

September 2023

Volume 2, Issue 4

# The Community Garden

## BBQs linger as Fall approaches

Thank you to everyone who joined our summer BBQs. The food was delicious, the sun was shining, and everyone chatting and enjoying the time together was fantastic. We can't wait to do it all over again next year!

It's hard to believe it's September already! Summer may have flown by, but as we brace ourselves for the fall, we look forward to what September offers.

Alberta Culture Days kicks off September 1 and runs through the end of the month. Culture Days is a time to celebrate diversity in culture, heritage, language and nationalities, and we're excited for you to join in some of the festivities.



On September 30, we take time to recognize the National Day for Truth and Reconciliation (Orange Shirt Day). The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities.

September 30, 2023  
**NATIONAL DAY  
FOR TRUTH AND  
RECONCILIATION**

## Alberta Culture Days

### MILLWOODS

Sept 14 Drumming Circle  
Sept 19 Filipino Senior Association performance  
Sept 20 Bollywood Dancer  
Sept 21 Gemutliche/Oktoberfest  
Sept 22 Cultural Food Tasting

### KENSINGTON

Sept 19 Cultural Food Tasting  
Sept 22 Bollywood Dancer  
Sept 23 Mexican Folklore Dancers  
Sept 27 Indigenous Speaker

### SOUTHSIDE

Sept 13 Filipino dancers and food tasting  
Sept 15 Cultural Jeopardy  
Sept 22 Dream Catcher Making  
Sept 27 Royal Alberta Museum Outing

*\*dates/times subject to change*

## Hello Fall!

September 23, 2023

## Message from the President & CEO

I hope that you had the opportunity to enjoy the beautiful weather, programs and activities offered throughout the summer. It was great to see so many appreciating the outdoor space, bus outings, BBQs and outdoor games.

September is very busy, with many activities planned across all Shepherd's Care locations to recognize Alberta Culture Days. Janae has done a great job with activities and ensuring you are busy and enjoying life in a caring Christian community. I hope you have the chance to celebrate the diverse cultures of those within our community!

**Wishing you God's greatest gifts of Health and Happiness.**

Shawn Terison  
President & CEO  
Shepherd's Gardens

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## EDMONTON IN SEPTEMBER

**1-2** Disney in Concert, Churchill Square  
**9** Edmonton Elks vs. Calgary Stampeders, Commonwealth Stadium  
**10** Doll Club of Edmonton Sale, Italian Cultural Centre  
**16** Sherbrooke Community League Day Car Show, 13008 122 Ave NW  
**15-17** Kaleido Family Arts Festival, Alberta Avenue  
**16-17** Edmonton's Coin Show, Central Lions Centre  
**21-Oct 1** Edmonton International Film Festival, Empire Theatre  
**23** Long Live the King - Elvis Tribute, Century Casino  
**23-Oct 15** The Importance of Being Earnest, Citadel Theatre  
**24** Edmonton Guitar Show, Italian Cultural Centre  
**27-30** Quilt Academy Canada, Fantasyland Hotel  
**29-30** Edmonton Pro Rodeo, EXPO Centre

## VOLUNTEER WITH THE KENSINGTON AUXILIARY CLUB!

### Auxiliary Meetings

Third Monday of each month | 1 p.m.  
 2nd Floor Library

### Coffee Socials

Third Friday of each month | 10 a.m. to 12 p.m.  
 3rd Floor Meeting Room

Join the Auxiliary! Contact  
 Bobbie Noden  
 780-476-6024 for more  
 information

## Play outside this fall



### Edmonton Corn Maze

Get lost in all the fun!

