



News & Views

Articles:

- IDOP
- Independent Activities
- Visitors
- From the Desk of Linda Hygard
- Chapel News
- Library News
- Online Community
- Maintenance Messages
- Welcome New Residents
- In Remembrance
- Prayer for Old Age
- Best Vacations
- What's Happening
- Fire Safety Month
- Cow Lick
- 20/20 Eyevan
- Upcoming Events

INTERNATIONAL DAY OF OLDER PERSONS

SATURDAY OCTOBER 1st IS THE INTERNATIONAL DAY OF OLDER PERSONS (IDOP)

On December 14, 1990 the United Nations General Assembly voted to establish October 1st as the International Day of Older People. The day is celebrated by raising awareness about issues affecting the elderly, such as prejudice and elder abuse.

It is also a day to appreciate the contributions that older people make to society. The observance is a focus of the United Nations Programme on Aging with the theme for 2022 being...The Resilience and Contributions of Older Women.

The COVID-19 pandemic, other health, climate, social and environmental issues have significantly impacted the lives of older persons - especially older women who make up the majority of older persons.

While older women continue to meaningfully contribute to our greater political, civil, economic, social and cultural lives; their contributions and experiences remain largely invisible and disregarded. Discrimination based on age and gender compounds new and existing inequalities, including negative stereotypes that combine ageism and sexism.

The United Nations 2022 theme of International Day of Older Persons (IDOP) serves as a reminder of the significant role older women play in contributing to the solutions to many issues.

Recognizing the vital contributions of older women and promoting the inclusion of their voices, perspectives and needs are critical. IDOP 2022 is a call to action and an opportunity aimed to embrace the voices of older women while promoting, enhancing and recognizing their contributions to society as a whole and to our Village in particular.

IDOP GALA BANQUET - SAVE THE DATE

Saturday Evening October 1, 2022

Roberta and her team are planning an extra special banquet in honour of the International Day of the Older Persons and our keynote speaker for the event will be Alvin Law (see page 7).

This is an event you will definitely not want to miss. So save the date right now - Saturday evening, October 1st and plan to join in the celebration.

More information is coming soon so remember to check bulletin boards and the online community.

East Meets West



Residents on the 3rd floor of the East Building, Chinook Village gather for their monthly potluck supper on August 19. Food as always was delicious, everyone going home full and even taking home some extra! Great visiting and best way to stay in touch with our neighbours and know they are doing well!



Residents in the West Building had a gathering in July to show off their western pride. Rosalie Reinbolt displayed her adorable figurines (pictured here), while some of the women hung their beautiful western clothing ensembles.

Visitors in the Village

Chinook Village has a beautiful park that everyone loves to enjoy. When you have visitors in the park, your suite or while renting any of the lounges, please read the rules that are posted in the park and in your rental contract carefully. Children under the age of 16 must be always supervised and under control. **DO NOT** let children roam the hallways, parkade, ride the elevators or be in the park unless accompanied by an adult. Children are also not to be climbing on the rocks or wading in the pond. Pets are not allowed on the property under any circumstances except for administration approved Pet Therapy Programs in certain controlled areas in Chinook Village. If a visitor must come in with a Therapy Dog, proper paperwork must be supplied before entrance to the Village will be approved. If you have any questions, please contact the Administration Office. Thank you for your understanding in these rules.



*From the Desk of Linda Hygard
Managing Director*

This is one of my favourite times of the year! The time when we start planning for the next year. This year, without the pandemic consuming a significant portion of our time, we really can actually plan! Budgets and a capital asset plan are priorities for administration. Bookings for catering are increasing, guest suites are being increasingly utilized, more activities are being organized, and residents are really getting out and about once more. Life in The Village is starting to resemble what it was before the pandemic.

