



MANOR TIMES

JULY, 2023

HAPPY BIRTHDAY CANADA!



Canada Proud

What do we Canadians have to be proud of: Smarties – which, unlike Reese’s Pieces, melt in your mouth and not in your hand.

1. Cheezies – made locally by the W. T. Hawkins company.
2. Crispy Crunch and Coffee Crisp chocolate bars.
3. Baseball – first game played June 4, 1838 in Ingersoll Ontario.
4. Basketball; La-crosse, And HOCKEY (And the Toronto Maple Leafs)
5. We invented SkiDoos, Jet Skis, Velcro zippers, Insulin, Penicillin. The telephone, and short-wave radios.

6. Apple Pie and Maple Syrup.
7. Tim Horton’s
8. A Canadian invented Standard time
9. The handles on our beer cases are big enough to fit your hands in with mitts on!
10. The Hudson’s Bay Company, while Canadian owned and operated, once owned over 10% of the Earth’s surface and is still around as the World’s oldest company.
11. We have the largest English population that never surrendered or withdrew during any war to anyone, anywhere, EVER.

Our Civil war was

fought in a bar and lasted a little over an hour!

The only person who was arrested in our Civil war was an American. He slept in and missed the whole thing, but showed up just in time to get caught!

In the war of 1812 – started by the Americans – Canadians pushed the Americans back past their White House. Then we burned it and most of Washington. We got bored because they ran away, so we came home and partied!

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Thoughtful Thoughts

Part of the problem with the world today is – no one snaps green beans with Grandma anymore!

Some days I wish I could go back in life. Not to change anything but to feel a few things twice.

Remember when people used to keep diaries and got mad when someone read them. Now, they put everything 'on

line' and get mad when people don't.

Old roads, old dogs, old folks, and old ways – still have a lot to offer in this sped-up world we all live in.

Kids who never have to earn anything, will appreciate nothing.

Never be a prisoner of your past. It was a lesson, not a life

sentence!

In the end, we won't remember the most beautiful face and body. We'll remember the most beautiful heart and soul!



July 1st, 2023—Canada Day!

Always a great day to celebrate this wonderful country we live in!

We've just experienced another Miracle For Women. On Monday June 26th, an election took place in Toronto to replace the recently 'retired' Mayor John Tory, who had held the position for several years. The Miracle – there were 102 applicants for the position!!!! Three of the front-runners were all former immigrants:

Mark Saunders – from Jamaica, and the former Toronto Chief of Police – endorsed by Doug Ford, the Premier of the Province.

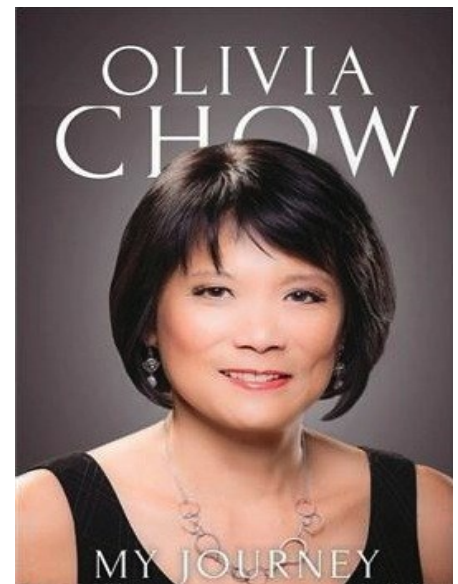
Ana Bailao – from Portugal – a former Toronto City Councillor of high rank – endorsed by the former Mayor John Tory.

And the winner is***** Olivia Chow – from Hong Kong – former City Councillor – and former Member of Federal Parliament – she was married

to the late Jack Layton, leader of the National NDP. She was endorsed by the 'grassroots' members of the community. Someone made the statement that she would be an 'unmitigated disaster' but, as it turns out she is an 'unmitigated success'. We wish her well in the future, knowing that she has a reputation for being able to bring people together and build bridges – not walls. She states 'I want us to work together. One of my first tasks is to listen, and to learn, and then to look for ways we can work together to achieve our common goals'.

Interesting to note that she was tops in votes in 14 of the 25 Toronto wards!

