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Photo Credit:
Frank Webber, CV Resident

Park Enhancement Project Update

The pressing question of the summer has been, "What's going on in the Park?" It is no secret that our Park Enhancement Project has faced some hurdles. In the spring, the contractor who initially proposed the work informed us that they would be unable to continue with the project. This led to a scramble to find a replacement, which took some time. Unfortunately, the new contractor has been delayed due to the heavy rainfall we experienced this summer. As a result, we are looking at a late start to the project, which will limit what can be accomplished this year. Some work is set to begin in mid-September, including ground levelling, sod laying, and creating a rock bed area. However, planting of trees, shrubs, and flowers will be postponed until spring 2027.

What has happened? Our seasonal gardener, Kathy, has once again been doing a wonderful job maintaining the plant life in the Park. She has been busy clearing out invasive ground cover, pruning shrubs, and transplanting flowers. Outside of the Park, we have removed the aging plants and shrubs along the East Building to revitalize the look and make it easier to maintain. We would also like to thank the many resident volunteers who have been lending a helping hand in the process. We look forward to sharing the transformation of the Park as the project progresses. As the saying goes, "good things take time." We appreciate your patience and understanding as we continue to enhance the Park.



Photo Credit: Frank Webber, CV Resident



Power Outage Questions & Answers

After experiencing a few building-wide power outages this summer, we received many questions about the protocol in the event of a power failure. There are a few main points you should be aware of as a resident of Chinook Village:

- When the power goes down, equipment that you rely on for your day-to-day living will not work. Elevators, Parkade doors, air conditioners, furnaces, and household appliances will not operate.
- Our Reception phone system and all building fire alarm systems have battery backup, which should keep them operating for a period of time after a power failure.
- Chinook Village has a detailed Emergency Response Plan for loss of electrical power, which all staff follow when a power outage occurs.

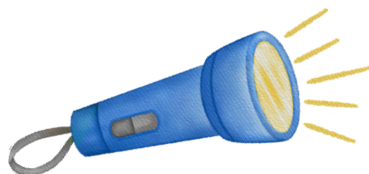
Additionally, the following are commonly asked questions we hear regarding power outages. We hope the answers offer some clarity!

As a resident, what should I do during a power outage?

If you are in the hallway or a common area, please return to your suite as soon as possible. It is also recommended that you keep a flashlight in your suite and check the batteries regularly. Staff monitor the hallways and assist residents to their suites as needed.

How long do the emergency lights stay on?

At the start of a power outage, the hallway emergency lighting will come on and last for about 20-30 minutes. When the batteries run out, the hallways will become very dark, especially in sections closed off from outside light.



I have an important appointment, how do I get out of the Parkade?

For security reasons, we cannot leave multiple Parkade doors open and unattended. During an outage, Maintenance staff will open and monitor the Parkade entrance in the North parking lot (by Entrance #14) – you can enter and exit the Parkade here.

How do I get in the building if my Key Fob doesn't work?

All main entrances are equipped with battery backups, so Key Fobs should continue to function. However, if your Key Fob does not work, the Main Entrance (Entrance #6) is always open and monitored. If it is after hours, press the 'After-Hours Call Button' to the left of the entrance doors and staff will let you in.

What should I do if I'm in the Park?

There is an Emergency Phone in the Park by Entrance #17. You can use this phone to call Reception (Extension 500) for help if needed. Staff also check the Park to make sure residents are not stuck outside.

What should I do if I'm in an elevator when the power goes out?

In the event of an emergency, such as a power outage, each elevator is equipped with an emergency push button or phone, which connects you to a 24-hour monitoring office. Simply push the button or open the door to the emergency phone and pick it up. You will have voice contact with the emergency monitoring office, which will then notify our staff and help will be on the way. As part of the Emergency Response Plan, Maintenance staff also check all elevators and they can be manually lowered to the main floor to let out any passengers.

Unfortunately, power failures happen and we all need to be ready to adapt when they do! If you have any further questions that have not been answered here, please feel free to contact the Administration Office.