We continue to see very active movement into and out of The Village, more in than out. Many of our residents are transferring within The Village to take advantage of the increased services and care available to them, particularly in Assisted Living. While we are a not-for-profit society, and not a Provincially funded residence, our services meet the needs of the majority of seniors. In fact, only an estimated 5% of Alberta seniors live in government funded Supportive Living Level 4 or Long-Term Care (*Alberta Insights, 2018*). Perhaps one of the many reasons for this increased activity in The Village is the newly renovated Bistro and new outdoor Bistro Gardens. The construction of the patio is nearing completion and if all goes well, planters and furniture will be added before fall. While plants may not be added until spring, the idea of twinkling Christmas trees out in The Bistro Gardens this year is eagerly anticipated.

We were fortunate to receive grants for summer students once again. As such, with the help of our wonderful summer students, we opened the Ice Cream Parlour and Gift Shoppe, conducted a competitor analysis for Supportive and Assisted Living, initiated a power point presentation on 'The History of Chinook Village' that may be used for

orientations of all sorts, started painting hallways and of course, provided more support for April in our beautiful park! On that subject - Just a friendly reminder - children must always be supervised by an adult. The park boasts some lovely water features but can be a significant risk for children running at large. Remember, residents are responsible for their guests!

One disappointment of note is that we are not eligible for the electricity rebates being provided to individual homeowners. The government has chosen to provide one rebate for each direct utility customer, applied directly to their bill. This effectively excludes our Life Lease properties (and also many condominiums in Medicine Hat and beyond) where there is no individual electricity meter to each suite. Nor, are we eligible for any of the grants available to small business owners. As a result of this lack of equitable rebate distribution, we will be significantly over budget on our utilities and will incur a 13.4% increase in those costs over last year. So please feel free to contact your local MLA and ask them to explain why seniors living in a not-for-profit society housing complex are being unfairly excluded from these energy rebates being made available to most other Albertans!

As I said at the outset of this piece, Fall is the season for regeneration and planning for the next year and it's a great time for you to share any ideas you may have that will enhance the quality of life for all residents of The Village. As such, I'd love to hear any thoughts you may have!

Happy Autumn!



Volunteers Build Community

Chaplain Lance

But in fact, God has placed the parts in the body, every one of them, just as He wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. (1 Corinthians 12:18-20)

Chinook Village as a community is strongest when volunteerism is thriving. The community is strong when every person tied to Chinook Village - whether resident, paid employee (over and above job expectations), approved volunteer, family or friend - voluntarily contributes in some way, to healthy social interactions in the village. Some are more visible or have a higher profile, perhaps serving on the Chinook Village Board, Planning Committees or in the Corner Store. Others serve quietly eliminating weeds on the lawn, nurturing Geraniums through the winter months, bringing cheer to a neighbor who is under the weather, or picking up garbage and disposing of it. Unique passion, enthusiasm and sheer joy that motivates volunteers, contributes to the quality of life in the village. If it was all about "dragging yourself out of bed" to do what your obligated to do, the bar of mediocrity would forever rise above us. The desire to make a difference in this community, fueling the choice to "get up and get going," will launch us over the bar of mediocrity.

I understand there are many assumptions associated with the "glass half full" description of

volunteers, contributing significant benefits to the community, as outlined above. Can we count on every individual connected with Chinook Village joyfully and willingly contributing "voluntarily" in some fashion? Can we count on being a community where individuals thrive in a culture of volunteering that goes over and above normal expectations – whether we are a resident, employee, family member or contractor? Is it possible for every individual connected with Chinook Village to identify how they can volunteer and contribute, whether great or small? There is a biblical precedent for every person doing their part, whether insignificant or noble, it is huge in God's eyes!

I also understand that the joy and fulfillment of volunteering can breakdown. Affirmation or some form of appreciation can be lacking. Jealous criticism, snide sideways glances demeaning the volunteer's zeal and derogatory remarks sent in the direction of the volunteer, can kill the generous spirit of volunteerism. Another breakdown in volunteer effectiveness comes with the possibility of plugging volunteers into the wrong opportunity of service – an awkward problem that must be quickly rectified.

