



# FRIENDSHIP BANNER

## Durham Christian Homes Inc.



**September  
2011**

*"I can do everything through him who gives me strength."  
Philippians 4:13*

**Take Note:**

- Kingfisher Bay Retreat  
Wednesday, Sept. 7  
8:30 am departure
- Toronto Zoo Trip  
Monday, Sept. 12  
9:30 am departure
- Provincial Candidates' Visit and Debate  
Monday, Sept. 26  
10 am and 11 am
- Laura Fashion Show  
Thursday, Sept. 29  
7:00 pm

### OUR NEIGHBOURS

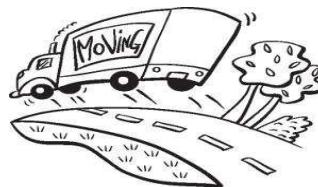
**September** is here and the kids are back to school and the activities programming at DCH is back in full gear! Our Summer Send-off BBQ is on: **Thurs., Sept. 15** from **12:00-1:00 pm**. Be sure to pick-up your BBQ tickets by **Sept. 9**. The cost is \$8.50 pp or \$10. for non-residents.

**Sympathy:**

Over the summer months some of our residents have gone to their heavenly home. Our sincere thoughts and prayers are extended to the family and friends of **Maarten Winkel** (T-912), **Harry Negenman** (T-607) and **Alice VanderEnde** (formerly of P-1010). May they rest in peace.

**Move-Outs:**

We bid farewell to **Theresa Nieuwhof** (P-703) and **Victoria Burns** (P-601) and wish them much happiness in their new homes.



**Move-Ins:**

A hearty welcome is extended to new residents: **Hennie Smit** (P-703) and **John & Hermine Smit** (T-209). We are pleased to have them join us and pray that they will enjoy their new residence here among us at Durham Christian Homes.

**Special Birthdays**



Congratulations to **Rose Csanyi** (P-903) who turns 85 on Sept. 14, **Anne George** (P-105) who turns 90 on Sept. 22 and **Hendrik Prinzen** who turns 85 on Oct. 4th! We wish you each God's richest blessing on your very special day!

**Special Anniversary**



Congratulations are extended to **Auke & Corry Vandermeer** (P-312) who will celebrate 50 years of marriage on Sept. 23rd. May God bless them abundantly.

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### WEEKEND SECURITY



If you need emergency assistance on the weekend you may call: 905-424-3479. Your on-duty weekend attendants are:

Sept.	3-5	Walter Ciona (T-612)
Sept.	10-11	Charles Corner (P-701)
Sept..	17-18	Sam Jongsma (P-800)
Sept.	24-25	Danny Wallace (T-101)





## NOTES FROM THE OFFICE



### New Staff

We would like to welcome **Monica Webber** and **Stella Riccio** to our DCH staff team. Stella joined the Finance Department in May as a seasonal hire and we are delighted that she has accepted the full time position of Accounting Clerk. Monica joined DCH in August as our Administrator, Business Relations and will be overseeing our Finance Department as well as our growing Human Resource needs. Please join us in welcoming them both to DCH!



### New Board Room

Our Board Room is now complete and will be used for all staff and committee meetings. Thank you for your patience and cooperation during the construction phase.

### Security Reminder

Please remember to lock your apartment door and ensure that all public access doors remain LOCKED when not in use. Please note that we will be installing alarms on the north emergency exit door of Providence Place and the south east emergency exit door of Tekoa Manor. These doors are ONLY to be used as EMERGENCY EXIT doors. Once installed, an alarm will sound when this unauthorized exit door is opened. We want to ensure that DCH remains a safe and secure environment.



### Baking Order Forms

For those residents who would like to order baking from Chef Diana, please note that baking orders need to be paid for and submitted to the office by **Thursday, Sept. 22** and your order may be picked up at the Servery or kitchen door on **Wednesday, Sept. 28**.