From the Desk of

Linda Hygard, Managing Director



As summer draws to a close and we look ahead to fall, it is a good time to reflect on a busy and productive season at Chinook Village. We are grateful for the support of the Canada Summer Jobs grant, which allowed us to welcome additional summer student help. We extend our sincere thanks and best wishes to Jackson, Rhett, and Victoria as they move forward in their future endeavours. Jack will continue to assist us from time to time, and we are pleased to have his continued support.

We are also pleased to share that several major air conditioning projects have been completed. Three hallway air conditioning units in the South Building have been replaced. In the Lane Building, the unit serving floors 3 and 4 has been replaced, along with units for the laundry room, one commercial lease space, and the kitchen. We are now awaiting the arrival of the HVAC unit for the dining room.

Other improvements around the Village are also taking shape. Replacement bedroom windows in the East Building have been completed, and we are waiting for glass for some common areas. New chairs have arrived for the West card room, replacement furniture has been ordered for the atrium, and the new fish tank, complete with fish, is looking wonderful.

This summer also gave us several opportunities to put our Emergency Response Plans into practice, including during the tornado warning in June and the power outages in July and August. Each time the plan is activated, we review our response and make updates where needed. An Emergency Preparedness Binder is available at Reception for any resident who wishes to review it, and emergency guidelines are also included in your Orientation Guide.

As we move into fall, regular meetings and community activities will begin again, including Board meetings, Resident Management Committee meetings, and Resident Council meetings. There are currently some vacancies, and we warmly invite residents who would like to become involved to let us know.

We are also experiencing a somewhat higher than usual turnover at this time. We extend our best wishes to those who have moved on, and we offer our heartfelt condolences to the families and friends of residents who have passed away. In every season, we remain thankful for the community, care, and quiet faith that help shape life within our Village.

At the same time, we continue to welcome new residents. Our overall vacancy rate remains at approximately 6%, and we still have a lengthy waitlist for Independent Living and a growing waitlist for specific Supportive Living suites. As new residents join our residence, we ask everyone to help extend a warm and gracious welcome. A friendly greeting, a kind introduction, or an invitation to join in an activity can go a long way in helping someone feel at home and part of our community.

Chinook Village is a wonderful place to call home — a place where residents can live well, stay connected, enjoy meaningful activities, and be supported by neighbours and staff who care. As we look forward to the season ahead, may we continue to make Chinook Village a community where each resident is encouraged to live their best life with comfort, dignity, and a strong sense of belonging.





PLUMBING 101: THE "DO NOT FLUSH" LIST

To help prevent plumbing issues within Chinook Village, as well as damage to City sewer infrastructure, we all need to be mindful of what we are putting down the drain. **To avoid sewer backups and pipe blockages, the following items should NOT be flushed or washed down the sewer system:**

Hygiene Products & "Flushable" Wipes



Although packaging may say wipes are "flushable" - in reality, they should not be flushed at all! They do not disintegrate and create serious problems as they try to work their way through the sewer system. Other personal hygiene products to avoid flushing include: facial tissues (Kleenex), disinfectant wipes, sanitary napkins/liners, cotton swabs, and dental floss. Simply put, the only items that should be flushed down your toilet are human waste and toilet paper.



Fats, Oils, and Grease (FOG) & Food Scraps

Fats, Oils, and Grease (A.K.A FOG) can be comprised of animal fats, vegetable fats, oils, and grease used to cook and prepare food. When any type of FOG is washed down the drain, it acts like glue inside the sewer pipes. Avoid pouring FOG down the drain and dispose of it in your household garbage - wipe pans and dishes using paper towel and pour FOG into a disposable can or jar until cool. Food scraps, such as egg shells, coffee grounds, and potato peels, do not dissolve and can also form blockages - they should be put in the compost or garbage.



Medications

Flushing medications (pills or liquids) down the toilet or sink can contaminate drinking water and be harmful to the environment. Medicines, pharmaceuticals, and medical sharps should be disposed of by returning them to your pharmacy.