Sometimes much needed support and deficiencies in training volunteers can hurt the effectiveness of volunteerism in the village. Then there is the pandemic which has had a negative effect on volunteer participation in Chinook Village. Breakdowns in healthy volunteerism, must be addressed. Overall, we are starting to see the post-covid resurgence of volunteerism in the village. You can be sure that volunteers will be leading the way to strengthening the social fabric of Chinook Village. So, come on people! Volunteer! Get involved in some way, any positive way – whether your role has less visibility and honor or is more strategic and important – any positive contribution is important in God's eyes.

Meanwhile, thank you to all those who have persevered by volunteering through thick and thin. Thank you for getting rid of the dandelions! Thank you for phoning new neighbours in the village, to welcome them! Thank you for your involvement in the CV Choir! Thank you for your smiles and sincere expressions of appreciation to the CV staff! (con't on page 7)

Library News from Anne Opp

It's very hard to believe that 3 months have passed us by, and we now have a new shipment of Medicine Hat Library books.

Some of the Titles in the General area are The Shop on Royal Street by Karen White; 2 Danielle Steel titles are The Butler and Flying Angels; 2 James Patterson books The Midwife Murders and The Paris Detective; Year One by Nora Roberts; The Family You Make by Jill Shalvis; The Road Trip by Beth O'Leary; Country Strong by Linda Lael Miller; Dying Day by James Mitchell; Iris & Roy Johansen's Blink of an Eye; 2 Mary Balogh titles are Someone to Romance and Someone Perfect and Rock Paper Scissors by Alice Feeney.

Some of the Audio Books are The Good Sister and The Young Wife by Sally

Hepworth; Write My Name Across the Sky by Barbara O'Neil; Mercy by Baldacci; and if you like dogs 2 titles that may interest you are What a Dog Knows by Susan Wilson and A Dog's Courage by W Bruce Cameron. 31 Audio Books in total.

Some Western titles are Red Ruckus by Brett Cogburn; Chiricahua by Will Henry; Fast Ride to Boot Hill by Lee Martin; Ride a Tall Horse by Lewis B Patten; and 2 titles by Gordon Young are Red Clark o'Tulluco and Red Clark Range Boss.

The Christian Fiction books include a few series' the Natchez Trace Park Ranger's have 3 titles Standoff; Obsession; and Crosshairs. Three titles in the Amish Mercies series are Abiding Mercy; Arms of Mercy; and Steadfast Mercy. Two books

by Sarah Loudin Thomas are The Right Kind of Fool and The Finder of Forgotten Things. Some other titles are A Man with a Past (Brother in Arms) by Mary Connealy; Life Flight by Lynette Eason and Hooked on You by Kathleen Fuller.

I always find it interesting to try to pick up a book that I may not have normally read and to take it home to read. Quite often I find that I really enjoy it. Kind of like a new adventure. So, I'm hoping you'll come and try a new adventure in reading.

Our next exchange will be in November so we will have to pack up this collection by Friday, October 28.

I hope you've been having an awesome summer and enjoying our wonderful courtyard!

Chinook goes Online for Independent Residents



Chinook Village is excited to announce that we have now created an Online Community that is available to Independent Residents. You can find the link on our website or contact Reception. Here you have access to all kinds of information such as the Resident Management Committee meeting minutes, activities calendar, notices from CV, etc. You can also post items that you have for sale. Anything that is posted on the bulletin boards will be posted here and you will get notification straight to your email immediately.

For future editions of **Chinook News and Views**, it will be posted to the Online Community and will not be delivered to mailboxes in Independent Living. If you are not able to participate in the Online Community and wish to continue receiving the newsletter, you can find it on our website (www.chinookvillage.com) or contact Reception to be put on the list for a paper copy.

MAINTENANCE MESSAGES

Toilet Leaks Tips

Did you know that almost 30% of water in the average home comes from the toilet? A silent leak inside or underneath the tank can lead to wasted water, damaged floors, high utility bills, and even damage to neighbouring units! If your toilet is leaking you may see water on the floor, there may be a soft, spongy feeling on the floor near your toilet, or you may occasionally smell sewer gas. Leaks will typically occur in the tank, at the shutoff valve, in the supply line, or even underneath the toilet.

