

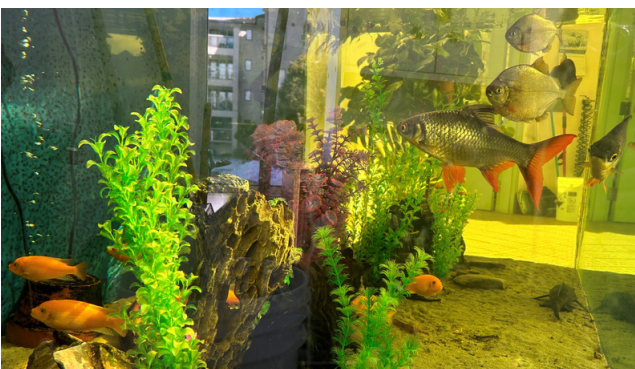
Our Tropical Oasis

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As winter (hopefully) winds down, we're looking forward to the warm, sunny days of spring. In the meantime, we're lucky to have many indoor spaces throughout the Village that make our prairie winters a bit more tolerable. While our 42,000 sq. ft. Park is undoubtedly the "crown jewel" of Chinook Village, the Atrium is a close second. With its lush greenery & cozy seating, the Atrium, which spans both the ground & mezzanine levels, is our very own indoor tropical oasis! We would be remiss not to thank the resident volunteers who maintain the numerous live plants year-round. The focal point of the Atrium, the 700-gallon aquarium, recently received a much-needed scrubbing & if you look closely, you'll notice the addition a few new fishy friends! It's the perfect spot to enjoy your morning coffee or to sit & read while the snow falls - or if all goes well, while it melts!



From the Desk of

Linda Hygard, Managing Director



"Spring is a lovely reminder of how beautiful change can truly be", a quote for all of us who have trouble embracing change. ***"Change is the only constant in life"***, according to Benjamin Franklin and like it or lump it, it's here to stay. As I grow older, my respect for seniors grows, knowing all the changes that you have experienced and endured throughout your lives.

We anticipate a few changes this spring if all goes according to plan. First, there will be a few new HVAC systems, (Center and West buildings), as well as a new Fire Panel in the East building. We will be updating the outdoor master key entry at Entrance 6, 14, 30 and 33 with an electronic fob system, which will provide enhanced security and better control. We hope to address some of the entrances as well as renovate the main dining room and reception area. Updates will be provided as we progress.

We experienced a small Outbreak in Supportive Living (4 residents), and it is important to note the changes in rules since we are no longer in a pandemic. One fire door between buildings was closed only to post a notice while one door remained open for passage. Dining and activities continued in all areas with separation between Assisted Living and Supportive Living residents.

Visitors were welcome on site. Masking was mandatory for staff and strongly recommended for all others. Of course, good handwashing, social distancing and staying home when you are sick helps.

Yet another change as we welcome a new Recreation Coordinator, Cara, for Supportive and Assisted Living. Cara brings lots of experience and is definitely a mover and shaker, having already cleaned out the Corner Store! She is excited about being here at Chinook Village working with the residents.

While some things change, others stay the same. Easter is early this year with Good Friday landing on March 29th and Easter Sunday March 31st. The Easter Canata, performed by our very own Chinook Village Choir, will also be early this year, so watch your calendars. And, come April, we will once again host our Volunteer Appreciation Breakfast as we celebrate those who are contributing to the community life here at Chinook Village.

Enjoy your Spring and all the wonderful change it brings!



Love is in the air!



We had a LOVELY Valentine's Day!
Assisted & Supportive Living residents got crafty making heart ornaments & took a trip down memory lane looking at wedding photo displays put together by our Recreation Department!

SCAM ALERT !!!

With tax season upon us, beware of tax fraud schemes! If you get a call or email that sounds like a scam, it probably is.

Remember, the CRA will never:

- ask for personal information by email or text message;
- request payment by prepaid credit cards or gift cards;
- share your tax information with another person or organization, unless you have agreed that it can be shared;
- leave personal information on an answering machine;
- threaten or use nasty language.

When in doubt, check 'My Account' or call 1-800-959-8281.

