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A Snapshot In Time: Celebrating Our Beginnings Through Time Capsule Project

As Chinook Village approaches its 35th Anniversary, a group of residents is looking to commemorate our history and early beginnings through an exciting new project.

Young At Heart, a committee made up of Independent Living residents which hosts a monthly event in partnership with Hillcrest Church, has big plans for a Chinook Village time capsule.

Committee member Phil Horch, who served as President of Chinook Village for 20 years before dropping the 'P' and becoming a resident, says the idea came about when discussing how to preserve the legacy of Chinook Village for decades to come.

"One of things that this group does is try to bring the message of God to residents who are interested, and part of that message is how Chinook Village got started. We figured there needs to be a time capsule so someday when Chinook Village is no more . . . the story of how Chinook Village came into being should be somewhere."



Pictured: An archival photo of the Skywalk being constructed in 1999

Contributions Needed for Time Capsule



Before becoming the thriving retirement community it is today, Chinook Village was home to Hillcrest Christian College. When the College relocated to Calgary, Chinook Village founders formed a board and acquired the land from the Evangelical Missionary Church of Canada. Construction of Chinook Village began in 1991 and was completed in phases over the next 10 years.

Horch says they actually have two time capsules to fill, and they are looking for any items related to Chinook Village's beginnings as Hillcrest Christian College, as well as its construction, founders, first residents and staff, and connections to the community.

"One of the visions we had for Chinook Village was that it would be integrated into the broader community and that's one of the reasons we created the Terrace Room and the catering business, because that would bring the community into our place . . . So we would like relics, photographs, you name it, anything to do with that period of time in Medicine Hat."

The time capsules will be sealed at an event planned for June 5th in conjunction with Seniors' Week. Horch says they hope to have local dignitaries, board members, staff, residents, and even the architect that designed the building in attendance.

For Horch, the Time Capsule Project is not only about celebrating Chinook Village's past, but its present and future as well. "We're kind of like a Medicine Hat institution . . . We want to also be talking about the future of Chinook Village at this event and be promoting Chinook Village as a great place to live."

As for when the time capsules will be opened, Horch says that is still up for debate. "It might be 25 years, some say 50, but that might be too ambitious. But we will announce it once we decide."

If you have items you would like to contribute to the time capsules, you are asked to contact any of the Time Capsule Project Committee members below. Submissions are subject to approval and may be digitized to save space.

INFO FOR RESIDENTS ONLY

Please call Chinook Village Reception at 403-526-6951 to request contact information.

Two Chinook Village residents recently marked some incredible milestones!



Alice celebrated her 101st Birthday



Kay celebrated her 102nd Birthday

From the Desk of

Linda Hygard, Managing Director



Spring is in the air and despite a relatively mild winter, except for that February cold snap, we are looking forward to walking outside, getting a breath of fresh air, and enjoying the sunshine. Our occupancy continues to trend in the right direction, with more people in the Village last year than the year before.

Management and staff have completed the requirements for 'Accreditation' with the Canadian Accreditation Council and are awaiting the final results. Of the 78 standards for Governance & Management and the 135 standards for Assisted/Supportive Living, we did very well, and the on-site surveyors were very impressed with Chinook Village and its operations.

As residents, Accreditation provides reassurance that Chinook Village has high standards in programs and services – in accordance with latest regulations and best practices – and that the site is safe, secure, and residents are respected and treated fairly.



We are planning a few things this year, such as replacing the key system at main entrances in Independent Living with fob entry, some work in the Park, park-side eavestroughs, window replacements, HVAC replacement, hallway and exit light replacements, and some carpet replacement in Assisted Living. This, along with our suite renovations and entrance renos, will keep us busy throughout the year.

'Linda Listens' will be scheduled throughout the month of April in Independent Living. Linda Listens provides an open forum for residents of a particular building to get together and voice concerns, provide suggestions, and ask questions about how things work. It is very informal, and all residents are welcome.

The Housing Society Annual General Meeting is scheduled for May 28, 2025. There will be a meal prior to the meeting and potentially a short presentation before the business meeting.

Chinook Village is a great place to call home, and we are pleased to be here serving you.

Enjoy your spring!



