

Who’s Who at Pinegrove Place

Executive Director – Lori Sidjak (232)
Interim Director of Care – Laarni Piczon (234)
Assistant Director of Care – Neelam Nagi (231)
Recreation Manager – Melissa Moussa (224)
Support Services Manager – Joy Simbulan (226)
Finance Manager – Irina Tataru (215)
Chaplain – Marilyn Chan (233)
Social Worker – Sam Lerner (249)
Dietician – Mia Yuan (245)
Building Services Manager - Andreas Brade 236)
Administrative Assistant – Sylvia Penner (222)
Confidential Secretary – Pansey Ng (221)

Accreditation Update

Here at Pinegrove, we are racing toward our Accreditation Survey. This November, surveyors from Alberta and PEI will be coming to Pinegrove to complete an independent assessment, looking at everything from policies and practices, quality improvement projects, business continuity and emergency plans, safety plans, the list goes on. They will look at documentation, meet with the board and leadership team, check in with staff, as well as meet with residents and families. The last time we had our survey was 4 years ago and we achieved “Exemplary Standing.” We are looking for residents and families who are willing to participate in focus groups. For more information, there will be a special meeting of the Family Council – Accreditation Edition on Tuesday, October 20th at 7:00 pm. Even if you are not a regular attendee of the family council, we are encouraging families to get involved in this process. This meeting will be hosted by Pat, our Accreditation Consultant, and will be full of information regarding the process, what the surveyors are looking for, and what types of questions they will ask residents and families. If you would like to attend the meeting, please email Sam at socialworker@pinegroveplace.com

Mission
Our mission honours God with holistic care providing compassion, hope and life to the community we serve.

Vision
Our vision is to nurture the overall well-being and confidence of our community by providing a supportive home guided by Christian values.

Values
Therefore as we have opportunity let us do good to all people - Galatians 6:10

Respect – Each individual is created in God’s likeness; our belief in the sanctity of life motivates us to treat all with dignity, compassion and respect.

Community – Rooted in love, all relationships are nurtured by belonging, safety and commitment.

Stewardship – We strive to be faithful stewards, using our resources effectively to serve others.

Quality – We are committed to maintaining high standards to ensure the quality of life of the residents we serve.

Integrity – We exemplify honesty, trust, and confidentiality with ethical and moral principles.



Pinegrove Pipeline

Pinegrove Place | 11331 Mellis Drive, Richmond | 604-278-1296 | www.pinegroveplace.com

October Special Events

- Classical Music Concerts
October 6, 27
- Music with the PosAbilities Group
October 8
- Thanksgiving Dinner
October 12
- Accreditation Safety Week
October 19-23
- Pet Visits with Hazel and Tracy
October 20
- Richmond Singers
October 22
- October Birthday Party with Mike Kinal
October 29
- Halloween Pre-School Costume Parade
October 30
- Halloween Pumpkin Carving
October 31



Thanksgiving Facts and Fun

Thanksgiving is a time for reflection, gratitude, and friends and family get-togethers. In Canada, Thanksgiving, as proclaimed by Parliament in 1957, is celebrated on the second Monday of October, for a three-day weekend. Here are some facts to digest along with your Thanksgiving meal:

- 1. English explorer Martin Frobisher celebrated the first Canadian Thanksgiving in Newfoundland. It was 1578 and he was on an expedition to find the Northwest Passage to the Orient. In thanks for a safe passage to the New World, he reportedly served a dinner using the ship’s rations of biscuits and salt beef. In time, French, German, and Scottish immigrants added their own traditions to what would become a harvest festival.
- 2. The origin of Canadian Thanksgiving has also been traced to the celebration of successful harvests by French settlers in the area they called New France. Their feasts at the end of the harvest season were reportedly shared with the Indigenous people.
- 3. During the American Revolution, British loyalists fled to Canada and brought with them their Thanksgiving traditions, which included turkey as the main course.
- 4. Why did the turkey get so “lucky” as to become the Thanksgiving bird? Turkey was the meat of choice because it was readily available and large enough to feed multiple people.
- 5. Four Canadian provinces don’t celebrate Thanksgiving the same way as the rest of the country. In Newfoundland, New Brunswick, Nova Scotia, and Prince Edward, Thanksgiving is an optional holiday and remains a workday for many.
- 6. Thanksgiving is celebrated in Canada ahead of the U.S. because the harvest season is earlier due to it getting colder sooner.