Source: Canada Revenue Agency

NOTICE RE: DELIVERIES POLICY

Chinook Village Reception will no longer accept deliveries on behalf of residents. Any deliveries (e.g., parcels, medications, groceries, flowers, etc.) must be delivered directly to your suite. If you are expecting a delivery but know you will not be home, you are responsible for making other arrangements (i.e., request to have it delivered at another time, ask a neighbour to accept it on your behalf if allowed). Please ensure any deliveries are being sent to YOUR address (including Suite #) - not the Chinook Village Administration address. Each building has a different address. A list can be found in the front of your Chinook Village Building & Telephone Directory OR you can contact Reception to confirm. Thank you for your cooperation!

A Little Taste of Heaven

By Chaplain Lance Duncalfe



My Father's house has many rooms, if that were not so, would I have told you that I am going there to prepare a place for you (John 14:2)?

And I will dwell in the house of the Lord forever (Psalm 23:6).

Chinook Village is a great place to live, maybe a little taste of heaven! They say Canadians are experiencing a housing crisis related to affordability and availability. The crisis will only get worse, as "boomers" begin to downsize and start looking for more appropriate housing. I don't know that we in these parts, can relate to the buzz surrounding housing issues in Canada. The only crisis around these parts these days is, "how can I book a tour with Melanie?" or, "where do I sign up?" and, "when can I move in?".

Have you read the advertised description of the place in which you live, if indeed you are living here in Chinook Village? Go to the Chinook Village website and check it out – or get your grandchild to take you there. When you moved into Chinook Village, you began to live your "best life now" in a safe, secure and convenient location, without the worries of having to look after your own home. Now you don't have to lift a finger to access wonderful, home-made meals, prepared by Mark and the Kitchen crew. For those who need it, caring supportive staff are available 24/7. And when was the last time you had to get up at the crack of dawn to shovel snow?

Not to mention endless activities throughout the Village. Is there a better place to make new friends? Top that off with your own private, beautiful and bright suite. Then there is the hidden centerpiece, a 42,000 square foot park with beautiful flowers, a variety of trees, water fountains and fish ponds. Did I mention the large, elegant Terrace Room, the Bistro, Chapel, Library, recreational rooms and lounges throughout the Village? Oh, and heated underground parking. Oh, and nearby doctors, hairdressers, the Co-op Grocery Store, London Drugs, Jysk, Winners, Giant Tiger, several banks and Tim's, oh yes, TIM HORTONS! What more could you "ask for," in a home? Just a little taste of heaven.



A Little Taste of Heaven Continued...

Life expectancy in Canada is 80 years for men and 84 for women. Eventually, the howling, prairie, winter winds of Southwest Saskatchewan, while chilling to the bone, will stir an active, aging population to head west in the direction of the closest urban village. That's where Chinook Village comes in. Inevitably, there will be a need to find more practical accommodations for our aging population, but in the interim, here is Chinook! Like cowboys "rounding them up and heading them out," issues such as accessibility, social needs, personal mental health, security, appropriate care and downsizing, will eventually force older persons into a corral that demands different living arrangements. Enter Melanie! Enter Chinook Village! Enter a little taste of heaven.

If Chinook is a little taste of heaven, then I wonder what heaven will be like. How could heaven possibly be any better than living our best life here and now in Chinook Village? Well, to begin with, we will have brand new bodies. Furthermore, God is there, and He will make sure our home feels like home, after all it is His home. Heaven will have the feel of "being home" with a loving family. And there are plenty of rooms being prepared. Your space in Heaven will reflect who you are, after all it is being prepared for you personally. And once you are there, that's it, no more moves – you are in the house of the Lord forever. For now, enjoy your little taste of heaven here at Chinook Village.



Corner Store Clean-Up

The Chinook Village Corner Store is looking spick & span after a refresh from our new Recreation Coordinator, Cara! Located on the ground floor in Chinook Village Center, the Corner Store is your one-stop shop for all the essentials!



Corner Store Hours:

Monday to Friday

10:30am - 12:00pm & 3:00 - 4:00pm

Hours subject to change due to volunteer availability



Library News

from Anne Opp



Our new shipment from Medicine Hat Public Library is here. We will have these until the end of April 2024 and then we'll be doing another exchange.

There are 38 Audio books, 9 of these are Christian titles. A few other interesting titles are *Friendship Bread* by Gee and *We Must Be Brave* by Liardet.

Some catchy titles in the General area are *Gone with the Wool* by Hechtman, *Your Second Life Begins When You Realize You Only Have One* by Giordano, and a Biography *My Remarkable Journey* by Katherine Johnson. Most are Large Print.