Things to consider:

Learn to shut off your toilet valve before a leak occurs

Recognize signs of a potential leak:

- Sounds of running water
- The need to “jiggle” the handle to complete a flush
- Trickling water on inside of the bowl

If a leak does occur, shut off the water supply and call a plumber ASAP!

Water Damage Tips

Did you know that most units have up to ten or more water connections, including the washing machine, dishwasher, refrigerator/ice maker, bathtub, shower, sprinkler heads, hot water tank, faucets and more? Each of these connections has the potential to leak. If your unit is found to be the source of a leak that causes water damage, you may be responsible for all damages. Fast action is imperative once a leak occurs to prevent damage!

Prevention:

- Know the location of your in-suite water shut-offs and turn off the water supply if you discover a leak

If a leak does occur, shut off the water supply and call a plumber ASAP!

Smoke Alarm Tips

Smoke alarms can help save lives. When a fire occurs, smoke spreads quickly, silently, and without warning. Did you know that 60% of fire related deaths occur in homes without smoke alarms or in homes with smoke alarms that don't properly function? These deaths, typically caused by the inhalation of smoke and toxic fumes, can be prevented by properly installing and regularly testing approved smoke alarms.

Tips to Maintain Smoke Alarms:

- Alarms that combine photoelectric and ionization technology are recommended
- Smoke alarms should be tested monthly and replaced every 10 years

Security Tips

Buzzing in Visitors: Always be sure of identity before opening the main entrance door for a visitor. Thieves know that if they push enough buttons at the front entrance, invariably some resident will buzz open the door without affirming their identity. It is not rude to ask who it is and if you do not know them, it is not rude to say no and not let them in.

Parkade Door: When entering or exiting the parkade, do not drive away until you see the parkade door has completely closed. One of the most frequent ways that criminals enter a condo is through the parkade door.

Volunteers *(con't from page 4)*

Thank you for being a host at Neighbourfest! Thank you for working at the Corner Store! Thank you for dusting and polishing those silk plants throughout the village! Thank you for playing the piano in chapel services, songfests and monthly hymn singing. Thank you for sitting on the Remembrance Day Planning Committee. Thank you for ushering at the Remembrance Day Service! Thank you for straightening out pictures in the corridors of Chinook! Thank you for taking attendance at program events! Thank you for organizing the art gallery, running the library, handing out Werther's and displaying your crafts in the Ice Cream Parlour (hint, hint!). Thank you, thank you – the list goes on. Yes! Chinook Village as a community is strongest when volunteerism is thriving. It's time, ladies and gentlemen, start your "volunteering" engines!



Please
contact
Melissa,
Roberta
or
Linda

Volunteers
needed in the
Corner Store
and the
Ice Cream
Parlour



ABOUT ALVIN LAW - OUR IDOP GALA BANQUET GUEST SPEAKER

A victim of the infamous morning sickness medication, *Thalidomide*, Alvin was born without arms in 1960. By five days of age, his own family abandoned him, leaving him in the hospital in the care of a social worker who was the only person who didn't write him off.

What happened next is the riveting story Alvin has shared with over 2,000,000 people on five continents in over 7,500 events from the youngest to the oldest audiences.

He also has extremely rare credentials.

- A Certified Speaking Professional, a designation owned by less than seven percent of professional speakers worldwide.
- He is a bestselling author of *Alvin's Laws Of Life...5 Steps to Successfully Overcome Anything!*
- He is actually in not one, but **Two** Halls of Fame. The Canadian Professional Speakers and the Canadian Disability Foundation each inducted him for his remarkable achievements and the epitome of resiliency and determination.
- He has an actual Emmy award for a short feature film on ABC-TV in America. He's also appeared on over 100 telethons and since 1976, had been directly involved in raising over \$225,000,000 for charity.
- His unique fusion of storytelling, musical performances (he's a world class multi-instrument player) and down-to-earth humour will connect at an intimate, intense, and individual level.
- For more information on Alvin please go to www.alvinlaw.com.

