

OCTOBER 2024

LINDEN PLACE NEWS

a great place to live



BE THANKFUL
BE GRATEFUL
BE BLESSED

hi there!



My name is Amy Renacia, It's a pleasure to be your new Tenant Resource Coordinator for Linden Place. I have been working for Resthaven Care Home for 15 years now as a Resident Assistant and in the Recreation Department. My interests are singing, travelling, cooking, and I also enjoy bowling!

I am excited to meet you all!



Amy Renacia 204-326-9898 | Michael Obviar 204-326-2002
steinbachhousing.ca

Multipurpose Room bookings for Thanksgiving and Christmas season can be booked through Amy at the TRC office.

Reminder!

Offices are closed on October 14 for Thanksgiving Day

Please be respectful of laundry times. Do laundry **ONLY** on your designated time slots. Laundry is also for **TENANT use only**. Anyone caught doing laundry for family or someone else, will lose laundry privileges. Thank you!



ABBY'S CORNER

Exciting Thanksgiving activity on October 3!

Thanksgiving Dinner October 16 at 6 pm - MPR

Pumpkin and Petals Craft

October 17

Jeopardy - Fall Edition
October 31

Rusk Medical Services will be here to administer flu vaccines
October 25 @ 1:40 pm - 4:30 pm
Sign up required



Joe Draude
October 28
@ 2 pm



October 9 @ 10/10:30 am

Communion with John Hildebrand

We are looking for a licensed hairdresser for Cedarwood and Parkview.

If you are interested or know of someone that would like to do this, please contact Michael @204-326-2002



Jake Epp Book Mobile October 4

@ 1:00 PM



Canadian
Cancer
Society



October is Breast Cancer Awareness Month

The Canadian Cancer Society is helping people with breast cancer live longer and fuller lives. See the progress that is being made.

6 reasons to celebrate breast cancer awareness month

1. *The female breast cancer death rate has dropped by nearly half*

It's true – 1 in 8 women is expected to be diagnosed with breast cancer in her lifetime. The number may be startling, but the good news is that more Canadians being diagnosed with breast cancer are receiving a better prognosis.

2. *A healthy lifestyle can help reduce the risk of developing breast cancer*

A Canadian Cancer Society-funded study has found that about 28% of breast cancer cases in women can be prevented through healthy living and policies that protect the health of Canadians.

3. *Some women can be spared the toxic effects of chemotherapy*

A clinical trial funded in part by the Canadian Cancer Society found that most women with early-stage breast cancer do not need chemotherapy in addition to hormone therapy.

4. *More treatment options for those living with metastatic breast cancer*

In collaboration with Stand Up To Cancer Canada (SU2C Canada) and the Canadian Institutes of Health Research (CIHR), clinical trials are underway to find new ways of treating metastatic breast cancer.

5. *Support programs are helping Canadians live their lives fully*

Every person's breast cancer journey is different, that's why we offer a wide-range of programs and services to help those affected by cancer.

6. *57 communities are coming together to make breast cancer beatable*

These events help unite a collective of Canadians who are a force-for-life in the face of breast cancer to show that no one is alone in their breast cancer journey.

Source: www.cancer.ca



In Canada there is an annual nine-day celebration spread over 18 days in Kitchener, Ontario. It attracts over 700,000 visitors annually. While its most popular draws are the beer-based celebrations, other cultural and entertainment attractions also fill the week. The most well-known is the parade held on Thanksgiving Day. As the only major parade on Canadian Thanksgiving, it is televised nationally. Coincidentally, the closing day of the Bavarian Oktoberfest also falls on the German equivalent of Thanksgiving,

Erntedankfest.

Source: Wikipedia



Chaplain's Notes

October is a Month where we Celebrate "Thanksgiving"

"Give thanks to the Lord, for he is good. His love endures forever.

Give thanks to the God of gods. His love endures forever.

Give thanks to the Lord of lords: His love endures forever.

to him who alone does great wonders, His love endures forever". Psalms 136:1- 4 (NIV)

"Give thanks in all circumstances" 1 Thessalonians 5:18 (NIV).

"Give thanks to the Lord, for he is good ". We are truly blessed to be able to live in one of the best countries in the world. The four beautiful Seasons that we can enjoy. We look back and see that our summer is coming to an end, the Harvest is almost done and Autumn is here, we see the change in our trees, the beautiful colors are starting to show and the leaves are falling to the ground and soon it will be covered white in snow. In the beginning of summer, we enjoyed seeing how everything came back to life with the beautiful flowers and the green grass, the lush green fields and now a great harvest.

Thanksgiving is just around the corner, and so I've been thinking about gratitude a lot lately. What is it? When should we show it? What does God say about it? Paul wrote to the Thessalonians, "Give thanks in all circumstances" (1 Thessalonians 5:18). Most read that verse and think it is rather nice. Notice the Bible doesn't command us to feel thankful in all circumstances. Instead it commands us to "give thanks in all circumstances." When we begin to praise God in a difficult situation, even if we don't feel like it, many times our outlook changes and we see glimpses of His glory.

As you praise God for who He is and thank Him for what He's done and is doing, your perspective of Him grows larger and your problems grow smaller. As a result, you will experience a deeper sense of intimacy with God as the emotional gap between what you know to be true and how you feel at the moment closes.

Let's Pray: Dear Lord, I praise Your Name. I exalt Your Name forever. Even though I may not understand what is going on in my life, I trust that You are good and Your plans are good. In Jesus' Name, Amen.

***** Make a list of 10 things that you are thankful for and share it with someone.**

**John Hildebrand, Chaplain 204-326-2547
email: chaplainshi@gmail.com**



OCTOBER 2024

LINDEN EVENTS



| S | M | T | W | T | F | S | | | | | | |
|--|----|---|----|---|---|----|------------------------|--|--|--|---|---|
|  | 1 | 1 10 am: Meet and Greet with Amy 12 pm: Group Lunch 1:30 pm: Bingo | 2 | 3 10/10:30 am Chapel/Bible Study 10 am Thanksgiving Activity 12 pm: Group Lunch | 4 | 5 | 1:00 pm Book Mobile | | | | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 9 am: Chapel | 10 am: Coffee Time | 12 pm: Group Lunch 1:30 pm: Bingo | 10/10:30 am Chapel/ Communion with John H. | 12 pm: Group Lunch | 12 pm: Potluck |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 9 am: Chapel | Thanksgiving Day OFFICE CLOSED 10 am: Coffee Time | 12 pm: Group Lunch 1:30 pm: Bingo | 10/10:30 am Chapel/Bible Study 6 pm Thanksgiving Dinner | 10 am Pumpkin and Petals 12 pm: Group Lunch | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 9 am: Chapel | 10 am: Coffee Time | 12 pm: Group Lunch 1:30 pm: Bingo | 10/10:30 am Chapel/Bible Study | 12 pm: Group Lunch | 12 pm: Potluck 1:40 pm Rusk Medical Flu Vaccine |
| 27 | 28 | 29 | 30 | 31 |  <p> I'm so glad I live in a world where there are Octobers. <small>Anne of Green Gables.</small> </p> | | 9 am: Chapel | 10 am: Coffee Time 2 pm: Joe Draude | 12 pm: Group Lunch 1:30 pm: Bingo | 10/10:30 am Chapel/Bible Study | 10 am: Jeopardy 12 pm: Group Lunch | |

Give thanks to the Lord, for he is good; his love endures forever.

Psalms 107:1