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## Improving First Impressions: Lobby Upgrades Underway

*Pictured: The "before" snapshot of the main lobby and reception area prior to the start of renovations. Stay tuned for the "after" reveal coming soon!*

As you step through the main entrance of Chinook Village, you are welcomed by the grand staircase, inviting fireplace, elegant chandeliers, and high ceilings, all of which create a striking first impression.

While still impressive, the main lobby and reception area have remained largely unchanged for over two decades. Aside from minor updates in decor, it mirrors its original appearance when Chinook Village Center - also known as Phase 5, the final stage of construction - was completed back in 2002.

Given the significant foot traffic, signs of wear and tear were starting to show, which prompted renovations to be prioritized in the 2026 budget with approval from the Board of Directors.



*Pictured: A miniature model of the new Reception desk sits atop the frame of the actual desk in progress.*

General contractor, DANTA Interiors, was recruited to oversee all aspects of the project from start to finish. DANTA is a local company owned and operated by Dan and Taneill Selinger, specializing in custom interior renovations.

Taneill Selinger says the many improvements taking place include enhancing existing features, as well as starting from scratch.

“Updates being made range from repairing and painting the ceiling and walls, new lighting, adding feature wall areas, replacing the reception desk, a new fireplace, new cabinetry, refinishing the staircase, and installing brand new flooring.”

Selinger says a key focus in the design process was to make the space more accessible and functional for everyone.

“First and foremost, we wanted to be able to meet the needs of the staff, the residents, and their guests. Taking them from an outdated space and providing them with one that is user friendly, adding flow, balance, and warmth.”

When asked if there is a major highlight that is going to wow residents and visitors, Selinger suggests the updated fireplace will make a bold statement.

“We absolutely love the fireplace and feel like the coziness of its design and finishing touches will be a centerpiece, as it draws people to gather around it.”

Selinger adds that the new reception desk is also sure to impress.

“It will be beautiful and will grab everybody’s eye coming in the door with its walnut and quartz design.”

Another update completed alongside the renovations was the installation of an air curtain in the main entrance, which will help to regulate the temperature in the main lobby by preventing cold or hot air from coming through the door.

Renovations began on February 17<sup>th</sup> and are now nearing the finish line, with the project expected to wrap up by the end of March.

**Written By:** Jaelene Skaley, Administrative Assistant  
(\*and occasional Chinook Village Reporter)

## • RENOVATION REMINDERS •

Although renovations are nearing completion, please take note of the following reminders:

- For your safety, follow all posted signage and do not enter the construction zone!
- The Main Entrance (Entrance #6) remains closed. Follow the signage and yellow arrows to Entrance #14 - located in the North parking lot, just off 28<sup>th</sup> Street SE.
- Visitors: To get in at Entrance #14, dial 100 on the key pad to be buzzed in by Reception. After hours, dial 500.
- To access businesses within the building (Hair Salon, Hearing Clinic, etc.), go through the Dining Room to the Terrace Room entrance. Walk through the Terrace Room and exit out the far door into the hallway.

***Thank you for your patience and cooperation during these upgrades. We're excited for you to see the final results!***



## Where's Reception?

Reception has been temporarily relocated during renovations. Please follow the yellow arrows to the office at Entrance #14 (by the Dining Room). We look forward to assisting you at our new & improved Reception desk very soon!

# From the Desk of

Linda Hygard, Managing Director



As we welcome the long-awaited arrival of spring in Medicine Hat, we are reminded once again of God's faithfulness in every season. After a mild winter, we look forward to budding trees, greener lawns, and the renewed sense of hope that spring always brings. We pray this coming season fills your days with warmth, joy, and the comfort of community.

We enjoyed some encouraging community trends in 2025. First, our current vacancy rate sits at a healthy **8%**, a positive and encouraging trend that reflects the strength and vibrancy of our community. Secondly, in 2025 we saw more families and friends joining residents for meals in the dining room, leading to a wonderful increase in guest dining. We also experienced an **uptick in catering events**, showing that our hospitality services continue to be valued by residents and visitors alike.

