buzdygan—8th
Edward Wiens—13th
Katharine Klassen—15th
Bruce Cropper—18th
Horst Waage—20th
William "Bill" McBride—25th
Margaret Berg—26th
Aafje Wassenaar—26th
Annie Habic—29th
Arthur Wall—30th

Tabor Times

June 2019

HERITAGE DAY

JOIN US ON
SATURDAY JUNE 8
10AM-1PM

OUTSIDE 1 TABOR DRIVE

WITH MUSIC FROM
THE MARTY ALLEN BAND

DON'T FORGET YOUR LAWN CHAIR!

BBQ CORN ON THE COB FRESH STRAWBERRIES & ICE CREAM
GAMES FACE PAINTING PONY RIDES BOUNCY CASTLE

Be sure to join us for Heritage Day—located by 1 Tabor—it is an event not to be missed! Family and friends are invited to spend the day with their loved ones—bring the whole family! Staff are offering a number of programs and games for all ages. Access will be provided through the courtyard and Evergreen building. Hope to see you there!

Biblically Based—Jim Evans

I never thought I could do it! I was climbing half way up a rock cliff and trying not to look down. I was sure I would be stuck there, at the end of my rope. But I was not alone! Tied on to the other end of the rope was my brother. And he constantly reassured me by saying, "I've got you, I won't let go! You can do it, keep going!" I trusted him! Thankfully, I made it all the way to the top...and back down safely too!

The Lord says in Isaiah 41:10, "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!"

Like my brother did for me that day, The Lord promises to hold on to all those who trust in Him...and never let go! Trust The Lord today; He will safely see you through all the way home!

Nursing Notes— Karen Pentel

The topic of the Month Skin and Wound care extends from May into June. Did you know that Skin is the largest organ of the body? That's why this is a big topic! Last month I wrote about skin protection/wound prevention through off-loading – some people have asked for more information on this. Off-loading is relieving the pressure on the skin. The most basic off-loading is changing position. The Nursing care plan includes offloading needs and the Nurses & PSWs will encourage residents to reposition themselves and will assist when they are unable to do this independently. There are also devices such as heel, elbow or hand poseys; special cushions or mattresses; as well as specially fitted shoes. If there are any questions or concerns regarding Nursing care, please speak to the Charge Nurse or contact the Nursing Clerk (Stacey) at the 2nd floor office and she will schedule an appointment to meet with me.

Recreation — Norma Restivo

It seems we are finally going to be able to enjoy some sunshine and nicer weather and all the events we have planned in June. Be sure to mark your calendars June 20th at 3:00pm for the **Strawberry Social** featuring live music with Mr. Jingles—find us in the courtyard!

Thank you to all our Perishky fundraising supporters—Heritage Day marks the last day these delicious treats will be sold until September—be sure to get them before they are all gone!



Montessori Moment

Tabor's residents have shown off some of their natural green thumb talents with our indoor gardens that we planted at the end of April. It's beautiful to see the little seedlings grow each day and the residents watering and pruning the plants whilst enjoying their growth. We can't wait for these little herbs and vegetables to be transplanted to our outdoor gardens in the courtyard on Monday, June 3rd. If you haven't experienced the therapeutic benefits of gardening yet, you may find it can bring a sense of accomplishment, reduce stress, improve hand strength, and help boost self-esteem. So next time you pass by our garden, you might see more than just its outer beauty.