FYI...Although Chinook Village parking lots are considered private property, City Bylaw Officers can still ticket your vehicle if it's parked in a designated accessible parking stall WITHOUT a disability placard. It doesn't matter how briefly you're parked there, you must have a permit – otherwise you risk being fined!

SCAM ALERT: TAX SEASON !!!

With tax season upon us, beware of scammers pretending to be from the the CRA! It's important to know the warning signs of a scam and when to be suspicious.

Remember, the CRA will not:

- Send refunds by e-transfer or text message.
- Demand or pressure immediate payment by e-transfer, cryptocurrency, prepaid credit cards, or gift cards.
- Threaten to deport or arrest you, or put you in prison.
- Use aggressive or threatening language.
- Set up an in-person meeting in a public location to collect a payment.
- Charge a fee to speak with a call centre agent.
- Ask for personal or financial information in a voicemail or email.

If you receive a suspicious phone call, text message or email, do not reply to the message, click on any links, or provide any personal or financial information.

When it comes to scams, time is on your side! Take a minute to think about the message you received. What are you being asked to do? Does it seem unusual, or too good to be true? Are you being pressured or threatened to act quickly? If you are unsure and want to confirm if a message is from the CRA, contact them directly at 1-800-959-8281.

Source: Canada Revenue Agency (CRA)

GO CANADA GO!



Chinook Village residents & staff showed their Canadian pride as they cheered on Canada in the Championship Final of the 4 Nations Face-Off hockey tournament! Team Canada defeated Team USA 3-2 in overtime!

NEW TREADMILL IN EXERCISE ROOM

You may have noticed an exciting new addition to our Exercise Room! We recently replaced one of the older treadmills with a brand new commercial grade machine. It has all the bells & whistles, but is still user friendly & easy to operate. Walking on a treadmill provides a low-impact workout that is gentle on joints, while helping to boost endurance, improve cardiovascular health & maintain mobility. Whether you're taking a brisk walk or enjoying a more leisurely pace, this new treadmill offers a wide range of speed & incline options to suit various fitness levels. Be sure to try it out, along with all the other great equipment in our Exercise Room - located on the 3rd Floor in the West Building (across from Suite #364).

NEW!



You can also get your steps in by walking the 2 miles of hallway throughout the Village!

Defining Moments

By Chaplain Bob Church



Yesterday was very special day in the lives of my wife and our children, particularly our youngest son, his wife and our new granddaughter. This special day was chosen to recognize the special privilege and responsibilities that come with parenting a child.

A Baby Dedication Ceremony was an opportunity to present the newest member of the Church family. But as much as she was the center of attention for the people gathered at the venue, the Baby Dedication Ceremony that I had the privilege of conducting, was about reinforcing the commitment our son and daughter-in-law were willing to make in terms of raising up their daughter in an environment that would foster Christian values.

It is hard to measure how much the commitment that this young couple made will affect the future of all of them. In the back of their minds, as the years pass by, they might recall the pledge they made to their infant daughter, as they model and make decisions about her future at every step as she grows and develops into a young lady. Looking back, the event we experienced yesterday, might be a "defining moment".

By definition, a **Defining Moment** is "**a very important point in a period of time or a very important event, that people will remember as having changed a situation in an important way.**"

(Cambridge Dictionary)

Sunday Chapel Services

All Residents

2:00 PM

Chapel (4th Floor, CV Center)

Wednesday Prayer Meetings

Assisted & Supportive Living

10:40 AM

Lane Lounge

Bible Studies

Independent Living

Tuesdays @ 9:30 AM

Garden Lounge

Assisted & Supportive Living

Thursdays @ 9:30 AM

3rd Floor CV Center Lounge



On the world stage, a defining moment might be something like the ending of the Second World War, or the invention of the internal combustion engine. Things like these events, changed the whole world forever! But defining moments don't necessarily need to be "world changers". Sometimes there are things that happen that shape our individual lives.

I'm convinced that we can all look back and see times that changed either us or our circumstances in way that affected our lives going forward. I am further convinced that there are many stories that could have be called defining moments that live on in the memories of Chinook Village residents and I would like to create time and space for some of those stories to be told.