Open Tuesday - Saturday (10-8) & Sunday (1-5)

51529 Range Rd 262, Spruce Grove, AB  
 \$14/Weekdays | \$16/Weekends

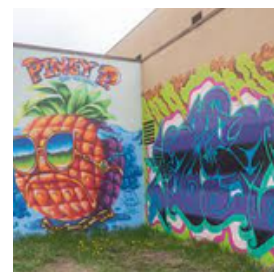
visit [edmontoncornmaze.ca](http://edmontoncornmaze.ca)

### If These Walls Could Talk Tour

Take a guided art & heritage walk through  
 some of Alberta Avenue's landmarks  
 September 23

The Carrot Community Arts Coffeehouse  
 9351 118 Avenue NW

visit [artontheave.org](http://artontheave.org)



### Prairie Gardens

Take in a day of agriculture and explore the gardens, the animals, a U-Pick and have fun!

Tuesday - Thursday (9:30-4:30) & Friday - Sunday (9:30-7)

56311 Lily Lake Road Bon Accord, AB

Prices vary on dates

visit [prairiegardens.org](http://prairiegardens.org)

## RECIPE CORNER

### Chorizo & Mozzarella Gnocchi Bake

TOTAL TIME: 35 MINUTES | SERVES: 6

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 120g chorizo, diced
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 600g fresh gnocchi
- 125g mozzarella ball, cut into chunks
- small bunch of basil, torn
- green salad, to serve



1. Heat the oil in a medium pan over a medium heat. Fry the onion and garlic for 8-10 mins until soft. Add the chorizo and fry for 5 mins more. Tip in the tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Heat the grill to high.
2. Stir  $\frac{3}{4}$  of the mozzarella and most of the basil through the gnocchi. Divide the mixture between six ovenproof ramekins, or put in one baking dish. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden. Season, scatter over the remaining basil and serve with green salad.



## TAKE CARE OF YOURSELF

### Stay healthy this fall

#### Take a Vitamin D supplement

A vitamin D supplement can help boost your mood and your immune system! Because we tend to stay indoors during the colder months, we lessen our exposure to the sun - so be sure you're getting some D everyday

#### Make time for yourself

As things tend to slow down during the fall/winter, be more aware of how you are feeling by tracking or journaling your moods

#### Get a flu shot & have a yearly check-up

Because nobody likes the sniffles, achiness, sneezing and coughing that can get it the way of life!

#### Give your immune system a boost

Drink plenty of water, wash your hands often and eat nutritious foods

#### Ready yourself for Daylight Savings Time

Go to bed earlier when you can (Longer periods of darkness = longer periods of sleep)

#### Make plans for the cold months

Try not to stay inside and hibernate all season - discover something to do!

#### Moisturize your skin

Cold, harsh temperatures can dry out the skin. Keep them well moisturized to avoid irritation - remember: you should still wear sunscreen

#### Buy in-season foods

Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are prime choices!

#### Stay Active

Don't cave into the fall/winter "blahs" - get up and keep moving. Raking leaves or shoveling counts too

#### Wear layers to protect from the dropping temperatures

As temperatures drop it's important to keep yourself covered and warm - boots, scarves, toques, gloves, winter coats, and warm socks are a necessity

#### Do some "spring cleaning" in the fall

The change in season is always a good idea to clear out some clutter, swap out the wardrobe, organize an area and get rid of the things you no longer need

#### Prepare your home for any "extreme weather" conditions

Check that you have a shovel/snow blower, flashlight AND batteries, and the heat is working correctly and windows/doorways are secure and close properly

#### Pick out some books to read or plan to watch some television shows

It's always nice to have time to yourself, cozied up on the couch enjoying a good book or show

#### Schedule your day

Though the days may seem to drag on - schedule the things you want to do so you get out and about

#### Be kind to yourself

Many changes happen over the season - holiday weight gain, shorter days = low moods, flu and sickness - but listen to your body and give it what it needs and reframe negative thoughts into positive ones.