### Beware of Suspicious Phone Calls

Recently it was reported to our office that one of our residents received a phone call from someone claiming to be her grandson. He indicated that he had been in a bad accident and needed money urgently. He was not the grandson and this was soon discovered. Residents are reminded to be wary of anyone asking you for urgently needed funds. Be sure you know exactly who you are talking to before you give them any personal information over the telephone.



### Safety First

Residents are reminded that when crossing any intersection to be aware of the traffic around you. If you are crossing the road at Thickson Road, you are to push the 'WALK' button and wait till it indicates that it is safe to proceed across the street. Remember, the hand signal indicates that you must 'STOP' and wait. Please use these assistive buttons and keep safe!

### Grandparents Day Word Search



D G G P R F L O W E R S R B  
 I N R R U E H S G C B W E G  
 N B E A A K L O V C D I S R  
 N P G X N N C A N E S S P A  
 E A I N P D D A T O B D E N  
 R T F E H E M P R I R O C D  
 A E T A X K R A A D V M T P  
 G R A N D C H I L D R E N A  
 N N F A M I L Y E P H P S R  
 I A C C N U F Q V N A O K E  
 L L Q R L O V E N I C P Z N  
 J L C E L E B R A T E E A T  
 H S U G P A X O N R G O G S  
 M A T E R N A L A Y O A D X

Grandparents day is September 11th. Let's see if you or your grandchild can find the puzzle words!

- CARD
- DINNER
- FAMILY
- GIFT
- GRANDMA
- HONOR
- LOVE
- NANA
- PATERNAL
- RESPECT
- CELEBRATE
- EXPERIENCE
- FLOWERS
- GRANDCHILDREN
- GRANDPA
- GRANDPARENTS
- MATERNAL
- PAPA
- RELATIVES
- WISDOM



### Things to Ponder:

f	a
i	r

What's the Expression ?

Answer: "Fair and Square"

### Riddle:

Coats are usually put on to keep you dry and warm and yet:

What type of coat must you always put on only when wet?

Answer: Raincoat

### Quote:

"The advantage of a bad memory is that one enjoys several times the same good things for the first time."

*Friedrich Nietzsche*

## From Residents' Council

The weather forecast looks favourable for the month of September and I know we are certainly looking forward to the upcoming Fall season of activities and our upcoming Fall Bazaar which will be held on Saturday, Nov. 5th. This month we are happy to welcome Darlene back and know that she will, as always, engage and challenge us to try new things!

You may remember that in December 2009, just before Christmas, All Saints Anglican Church in Whitby was badly burned and damaged by a fire. As a result of this fire, all their food basket donations which were to be given to needy families in the community were also burned in the fire. Just after this happened, our residents collected and donated several hundred dollars to help replace these food baskets. Now that the church has been repaired and refurbished, we have been invited to an open house at All Saints on September 17. If you would like to view the church, the address is 300 Dundas Street and it's just past Brock Street on the right hand side.

As we 'age in place' our means of transportation changes too. At some point in time, we can no longer drive and the very tough decision to give up our car is made. Some of us have bicycles, which we fully intend to use when we move in. However, as we age gracefully, balancing on a bike becomes more challenging. It is difficult to say goodbye to yet another way in which we lose our independence. Even more so, when our children/grandchildren show no interest in taking them off our hands! At present, we have some 35 bikes in the basements of our buildings. Most of them have not been used this summer and thus they are taking up storage space. As new residents move in, where are they going to store their bikes? Fortunately, Bill Damstra (T-906) knows how to fix up these old bikes and recycle them for the needy in developing countries. If you are not using your bike, be sure to contact Bill.

Please note that Elections for Residents' Council members on odd numbered floors will be held by September 30th.

This past month we learned that 15 minutes of exercise per day adds two years to our life. We also know that 15 minutes of daily meditation changes our life. Now I just have to figure out how to combine my half hour bike ride with 15 minutes of meditation.

*Frederick Wind*

Chair, Residents' Council

### BIBLE STUDY

Will Meet Tuesdays:

Sept. 13 & Sept. 20 @ 10 am

In the Providence Place Lounge



Our Leader for  
this month will be:

**Bev DeVries or Barbara St. Louis**

Come out for an opportunity to explore the Bible together. Your input is always welcome.

