

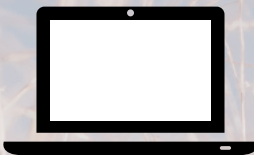
# *Fernwood News*

JANUARY 2022



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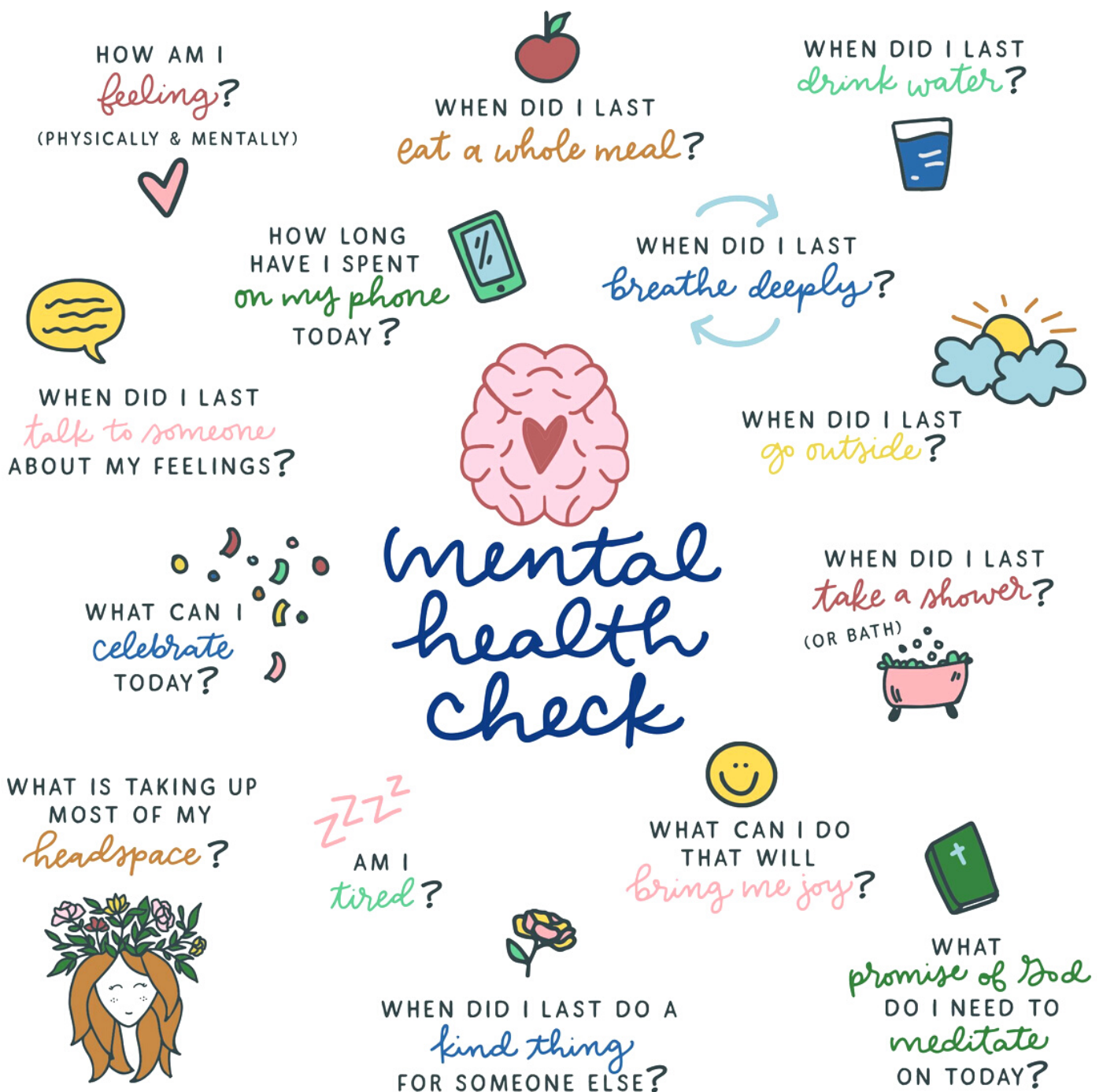


[steinbachhousing.com](http://steinbachhousing.com)

# Mental Health Awareness

As the harshness of winter sets in with its cold, short, sunless days, let's make sure to make consistent efforts to keep our mental wellbeing healthy. Take note of how you feel and take action! Be sure to speak to someone if you are having trouble sleeping, have a sudden loss of appetite or frequently feel abnormally unmotivated.

On **Monday, January 31st at 2:00** we are fortunate to have Jennifer Kulpa, Community Mental Health Worker for Southern Health present to us. Come and gain awareness on ways to help yourself and those around you experience better mental health.