This is an event you will definitely not want to miss

So save the date right now - Saturday evening, October 1st - and plan to join in the celebration

Chinook Village Welcomes Residents

New Move Ins:

Assisted	601	Ralph & Myrna Johnson
Assisted	617	Dorothy Link
Assisted	712	Mary Kress
East	129	Carrie & Inez Rath
East	132	Lawrence & Phyllis Pudwell
Lane	173	Glen MacPhail
Lane	372	Jacob (Jack) Heldt
Lane	374	Anita Vossler
North	145	Mary Brinkman
South	104	Victor & Sharon Batsel
West	159	Lorraine Withers
West	356	Larry & Anne Plante
West	359	Tom & Connie McCaig

Transfers:

Assisted	614	Rosemary Hudson
Assisted	621	Gloria Brehm
Assisted	623	Eileen Marchand
Assisted	707	Erna Martens
Assisted	719	Joseph (Joe) Stenger
Assisted	814	Agnes Funk
Assisted	818	Claudette Campbell
North	452	Doris Closs



Prayer for old age:

Lord, thou knowest better than I know myself that I am old and growing older. Keep from the fatal habit of thinking that I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my store of wisdom, it seems a pity not to use it all, but Thou knowest I want a few friends at the end. Keep me free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains (but not telling your doctor is carrying that a little too far!).

They are increasing and love for rehearsing them is becoming sweeter as the years go by. I dare not ask for improved memory, but rather I ask for a growing humility and a lessening cocksureness when my memory seems to clash with the memory of others. Teach me the gracious lesson that occasionally I may be mistaken. Keep me reasonably sweet. I do not want to be a saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. Give me the grace to tell them so.

