

# Radiant Care Tabor Manor

## Tabor Times

*February 2024*

### ***WE REMEMBER...***

Anna Wall  
Kathleen Gingras  
Randall "Randy" Green  
Beatrice Smith  
Eleonore Funk  
Lori Govani

### ***WE WELCOME...***

Mary Frances DeRochie  
James "Greg" Leigh  
Sadie Hendsbee  
Aaron Pfeffer  
Helen Delben  
Jean Stokes  
Beverley Alder  
Alexander Vitez

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

John Peckham  
Mavis Bartoszewski  
Marylyn Carthew  
Parania Jarzyna  
Joyce Kalen  
Keitha Melnick  
Andy Roessner  
Dawna Rorison  
Marilyn "Bunny" Thomson

### **Bridging the Generation Gap**

Connecting seniors with students help both groups feel valued and cared for. Intergenerational programs have so many positive outcomes, and can include building new friendships, giving a sense of purpose and a sense of belonging, fulfillment, and achievement. Residents can enjoy social interactions with students to form positive connections in our community. Over the past few months, through the hard work of the recreation team, our residents have had the opportunity to engage in our intergenerational partnering with a group of Grade 5/6 students from Our Lady of Fatima school.

We asked our residents if they would be interested in being part of a pen pal program with the students. We successfully paired each student in the class with a resident. In addition to our monthly exchange of letters, we are partaking in a book club, and are looking forward to an upcoming visit from the students.





## You Are Invited! Come Join Our Family Support Group!

**2:00pm - 3:00pm, Every 1st Wednesday of the Month in the Family Dining Room in our Long-Term Care Home**

The Lord wants His people to have the care and support they need for the challenges of life! As Psalm 68:6 says, the Lord 'places the lonely in families!' Sometimes, even families need support when one of their own struggles through an illness or hardship.

We at Tabor Manor want to provide an opportunity for the families of those with long term illness to have the support and encouragement they need for the challenges they may face. In light of this, we will be offering a '**Family Support Group**' every 1st Wednesday of the month, from 2:00pm - 3:00pm in the Family Dining Room in our long term care home. We hope to see you then. **All are welcome!**

If you are interested please contact...

**Jim Evans, Lead Chaplain Radiant Care / Tabor Manor 905-934-3414 ext. 1073;**  
**[jime@radiantcare.net](mailto:jime@radiantcare.net)**

**Join Us  
Wednesday  
February 28th at  
10:00am in the  
Great Room**



We will have the opportunity to share in the experience of a live concert by The Gallery Players of Niagara.

Founded in 1994, they are one of Niagara's most prominent presenters of classical chamber music.

**Shrove Tuesday/Pancake Day Social  
Tuesday, February 13th**

Check calendars for details.



## Residents' Council Meeting

**Tuesday, February 6th at 2:30pm  
in the Great Room.**



Focus of the meeting will be on reviewing the winter menu weekly cycle and approval for the 2024 Quality Improvement Plan.

Hope to see everyone there!

## God Uses “All Things” For Our Good!

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28*

Have you ever wondered what are the “all things” the apostle Paul is talking about? In 2 Corinthians chapter 11, he lists a few of the “all things” which God uses to work together for his good... Things like severe floggings. Being exposed to death. Five times lashed with a whip; three times beaten with rods. Another three times stoned and left for dead. Paul was shipwrecked, constantly on the move, and in danger from rivers, bandits, and false believers out to ruin him. Paul labored while tired, hungry, and thirsty. “I have been cold and naked,” he says, closing out the list.

These are just a few problems that Paul must have been thinking of when he penned that powerful truth in Romans 8:28. Paul included everything he was experiencing in his life, even the hardships and trials, because he learned that God uses everything for His eternally good purposes and glory!

How do our problems measure up to Paul’s list? For us, “all things” might include a bad medical report, an overdrawn bank account, a flat tire on the road, or a splitting headache that lasts all morning. Most often, our problems seem small compared to the constant brushes with death that Paul faced, don’t they!

**Here's some questions to help us navigate through life’s trials...**

What problems / trials am I facing today? Can I see God’s hand in them? What could He be working to accomplish in my life through them? How can they bring God glory and my good?