### A TIME FOR PRAYER

Will Meet Thursdays at 1:30 pm:

Starting September 22nd

In the Providence Place Lounge



Prayer leaders will be:

**Lynda Ottembrajt & Sharon Hepworth**

This is a time for you to express or request prayer. You could ask for prayer for yourself, a family member, a friend, etc. or in general pray for the future of DCH! You may stay for the full time or for as long as you are available.

## From The Board

Wow, it's September already. I trust that everyone had a relaxing and enjoyable summer. As Board, we did not meet in July, and our August meeting was rescheduled to September 1 due to vacations. Although we had some time off from regular board meetings, many of the Board Committees met during the summer months.



There are a number of important items that are actively being worked on by Committees and the Board. Some of these include:

- Ensuring all Board Committees are staffed with talented and dedicated volunteers
- Finalizing our next steps for marketing Heritage Place Life Lease ownership
- Replacing the signs at Glen Hill Marnwood and Strathaven to be consistent with our web site
- Hosting an Open House at Glen Hill Marnwood/Strathaven
- Developing plans to hire a Chaplain to meet the spiritual needs of our residents
- Setting up a session to update our Strategic Plan (Mission, Vision, Goals) to include Glen Hill Marnwood and Strathaven.

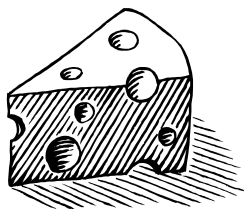
As a Board we are thankful for all that the Lord has provided us, and are excited about the future for Durham Christian Homes. With dedicated staff and volunteers, we prayerfully ask God for His guidance and wisdom as we move forward.

We also appreciate the prayers and feedback we receive from you, the residents of Providence Place and Tekoa Manor.

*Simon Muizelaar*

Chairman

### Courtice Dutch Imports



In Our Lobby

Wednesday, October 19th

9:30 am - 3:00 pm

Dutch Groceries, Cheese Products, Licorice,  
Indonesian Treats, Raisin Bread, Cookies,  
Cakes, Soups, Spices, Meats & Much More!



**Durham Christian Homes  
Hairstyling**

Hair Care For the Whole Family  
Call:

**Jean Paton & Annette Morgan**  
905-668-3840

Cuts, Colours, Highlights, Perms,  
Hair Relaxing, Up-Dos, Facial Waxing,  
Manicures, Shaving & Much More!



### Worship

In Friendship Hall  
**Sunday, Sept. 11**  
**3:00 pm**  
 With Pastor Lowell Nussey

**Sunday, Sept. 25**  
**3:00 pm**  
 With Pastor Ed Lugtenburg



### Coffee Social

**Meditation &  
 Coffee Hour**  
 In the auditorium  
 will resume:

**Tuesday, October 11th**  
**@ 10:00 am**

### Monday Night Movies @ 6:30 pm

**Sept. 11 - "The Last Brickmaker"** (85 mins)  
 This is a must see movie, starring Sidney Poitier as a brickyard worker who loses his zest for life till he meets a young boy who renews his sense of purpose.

**Sept. 18 - "The Black Stallion"** (117 mins)  
 When a shipwreck leave a young boy an a wild Arabian stallion, 'The Black', stranded on a desolate island, the two share a frightening adventure which forges a lasting bond of friendship between them.

**Sept. 25 - "The Black Stallion Returns"**(103 mins)  
 When champion racehorse, 'Black' is stolen from his young owner . . . Alex will stop at nothing to get him back. An unforgettable journey of courage, hope and friendship.

**Oct. 2nd - "Miss Congeniality"** (110 mins)  
 This comedy stars Sandra Bullock as an FBI Agent who goes undercover as a contestant in a Miss USA pageant to ferret out a terrorist targeting the event.