---Author unknown

In Remembrance

*Mae Mamona
June 2*

*Lynn Skorpack
July 4*

*Edgar Hofer
July 17*

*Grace Lemon
July 19*

*Violet Stenger
August 1*



My Best Vacation ever, was. . .*Submitted by Marg Telke*

- ❖ Houseboating on the Shuswap Lakes in B.C. with the entire family. Featured was the fantastic scenery as we sailed along from lake to lake. Also, a great deal “family closeness” as this last summer we were 4 generations enjoying much interaction and fellowship. We docked often at designated “docks” and enjoyed hikes, waterfalls, campfires and exploring the shoreline beauty. – Residents
- ❖ Camping in a peach orchard (yum yum) due to unavailability of a regular campsite. – Residents
- ❖ Just staying home on the farm but hiring the neighbour’s sons to do our chores. We slept in, cooked each other’s favorite meals, had picnics under the trees we’d planted decades before, played Cribbage instead of working and we giggled a lot while watching others work! – Sask. Farm Family
- ❖ Snorkeling in the warm waters of the Indian Ocean, in a world of fantastic coral formations with schools of gorgeously “decorate” fish swimming about. – Ex-Missionaries
- ❖ In Israel several years ago. We stayed in a Guest House that used to be Herod’s Palace in biblical times. The outside staircase led to the flat roof where we could relax and enjoy historical views such as the Ancient Temple and the Garden of Gethsemane where Jesus prayed before his crucifixion over 2000 years ago. By day we explored the area and truly “walked where Jesus walked”. – Former Residents
- ❖ Our honeymoon at Waskesiu Lake Resort in Saskatchewan where we had adventures unknown to us such as: a bear encounter while taking a “short cut” on a golf course to the next hole (backing up slowly into some bushes got us out of that situation). Also, we were caught in an expected storm in the middle of the lake in a small motorboat and the waves were quite high! I learned how brave my new husband was.
- ❖ Almost ruined when our family got lost for 6 tense hours in the forest north of Vancouver. We recalled the advice we’d heard sometime earlier “to follow the river”. This saved us.
- ❖ Our sixth trip to the Yukon in 2022. To us there is a no more beautiful road trip to take then to the Yukon!! So, when the opportunity arose to go along with our sister and brother-in-law on a trip they planned, we jumped at the opportunity. We were leaving earlier in the season than we had ever before and knew that we were going to see the sights a bit differently. We left Leduc on May 7 and spent the first couple of days visiting with family and friends along the way. Dawson Creek is Mile 0 of the Alaska Highway, built in 1942 in response to the Japanese bombing of Pearl Harbor, has nearly 2500 km of untamed wilderness. From Fort Nelson, the Alaska Highway winds deep into the Northern Rockies, and we were on contact watch for caribou, goats, bison, black bear, grizzly bear, and stone sheep on this remote stretch of highway. We saw all these animals and some more than once. It was so incredible to be able to watch them amble along the highway ditches. We stopped at the oh-so-soothing Liard River Hot Springs, home to the second largest natural springs in Canada (think natural river of hot water rather than a spring-fed-manmade pool). Then onto Watson Lake and the famous signpost forest. Next stop was Whitehorse, where we spent a full day at Lumel Glass Blowing Studio and then ending the day dining at “Gather” for a delicious dinner of Arctic Char. We were then off to Dawson City, a favourite spot of ours, for a couple of days. The snowcaps on the mountains were an absolutely magnificent sight with the sun shining on them for the full day...unbelievable beauty! The ferry in Dawson City was not running due to huge ice chunks on the river preventing us from traveling to the “Top of the World” highway as we had hoped to. Back to Whitehorse and to Soldiers’ Summit at Haines Junction. We had the privilege to see most of the significant animals for the Yukon including the wild horses, elk, and moose. We headed south for home and down through BC to Dease Lake, Smithers, Prince George, and Jasper. A wonderful time to be sure!! – Residents Ralph and Anne Sitter



2801 – 13 Avenue SE
Medicine Hat, Alberta
T1A 3R1

PHONE:
(403) 526-6951

FAX:
(403) 526-8404

E-MAIL:
info@chinookvillage.com

September is Fire Safety Month

We will be hosting a
Fire Safety
Presentation for
Independent
Residents on
September 20 at
2:00 pm in the
Terrace Room

Please make plans
to be there. It could
save your life one
day!

We're on the Web!

See us at:

www.chinookvillage.com

Check us out on
Facebook
and
Instagram

Lorna would like to remind her clients to book in advance for long weekend appointments so you are not disappointed.

Please be advised that the shop has new hours:

Monday – Friday 9:00am – 5:00pm

Thanks goes out to all of you again for your business. Book your appointments now.



Sunday Chapel Services:

2:00 pm Assisted/Supportive
Living Chapel in the
Chapel (4th Floor)
3:30 pm Independent Residents
in the Garden Lounge

Bible Studies:

Tuesdays Independent Living
9:30 am Garden Lounge
Thursdays Assisted/Supportive Living
9:30 am 3rd Floor CV Center
Lounge

Wednesday Prayer Meetings:

10:30 am Assisted/Supportive Living
Weekly Prayer Meeting in
CV Centre 3rd Floor Lounge



Will be here on Tuesday October 18, 2022.
They will come every 7 weeks after
that. Families or residents can book an
appointment to have their eyes checked by
calling their office at 403-526-2020. They will
also have glasses to purchase if needed, or if
anyone needs adjustments or repairs they can
help with that too!

Upcoming:

September 11:	Grandparents Day
September 20:	IL - Fire Safety Presentation (Terrace Room)
September 28	Neighbourfest (Terrace Room)
October 1:	International Day of Older Persons Gala
October 10:	Thanksgiving
October 11-13:	Flu Clinic (watch for more information)
October 18:	20/20 Eyevan
October 26:	Neighbourfest (Terrace Room)
October 31:	Halloween
November 11:	Remembrance Day (Terrace Room)
November 30:	Neighbourfest (Terrace Room)