This is why on March 10th at 2:00 PM in the Chapel, residents at Chinook Village will be invited to participate in a new and different recreational activity called "Defining Moments". Here are some common defining moment examples:

- Starting a new job or leaving an old one
- Beginning a new business partnership
- Taking a big trip
- Paying off debt
- Finishing school
- Getting married or divorced
- Retiring
- Losing a Loved One
- Having children



And if you have experienced any other life event that changed your life, please talk to me about it and we will arrange a time, a place in this new recreational activity called "Defining Moments".

Maintenance Messages



RECYCLING:

- Recycling bins are located in the Parkade – one in the West Building against the wall of the North Building, and the other in the East Building against the wall of the South Building.
- Recycling is picked up on Mondays and Thursdays. Please notify Reception if the bins are ever full/overflowing.
- There are bins for the following products: Newsprint, Mixed Paper, Mixed Plastics, Tin, Glass, and Cardboard.
- Ensure recyclables are clean and put in their proper bins. Anything contaminated with food residue, etc. should go in the garbage.
- Do not leave recyclables in the garbage chute rooms.



NOTICE RE: UNWANTED ITEMS

Please avoid adding personal items (e.g., vases, ornaments, plants, throw pillows, etc.) to common areas. These items may be discarded as they can increase clutter, making the area more difficult to clean and creating potential safety hazards. If you are looking to get rid of unwanted items, there is a “Free Table” in the East Building Parkade (for small items only), or there are many places in town that accept donations. Similarly, please do not drop off unwanted items at the doors of the Maintenance shop in the Parkade!

INFO FOR
RESIDENTS ONLY

Message from Melanie

Lifestyle Consultant

The cold spell we had in February brought about many questions regarding parking availability in the Parkade. All Independent Living suites have a designated parking stall in the Parkade, while residents in Supportive Living with vehicles are placed on a waiting list and must park outside in the meantime. If you do not have a vehicle, but still have a stall in the Parkade, we encourage you to consider giving up your spot so it can be used by a resident on the waiting list. If you choose to do so, the parking fee will be deducted from your monthly fees. Please remember that residents are not permitted to rent their parking stalls privately – all rentals must go through the Maintenance Manager!

INFO FOR
RESIDENTS ONLY

We are excited to once again be an exhibitor at the Home & Leisure Tradeshow! We will be set up at the **Cypress Centre** the weekend of **March 7th-9th** to showcase everything Chinook Village has to offer! Be sure to stop by **Booth #310** to say hi to some familiar faces!





Library News

from Anne Opp



HOURS:

Mon, Wed, Fri | 2:00 - 3:30 PM

Our new shipment from Medicine Hat Public Library will be on the shelves as of Friday, February 28th. They sent 35 audio books, 10 Christian Fiction, and 24 Westerns this time. I'm going to list some of the new books that I thought some of you may be interested in.



From Here to the Great Unknown | A Memoir by Lisa Marie Presley | 782.42166 [PRE](#)



God's Guest List: Welcoming Those Who Influence Our Lives | Debbie Macomber lists 30 people she admired in her journey through life | 248.4 [MAC](#)



You Never Know: A Memoir | A Memoir by Tom Selleck | 792.028 [SEL](#)



Who I Am | A Memoir by Pete Townshend | 82.4166 [TOW](#)



Jackie, Janet & Lee: The Secret Lives of Janet Auchincloss & Her Daughters Jacqueline Kennedy Onassis & Lee Radziwill | by J. Randy Taraborrelli | 973.92209 [TAR](#)



The End of Memory: A Natural History of Aging & Alzheimer's | by Jay Ingram | 616.831 [ING](#)



The Longevity Paradox: How to Die Young at a Ripe Old Age | by Steven R Gundry | 613.2 [GUN](#)



Talking to My Angels | A Memoir by Melissa Etheridge | 782.42166 [ETH](#)



Being a Dog: Following the Dog Into a World of Smell | by A Horowitz | 636.7 [HOR](#)



A new exhibit showcasing Norman Rockwell Fine China Plates is on display in the Chinook Village Art Gallery!

We have a number of collections featuring illustrations by the famous artist. **Plates can be purchased for \$10 each with proceeds going towards our Recreation Department!** If interested, contact Recreation Coordinator, Cara Monette.

The Art Gallery can be found on the 2nd Floor in the North Building (by Elevator #4). Be sure to check it out before the exhibit is updated in mid-May!

SAVE THE DATE:

**Volunteer Appreciation Breakfast
Wednesday, April 23rd**

Volunteers will receive invitations with more details closer to!