Household Hazardous Waste

Household Hazardous Waste, such as cleaning products (e.g., bleach), paint, and automotive fluids, can corrode pipes and should be properly disposed of at the landfill.

If you are experiencing any plumbing issues in your suite, please call Chinook Village Reception to submit a Maintenance Request.

Source: City of Medicine Hat



Tips to Stay Healthy This Flu Season!

Fall ushers in crisp mornings and the beauty of falling leaves, but it also marks the start of the dreaded flu season.

The flu, short for influenza, is an infection of the nose, throat, and lungs that is caused by a virus, which can be spread through the air and on surfaces.

Symptoms start suddenly and may include: fever and chills, sore throat or cough, headache, muscle aches, poor appetite, and fatigue. Although they are caused by different viruses, symptoms of influenza and COVID-19 are very similar, while COVID-19 sometimes also involves a loss or altered sense of taste/smell.

Individuals age 65 and over and people with chronic health conditions have a higher risk of developing severe complications from influenza. **According to data from the Government of Alberta, the 2025-2026 flu season saw over 20,000 lab-confirmed cases of influenza, with 282 reported deaths.**

There are many precautions and preventative measures you can take to avoid getting sick this flu season, including:

- **Getting an annual influenza vaccine** is a good way to keep you and your immune system healthy!
- **Stay home when feeling sick** and avoid close contact with people who are sick.
- **Wash your hands** with soap and warm water or use an alcohol-based hand sanitizer.
- **Cover your coughs and sneezes** and avoid touching your face with unwashed hands.
- **Clean & disinfect surfaces** regularly.



Fall Vaccination Clinic

Influenza & COVID-19 vaccinations will be available to Chinook Village residents on the following dates/times:

Supportive & Independent Living

Tuesday, October 6th
9:00 AM - 12:00 PM
Terrace Room

Assisted Living

Wednesday, October 7th
10:00 AM - 12:00 PM
The Chapel

Sources: Government of Alberta & Alberta Health Services

“Jacob’s Limp...A Blessing?”

By Chaplain Bob Church



Genesis 32:22–31 tells the story of Jacob’s night-long wrestling match with a mysterious man, understood by Jacob as an encounter with God. Alone at the Jabbok River, Jacob wrestles until daybreak and refuses to let go until he receives a blessing. In the struggle, his hip is injured, leaving him with a limp. The man gives Jacob a new name, Israel, meaning that he has struggled with God and with people and has prevailed. Jacob names the place Peniel, saying he has seen God face to face and survived.

In short: Jacob’s limp becomes a lasting sign of both weakness and blessing — he is wounded, but also transformed by his encounter with God. Jacob had a displaced hip, and it was a good thing. For the rest of his life he would walk with a limp. And this pain in his hip and the limp that came with it, would be a constant reminder that he had wrestled with God and prevailed.

Two weeks from the day that I began writing this article, is the day that the physical pain I’ve experienced in my hip for the last five years will be remedied. I am booked for surgery, and many have told me that they were amazed at how quickly the pain of their worn-out joint had disappeared. And I look forward to this!! But in a strange way, I will miss the daily reminder that I would need God’s grace, to continue doing the physical aspect of getting around the huge facility that Chinook Village is.

Looking back at Jacob in the context of the Genesis account, it was obvious that he could no longer run from his problems — his hip would not allow it. He could no longer run away from Esau, and avoid what seemed like certain conflict. God’s activity in his life had brought about circumstances that forced the feuding brothers to meet. In the end, God’s grace brought about a peaceful reunion. And in the same way, an injured hip has reminded me to count on God’s grace to accomplish God’s will in my own context.

I prayed many times for God to heal my inflamed hip. Trusting promises that other people have said made the difference in their experiences of healing, but like the Apostle Paul, who asked God to remove “His thorn in the flesh,” God’s response was to say to me, that His grace is sufficient.

