

Radiant Care Tabor Manor

Tabor Times

August 2023

WE REMEMBER...

Dorothy White
Mary Klamler
Harry Penner
Frieda Dueck

WE WELCOME...

Sander De Groot
Mary "Brenda" Buckmaster

WE CELEBRATE THE BIRTHDAYS OF...

Helen Smith
Irene Bodorkos
Shirley Small
Peter Woelk
Eileen Coveney
Mabel Barnard
Red Salomons
Loretta Bauer
Christine Funk

It is hard to believe that August has arrived! It feels like June and July passed us in a blink of an eye.

Summer provides us with such wonderful gifts; warm breezes, fresh fruit and veggies out of the garden, the sound of laughter between friends sitting in the shade. The passage of time reminds us to slow down, pay attention to the small things, notice the world around us, and give thanks for our many blessings.

We have been sampling the different types of tomatoes growing in our outdoor gardens and are looking forward to the abundance that will come from our hard work.

On another note, there is wonderful new guidance from the Ministry of Health related to masking, which has made it possible to see everyone's faces and beautiful smiles again! It has also been exciting to welcome back volunteers into their roles and have regular music entertainment back on our program calendars. We are looking forward to our Tuck Shop reopening soon, and we will communicate details as soon they have been finalized.

To kick off the month of August, residents and staff will be enjoying Marble Slab Creamery Ice Cream Truck on August 1st. Recreation staff have taken residents orders and will deliver the yummy treats to everyone in the afternoon!!



Looking for Donations of Wool...

We have a small group of ladies who thoroughly enjoy knitting and crocheting. We are asking for donations of wool for the ladies to keep up with their projects.

If you have any wool lying around that you no longer need we would love to take it off your hands, or if you would be interested in purchasing some for our program we would be very happy to accept your offer!

Donations can be dropped off at Welcome Desk, "attention Norma" fixed to bag.

If you have any questions, please call or email Norma.



Recreation Notes - Norma Restivo

Here we grow again! The recreation team is delighted to share that we have added two new casual staff. Jonhel Ampil and Ryan Lacson! Please help us welcome them to the team!

In other news, we would like to share that our full-time department staff are rotating their home areas. In the past, this rotation is something that happens only every one to two years, and has not happened since before COVID. Some of the reasons for the rotation are to increase motivation, and to prevent boredom and stagnation for residents. Part-time staff will continue to support floors they are currently assigned:

Julie - 1st floor

Debbie - 2nd floor

Courtney - 3rd floor

Irene - 4th floor

Minute to Win It...

Residents and staff competed in a week long event of Minute to Win It games in mid-July. We had different games each day for everyone to play. It was great to watch and hear everyone cheering on their teammates and the winning home area for staff, 1st floor, won a pizza lunch, and the residents requested ice cream cones with different flavours of ice cream.



Be sure to check our social media posts for pictures.

Even When You Don't Feel Like It

Pastor Jim

We all struggle with spiritual discouragement and lethargy. Some days our circumstances threaten to overwhelm us, and we struggle just to pray. Many times, we just don't feel like doing the things we know we should. For one reason or another, God sometimes seems far off and unreachable.

David faced times like these in his life. The Psalms are filled with verses that express his despair and feeling of abandonment. Yet the Psalms also give us the key to living victoriously during the dark periods of life. Let's take a quick look at Psalm 119:89-95;

"Forever, O LORD, Your word is settled in heaven.

Your faithfulness continues throughout all generations;

You established the earth, and it stands.

They stand this day according to Your ordinances."

My circumstances or feelings have not changed God. He is the same God today as He was when He hung the stars in the sky, led the Israelites through the Red Sea, and fed the five thousand.

"For all things are Your servants"

All things, even the things affecting me right now, are God's servants. The circumstance, people, and events around me are all under God. They are His servants, designed to help and bless me spiritually. This is also the lesson of Romans 8:28; 'And we know that for those who love God all things work together for good, for those who are called according to his purpose.' Psalm 119 continues...

"If Your law had not been my delight, Then I would have perished in my affliction.

I will never forget Your precepts, For by them You have revived me.

I am Yours, save me; For I have sought Your precepts"

Recalling God's faithfulness and control over everything that touches us gives us strength to walk with God even when we feel like giving up in despair. After all, our feelings and circumstances have not changed God. He is perfectly capable of sustaining us if we will only let Him. We simply need to choose to *delight* in and *diligently consider* God's precepts (His principles and character) despite how we feel. Choosing to delight in God might not be easy. It might even involve hard work. But only God can revive and save our soul from spiritual lethargy.

Next time you feel spiritually drained or inadequate, remember that you have a choice. You can wrap yourself up in excuses and self-pity, or you can choose to draw your strength from an unchanging God. Remember these words from Isaiah 40:31...

'Yet those who wait for the LORD will gain new strength; They will mount up *with* wings like eagles, They will run and not get tired, They will walk and not become weary.'

Draw Your Strength From The Lord Today & Every Day!