## Fall Habits to Enjoy

#### Keep Moving

- Make walking a habit every day
- Plan activities
  - apple picking
  - adventure through a corn maze
  - hike a trail

#### Seek the Sun

- Take your workouts outdoors
- Sun will help to elevate mood
- Vitamin D plays a vital role in bone health

#### Cleanse your body

- In fall we rely on less citrusy fruits and more harvested items (apples, grapes, root vegetables) A 3-7 day juice cleanse can help ready your body for a seasonal diet change

#### Get proper nutrients from in-season foods

- Apples
  - high in fiber, potassium, vitamin C, calcium, and folic acid
- Pumpkin
  - full of carotenoids, vitamin C and E, riboflavin, iron, fiber, and potassium
- Carrot
  - full of fiber, vitamin A and C, potassium,

### COME DINE WITH US!

#### Heritage Market Grill

2759 109 St.

7th Floor

Monday-Sunday

8 a.m. - 6 p.m.

#### Kensington Market Grill

12603 135 Ave. NW

Monday-Sunday

7:30 a.m. - 1:30 p.m./

2:30 p.m. - 7 p.m.



# HELLO NEIGHBOUR!

*Hello Neighbour! is an opportunity for residents of Shepherd's Gardens to introduce themselves to the community - across each location!*

**Bobbie Noden**

**Kensington Inn**

*Bobbie Noden, originally from Ponoka, started her career as a nurse at the Arch Memorial Hospital in Lamont, AB where she met her husband, Ken - a medical x-ray instructor, and later head of the department at NAIT.*

"We got married and I came to the city and I had no thought of ever coming to the city, period. It just wasn't in my plans. But I think love said, 'Oh yes you will!'"

*Bobbie worked for the Royal Alec as a registered nurse off and on for 10 years, taught music for 10 years, worked in life insurance for six years, and did courses through Grant MacEwan, NorQuest and the University. She is an ambassador for mental health initiatives, the President of the Kensington Auxiliary and she runs the Kensington Inn library.*

"I'm a person who likes change. I like challenges I think."

*Bobbie is the youngest of five siblings. She and Ken have four sons, two daughters-in-law and two grandchildren.*

## **How long have you lived at Shepherd's Gardens?**

We came in 2015, and it's been a real privilege to be here. I love it. I was very sick, and at that time I just couldn't do anything in the home anymore. So, we moved in here, and I think it was the best move we could have made because so many nice things happened - my health improved for one thing, and I wasn't considering making friends or what I might get involved with here - but it's been great.

## **What is the Kensington Auxiliary?**

The Mission of the Auxiliary is to have people find a way to get money to purchase the things that are needed - either meeting the needs of Shepherd's Care as a foundation or individual residents or specific programming like long-term care or dementia.

I like the purpose behind the auxiliary and because it's all volunteers - it may be someone with no experience in fundraising or organizing, or seeking about those types of aspects - it amazes me that people come in with their generosity. It thrills me beyond words.

*The Auxiliary currently has 10 members and is looking for more volunteers, especially as the holidays come. Contact Bobbie to get involved 780-476-6024*

## **You also run the 2nd floor Kensington Inn library, how did that start?**

The library was originally started by volunteers, brother and sister Stephen and Cynthia Cleall. Ken and I got involved because during Covid people brought their books back and dropped them outside the library. I said, 'You know, Ken, I don't know anything about running a library but we could pick up the books and find the author and put the books on the shelves, you know?' So that's how we got started and it's been a great experience.

You gain an appreciation for the vastness of people's reading interests, and you get a bigger appreciation for a particular author who's written 50 books - I remember writing three-paragraph essays, I even wrote a play once in grade eight, but I could never have the concept to write books - the words that they use, the feeling. You get the whole tone of the topic of the book and the story behind it and things that are involved in bringing forward a point of view - that's what I'm enjoying.

