

### A word from our Chaplain

*I always put the Lord in front of me; I will not stumble because he is on my right side.  
That's why my heart celebrates and my mood is joyous; yes, my whole body will rest in safety.  
~ Psalm 16:8-9*

A few years ago I spent four days of silence at Loyola House in Guelph. As I survey the beautiful grounds here at Parkview I am reminded of that time – of the quiet spaces and beautiful gardens. One can find plenty of quiet places to pray and meditate here at Parkview. I want to share some advice with you from Father John, the Jesuit priest who led our group through four days of study, meditation and prayer – advice to help you in your quiet prayer time:

We are not human beings trying to live spiritual lives – we are spiritual beings trying to live human lives. We are created in God's image; our connection to God is within us right from the very start of our lives. Creator God wants continual connection, love and spontaneity from you and is on the journey with you - there to help you understand that life is a mystery to be lived, not a series of problems.

When you follow the path God wants you to walk, you live a life defined by joy, discovery, curiosity, surprise, and much more. You are filled with a sense of the Creator's love and you want to share that love and peace with your neighbours.

Perhaps you are struggling with something. Life gives us plenty of crosses to bear. Upsetting situations can leave us asking why. In your time of prayer and meditation look for something you can take away from the situation. Something healing, some tiny speck of hope. The Creator is with you. Wait, listen and let God speak and guide you through the Spirit.

Make your faith central to your life. Keep an open, running dialogue with God.

Any time spent in quiet reflection and prayer can be retreat time. Time spent in quiet and prayer, listening for the God's voice is a time of healing, reconnection and spiritual growth – time well spent and life-giving. Have a wonderful summer!

~ Chaplain Liz



### Did you know....

Horseradish is still planted and harvested mostly by hand?

Sales of bottled horseradish began in 1860, making it one of the first convenience foods?

In the American South, horseradish was rubbed on the forehead to relieve headaches?

Horseradish has only 2 calories a teaspoon, is low in sodium and provides dietary fiber?

### Ratcliff Scholarship Award

The successful applicants for the Ratcliff Scholarship tuition awards were:

Mohammed Syed who will be studying Building Environmental Systems and to Corinne MacLean who is taking Recreation Therapy.

Congratulation to both of them on their career growth!



### Alzheimer Society Support Group

In partnership with Parkview Home, the Alzheimer Society of York Region is pleased to offer a family support group to provide information on coping with and caring for people with Alzheimer's disease and related disorders.

**Location: Parkview Home, Meeting Room from 7 -8:30pm**

on June 26th then will resume again on September 25th For further information please contact the Alzheimer Society of York Region at (905) 726-3477 or 1-888-414-5550



# Summer Edition 2018

## Parkview's Senior Scene

Serving Residents, Families, Staff and Friends of Parkview Home & Village June 2018

### Greetings from the Home Administrator

Our long awaited summer is finally here! The grounds are looking spectacular with vibrant colours and lush green grass. The sun on our shoulders makes us feel rejuvenated as we watch this new season unfold. Soon our resident gardeners will begin harvesting some of the fruit and vegetables they have been carefully nurturing. Nothing tastes better than food that is fresh off the vine.

Recently, I was away on vacation and had the opportunity to spend part of it in a canoe on Balsam Lake. The weather was perfect and the water each morning was as smooth as glass. I had time to reflect on the nature around me – its beauty and peaceful tranquility. We are so blessed to live in a country that offers us such a diverse landscape that we can safely enjoy with our family and friends.

As another Canada Day approaches, we can truly appreciate all the blessings that this season brings. It is a time that we can spend with family and friends, whether we are listening to the laughter of children as they play or spending some quieter time for fellowship with others. We can be thankful for all that Parkview offers us and for the contributions of everyone to keep Parkview a strong and vital part of the Stouffville community – residents, tenants, family members, staff, board members, donors and community partners. Thank you for your continued support and have a safe and healthy summer.