### Friday Night Movies @ 7:00 pm

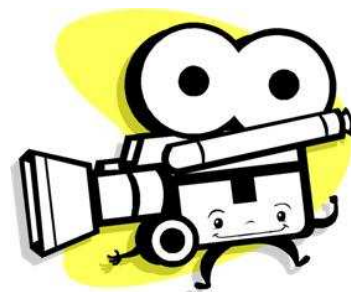
**Sept. 9 - Discover Germany -Part 2** (45 mins)  
 - **Audre Rieu**-Wiener Melange (20 mins)

**Sept.16 - Wild Russia** (42 mins)  
 - **Diane Bish- Nature Garden Callaway** (22 mins)

**Sept. 23 - Nature -Great Events and Great Milestones** (60 mins)  
**Songs of Praise** (25 mins)

**Sept. 30 - Cotters Wilderness Trail** (10 mins)  
**Garibaldi Prov. Park B.C.** (22 mins)  
**In His Presence:  
 Nature, Music and Songs** (27 mins)

If you have movies that can be borrowed for future showings on Mondays or Fridays, please bring these to Darlene. Thank you.



## Our Youngest Former DCH Resident Has Big Plans!

Some of you may remember me as a former resident, who was unique simply by virtue of my age. My name is David Rakowski and I am the son of your former Providence Place caretaker, Andrew.

I am now 22 years of age and I am just dropping you this note to say hello and express my sincere thanks for the six great years I spent living amongst you at Providence Place from 2001-2007.

Having a 12 year old living in your building may have been a little more than you bargained for considering the fact that we lived in a retirement home! Even my peers at school were surprised when I told them that I was the only person under the age of 65 (other than my father) living in the building.

Nonetheless, I felt blessed to have been accepted into your community and ended up forming friendships with some of you that have left an impression on me to this very day.

I enjoyed listening to my neighbour Ann and her husband Ron's stories of

WWII; playing table tennis with Fred Wind; putting puzzles together with Heidi whom I met way back in 2001; spending time with Alice Russell a few floors above me; playing shuffleboard with Ed Gallant (and listening to his many words of wisdom); and the many more experiences I shared with the so many lovely people that I met at Durham Christian Homes.

Thank you for putting up with a teenage boy in the building!

As for me, I have since just graduated from Queen's University in Kingston with a degree in politics.

I am currently in England working in a university at a castle and plan to further pursue university studies to become either a teacher or a diplomat for Canada. Over the last few years I have been blessed by God to have been able to travel to many countries, including Holland in 2009!

Thank you once again to everyone I had the opportunity to meet and get to



know at Durham Christian Homes. I just wanted to say that you made a difference in my life.

God Bless,  
David Rakowski



### Line Dancing

**Tuesdays @ 1:00 pm**  
**Starting: September 6th**



The initial demonstration class is FREE.  
For continuing classes the fee is \$3.00 per class.

### Tai Chi Demonstration Class:

**Monday, September 19th @ 1:30 pm**



For those of you who would like to see, or once again attend Tai Chi classes, come out to this demo class and hear about the benefits.

## Top Players & Ongoing Activities

### Bowling

Meet in the main lobby on **Mondays** at **12:30 pm** to car pool rides for 5 pin bowling in Oshawa. Please note that Bowling will resume on Monday, September 12th. If you have any questions about joining the group please contact Thea Verrydt at: 905-444-9741.



### Bingo

**Mondays from 2:30 pm-3:30 pm** meet fellow bingo players in the Providence Place Lounge (2nd door from the Activities Room.) The summer bingo winners were:  
July 18: **Mary Fitzsimmons**  
July 25: **Alberta Craig**  
Aug. 8: **Mary Fitzimmons**  
Aug. 22: **Doris Hawe**  
Congratulations Players!



### Progressive Euchre

Meet Progressive Euchre players on **Wednesdays at 7:00 pm** in the Auditorium. Please note that Euchre is scheduled to resume in the auditorium on Wednesday, Sept. 7th. New players are always welcome to join. Even if you're just learning, let us know and we'll teach you!