*Bobbie spends anywhere from 10 to 15 hours a week working in the library which holds all genres of books and movies, as well as puzzles. Through cleaning, organizing and circulating, over 1,500 books have been given to different organizations such as NorQuest College and the Cancer Clinic.*

*The door is always open for residents to browse and borrow at their leisure.*

## **What is something that people may not know about you?**

Because my two younger boys suffer from mental illness, I got involved with the schizophrenia society. I was hired to start the schizophrenia partnership program. There were three of us, and in the five years we had that program we did 500 presentations to just over 10 thousand people. We loved it. We went all over the province. People were so open - so eager to learn and to have somebody to talk to about mental illness. We talked to everybody. We went to prisons, hospitals, small communities - wherever we got a phone call! When funding ran out for the program, I got more involved with mental health - I felt it was too important to let go. I got on the national network for mental health and served as vice president at some point.

Want to introduce yourself to the community? Email [info@shepherdsgardens.ca](mailto:info@shepherdsgardens.ca) or call 587-756-8827



Your challenge is to practice this on a weekly basis, in addition to continuing all of the other strength and balance habits you have adopted so far.

Why is this beneficial? Getting up from the floor is a critical skill for us all and is a good measure of our mobility and strength. Make decisions to stay strong and rise up in September!

### Backward Chaining: The Whole Chain



1 Face your chair a few steps away



6 Bring your other arm down to the floor so that you are in four point kneeling



2 Lunge forward with your strongest leg and hold the sides of the chair seat or arms



7 Lower your hips onto the floor gently



3 Bend your back knee down to the floor



8 Lower yourself down till you are lying on the floor



4 Bring your other knee down to the floor



9 Get back into side sitting



5 Bring one hand off the chair and onto the floor



10 Get back onto your knees and with a chair get back up

### September Tip: LISTEN TO YOUR BODY

Once you have made the commitment to lead an active lifestyle, it is key to make sure you are listening to your body. It is perfectly normal to find some days easier than others or to lose motivation. Take time to rest when you feel tired and understand that adequate rest is just as important as physical activity.

### EXERCISE WITH THE COMMUNITY!

#### Kensington Village

**SIT FIT**  
TUES & THURS @ 10 A.M.  
MFA

#### Millwoods Manor

**SIT FIT**  
MON @ 10 A.M.  
2F

#### Southside Manor

**SIT FIT**  
WED @ 10 A.M.  
FRIDAY @ 1:30 P.M.\*

#### SEATED EXERCISE

MON, TUES, WED, THURS, FRI @ 9:45 A.M.



## FIVE FLU FACTS TO REMEMBER



You cannot get the “flu” from the influenza vaccine (i.e. The “flu shot”).



It takes about two weeks after the influenza vaccination injection before it provides full protection.



Immunity usually lasts less than a year. Get your flu shot every year to stay protected against the influenza virus.



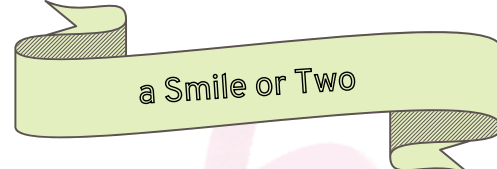
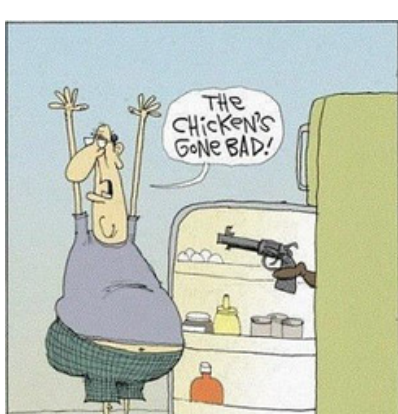
Influenza vaccine may be administered at the same time as the COVID-19 vaccine.



COVID-19 and Influenza can have similar symptoms and it can be hard to determine which condition you have based on your symptoms alone.