There are 31 Westerns this time – *Me & Johnny Blue* by West, *Summer Range* by Holmes, and *Shadow of a Hang Rope* by Paine are just a few.

There are 2 series in the Christian Fiction section. The Canadian West series by Janette Oke and a mystery series Amish Farm Trilogy by Gayle Roper. A few other titles are *The Bone Box* by Hostetler and *A Beacon of Light* by Byler. I'm sure if you stop in, you'll find something that you would like to read!

Our Library hours are **Monday, Wednesday, and Friday** from **2:00pm to 3:30pm**.

Welcome to Our New Recreation Coordinator

Meet Cara – our new Recreation Coordinator!

"I have one of the most fun jobs ever! With 22 years of experience in Senior Care, I understand the importance of recreation. Socializing helps us all build confidence & close personal relationships where we soon find new friendships!"

We're so excited to have a new friend in Cara & we hope you'll join us in giving her a warm Village welcome!

CHINOOK VILLAGE

Welcome
TO THE TEAM

CARA MONETTE
Recreation Coordinator

Maintenance Messages



FIRE DRILLS & ALARMS

As a resident, you have a responsibility to familiarize yourself with the Escape Routes for your area. The 'Duties of Each Resident' can be found in the Orientation Guide you received when you moved into Chinook Village. If you cannot locate your copy, you can request a new one by contacting Reception at 403-526-6951.

Remember, **when the fire alarm bells sound, you should ALWAYS treat it as a real fire emergency.** Never assume it is a malfunction or false alarm.

GARBAGE & RECYCLING

GARBAGE: Garbage is picked up once per week on **Fridays between 7:00 AM to 11:00 AM. DO NOT throw any garbage down the chutes during this time!** Please ensure your garbage is bagged and tightly secured to help keep the chutes clean and prevent odour issues in the Parkade and hallways.

RECYCLING: Recycling bins are picked up every **Monday & Thursday.** Please place recycling products in their proper bins. Products contaminated with food or waste must be put into the garbage. Notify Reception if the bins are full/overflowing.

REMINDER: Do NOT store combustible items in your Parkade stall (*i.e., anything made of wood, paper, cardboard, combustible fabric, or combustible liquids*). These types of items should be stored in your designated storage unit. The only items allowed to be stored within your assigned parking stall are: your vehicle, a powered wheelchair/scooter, a small two-wheeled wire cart, a walker & a bicycle.

PARKADE SAFETY & SECURITY

It has come to our attention that some users of the Parkade are creating security risks by not following Chinook Village's security procedures.

One of the most frequent ways criminals enter a condo building is through a partially closed parking garage door. Thus, it is extremely important for the door to close behind you whenever you enter or exit the Parkade. Please review the procedures below to ensure you are following proper protocols:

- When entering the Parkade, **make sure the door has opened all the way before proceeding.**
- Once you have entered the Parkade, or when you are exiting, **wait until the door has completely closed behind you before proceeding.** The doors are programmed to stay open for 15 seconds before closing.
- **Always use your own remote - no tailgating!** Do not follow another vehicle into the Parkade without activating your own remote first. There is 15 seconds after a vehicle's tail lights pass the door before it comes down. However, do not use these 15 seconds as an opportunity to follow another vehicle into the Parkade without using your own remote. By doing so, you run the risk of having the door come down when you are only halfway through. After you activate your remote, there is a one second delay to change the direction of the door, so ensure the door is fully open before proceeding.

Chinook Village Welcomes New Residents

(January - March 2024)

NEW RESIDENTS:

IND	L481	Ron & Linda Crosbie
IND	W259	Elsie Stern
SL	N347	Sharon Dressler
SL	L272	Barbara Aldag
SL	L273	Richard (Rick) Harvie
AL	CV617	Walter Stojke
AL	CV711	Fay Lloyd
AL	CV823	John Reichel

TRANSFERS:

AL	CV720	Iris Breum
AL	CV809	Doreen Lyon

Check your mailbox - the latest version of the 'Chinook Village Building & Telephone Directory' has been delivered! It is distributed to all residents twice a year - once in September & again in March. You can also purchase a copy for \$2 at Reception at any time!