Some people are saying 'It looks like it is 'Chow' time. Good luck Olivia!!!!





Residents' Council Report—June 2023

During the month of June residents, team members, family and team members celebrated Seniors with a Family Day celebration on the 9th and a special dinner put on by the Dietary Department with tablecloths, coloured placemats and sticker giveaways.

Also, celebrated on June 28th was the removal of masks by team members and visitors in the home. A written communication regarding the Ministry of Long Term

Guidance for Covid-19, personal protective equipment and how it relates to residents rights to request the wearing of masks, was shared with all residents.

Recommendations submitted to the Administrator and Leadership team included:

1. Offering sugar-free snacks on the nourishment carts.
2. Storing the soiled linen/briefs carts in the soiled utility rooms on the villas, instead of in the corridors.

The President and villa representatives of Resident's Council attend each of the monthly Resident meetings on the floors. All residents are encouraged to attend.

2nd floor July 4th at 2 p.m.

3rd floor July 11th at 2 p.m.

4th floor July 18th at 2 p.m.

5th floor July 25th at 2 p.m.

I Still Matter

I am still here!

My looks are nothing special, my face reveals my age.

My body shows wear and tear, and my energy's not the same.

Too often my memory fails me, and I lose things all the time.

One minute I know what I plan to do, and the next – it slips my mind.

I try hard to avoid my mirror. There are things I would rather not see.

And even those times when I just catch a glimpse, I can no longer recognize me.

The things I used to do with ease, can now cause aches and pain.

And the quality of the things I do, will never be quite the same.

I always compare my older self to those younger versions of me,

And, I know I'm wasting too much time – missing who I used to be.

But, the thing that really makes me sad, is despite what people

see,

Underneath my tattered and worn out shell, I'm still the same old me!

My heart can feel endless love, and, at times, it can still ache.

My heart can fill with so much joy, and then – can suddenly break.

My soul can still feel sympathy and longs for forgiveness and peace.

And, there are times it's light shines boldly through,

And times when it longs for release.

It's time, now that I'm older, feeling lonely may be status quo,

But, it also has made me more willing to forgive and let past conflicts go.

So, maybe to some I might look ugly and old, a person who barely exists,

I'm still quite aware of the beauty inside and my value should not be dismissed.

So, although not as strong and no beauty it's true, I'm still here and want so much to live!

And, I know there's no one in this world quite like me,

And no one who has more to give.

I still matter!





Celebrate Summer!

Come out to the Outdoor Classic Car Show & Social



Saturday, July 8th
1:00 to 3:00 p.m.



In the Pavilion at Hastings Manor

Music, Ice Cream, Hotdogs,
Popcorn, Popsicles & Drinks

Residents, family members,
friends and Team Members are
welcome



Please R.V.S.P. Jennifer at
613-968-6467 ext. 2244
If you plan to attend and/or bring your
CLASSIC CAR to show





A Few Thoughts on Life

If someone insults you –
look into his eyes and
don't say anything.
Never argue with
someone who takes
advantage of you.
Never doubt the one you
love the most.
If you have to argue, do it
politely. You will win the
argument and drive people
crazy!



With Age Comes Wisdom

A guy is seventy-five years old and loves to fish. He was sitting in his boat the other day when he heard a voice say, "Pick me up."

He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "Pick me up." He looked in the water, and there, floating on top, was a frog.

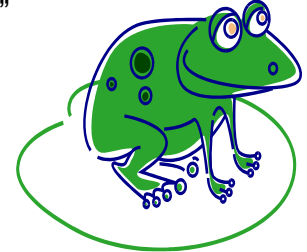
The man said, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up." Then kiss me and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because you will have me as your bride."

The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front breast pocket.

Then the frog said, "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride."

He opened his pocket, looked at the frog and said, "Nah, at my age I'd rather have a talking frog."