⁸ Three different times Paul begged the Lord to take what ever it was away. ⁹ Each time God said, “My grace is all you need. My power works best in weakness.” 2 Corinthians 12:9

So, in the end, Paul ended up saying: “Now I am glad to boast about my weaknesses, so that the power of Christ can work through me.” ¹⁰ That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

It is one of the paradoxes of the Christian life that true spiritual strength comes when we need the Lord to help us cope with our weakness. “Vulnerabilities” are guaranteed to crop up in our lives. Weakness becomes more the norm than the exception as we age, but with those weaknesses comes the opportunity to invite the Lord be our strength.

May God help us to see that His power can be made perfect in our weakness.



Sunday Chapel Services

All Residents

2:00 PM

Chapel (4th Floor, CV Center)

Wednesday Prayer Meetings

Assisted & Supportive Living

10:40 AM

Chapel (4th Floor, CV Center)

Bible Studies

Independent Living
Tuesdays @ 9:30 AM
Garden Lounge

Assisted & Supportive Living
Thursdays @ 9:30 AM
3rd Floor CV Center Lounge

Maintenance Messages



DECORATING POLICY

With Halloween and Christmas around the corner, you may be wanting to get into the spirit of the season with festive decorations. While residents are welcome to decorate common areas (i.e., suite doors, hallways, lounges), we ask that you please take note of the following policies:

- All seasonal decorations must be uncluttered and attractive, must not mar surfaces they are mounted on, and must be deemed safe by meeting fire and building codes.
- Nails, tacks, and pins are not to be used on drywall surfaces. Use only materials that do not leave a sticky residue and do not peel paint when removed – painter's tape and putty adhesive are acceptable.
- Decorations must not impede handrail or foot traffic or present a tripping hazard. Extension cords must be unplugged every night and are not allowed to be run through any doorway or be strung across a hallway.
- Live Christmas trees or branches are not allowed under any circumstances. Candles with an actual flame are not permitted in any common area.
- Costs incurred from damage as a result of decorating will be charged to the resident.

GARBAGE CHUTES

A few reminders regarding proper use of the garbage chutes: Loose items should not be discarded in the chutes. Make sure your garbage is bagged securely to maintain cleanliness and prevent odours in the Parkade and hallways. To avoid clogging the chutes, large bags of garbage should be taken directly to the garbage bins located in the Parkade.

PARKADE PARKING

Guest Parking

Parkade parking is for resident registered and insured vehicles only. Non-residents should not be parking in the Parkade on a permanent basis. As a host, you may allow a guest to temporarily park in your stall if you are willing to park outside. Your guest must obtain a Temporary Parking Permit from Reception, which should be displayed on the front dash of their vehicle while they are using your parking stall. Otherwise, guests are welcome to park in any of the outside parking lots.

Parking Stall Rentals

Private renting of parking stalls in the Parkade (to residents or non-residents) is not permitted. All parking stall rentals must go through Administration. If you have a parking stall that you are not using, please contact Maintenance Manager, John Neurauter. We have a waiting list of residents who would like a spot in the Parkade.

Parking Decals & Licence Plates

For security reasons, all vehicles in the Parkade must have two Authorized Parking Decals (see *below*). They should be displayed on the inside of the front and rear windshields in the lower right corner. These decals make it easier for Chinook Village staff and residents to spot any unauthorized vehicles in the Parkade. If your vehicle does not currently have two Authorized Parking Decals, they can be requested at Reception. Chinook Village Administration is required to keep a record of licence plate numbers for all residents who own vehicles and park them on Chinook Village property (in the Parkade and outside Parking lots). If your licence plate information ever changes, please inform Reception.



INFO FOR RESIDENTS ONLY



Message from Melanie Lifestyle Consultant



It's hard to believe that it's been over a year since I proudly added the title of "Key Fob Lady" to my resume! Last summer, we began transitioning entrances to the new Key Fob system to improve the safety and security of our buildings. However, to my surprise, some residents have yet to collect their Key Fobs! If you or your family members still have old entrance keys, we ask that you please return them to me as soon as you're able. Once returned, you'll receive a cheque in your mailbox for your deposit amount. If needed, extra Key Fobs for family members can be purchased for \$10 (cash or cheque only) through Reception, but please note there's a limit of two extra Key Fobs per suite. All outside locks will be changed this fall, which means that the old entrance keys will no longer work. Don't get locked out - get your Key Fobs!

