

# Radiant Care Tabor Manor

## Tabor Times

November 2023



### *WE REMEMBER...*

Gelmina "Mina" Pot  
Richard Snyder  
David Bakkar  
Nina Edward  
Mona Bartleet  
Rita Marano

### *WE WELCOME...*

Elva "Norma" Fitzpatrick  
Victoria Marriott  
Patricia MacLure  
Alfred "Wayne" Wadden

### *WE CELEBRATE THE BIRTHDAYS OF...*

Anna Quiquero  
Margaret Swallow  
Maria Polychronopoulos  
Jacob Janzen  
Kathleen "Fay" Figliomeni  
Howard Walmer

★ HAPPY ★  
BIRTHDAY!

## Resident Satisfaction Survey

It's survey season here at Tabor Manor. Our annual resident satisfaction survey will be given to residents on November 1st. Residents



will be given the opportunity to provide feedback on their experiences here at Tabor Manor. We value hearing from you, our residents, on how we can improve and continue to serve with excellence, love and dignity. Please return surveys by November 15th. Recreation staff will come around to assist and collect completed surveys or they can be placed in the Mail Box located outside of the Tuck Shop.

## Hello from the Recreation Department!

We are so happy to share that we have re-started our intergenerational connection with a local elementary school. Students and residents have been paired and will be writing pen pal letters together. We are looking forward to coming together, sharing stories and learning from each other.

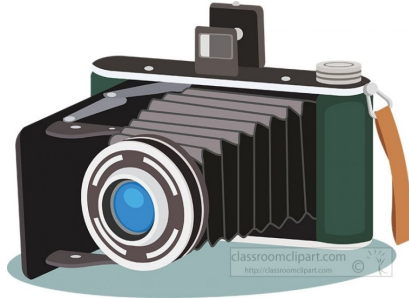
In addition, we have started up a new small group program that combines drumming and meditation that is designed to energize, relieve stress, promote physical activity, mood, concentration and socialization. There are 3 designed recreation staff that have completed the training and will be implementing the program.

## Dietary's Dish—Karina

In order to allow evaluation, suggestions and final approval, the Fall/Winter menu was presented to Resident Council in October. The winter menu will commence November 13th. The updated menu and other improvements have the residents excited. Following the three-week menu cycle, we will reconvene for a resident council meeting where residents will have the chance to offer their input and make suggestions.

## Recreation—Norma Restivo

We will be taking Christmas pictures for the residents to share with their families. If you are planning on bringing in a specific outfit, please check with recreation staff for the specific home area date and times. Photos will be taken mid November, dates are posted on each home area calendar.



Our local Canadian Legion branch has dropped off a donation box filled with traditional Poppies and a sticker version in support of their Poppy Campaign. The donation box is located at the Welcome Desk.



October at a glance! Pumpkin carving, movie matinees & our creative way of displaying what we are grateful for.

Our pastoral care team are happy to announce that our relationship with St. Alfred Catholic Church has resumed with in-person services. These services will be offered the second-Friday of each month.

We have also resumed services in the Great room to allow for large gathering services. Check calendars for details.



## Remembering God's Faithfulness! *Pastor Jim*

This Remembrance Day, while living in our chaotic world, we need to ***Remember God's Faithfulness*** most of all! We all struggle with spiritual discouragement and lethargy. Some days our own 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. That's when we need to ***Remember*** what God's Word teaches us!

David faced times of struggle and spiritual discouragement as well. 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. Psalm 119:89-95 tells us;

**"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, for all things are Your servants!"**

David ***reminded*** himself of God's unchanging faithfulness! And our circumstances or feelings have not changed God either. 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.

We need to ***remind*** ourselves that all things, even the things affecting us right now, are God's servants. The circumstance, people, and events around us are all under God. They are His servants, designed to help and bless us 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."**

***Remembering*** 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. 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.

When we feel spiritually drained or inadequate, ***remember*** that we have a choice. We can wrap ourselves up in excuses and self-pity, or we can choose to draw our strength from an unchanging God.

Let's ***remember*** these words from Isaiah 40:31...

**'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.'**

***Remember...Draw Your Strength From The Lord Today & Every Day!***