BEATING THE WINTER BLUES

By Marg Telke, CV Resident

As Canadians we tend to enjoy our cold, crisp, and clear winters; even take pride in them. But in this prolonged winter our taste for "fun-in-the-snow" is wearing thin. Some of our CV residents are finding creative ways of coping, such as going on an exotic vacation, or making a fancy dessert for a special dinner with special people.

A SLICE OF SUNSHINE

Submitted By: Eleanor Knodel, CV Resident



I have always enjoyed cooking and baking. We have 5 children and often had their friends and help on the Farm who ate with us. When our family was grown and most of them gone from home, I had the opportunity to work in our church kitchen along with a wonderful team of ladies. We had many great times together. The work was hard and things didn't always turn out the way we planned, but we enjoyed it. This is one of our go-to desserts!

Lemon Cheesecake



Base:

- 1 Cup Butter
- 2 Cups Flour
- 1/4 Cup Icing Sugar

Rub together & press into 9x13 pan.
Bake until light brown. Cool.

Cream Cheese Filling:

- 500 Grams Cream Cheese
- 1 1/2 Cups Icing Sugar
- 2 Cups Whipping Cream

Beat together & spread on base. Prepare 1 package of Lemon Pie Filling & spread on cream cheese filling. Enjoy!

TROPICAL ESCAPE

Submitted By: Sherry Nott, CV Resident



Gord and I just came home from a Panama Canal cruise. What a great trip for mid-winter! The temperature was anywhere from 27 to 32 degrees. Beautiful! We cruised to Aruba, Bonaire, Cartagena, Costa Rica, and of course the actual Canal itself. It is one of the greatest achievements of all time, unbelievable in its operation. The whole trip is worth that experience. Aruba is a lovely place with miles of white sand and of course the Aloe Vera factory, showing us from plant to finished product. On Bonaire we saw the salt deposits and the old slave huts, sad to say. In Costa Rica, a rain forest, the vegetation is so lush and beautiful it's hard to imagine. We saw monkeys and sloths in the wild which made it pretty exciting. All in all it was a wonderful trip and we appreciated being able to have a nice winter break!

Pictured: Gord & Sherry
in front of the Castillo
San Felipe de Barajas
fortress in Cartagena,
Colombia



Speaking of dessert...

The Chinook Village Ice Cream Parlour & Gift Shop now serves pie & ice cream - for only \$2.75!

Hours: Thurs, Fri, Sat

2:00-3:00 PM | 6:00-8:30 PM





ADDRESS:

2801 – 13 AVENUE SE
MEDICINE HAT, AB
T1A 3R1

PHONE:

403-526-6951

FAX:

403-526-8404

EMAIL:

info@chinookvillage.com



“

Great place for active seniors who like good food, nice rooms and units, lots of activities, and great staff and administrators! Highly recommend it.

– Bill Fred, Google Review

”

VISIT OUR WEBSITE:

www.chinookvillage.com

CHECK US OUT ON:

Facebook & Instagram

DON'T FORGET TO

SPRING FORWARD



**REMEMBER TO SET YOUR
CLOCKS AHEAD BY 1 HOUR
BEFORE GOING TO BED ON
SATURDAY, MARCH 8TH!**

DID YOU KNOW?

Dr. McClung & his “EyeVAN” visit Chinook Village every 7 weeks to provide free eye exams & other mobile eye care services to residents. His next visit is scheduled for **Tuesday, March 11th**. To book an appointment, **call 20/20 Vision Care at 403-526-2020!**



Upcoming Holidays & Events

| | |
|------------------|------------------------------------|
| March 11: | 20/20 Vision Care Mobile Clinic |
| March 17: | St. Patrick's Day |
| March 19: | Neighbourfest |
| April 13: | CV Choir Easter Cantata |
| April 16: | Neighbourfest |
| April 18: | Good Friday |
| April 20: | Easter Sunday |
| April 21: | Easter Monday |
| April 23: | Volunteer Appreciation Breakfast |
| April 29: | 20/20 Vision Care Mobile Clinic |
| May 11: | Mother's Day |
| May 19: | Victoria Day |
| May 28: | Chinook Village AGM & Supper |
| June 5: | Chinook Village Time Capsule Event |