"I don't know what the big deal is about old age. Old people who shine from the inside look 10 to 20 years younger."

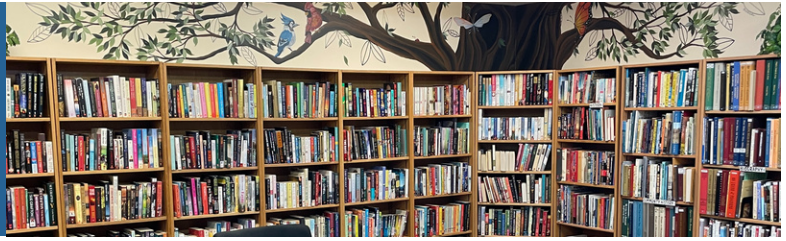
~ Dolly Parton (1946-2026)



Library News

from Anne Opp

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



FALL IN LOVE WITH READING AT THE CHINOOK VILLAGE LIBRARY!

Our latest shipment has arrived from Medicine Hat Public Library!

This collection features 37 Audiobooks, 28 Westerns, and 20 Christian Fiction titles.



Among the biographies, you'll find one about Johnny Carson, as well as some intriguing memoirs: Jeanne Cooper's *Not Young, Still Restless*, Jennie Garth's *I Choose Me: Chasing Joy, Finding Purpose, and Embracing Reinvention*, and Willie Nelson's *The Facts of Life*.

A few other titles I think might pique your interest are *The Happiness Project* by Gretchen Rubin, *The Kitchen Front* by Jennifer Ryan, which is about a cooking contest in Britain during World War II, and *Eat Pray Love Made Me Do It* by Elizabeth Gilbert, featuring various life journeys inspired by the best-selling memoir.

For history enthusiasts, *The Great Halifax Explosion* by John Bacon might be an excellent read.

Happy reading & see you at the Library!

Neighbourfest Returns!

Hidey-ho, neighbour! After a bit of a summer break, Neighbourfest is back this fall! This monthly event is open to all Chinook Village residents, along with their family and friends. It's a great opportunity to enjoy a delicious buffet meal and live entertainment, while building connections with your neighbours and fostering a sense of community within the Village! Don't forget to mark your calendars for the these upcoming Neighbourfest dates:

NEIGHBOURFEST

Wednesday, September 23rd

Music: Classic Country

Tickets On Sale Now!

Wednesday, October 28th

Music: Mixed Bag

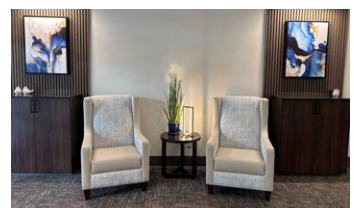
Wednesday, November 18th

Music: The Rusty Nails



Furniture Refresh

Some spaces in the Village recently got a refresh with the addition of new furniture! We swapped out old furniture in the Main Lobby, as well as on the 2nd Floor in Assisted Living and in the West Building 2nd Floor Card Room.



THE STORY OF TWO BATTLES

By Marg Telke, CV Resident

- 1ST BATTLE -

Place: German Village in Ukraine (Province of Russia)

Time: Early 1920s, more than 100 years ago

Situation: Middle of the Russian Revolution

One morning in autumn, the "alert" sounded, signifying an attack from the Bolsheviks. Released from prison by the antagonist Communists, the Bolsheviks were given free rein to attack, plunder, and even kill. The prosperous German villages were a soft target, and the attacks were anticipated and greatly feared.

The village my Dad lived in was today's target. My Dad and all the young men felt prepared and hurried to their designated spots circling the village. The "alert" was sounded because of movements in the wheat fields surrounding the village. My Dad was in his spot, his weapon cocked. He followed orders, which were to aim at any movement in the tall wheat crop. So, he shouted the warning - "show yourself!" The movement stopped. The warning was repeated - "show yourself NOW, or I must fire at you!" A dead silence, then very slowly there emerged several...COWS!

