



reachout



mission

To provide with excellence love and dignity a full continuum of affordable housing and services to senior citizens. We serve the Mennonite Constituency and others who wish to live in a community of Christian faith.



LEAD IN CARE IN NIAGARA

On November 10, 2011, Tabor Manor hosted the OANHSS Region 2 Recreation group's Annual Workshop. Over seventy-five Recreationists from around our region joined together for a morning of learning and developing new skills. The featured speaker at this workshop was Paul Hyman, founder of Brain Fitness International.

Brain Fitness International has created and implemented a new, one-of-a-kind seniors program. This movement-centered, multi-sensory brain stimulation program is based upon current brain research about the brain's plasticity and on the hypothesis that moving your body maximizes your brain power. It is used to reduce or slow down the progress of neurodegenerative diseases and prevent falls.

Research studies have found that using movement-based activities and other sensory modalities slows down or reverses some of the effects of aging such as lack of concentration, poor recall, limited thinking patterns and seeming inability to learn new material. We enjoyed a morning full of practical suggestions and hands on activities that we all took back to our work places to help the people we serve gain more functionality and have a great time in the process.

MAXIMIZING GROWTH POTENTIAL

We're out of the ground! Most of the foundation is complete and the concrete for much of the first floor surface area is poured. Concrete blocks are being laid, with trades on site performing their respective tasks. The new tenant parking lot on the West end of the property is complete.

We were pleasantly surprised by our contractor, Brouwer Construction with their interest to serve our residents in song during the Christmas holidays.

INTENTIONAL WORKFORCE PLANNING

We are actively scrutinizing our hiring processes to better align this important process with our mission, vision and values. This is necessary in our effort to hire people with the best "fit" for the residents and tenants living in our homes. Our work priorities for 2011/2012 focus on staff development, as well as enhancing the "customer's" experience within the homes, through concerted and intentional education.

ENVIRONMENTALLY RESPONSIVE COMMUNITIES

Point Click Care, Point of Care kiosks and electronic Medical Admission Record implementation in the homes is nearing completion. As a result, our efficiency is enhanced, allowing for more direct care with less paper, thereby decreasing our carbon foot print. Our plan to "de-clutter" our existing home as we prepare to occupy our new home will incorporate a strong focus on recycling, reusing and reducing.

THE GIFT OF GIVING AND INVESTING WITH PLEASANT AND TABOR MANOR - WHERE DO YOU FIT IN?

There are many ways in which stakeholders of our Homes can live out our mission to serve and support our seniors with "excellence, love and dignity." Over 150 volunteers at each home serve the residents and tenants in very direct ways, including feeding, friendly visiting, singing, preaching, serving on the Auxiliaries, ... the list goes on. We are very grateful for each person who has touched people's lives in so many meaningful ways.

We are excited to report that we have created another way in which the families and friends of our Homes can live out our mission through the gift of giving. The "Pleasant Manor and Tabor Manor Foundation" has been created to accept donations for our two homes. We have provided this opportunity as increasingly, families and friends have expressed a wish to demonstrate their support concretely by donating to our projects. This financial support will really make a measurable and profound difference in ensuring our Homes are the best they can be for our residents and tenants.

We are currently developing a plan to provide an opportunity for grateful families, community members and friends to express their support for our residents in a very tangible way. Specifically, we will provide a plan for donors to purchase each of the 128 beds for the new Tabor Manor. We'll be working on this plan and share more with you in the coming months.

Also, we offer the opportunity for people to invest their money through our Investment Fund. Our terms are excellent and more than competitive, currently offering 3.75% annually. Donating to the Foundation, or investing in the Investment Fund are two great ways to support the mission, vision and values of the home. To those people who have already donated or invested to this cause, we thank you with grateful hearts for the interest you have expressed. For more information on the Investment Fund, or the Foundation, please contact me directly at 905-934-2548.
Tim Siemens, Executive Director

"CONNEXIONS" - PEOPLE MAKING A DIFFERENCE

I am **Nicole Faucher**, PTA with Centric Health. My experience working at Heritage Place started in May 2011. In these few months I have learned a lot about not only myself but also the residents. I love what I do, and find it very rewarding just getting to know them. Spending even a few minutes with the residents has changed my whole outlook on life and that working in long term care is the right career path for me. They have become like another family. In February, I plan on returning to school for my diploma as an Occupational Therapist Assistant.

I am **Vanessa Orlando** from Denis Morris High School. I am doing a co-op placement in the Therapeutic Recreation Department at Tabor Manor. I have had the chance to meet so many wonderful people - residents and staff! When I go to college in the fall, I plan to take Therapeutic Recreation because of my amazing experience here, one I will never forget.

ON THE HORIZON

- February 15 and 16 - Ontario Conference of Mennonite Brethren Churches
- March 31 - Auxiliary Spring Bazaar - Pleasant Manor
10:00am - 11:30am
- May 5 - Auxiliary Spring Tea and Bake Sale - Tabor Manor
10:00am - 11:30am

VITAL STATISTICS - Waiting Lists

	Tabor Manor	Pleasant Manor
Apartments	649	605
Long Term Care	53	35

THE SPIRIT IS ON THE MOVE

It seems that 2011 has passed by quickly. One of the blessings of 2011 the chaplains appreciated is the opportunity we had to provide all of our tenants and residents with pastoral visits. It was good to strengthen our relationships and hear about people's spiritual journeys and concerns. We look forward to 2012 with great anticipation as we continue to build and strengthen relationships through our visitation ministry.

A good Verse for 2012: 1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing".
Don Middlemiss, Chaplain, Tabor Manor