As indicated previously, here are a few of the renovations and improvements taking place throughout the Village in 2026:

- Work has begun on refreshing our **main entrance**, enhancing accessibility and creating a brighter, more welcoming first impression. We apologize for any inconvenience and thank you sincerely for your patience during this period of improvement.
- New carpet in Assisted Living will offer residents a more comfortable, safe, and refreshed environment to enjoy.
- A **new HVAC system** will be installed in the South Building to improve heating, cooling, and air quality year-round.

- And finally, we are delighted to share that **our community park will be undergoing several upgrades early this spring**. These improvements are designed to make the space more inviting, accessible, and enjoyable for all residents as the warmer weather arrives. Planned enhancements include refreshed walking paths, improved seating areas, and updated landscaping to create a peaceful and beautiful outdoor gathering space.

We look forward to celebrating the completion of these upgrades together once the work is finished and the flowers begin to bloom.

As we continue into 2026, we remain deeply grateful for the blessings we share as a Christian retirement community. Thank you for your kindness, prayers, and the spirit of grace you bring to this home each day. May God continue to guide and strengthen us in the months ahead.



*Pictured: The new carpet in Assisted Living beautifully complements the chairs in the 3<sup>rd</sup> Floor Activity Room.*



# FRAUD PREVENTION MONTH:

## Tips to Protect Yourself from Scammers



**Remember, if it seems too good to be true, it is.**

**March is Fraud Prevention Month in Canada, an initiative aiming to equip Canadians with the tools to recognize, reject, and report fraud.**

According to the Canadian Anti-Fraud Centre (CAFC), Canadians lost over \$704 million to fraud in 2025 alone, with reported losses since 2022 now surpassing \$2.4 billion. However, these numbers represent just a fraction of the harm, as only 5% to 10% of frauds are actually reported.

Fraud is one of the fastest-growing crimes in Canada and can come in many forms. The most reported types are identity fraud, investment fraud, and service fraud – all of which are designed to get you to pay or give away sensitive information. Scams are becoming increasingly sophisticated with the use of Artificial Intelligence (AI).

When it comes to protecting yourself from fraud, knowledge is power. Here are some tips from the Canadian Anti-Fraud Centre to keep top of mind:

### **DON'T BE AFRAID TO SAY NO**

Watch out for urgent pleas that play on your emotions and don't be intimidated by high-pressure sales tactics. If a caller asks you to send them money right away – hang up!

### **DON'T GIVE OUT PERSONAL INFORMATION**

Beware of unsolicited callers asking you for personal information, such as: your name, address, birth date, social insurance number, or credit card/banking information. If you didn't initiate the call, you don't know who you're talking to.

### **BEWARE OF UPFRONT FEES**

Many scams request you to pay fees in advance of receiving goods, services, or a prize. Never send payment in any form (e.g., wire transfers, gift cards, prepaid credit cards, or cryptocurrency).

### **DO YOUR RESEARCH**

Always verify that the person/organization you're dealing with is legitimate before you take any other action. For instance, if someone calls claiming to be from your credit card company, hang up and call the phone number on the back of your card to ask if they called. Similarly, if you receive a call from someone claiming to be a family member in trouble, talk to other family members first to confirm the situation.

### **PROTECT YOUR COMPUTER**

If urgent-looking messages pop up on your computer while browsing online – don't click on them or call the number they provide. No legitimate company will call and claim your computer is infected with a virus. To protect your online accounts, be sure to create strong and unique passwords.

### **RECOGNIZE "SPOOFING"**

Fraudsters have the ability to manipulate Caller ID, Email, and Websites to "spoof" or impersonate legitimate companies and organizations. Never assume that phone numbers appearing on your call display are accurate. Never click on links received via text message or email. When visiting a website, always make sure you're on the official site (fake websites will have minor spelling differences).