**Bid Euchre** meets **Thursdays, 2-4 pm** in the Activities Room.

### Exercise

This program is offered as an OHIP covered Falls Prevention balance and muscle toning class with Melanie Munro leading. Classes run: **Mondays, Wednesdays & Fridays at 9:30 am** in the auditorium. New attendees must bring a note from their Doctor.



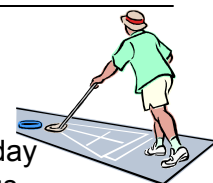
### Crafts

For those who like to work with their hands, join fellow residents on **Tuesdays from 2:00 - 4:00 pm** in the Providence Place Lounge on the 1st floor, second door down from the Activities Room. Come out and enjoy this time to work and socialize together.



### Shuffleboard

Scheduled games run on Tuesday, Wednesday and Thursday evenings. To indicate your interest in playing Shuffleboard, please contact: Sam Jongsma at 905-668-8681 or John Vandepol at 905-430-1993. Please note that a start-up meeting will be held on **Tues., Oct. 4th at 7 pm** in the Prov. Place Lounge.



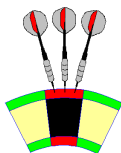
### Line Dancing

Please note the new time for Line Dancing: **Tuesdays at 1:00 pm** in the auditorium starting **Sept. 6th**.



### Darts

Play darts in the Providence Place basement on **Thursday evenings at 7 pm**. Please note that Dart Playing club will resume on **Sept. 8th** and we will not be playing on the evening of Sept. 29th. For more information call Ann Flood at: 905-665-8517.



### Card Making

The Card Making group has tons of fun creating their own unique cards from recycled older cards which are spiced up with some handmade creativity. Be sure to get in on the fun this month and join the group at their meeting times on: **Friday, Sept. 16 and Friday, Sept. 30 at 10 am** in the Providence Lounge. Bring along \$2.00 to cover the cost of supplies. New residents are always welcome to join in on the fun!



### Hymn Sing

The hymn singers will meet on **Fri., Sept. 9th & Fri., Sept. 23rd from 10:30 am -11:00 am** in the auditorium. Bring along your singing voices.

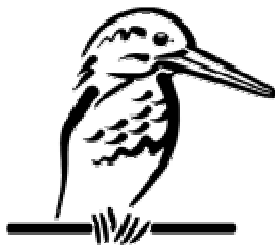


### Bridge Players

Meet on **Fridays from 1- 4:00 pm** in the Activities Room. New players are always most welcome.



## Upcoming Activities/Events/Trips



### Kingfisher Bay Retreat

Rise and shine!  
For those leav-  
ing for this re-

treat on **Wed., Sept. 7th** please meet in the lobby for an **8:30 am** bus pick-up. Pastor Holly Bruce will be the retreat speaker. Bring along an extra \$10 if you'd like a Stoney Lake boat ride too! Lunch is included.

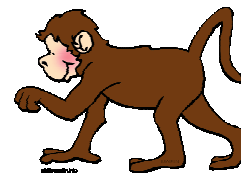
### Oil Painting Class

You are invited to take oil painting classes! Come out and meet some new friends and learn how to paint on **Wednesdays from 3-5 pm** in the Prov. Place Lounge. Please note the new meeting time. Contact Jodi Brydon at 905-240-0811 for more info.



### Toronto Zoo Trip

For all those wishing to visit the Zoo on **Monday, Sept. 12**, please be sure to pack a lunch and meet in the lobby for a **9:30 am** bus pick-up time. The bus will pick you up from the zoo at 2:30 pm. Please visit Darlene's office and pay \$7 for the bus ride by Thurs., Sept. 8.



### Writing Your Memoirs

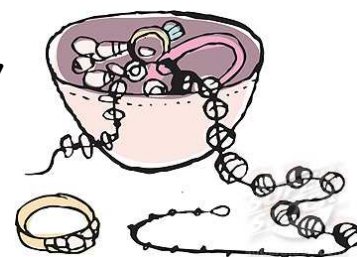
On **Mon., Sept. 12 at 7 pm** the Whitby Library invites you to an interactive program offering tips on how to write your life stories or therapeutic journaling. To register for this FREE event call 905-668-6531 ext. 2020. Anyone interested in car pooling may speak with Darlene.