In Remembrance

Arnold Duprey
Dec 16th

Keith Porter
Dec 30th

Dorothy Perrin
Jan 15th



Message from Melanie

Lifestyle Consultant

Are you new to the Village & struggling to get your "sea legs," so to speak? Please let me know! I'm always available to take you on a tour or connect you with other residents who can show you the ropes. Chinook is a big place & it can take time to adjust, so don't hesitate to reach out if you're needing some guidance. We are here to help! Just give me a call at 403-526-6951.

Attention Independent Living Residents:

Please send us photos of your activities & gatherings! We would love to showcase more of Independent Living on our social media pages. Please send any photos & details to info@chinookvillage.com. Thank you!



The Reception Rundown

The 'Reception Rundown' is a feature where our Administrative Assistant, Jaelene, shares Reception-related information & answers your commonly asked questions. This edition's topic is...

MEAL TICKETS

Are guests allowed in the Dining Room?

Independent Living residents & their guests, along with guests of Assisted & Supportive Living residents, are welcome to join us for meals in the Main Dining Room! However, please note this currently applies to SUPPER ONLY. We are at capacity during the Lunch meal (including Sunday Brunch) & cannot accommodate additional guests. You still have the option to take away a meal at Lunch - keep reading for further details!

How much do Meal Tickets cost?

As of January 2024, Meal Ticket prices increased slightly. The prices are now as follows:

Lunch - \$15
Sunday Brunch - \$17
Supper - \$20
Neighbourfest - \$22

If you have a bunch of old Meal Tickets you haven't used yet, don't worry - we'll honour them. (NOTE: This does not apply to Neighbourfest Vouchers). Please ensure you have purchased your ticket(s) from Reception before going to the Dining Room.

What are the Meal Times?

Lunch service starts at 12:00pm, but since it's take away only, we ask that you come at 12:30pm to pick up your meal in order to avoid the rush. (NOTE: A take away meal is NOT the same as a bagged lunch - please contact Reception for more info on bagged lunches). Supper service starts at 5:00pm for those joining us in the Dining Room. If you're taking away a meal, pick up time is 5:30pm.

As always, if you have any questions that haven't been answered here, just give Reception a call at 403-526-6951. Bon Appétit!



How do I let you know I'm coming for a meal?

The more notice you can give us, the better! If you would like to have Lunch/Sunday Brunch (take away only), you must call Reception by 10:30am the day of. If you're planning on joining us for Supper (dine in or take away), contact Reception no later than 3:30pm to ensure you're on the list. Food Services staff need sufficient time to prepare enough food & set tables accordingly. You can also let us know days in advance if you're planning ahead. These same deadlines apply to Assisted & Supportive residents bringing guests.

What about large groups?

The more the merrier! You're welcome to invite your family & friends for Supper in the Dining Room. However, we do require advance notice for groups of more than 6 people. Please contact Reception no later than 1:00pm the day of to be put on the Supper list. If you can let us know even sooner, that would be greatly appreciated! Please note, groups of 10+ must be pre-approved by Food Services Manager, Mark.



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2801 – 13 AVENUE SE
MEDICINE HAT, AB
T1A 3R1

PHONE:

403-526-8404

FAX:

403-526-8404

EMAIL:

info@chinookvillage.com

VISIT OUR WEBSITE:

www.chinookvillage.com

CHECK US OUT ON:

Facebook & Instagram



Come see us at the Home & Leisure Tradeshow at the Cypress Centre March 1st-3rd! Chinook Village staff & even some of our wonderful residents & volunteers will be showcasing all Chinook has to offer! Admission for seniors is only \$4!

Sunday Chapel Services

All Residents
2:00 PM
Chapel (4th Floor, CV Center)

Wednesday Prayer Meetings

Assisted & Supportive Living
10:40 AM
Lane Lounge

Bible Studies

Independent Living
Tuesdays @ 9:30 AM
Garden Lounge

Assisted & Supportive Living
Thursdays @ 9:30 AM
3rd Floor CV Center Lounge



Reminder for Independent Living Residents:

If you don't use our Online Community (CondoGenie) & would still like to receive a printed copy of the Newsletter, please contact Reception to be put on the list!

Upcoming Holidays & Events

March 17:	St. Patrick's Day
March 20:	Neighbourfest
March 24:	CV Choir Easter Cantata
March 29:	Good Friday
March 31:	Easter Sunday
April 17:	Neighbourfest
May 12:	Mother's Day
May 20:	Victoria Day
May 29:	Chinook Village AGM
TBD:	Volunteer Appreciation Breakfast