### **REPORT FRAUD**

In order for law enforcement to combat fraud, it's essential that those who experience it report it to local police and the CAFC. **If you believe you've been a victim of fraud, or have questions about a suspicious interaction, contact the Medicine Hat Police Service at 403-529-8481.** You can report fraud to the CAFC online at [reportcyberandfraud.canada.ca](https://reportcyberandfraud.canada.ca) or by phone at 1-888-495-8501.

**Sources:**

Canadian Anti-Fraud Centre (CAFC)  
Medicine Hat Police Service

# Spring: A Time for Renewal

By Chaplain Bob Church



*“Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.”*

*Song of Solomon 2:12*

In this verse, blooming flowers signify new beginnings and the joy of spring. This passage invites believers to see God’s renewal in the earth and it opens the door to seeing this opportunity for renewal in their own lives.

I still remember taking Wanda’s mother for car ride in the spring of the year, after a particularly long, cold winter. The Lodge where she had been living had become drab and sterile, and had succeed in dragging her down emotionally. She was depressed and, even though the days were getting longer, she could not rise above the darkness that had her imprisoned.

We had noticed on the way over to the Lodge, that the apple blooms were beginning to shake out of their winter doldrums. “Mom Wallgren” missed being in her flower garden and we hoped that maybe if she saw some of God’s handiwork, it would give her a fresh sense of springtime in her own situation. And it did!! It was amazing what a half hour drive around the neighborhood looking at the blooming that was going on could do!

New beginnings and the resurrection of an earthly landscape can be compared to another resurrection scene that has eternal implications.



Photo Credit: MaryAnn Westgard, CV Resident

Easter is a time when we look to the cross of Jesus, remembering both his death for our sins, but also His resurrection from the grave.

Jesus said: **“I am the resurrection and the life. Anyone who believes in me will live, even after dying.”** John 11:25

But a secure place in heaven is also accompanied by the offer of new life for those who will embrace that resurrection power for themselves personally. The Apostle Paul wrote about the inner transformation that takes place in believers by the power of the Holy Spirit. The Apostle Paul writes:

**“Therefore, if anyone is in Christ, he or she is a new creation; old things have passed away; behold, all things have become new.”**  
2 Cor. 5:17

A personal relationship with Jesus, boldly offers springtime perpetually!! This new season in life emerges from the cold hard ground of a wintery existence, that is all that this world has to offer.

I pray that each and everyone of us will allow the truth of the Resurrection to transform and change us into those new creations that Paul was describing.



## Sunday Chapel Services

All Residents  
2:00 PM  
Chapel (4th Floor, CV Center)

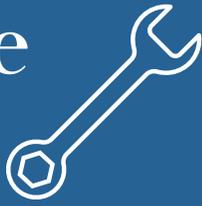
## Wednesday Prayer Meetings

Assisted & Supportive Living  
10:40 AM  
3rd Floor CV Center Lounge

## Bible Studies

Independent Living Tuesdays @ 9:30 AM Garden Lounge	Assisted & Supportive Living Thursdays @ 9:30 AM 3rd Floor CV Center Lounge
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# Maintenance Messages



## AIR CONDITIONERS

With warmer weather on the way, you'll probably be turning on your air conditioner in the near future. Here are a few helpful tips to keep in mind:

- Using your air conditioner in too cold of weather may damage the compressor. Don't turn on your A/C unit unless the outside temperature is higher than 15°C.
- If you need to let in some cool air, open your windows - but don't forget to close them! If windows are left open when it's too cold, the heating pipes can freeze and burst.
- Don't turn your heat thermostat all the way down. Set it to a comfortable level (e.g., 17-20°C).
- Before using your air conditioner, remove and clean the filter. This will allow for better air flow and the unit will run more efficiently.
- If you require any service to your air conditioner, please call Reception to submit a Maintenance Request.