Symptoms	Common Cold	COVID-19	Influenza
Sudden Onset	More Gradual	Sometimes	Always
High Fever (38-40°C)	Rare	Common	Common Can last 3-4 days
Headaches	Rare	Common	Common Can be Severe
Muscle Aches/Pains/Chills	Sometimes Mild	Common	Common Can be Severe
General Fatigue and Weakness	Sometimes Mild	Common	Common Can be Severe and last 2-3 weeks
Cough	Common	Common	Common
Shortness of breath	No	Sometimes	Sometimes
Sore/Irritated	Common	Sometimes	Common
Throat Sneezing	Common	Rare	Sometimes
Runny, Stuffy Nose	Common	Rare	Common
Diarrhea	Rare	Common	Sometimes (especially in children)





Share. Bring a smile and brighten a day for others

Email [cheerfuljerry@gmail.com](mailto:cheerfuljerry@gmail.com) to subscribe

## A BACK-TO-SCHOOL PRAYER

I pray that my children would understand their need for Jesus and rejoice in the good news of the gospel. (Ps. 68:19-20).

I pray that my children will love learning, that their hearts would seek to understand the world you've created. (Prov. 15:14).

I pray that as they learn about your world, they would behold the majesty of your glory. (Ps. 19:1-2).

I pray that you would surround them with friends who make wise choices and encourage their faith. (Prov. 13:20).

I pray that their teachers would be wise and gentle. (Prov. 15:2, 4).

I pray that they would work with diligence and put forth their best efforts. (Prov. 13:4).

I pray that they would be thoughtful with their words and respectful in their replies. (Prov. 15:28).

I pray that you would free them from the pressure of trying to be like everyone else, instead instilling in them the confidence to know they're uniquely made by you. (Ps. 139:14).

I pray that they would receive correction well. (Prov. 15:31-32).

I pray that they would share their faith with others. (Ps. 145:11-12).

I pray that when they do what's wrong, they would bear consequences that lead them to repentance. I pray that when they do what's right, you would bless their obedience that they may learn to love your ways. (Prov. 14:14).

I pray that Your Word would be on their hearts and in their minds as they learn. (Prov. 16:20).

I pray that they would be kind to others. (Prov. 21:21).

I pray that you would give them the grace of self-control. (Prov. 25:28).

I pray that your grace would rest upon them. (Ps. 90:17).

I pray that you would protect them from all evil. (Ps. 121:1-2, 7).

More than anything else, may their lives glorify you. (Ps. 86:12).

Fill In The Missing Numbers:

7

				15
				8
2		2		6
				11

16 9 7 8 11

The missing numbers are integers between 0 and 5.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

12

	3			12
				10
				6
			5	16

13 11 9 11 10

## WORDS OF ENCOURAGEMENT.....GALATIANS 6:9

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

## New Seeds on the Row

We're excited to welcome the following new residents home this September. Welcome to our community!

**Kensington Manor & Inn**  
Level 4: Cathy W.; Alice R.

**Millwoods Manor**  
Level 4: Walter and Selma

Fall into September, let's make the last of these summer days be the best ever.

*~Holly Sinclair, SGT Property Manager*

This month, we are celebrating culture and diversity here at Shepherd's Gardens! Throughout the month, you will see different cultural events taking place and I hope you will become cultural events taking place and I hope you will become involved!

Please also feel encouraged to wear any traditional clothing you may own, and share stories from your culture and where you come from.

*~Janae Lyons, SGT Lifestyle Manager*

## Life in a Christian community.

The Community Garden is a community-based newsletter. We thrive on and encourage community involvement. If you are interested in contributing content or feedback please send requests to [info@shepherdsgardens.ca](mailto:info@shepherdsgardens.ca)

### CONTACT US!

Property Manager 587-596-0580  
Accommodation MM/SSM 780-447-3840  
Accommodation KV 780-463-9810  
Dining Room - Kensington Market Grill 780-733-3308  
Dining Room - Heritage Market Grill 587-786-3337  
Care at Home Trust (CAHT) 780-435-4663  
Pastoral Care & Chaplaincy [pastoralcare@shepherdscare.org](mailto:pastoralcare@shepherdscare.org)



@shepherdsgardens

## BE A PART OF THE COMMUNITY!



Fun



Vibrant



Supportive



Caring



Community