

# Radiant Care Tabor Manor

## Tabor Times

*March 2026*



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

Susan Klassen  
Hilda Glucker  
Peter Lawton  
Roseanne Bridges

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

Patricia "Pat" Erhardt  
Erwin Welke  
David Mitchell  
Marilyn Shedden

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

Ruth Troughton  
Ann Weisberg  
Patricia "Pat" Erhardt  
Maria Pennacchio  
Elma Dueck  
John Vandenwerf  
Barb Beamer  
Rita Struiksma  
Wayne Wadden  
Anne Sawchuk

### **From The Care Team,**

I wanted to take a moment to introduce myself to those whom I have not yet had the chance to meet! My name is Natasha Persaud. I am a proud graduate of the Bachelor's of Science in Nursing Program at Brock University. I have been working as a Registered Nurse in the Niagara Region since 2014. I began my career as a Charge Nurse, then moved into the role of ADOC, and have been working as a DOC since 2024. I am honoured to have been selected as the successful candidate at Radiant Care.

I began this role with Radiant Care in September 2025, and since then, I have had the joy of getting to know the staff and residents. One of my passions is resident-centered care, and I strongly believe that residents living in long-term care should always be treated with dignity and respect.

Outside of work, I am a wife and mother to two boys aged 7 and 8. My evenings and weekends are filled with driving my kids to and from sports and spending quality time with my family. I moved to the Niagara Region in 2012, and I absolutely fell in love with everything Niagara has to offer especially all the beautiful hiking trails.

I look forward to continuing to grow in my position and my commitment to ensuring the residents at Tabor Manor receive the highest quality care possible. Thank you for your support thus far, Tabor Manor truly feels like home.



Continuing our Montessori Methods approach we are busy planning to start our gardens from seed again this year. Keep an eye on the window sills and watch in awe with us as seeds turn into tiny plants! This is truly evidence of the promises God provides in Spring!

On another note, in November of 2025 opportunity was given to offer your feedback in the Resident Experience Survey. From the responses received and in consultation with the Residents' Council we have built a Quality Improvement Plan for 2026. The plan is to enhancing a home-like environment to support resident well-being. Residents' will receive updates on what is happening during council meetings.



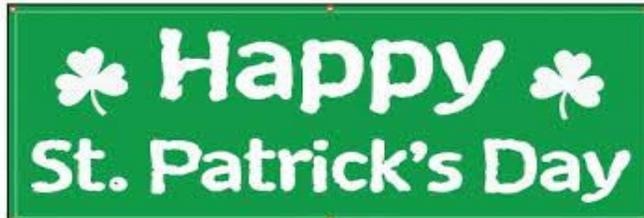
Reset your clocks on  
March 7th before you  
head to bed

### Residents' Council

Residents' Council aims to empower residents living in long-term care homes to participate in the operations of their homes and be involved in decisions that affect their lives. The Council is run for residents by residents and meets monthly.

The next meeting will be held on March 24 at 10 a.m. The meeting is open to all residents at Tabor Manor and if residents are interested in attending meetings and participating, the Recreation team on their home area can assist.

Next Meeting Tuesday, March 24 at 10 a.m.



Join us for a social & shamrock shakes March 17th. See recreation staff for more details.



### Wanted Items for Recreation Programs

The recreation team is currently seeking donations of paired socks and baby clothing to support our Montessori-based activities.

These items are used in meaningful, hands-on programs to promote engagement and a sense of purpose.

Your donation is greatly appreciated and can be given to any of the recreation team.

### Family Support Group

Next meeting Wednesday, March 4th from  
**2-3pm** in the Family Dining Room  
led by Chaplain Jim Evans.  
To reach Jim, please call ext. 1073

The recent Winter Olympics in Milano, Italy, reminds us of the years of dedication, determination, passion and training it takes for athletes to do their best when it counts the most! I watched the cross-country ski races and saw each athlete strain to cross the finish line. Not everyone won the gold. But everyone gave it all they've got...even those who may not have finished in the top ten!

The Bible reminds us that we too are in the race of life! Everyone of us has a race that is set before us to run. Others have gone before us and now it's our turn. No one can run it for us. And just like the Olympic athletes, we must give it all we've got!

The Bible also shows us what it takes to run our race well. Hebrews 12:1-2 says, 'Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.'

### **On Your Mark...Get Set...Go!**

What do we need to do to run our race? First of all, we need to look back to those who have finished well and see the example of faith they had in The Lord to complete their race (Heb. 11). Then, we need to get ready to run...to do whatever it takes to focus on our race and prepare to run by 'laying aside every weight, and sin which can slow us down'. Then, we need to start running our race 'with endurance'...that 'never give up' attitude of mind, heart and spirit.