**Can you and I pray this type of prayer today?**

Sovereign God, I praise you that you work all things for the good of those who love you. Each problem, each trial I face today fits into your marvelous plan for my life. Forgive me when I complain about my struggles. I’m sorry that I often fail to remember that you are in control, that you hold in your powerful hand all things in my life.

I want to cooperate with you today and trust you that the inconveniences and problems that I will encounter are by no means mistakes. Thank you for the assurance that you will work today’s events into a life plan, in Your timing, for my good and your glory. In Jesus’ Name, Amen!

Remember:

**God is always working for my good and His glory...no matter what!**

*Pastor Jim*

# Spruce Lane Monthly Star

Radiant Care Tabor Manor | 1 Tabor Dr., St. Catharines | 905-934-2548



## Birthday Celebrants this month

**Bev Philp – February 4**

**Vincent Thwaites – February 7**

**Anne Rau – February 24**

### **Ephesians 5:23-25**

*“For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her.”*

### **1 Corinthians 13:4-8**

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.”*

## Season of Love

Just like that we are already in the second month of the new year! We're halfway through the winter season. As we continue to enjoy the beauty of snow and feel the coldness of winter, we'll also celebrate Valentine's Day this month. Valentine's is a day that prompts us to remember those we love, whether it's to your spouse, family, or friends. This day encourages us to show appreciation to the people that surround us. Let's continue to pray for the people that matter to us and don't be afraid to show our unwithering love to them.

## Autobiography in Five Short Chapters

I.

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in. I am lost. I am helpless.  
It isn't my fault.  
It takes forever to find my way out.

II.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I still don't see it. I fall in again.  
I can't believe I am in the same place.  
It isn't my fault.  
It still takes a long time to get out.

III.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it there. I still fall in.  
It's habit. It's my fault. I know where I am.  
I get out immediately.

IV.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

V.

I walk down a different street.

## Sweet Goodbye

Firstly, I would like to thank all of you for this fun, memorable and knowledgeable experience. It's sad to say that I'll be leaving Tabor Manor this coming February 4<sup>th</sup>. I will always cherish the little time we had together, and I hope that I made a positive impact on your life as much as you impacted mine. But this will not be a bitter goodbye, but a sweet one. Thank you for sharing your beautiful smiles with me and putting up with my unrelentless invitation to programs. Thank you, and may God continue to bless you and your family!!

*-Ryan Lacson*

## Meet Kira!

Hello! My name is Kira McPherson, even though I might be a new face for many of you, I have worked here at Tabor manor for almost two years now! During my time here at Tabor, I have worked in our Long-Term Care section, but I now have the pleasure of moving over to Spruce Lane as your new Therapeutic Recreationalist!

A few fun things to know about me; I grew up here in Niagara near the town of Smithville. I always enjoy a good book, just be prepared for me to finish it the same day I start. I have also played many sports throughout my life, with soccer being my favorite!



I look forward to meeting all the new faces and I hope to see you all out at our daily programing, all you need to do is look for our monthly recreation calendar!

## Special days of the month

- Groundhog Day ..... February 2
- Chinese New Year ..... February 10
- Super Bowl LVIII ..... February 11
- Valentines Day ..... February 14
- Family Day ..... February 19
- Leap Day ..... February 29

## We want to hear from you

We are looking for suggestions and feedback from you on what foundation sponsored events or activities you would like to see this year. Last year to name a few we were able to watch entertainers like Steve Burnside, the Marty Allen Band and John Pebble. And we indulged in some amazing food programs such as the Marble ice cream social, Chili lunch, the Thanksgiving meal, and the bus trip to Betty's Restaurant. This year we would like to ask you to what programs you wanted to see again, or maybe if you have any new suggestions? We are open to hearing it. The recreation team will ask around and take note of your preference.

## Take one big breath

Don't forget the most essential exercise of them all! Breathing Exercise. Inhale in your nose (like smelling a flower) and exhale through your pursed lips (like blowing a candle). You can do these for 3 repetitions at a time. Do this whenever you feel like it - this will help promote air circulation and help you center yourself.