



## Living Without Fear- Jim Evans- Chaplain

We all live with fears, real or imagined, that can haunt us every day. A recent study found the top 5 fears many people in our society may have are public speaking, death, spiders, darkness and heights. And especially today, the world is living in fear of the Covid 19 virus. There are many other things in life that can cause us fear, like the fear of the unknown, of change, failure, rejection, and more!

How about you? What are you afraid of? Are there any fears about life or death that may hamper you from living a positive and peaceful life?

God promises peace, hope and security for those who trust in Him. Isaiah 26:3-4 says, "You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock."

No matter what your fears for today or tomorrow may be, you can trust in the Lord completely! He will see you through them all, both now and forever!

Do you need help using your smartphone, tablet, or computer? Cyber-Seniors' trained Tech mentors are young people who teach technology to older adults. They will help you learn to:

- Set up a video call with friends and family
  - Order online groceries
  - Stream news, videos (church services online) music and more
- Call them at 1-844-217-3057

**BINGO!!** The Therapeutic Recreation Department will be trialing Bingo on your Balcony! This will take place when the weather is a bit warmer and will be on a rotational basis. Bingo cards will be brought to each tenant's room the morning of. Please adhere to the social distancing guides and play on your own Balcony.



### Fun Facts on Queen Elizabeth

On April 21<sup>st</sup> Queen Elizabeth turned 94 years old! Here are some facts you may not know about her:

- She has owned over 30 Corgi Dogs
- She speaks fluent French
- She does not need a passport or drivers license
- She owns an apartment in NYC
- She wakes up to a personal bag piper every morning.



# Pleasant Manor Post

May 2020

Thank you to For the Needy Not the Greedy and Harry Moes for the beautiful Roses!



## Words of Encouragement

We would like to thank you all for your support in these unprecedented times as we continue to follow mandates set by the Ministry and Public Health to keep our home a safe place for Residents, Tenants and Staff. We know this is not easy on anybody and we truly appreciate your cooperation. We will continue to provide updates through memorandums when they become available. Please remember that we have an iPad available if you would like to do a video chat with your family. Please contact Chelsea at [chelseab@radiantcare.net](mailto:chelseab@radiantcare.net) or ext. 231. **If you would like to send staff a word of encouragement**, please email [encouragement@radiantcare.net](mailto:encouragement@radiantcare.net) These messages will be posted throughout Radiant Care.



Seniors' Centre Without Walls is a new telephone-based program that offers community members 50-plus the opportunity to enjoy socialization and programs from the comfort of their own home. The new program offers interactive, telephone-based social and educational programming, free of charge. Participants will be able connect on a toll-free call with up to 15 people, allowing them to socialize and learn about a variety of topics, including local history, some interactive games and more, led by staff from the City's Older Adult Centres and guest speakers.