### **Fix Our Eyes on Jesus**

And finally, most of all, keep our eyes 'fixed' on The One who makes winning our race possible...The Lord Jesus Christ! (Heb. 12:2)

Jesus is the One that is the 'founder and perfecter of our faith'! He has run the race before us, endured the hardships, and finished His race victorious! He alone provides the direction we must run, the strength to carry on, and the faith and trust we need to finish our race.

Jesus Himself said, 'without Me you can do nothing!' (John 15:5)

The Apostle Paul had a tremendously difficult race to run, didn't he! And yet he said, 'I have fought the good fight, I have finished the race, I have kept the faith. <sup>8</sup> Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.' (2 Tim. 4:7-9)

### **Jesus Makes All The Difference!**

Ultimately, Paul knew well how important it was to keep his focus on Christ. He said, 'I can do all things through Christ who gives me the strength!' (Phil. 4:13)

How about you and me? Are we keeping our 'eyes' fixed on Jesus? Do we trust in His powerful Presence and strength to run our race and finish in faith?

Ask The Lord to give you the strength, wisdom, faith and hope to carry on...all the way to the finish line. Trust in The Lord and, like the Olympians...

**GIVE IT ALL YOU'VE GOT!**

# Spruce Lane Star

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



## March Birthdays

**Shirley S.** – March 8<sup>th</sup>

**Hilda S.** – March 25<sup>th</sup>

## Upcoming Events

### **March 5<sup>th</sup> / 19<sup>th</sup> – Coffee Hour:**

Join Scott Street Church in the Café at 2:30pm to enjoy some coffee & conversation!

### **March 11<sup>th</sup> / 25<sup>th</sup> – Perishky Baking:**

Join us in LTC at 9:30am to help bake Perishky!

### **March 16<sup>th</sup> – Hymn Sing:**

Join Stephen at 2:00pm in the Café to enjoy some lovely singing and music

### **March 17<sup>th</sup> – Shamrock Shakes Social:**

Join us in the Café at 2:30pm to Celebrate St. Patrick's Day with some milkshakes!

### **March 19<sup>th</sup> – Movie Night:**

Join us in the Chapel at 6:00pm for a movie night!

### **March 31<sup>st</sup> – Chapel Service:**

Join us in the Great Room at 10:00am for a morning of music!

## **Giving and Gratitude**

*And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. (2 Corinthians 9:8)*

Giving and gratitude go together like humor and laughter, like having one's back rubbed and the sigh that follows, like a blowing wind and the murmur of wind chimes. Gratitude keeps alive the rhythm of grace given and grace grateful, a lively lilt that lightens a heavy world.

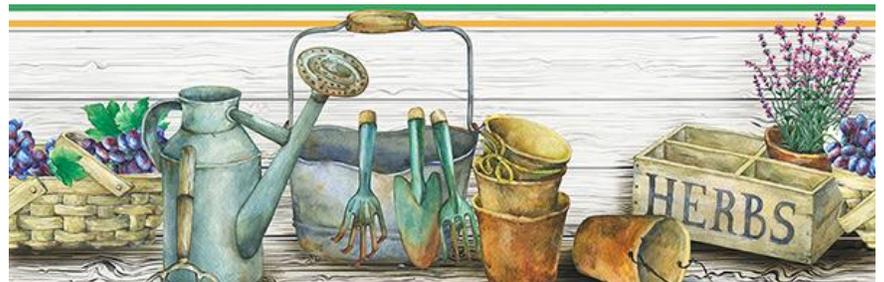
Stephen Mason,  
Volunteer Coordinator



## **March Poem**

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

~ Charles Dickens



## Kira's Trip to Jamacia!



Hello Everyone!

Just a reminder that I will be on vacation from March 1<sup>st</sup> - 8<sup>th</sup>. Even though I wont be here at Tabor with you, programs will still be going on with our lovely Recreation Staff! Please keep an eye on your calendars to know what is happening each day.

I cant wait to share all of my photos and experiences with you when I get back! Feel free to join me on March 9<sup>th</sup> at 2:00pm before our Fit Minds to take a look at my vacation slideshow!

Kira McPherson,  
Therapuetic Recreation

## Art Therapy

We will continue to have our Art Therapy Students coming in for the month of March to participate in different crafts and artistry.

All are welcome!

These classes are held in the Fireside Lounge on Wednesdays and Fridays. Drop-in to see what it's all about!

*Wednesdays at 1:00pm*

*Fridays at 9:30am*



## NAMES Categories

Fill in the boxes with words or terms that begin with each of the letters in *NAMES*. Add your own category in the last row.



	N	A	M	E	S
First Names					
Cities					
Books					
Music					
Things at a Hotel					
Your Choice					