Terry Collins

### Wellness Clinic in the Village

Parkview Village is pleased to announce the grand opening of the Wellness Clinic, in partnership with Stouffville Medical Centre.

We wish to thank everyone who has generously donated and greatly appreciate your donation to support our Wellness Clinic operations. If you wish to make a donation to the Wellness Clinic, you can pick up a donation form at the Wellness Clinic or call Deborah at (905) 640-1940 ext. 2037.



**I AM Walking FOR PARKVIEW**  
Participate in the walk for Parkview Home LTC  
**SATURDAY, SEPT. 15**  
11 AM START AT THE PARKVIEW GAZEBO  
Funds will be used to enhance and complete the Entrance canopy to protect the Residents from inclement weather.  
PRIZES FOR TOP INDIVIDUAL AND TEAM SPONSOR  
Register as an Individual or Team  
FOR MORE INFORMATION OR TO DONATE ONLINE VISIT:  
parkviewhome.ca

**11:00**  
Walk Registration  
**11:15**  
Warm Up  
**11:30**  
Walk Begins  
**11:30 - 1:00**  
Charity BBQ for walkers and non walkers



3KM WALK

2KM

1KM

JOIN US IN SUPPORT OF YOUR COMMUNITY WALK FOR PARKVIEW HOME



## Staff Pacings

Welcome to the new team members who joined the Parkview family:

**Parkview's new CEO:** Karen Gayman

**Programs:** Haley Chau, summer student at Parkview Home and Alex Dube, summer student at Parkview Village.

**Nursing:** Esther Chow, Mary Ann Nabong, Carrie-Ann Ayobahan, Denise Scott, Omobola Obatayo, Angy Cunningham & Mary Jane Barraca, PSW's. Farzaba Faroque, Candace Moonching, Sharon Vong, Kenia Markovic and Boris Fink, RPN'S. Annette Harney-Bain RN.

**Village Café:** Nicholas Jessup, Jeffrey Elrick & Jodi Harker

**Farewell to:** Gloris Maikara, Isha Sharma, Greg Mashinter, Rebecca Mak and Benjamin Harding who have resigned. Happy retirement to Nancy Sabino and Solange Taylor. Best wishes for everyone!

**Our sympathy goes to:** Sarah Arruda on the loss of her uncle, Lorrie Cryan, on the loss of her aunt, Janice Davies, on the loss of her mother-in-law, Myrna Gomez, on the loss of her uncle, Jennifer Gregory, on the loss of her grandfather, Shannon Norris, on the loss of her father, Petros Skendos on the loss of his grandmother and Amelia Vicente on the loss of her uncle.



## Meet your neighbours



Ferial Moshiri

Ferial Moshiri moved into the Home in March of this year. Ferial was born in Tehran, the capital city of Iran and moved to Canada to be closer to her daughter. Ferial worked as a manager in an Oil Company. This position gave Ferial many opportunities to travel all over the world. Paris was her favourite because it was fun, beautiful and she loved the fashion. Ferial was a very active woman, working, being a mother, gardening, playing tennis and volleyball and she enjoyed sewing clothes. We enjoy seeing Ferial's bright smile everyday.

Elizabeth was born in Hong Kong. After high school, Elizabeth went to work and started her new journey into society. Elizabeth worked for an import and export firm for a short period of time, then she obtained a position at the Hong Kong Telephone Company. Elizabeth enjoyed the interesting and challenging work through the 26 years of employment.

In 1998, Elizabeth decided to move to Canada where she got married and settled in the city of Toronto. Elizabeth enjoyed her new home in Canada where she was happy and felt a sense of calm. Elizabeth was a homemaker for over 6 years until her husband passed away in 2004. Eventually, she went back to work in an office setting and continues to work after moving to Parkview Village ten months ago.

Elizabeth participated in hobbies such as golfing, calligraphy, knitting and doing handicrafts. Elizabeth keeps active with her church activities as well as volunteering.

We thank Elizabeth for her positive contributions and cheerfulness to those around her and are glad that she has made Parkview Village her home.



Elizabeth Lung- Ng