## NEW AQUARIUM COMING SOON...

For many years, a focal point of our Atrium has been the impressive 500-gallon aquarium. However, its large size makes it difficult to maintain and the tank is starting to show its age. We value the life and colour the aquarium adds to the Atrium, so we're happy to share that we've ordered a replacement. While it won't be quite as big, it will be a more manageable size and will feature improved technology to help keep it clean and enjoyable for all - fish and humans alike! It will be a process to get the new tank up and running, so please bear with us. We're hoping to incorporate live plants, and once those are established, we'll be able to start adding fish. Stay tuned for updates!

## PARKADE REMINDERS

Maintenance staff will soon be cleaning the Parkade floors to wash away the dirt and grime built up over winter. Memos will be posted to let you know when each building is being done.

For residents with parking stalls in the Parkade, we ask that you please remove any stored materials from your stalls. This is also a good opportunity to ensure there are no combustible items in your stalls.

Combustible items include anything made of wood, paper, cardboard, combustible fabric, or combustible liquids. These type of items need to be stored in your designated storage locker.

The only items allowed to be stored within your assigned parking stall are: your vehicle, a powered wheelchair/scooter, a walker, a small two-wheeled wire cart, and a bicycle.

### NOTICE RE: GLASS RECYCLING

**Redi Recycling is no longer accepting any glass recycling items!**

**Option #1:** Securely bag your glass items with the rest of your garbage & drop down the chute as usual.

**Option #2:** Collect your glass recycling & take it to any of the City recycling depots.





## Message from Melanie

Lifestyle Consultant



As Chinook Village's Lifestyle Consultant, for me, the first sign of spring is always the Home & Leisure Tradeshow at the beginning of March. This annual event is a great opportunity to showcase Chinook Village within the community and highlight what we have to offer. Our participation wouldn't be possible without the help of our incredible resident volunteers. I'd like to extend a BIG thank you to those residents who generously contributed their time to man the booth and answer questions. Our residents truly are our superpower! And speaking of volunteers, **we're currently looking for a resident to represent the Village Lane Building on the Independent Living Welcoming Committee.** These friendly ambassadors play a vital role in helping new residents feel at home by providing tours, showing them their Fire Escape Route, and introducing them to their neighbours. If this sounds like something you might be interested in, please reach out to Jaelene at Reception at 403-526-6951.

*Thank You!*

# Library News

from Anne Opp

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



## TURN A NEW PAGE AT THE CHINOOK VILLAGE LIBRARY THIS SPRING!

We have our new Medicine Hat Public Library exchange. Here is a list of interesting titles.

There are 36 audio books. *The Wife You Know* by Chad Zuker, *Never Never* by James Patterson, *If Not for You* by Debbie Macomber, *Funny Story* by Emily Henry, and *A Runner's High* by Dean Karnazes.

A couple of interesting Biographies are *Make Me Laugh* by Debbie Reynolds and *Reason for Hope* by Jane Goodall.

Some Lauraine Snelling titles are *The Seeds of Change*, *One Perfect Day*, *Fields of Bounty*, and *Sophie's Dilemma*. Other titles are *Breaking New Ground* by Amy Clipston, *Brightest and Best* by Olivia Newport, *Still Life* by Christa Parrish, *Wayward Girls* by Susan Wiggs, *Summer on Highland Beach* by Sunny Hostin, and *Pretty Things* by Janelle Brown.

A few Mysteries - *Game of Mirrors* by Andrea Camilleri and *ZigZag* by Bill Pronzine, and some Western titles are *Six-Gun Stampede* by Jackson Cole, *The Avenging Angel* by Michael Newton, *Son of an Outlaw* by Max Brand, *The Battle of Three-Cross* by W C MacDonald, *The Heart's Charge* by Karen Witemeyer, and *The Outlaw Breed* by D B Newton.