Life Is Good, God Is Great

Food for thought on how to start your day.
We live in an awesome world.
Make it an awesome day.
Peace to all and may God bless you.
Live simply
Love generously

Care deeply
Speak kindly
Leave the rest to God





Doctor's Advertising

A sign in front of a doctor's office reads 'If I can cure you, I get \$20. If I can't cure you, I'll pay you a \$100.00'. A lawyer decides that it's his time to shine, so he makes an appointment and gets to tell the doctor 'I can't taste anything anymore – please cure me'. The doctor tells the nurse to get 'the' medicine from drawer 25. He gives some to the lawyer who takes a swig – gasps – and spits it out. He states that it tastes like gasoline! The doctor

says that he now has his taste back and that he must pay \$20. for being cured. The lawyer pays and leaves frustrated!

The lawyer comes back the next day and asks the doctor to cure his memory. The doctor tells the nurse to go and get 'the' medicine from drawer 25. The lawyer says 'No way – that's what you gave me last time. The doctor states 'memory fixed – that will be \$20'. The lawyer comes back again the next day and states

that he can't see, he is blind, and asks to be cured.

The doctor states that he can't cure that and hands the lawyer a five dollar bill – saying 'Here is your \$100.'. The lawyer says 'Wait – this is a five dollar bill'. The doctor says 'Blindness cured – twenty dollars please!'.



Weird & Wonderful

A woman finishes her shopping and arrives at the check-out counter. She opens her purse to pay and the cashier can see a TV remote unit. She asks the woman if she always takes the remote with her when she goes shopping. Reply 'No, not always, but my husband refused to take me shopping today because there was a major football game on the TV'.

Moral: Men – always

accompany and support your wife in her hobbies.

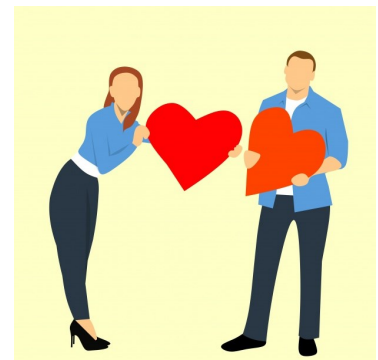
The cashier then proceeds to return and pile up all of the items that have been purchased. The woman is shocked at this act and demands to know what the cashier is doing. The cashier told her that her husband had apparently blocked her credit card.

Moral: Women – always respect hobbies of husband!

The woman then produces the

husband's credit card – which he hadn't blocked and pays for the items.

Moral – Men – Never underestimate the power and sensibility of the wife!





Hastings Manor's Volunteers Are Worth Celebrating!

Wednesday, June 21, 2023

Hastings Manor's volunteers were invited to an afternoon garden party, in recognition of the dedication and outstanding contributions to care and services given to the residents.

Representatives of Resident's Council, the Leadership Team and members of the Recreation Department were in attendance to thank all of the volunteers, on behalf of all residents, family members

team members.

Volunteers enjoyed the piano stylings of Neil Fletcher, Recreation Aide, fresh, strawberry shortcake and the beautiful, garden patio setting.

Appreciation gifts included a scented candle, lapel pin and thank you card.

Anyone interested in becoming a volunteer can contact Jennifer at 613-968-6467 ext. 2244



Ahh the Golden Years!

A row of bottles on the shelf
Caused me to analyze myself.

One yellow pill I have to pop—
goes to my heart so it won't stop.

A little white one that I take—
goes to my hands so they won't shake.

The blue ones that I use a lot,
tell me I'm happy when I'm not.

The purple pill goes to my
brain, and tells me that I have
no pain.

The capsules tell me not to

wheeze, or cough or choke or
even sneeze.

The red ones—smallest of
them all, go to my blood so I
won't fall.

The orange ones—very big and
bright, prevent my leg cramps
in the night.

Such an array of brilliant
pills,

Helping to cure all kinds of ills.

But what I'd really like to know -

Is what tells each one where to go!

(Really—the only thing golden
is your urine from taking all
those darn pills!)



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MISSION STATEMENT

Our long term care team works together to optimize quality of life in a diverse environment of compassion, safety, and comfort.



Just for Laughs

Two brooms were hanging in the closet and after awhile they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress. The groom was very handsome and suave in his tuxedo. The wedding was lovely.

After the wedding, at the wedding dinner, the bride broom leaned over and said to the groom broom "I think I'm going to have a little dust

broom!"

"Impossible!" said the groom broom. "We haven't even swept together!"