Relief among the men was great, followed by embarrassment, and then the humour of the situation, which lasted many decades when these villagers retold the story to their families, most of whom were now settled in Saskatchewan, Canada. Sadly, real attacks by the Bolsheviks did follow that autumn in Ukraine, tragic and fatal attacks.

- 2ND BATTLE -

Place: Ukraine (Independent Country)

Time: Present Day, over 100 years later

Situation: In February of 2022, Russia launched a full-scale invasion of Ukraine.

Every morning, worldwide news reports paint the grim reality of the invasive war: "Russian drones and missiles fired into Ukraine again last night, causing nearly 100 deaths and damage in the millions..."

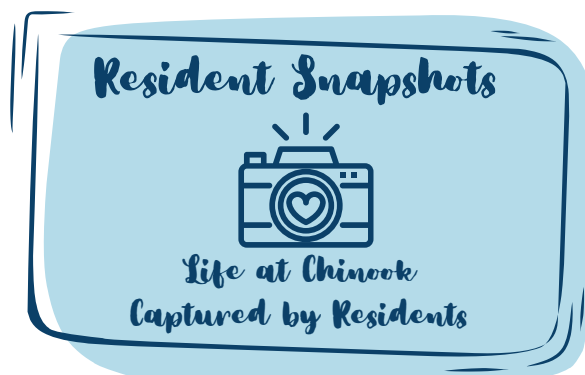
Chinook Village
REMEMBRANCE DAY SERVICE

Wednesday, November 11th
10:30 AM
Terrace Room

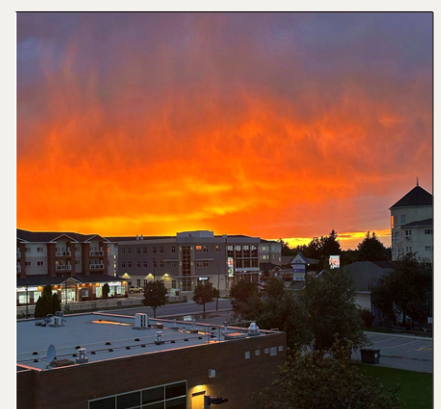
*Please join us in
honouring the courage,
sacrifice, and legacy of
our veterans.*



"Hollyhock Heaven"
Submitted by Anne Opp



Send your photos to info@chinookvillage.com +
they just might be featured in the next
newsletter!



"Summer Sunset Over 13th"
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

CHECK US OUT ON:

Facebook & Instagram



20/20 Vision Care Mobile Clinic

Dr. Michael McClung & his "EyeVAN" visit Chinook Village to provide free eye exams & other mobile eye care services to residents. His upcoming visits for 2026-2027 are scheduled for the following dates: **November 12th, February 24th & May 19th** at 9:00 AM – 1:00 PM in the Terrace Room. To book an appointment for his next visit, call 20/20 Vision Care at 403-526-2020!

Vision Loss & CNIB Support Group

A supportive environment for Chinook Village residents living with vision loss to gather and share their experiences.

4th Wednesday of every month

1:00 – 3:00 PM

East Building 4th Floor Lounge

Next Meeting: Wednesday, September 23rd



SAVE THE DATES

2026

Resident Christmas Banquets

Assisted Living ❄️ **December 7**

Supportive Living ❄️ **December 8 & 9**

Independent Living ❄️ **December 10 & 11**

Ticket Blitz: Tuesday, November 17th – more details to come!

Upcoming Holidays & Events

Sept 7:	Labour Day
Sept 23:	Neighbourfest
Sept 30:	National Day for Truth & Reconciliation
Oct 1:	International Day of Older Persons
Oct 6 & 7:	Fall Vaccination Clinic
Oct 12:	Thanksgiving Day
Oct 19:	Alberta Referendum Vote (Terrace Room)
Oct 28:	Neighbourfest
Oct 31:	Halloween
Nov 11:	Remembrance Day
Nov 12:	20/20 Vision Care Mobile Clinic
Nov 17:	Resident Christmas Banquet Ticket Blitz
Nov 18:	Neighbourfest