If you enjoy reading, I'm sure you'll be able to find some great selections! We will have this shipment until May 22<sup>nd</sup>.

## Residents Invited to Explore Christian Faith Through New 'Alpha Course'

### *Is there more to life than this?...*

The Alpha Course is built around this exact question. And it might be refreshing to hear that the answer to this question isn't rooted in a lot of high-minded talk with no real application. We're all looking for answers that will help us with the down to earth, day-to-day challenges of living an ordinary life.

Alpha starts from the idea that many feel that something is missing, and it suggests that this longing for something more is not accidental. Instead, it is a sign that human beings will never be truly happy with what this world has to offer. People are made for a relationship with God.

Christian faith begins with the person of Jesus. In a few weeks, events and special days will be observed over the Easter weekend. Good Friday is one of those days that many observe, but what makes that particular Friday "good"? Easter Sunday is tied to the death of Jesus, how can that be "good"? Alpha helps to answer this and other questions, like "Who is Jesus anyway?" . . . "Why did Jesus die?" . . . and "How can I have a relationship with God through faith in Jesus?"

Through the Alpha Course, these and other questions are answered over an 11-week period of meeting together.

If this is something that has piqued your curiosity, please talk to me and I will put you on the sign-up sheet. If you have any questions, please don't hesitate to come talk to me.

I hope we can form a group of people and begin talking about possible times and dates.

**Bob Church**  
Chaplain

# WHERE IS SPRING?

By Marg Telke, CV Resident



Spring is coming soon – and we can hardly wait. Why? Why do we so anticipate it? It's not as if we've been "suffering" through winter! We rather enjoy watching the weather, and watching our neighbours coping with the ice and snow through our windows, from our comfortable easy chairs.

Why? Because spring brings new life; fresh opportunities; new beginnings; the season of "awakening". Such as what things you may ask? Here are some for us to remember:

- New life – baby kittens frolicking in the hay loft. Baby birds awakening in new nests, perhaps in the tree by your window.
- Open windows letting in the new fresh air with the fragrance of moon flowers. In the country we heard the sounds of bullfrogs and the whisper of spring breezes. The sound of rushing water from melting snow, overflowing the creek or pond – looking for beds of crocuses.
- Longer evenings so we could play ball or hopscotch outside after chores.

Much of the above is in our past life, but we can still do a lot of new things. Remember the quote, "When is the last time you did something for the first time?"

Send your photos to [info@chinookvillage.com](mailto:info@chinookvillage.com) + they just might be featured in the next newsletter!