## *Farewell Myka!*

If you see Myka in the halls or the office, make sure to wish her well as she will be leaving on January 14th to have her baby!



## **New Tenants**

404- Catherine Berg  
603- David Hiebert  
607- William Berg



## **January Birthdays**

1- Maria Wiebe	12- Alice Kroeker
1- Mary Friesen	19- Helena Hildebrandt
7- Elma Thiessen	20- Judith Funk
11- Hattie Weiler	29- Donna Beauregard

*From the:*

## **CHAPLAINS DESK**



**“But He holds His priesthood permanently because He continues forever. Therefore, He is able to save completely those who approach God through Him, since He always lives to make intercession for them.” - Hebrews 7:24-25**

It is the start of a New Year, one which we hope and pray it will be better than the last two! People are usually a bit more reflective during beginnings and endings (and then I tend to get a little lost in the middle). So the end of one year and the beginning of another feels like a good time to remind ourselves of the ultimate reality: Jesus Christ reigns.

It's easy to say, but often oh so hard to believe! But we are assured in Scripture that Jesus is, at this very moment, in Heaven, “working all things together for the good of those who love Him and are called according to His purpose.” (Romans 8:28.) One of the most truly encouraging things I've found when thinking about Christ's kingly reign is the fact that the Lord Jesus who currently stands at the helm of the universe making intercession for us is the same Lord Jesus we meet in the four Gospels:

The Jesus who left the 99 for the 1. The Lord who said blessed are the meek and the mourners, the peacemakers and the persecuted. The Jesus who reached out the hand of love to sinners and outsiders, tax-collectors, the poor, and prostitutes. Who stretches that hand yet further on the hard wood of the cross that they all might come within the reach of His saving embrace.

The Jesus who loved 'little' people, broken people. People like you and me. That Jesus and the Jesus ruling over all things are the same person! We can trust that Jesus, that kind of a God to always be faithful and loving. We can be assured that no matter how dark the night has been, joy comes in the morning!

**Scot Moir**



The Jake Epp Library will be here to drop off books for us on Friday, January 7th. Please have your requests into the TRC office by noon on Thursday, January 6th

## **Travelogue to Jamaica!**

Join us on Friday, January 7th in the MPR at 2pm to see the beauty Jamaica has to offer through a travelogue!

## **Taste of Jamaica!**

Sign up to have a Jamaican dinner delivered to your door from our very own Jamaican restaurant in Steinbach, Di Reggae Grill!

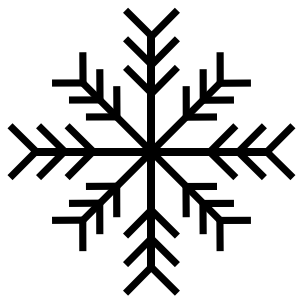
For just \$15, you can get either a choice of jerk chicken or pork, rice & peas, tossed salad & an island treat!

Watch for an order form in your mailbox early next week!



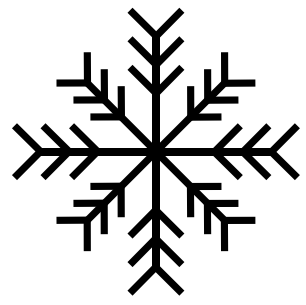
## **Make 2022 the Year of Healthy Habits!**

We host chair exercises in the Games Room every Monday, Wednesday and Friday at 9:30am. Come down and join us!



# JANUARY 2022

## FERNWOOD EVENTS



S M T W T F S

2

9:30am-  
Exercises

3

10:00 am-  
Chapel  
  
2:00pm- Bingo

4

9:30am-  
Exercises

5

9:30am-Coffee  
Time

6

9:30am-  
Exercises  
2:00-Travelogue  
to Jamaica  
4:30-Jamaica  
Supper

7

1

8

9

9:30am-  
Exercises  
  
2:00-Jeopardy

10

10:00 am-  
Chapel  
  
2:00pm- Bingo

11

9:30am-  
Exercises

12

9:30am-Coffee  
Time

13

9:30am-  
Exercises

14

2:00-  
Technology  
Class

15

16

9:30am-  
Exercises

17

10:00 am-  
Chapel  
  
2:00pm- Bingo

18

9:30am-  
Exercises

19

2:00-Birthday  
Party

20

21

22

23

9:30am-  
Exercises  
  
2:00-Jeopardy

24

10:00 am-  
Chapel  
  
2:00pm- Bingo

25

9:30am-  
Exercises

26

27

28

29

30

9:30am-  
Exercises  
  
2:00- Mental  
Health  
Presentation

31