### From Cylinders to CD's

On **Thur., Sept. 15 at 7 pm** members of the Antique Phonograph Society will be at the Whitby Library to talk about: 'The History of Recorded Sound' from 1877-1920's. Using a very early phonograph, they will demonstrate the making of a recording onto a wax cylinder. To register call 905-668-6531 for this FREE presentation.

### Gemini Jewelry

For your shopping pleasure, Rolanda from Gemini Jewelry will be in our main lobby on **Wed., Sept. 21 from 10 am - 3 pm**. Be sure to wander by to view her beautiful handmade pieces.



### Candidate Social & Debate

The provincial candidates will be in our auditorium to debate the issues on **Monday, Sept. 26 at 11am**. They also plan to treat us to coffee and sweets before the debate from **10-11am** in the main lobby. Be sure to show up, so that you will know who to cast your vote for on Oct.6th.



### Fire Safety Presentation

Members of the Whitby Fire & Emergency Service Dept. will be in our auditorium on **Tues., Sept. 27 at 11 am**. They will be speaking about their 'Ever Alert' booklet and plan to review our emergency procedures and exits and answer any questions that you may have.



### Laura Fall Fashion Show

The Laura store from the Oshawa Centre will be showing off their fall fashions in our auditorium on **Thurs., Sept. 29 at 7 pm**. \$10 tickets for the show, fancy dessert & draw prizes will be available mid month. If you and your daughter would like to be models in the show contact Darlene ASAP.



**Note from your****Editor:**

You are invited to drop off your suggestions for October's "Friendship Banner" by Wednesday, Sept. 28th.

**Servery News****Coffee Service**

10:00am - 11:30am

**Soup & Sandwiches**

Mondays & Fridays

**Meals Service****Tuesdays, Wednesdays & Thursdays**

12:00 noon- for Pick-up & 12:20 pm- Dining Room Service

**\$7.85 per meal**

for enrolment in the 3-day meals program or

**\$8.50 per meal**

for occasional meal purchase.

**The cut-off time for ordering meals is: Fridays by 2:00 pm**

PLEASE ORDER EARLY

**Activity Notice and Reminders****Muskoka Boat Cruise**

Go cruising on the 'Serendipity Princess' on **Wed., Oct. 5**. The coach bus will leave at **10:30 am**. While on board you'll enjoy the sights and a lovely hot chicken lunch. If you have not yet paid for this trip, please note that your \$79 payment is due NOW.

**Leendert Kooy's Story Telling & Organ Concert**

Leendert Kooy, an accomplished organist, is planning a special program for us on **Thurs., Oct. 13** at **7 pm**. The evening will include stories from years gone by and opportunities to sing familiar tunes. Donations will be accepted at the door.

**Roy Thomson Hall Concert**

The Christian Festival Concert will be held at Roy Thomson Hall in Toronto on **Friday, Nov. 4th**. We have two separate coach buses leaving. For the bus leaving at 4:15 pm and stopping for a meal the cost is \$95. For the bus leaving at 5:15 with no meal stop the cost is \$62. Please note that all payments are due now.

**Mary Poppins**

This production at the Princess of Wales theatre in Toronto promises to be spectacular! Our trip date is set for **Thur., Dec. 22**. To keep our seat tickets we must let Mirvish know the number of people who intend to attend by **Sept. 12th** and payment is due on Oct. 27th. Trip will include lunch at Swiss Chalet, the 2 pm show, and an activity bus for a cost of \$125. Sign-up in activities room!

**Just for Laughs**

During a visit to a retirement home, a visitor asked the Director, "How do you determine whether or not a person should be institutionalized?"

"Well," said the Director, "We fill up a bathtub, and then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," I said. "a normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the Director. "A normal person would pull the plug. Do you want a bed near the window?"