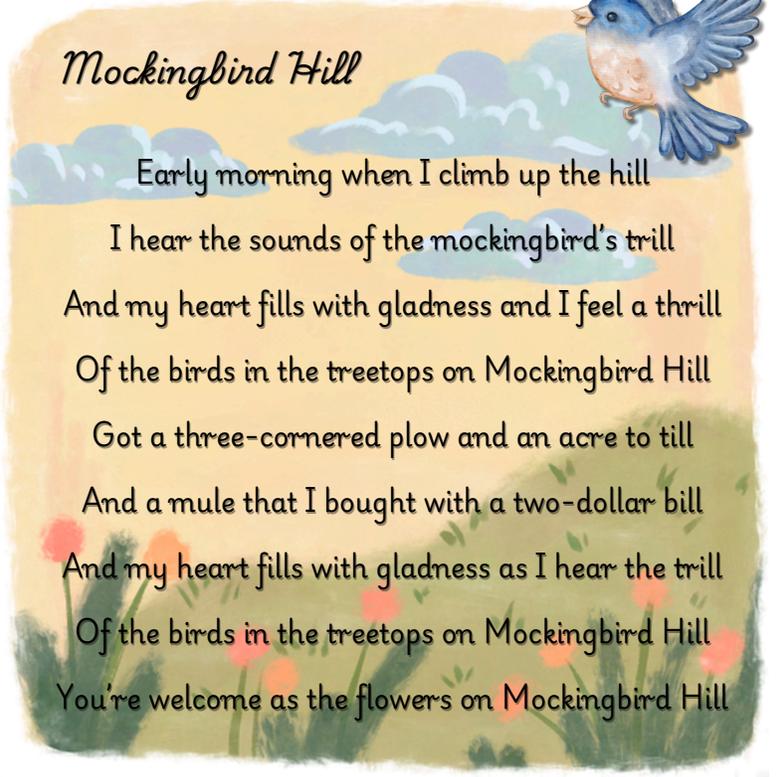
**Resident Snapshots**



Life at Chinook  
Captured by Residents

- Read a new book.
- Take up a new hobby or project like growing herbs on your deck instead of petunias. Or grow both!
- Go for walks and enjoy nature.
- Think of new or old songs about spring.

At our house, we loved to sing the song "Mockingbird Hill"...



*Mockingbird Hill*

Early morning when I climb up the hill  
I hear the sounds of the mockingbird's trill  
And my heart fills with gladness and I feel a thrill  
Of the birds in the treetops on Mockingbird Hill  
Got a three-cornered plow and an acre to till  
And a mule that I bought with a two-dollar bill  
And my heart fills with gladness as I hear the trill  
Of the birds in the treetops on Mockingbird Hill  
You're welcome as the flowers on Mockingbird Hill



"Winter Soldiers"  
Submitted by Darlene Adolf



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**CHINOOK VILLAGE NEWS  
& VIEWS IS PUBLISHED  
QUARTERLY:**

Fall Edition – Sept  
Winter Edition – Dec  
Spring Edition – Mar  
Summer Edition – June

*For Independent Living residents, the newsletter is posted to our website, bulletin boards & CondoGenie. If you would like to receive a paper copy in your mailbox, please call Reception to be put on the list!*

**VISIT OUR WEBSITE:**

[www.chinookvillage.com](http://www.chinookvillage.com)

**CHECK US OUT ON:**

Facebook & Instagram



## Know Your Address: Why It Matters

Although Chinook Village is one big connected community, it's made up of six different buildings - Center, North, East, South, West & Lane - each with its own unique address. **Whether you just moved in or have been here for years, it's important that you know the correct address for your building! Please take note of the following:**

- A list of building addresses and entrance numbers can be found in the front of your 'Chinook Village Building & Telephone Directory'. If you're not sure which one is your address, call Reception.
- Canada Post will NOT deliver mail with incorrect or incomplete addresses, so don't forget to include your suite number & ensure you have your correct building address.
- If you're getting mail for a former resident, mark it with "Return to Sender" or "Moved" and put it in the Canada Post mailbox so it can be redirected accordingly.
- Reception does NOT accept deliveries (e.g., parcels, medications, groceries, etc.) on behalf of residents - they are to be delivered directly to your suite.
- If your address is currently incorrect, you can set up Mail Forwarding through Canada Post or contact your mail senders (government, bank, insurance, phone provider, etc.) directly to update your address with them.
- It's also important to know your correct address for emergency situations! If you ever have to call 911, they need your exact address and entrance number. (Note: Key lock boxes are at each main entrance for EMS if they need building/suite access)

## Upcoming Holidays & Events

<b>March 17:</b>	St. Patrick's Day
<b>March 20:</b>	First Day of Spring
<b>March 25:</b>	20/20 Vision Care Mobile Clinic
<b>March 25:</b>	Neighbourfest
<b>March 29:</b>	CV Choir Easter Cantata
<b>April 3:</b>	Good Friday
<b>April 5:</b>	Easter Sunday
<b>April 6:</b>	Easter Monday
<b>April 15:</b>	Neighbourfest
<b>April 22:</b>	Volunteer Appreciation Breakfast
<b>May 10:</b>	Mother's Day
<b>May 18:</b>	Victoria Day
<b>May 20:</b>	Chinook Village AGM & Supper