Happy Birthday October Baby!

Sabrina L.....	October 5
Lai Siu L	October 8
Judy B	October 8
Florin P.....	October 15
Mahmud H.....	October 20
Chu Tien K	October 27
Illis L.....	October 27

- 7. A typical Thanksgiving meal consists of such foods as turkey, sweet potatoes, mashed potatoes with gravy, stuffing, cranberry sauce, and sweet corn. Dessert is often a spicy pumpkin pie containing ginger, nutmeg, cinnamon, and cloves. Because the holiday falls on a Monday, many families choose to have their Thanksgiving dinner on the Saturday or Sunday before.
- 8. Cranberries are a Thanksgiving staple in both the U.S. and Canada. They were first harvested by Algonquin natives who used them for food and medicine.
- 9. “Turducken” is an American and Canadian dish consisting of a deboned turkey, deboned chicken, and deboned duck, all rolled into one. It has three kinds of stuffing, which are layered between the three kinds of meat. Turducken is believed to have originated from a French dish made by the Cajun people in French Canada, who later settled in Louisiana.
- 10. A variety of regional Canadian dishes might also be part of the traditional Thanksgiving meal, including salmon, wild game, butter tarts, and what is known as a “Jiggs dinner”—a tradition from Newfoundland dating back to the early 20th century. A Jiggs dinner is a boiled or cooked dinner of salted beef, turnips, cabbage, potatoes, carrots, and pease pudding (split peas cooked with bacon or ham).

Chaplain’s Corner: Perspective

“Set your minds on things above, not on earthly things.” (Col. 3:2)

The story is told of a father of a wealthy family who took his son on a trip to the country to show his son how poor people can be. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from the trip, the father asked his son, "How was the trip?" "It was great, Dad," the son answered. "Did you see how poor people can be?" the father asked. "Oh yeah," replied the son. "So what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog, and they have four. We have a pool that reaches to the middle of our garden, and they have a creek that has no end. We have imported lanterns in our garden, and they have stars at night. Our patio reaches to the front yard, and they have the whole horizon. We have a small piece of land to live on, and they have fields that go beyond sight. We buy our food, but they grow theirs. We have walls around our property to protect us, but they have their friends to protect them."

With this, the boy's father was speechless. Then his son added, "Thanks, Dad, for showing me how poor we are."

Perspective is so important. What we choose to focus our time and attention on determines so much of how we experience life. When we focus on all that is stressful and broken in our world, we can get stuck in cycles of negativity that limit our vision and steal our peace. When we turn our gaze upward toward God, however, something supernatural happens. Just like the little boy who spent time in the countryside, our eyes open to the simple beauty right in front of us. What was humdrum at first glance now appears as an abundant blessing from the God who loves to give good gifts to His children.

Singer-songwriter Carolyn Arends experienced such a moment on a red-eye flight home. She woke up in the early hours of the morning, the cabin dim with most of the

windows shuttered. When she lifted up her shade on the west side of the plane, the sky was still dark. But after a few moments of staring out into the darkness, someone on the opposite, east-facing side of the plane opened their shade and suddenly the sun began streaming through. She reflected: "I had been so wrapped up in my tiny scope of vision that I hadn’t realized the sun had crept over the horizon. While one side of the aircraft was glowing with light, the other was still in the shadows. Perspective has a way of shifting our experience. On any given day, I could make a list of my anxieties, but the morning light shining on the east side of that airplane reminds me that I could just as easily make a list of the good gifts that God has given me."

As we prepare to celebrate Thanksgiving in a couple of weeks, our invitation is to shift our perspective upwards. To focus on the bounty and beauty that our Father in heaven delights to gift us with, day in and day out. Let us not be distracted by the outward trappings of wealth and power and prestige for these are the earthly treasures that will rust and fade over time. And let us not despair even amidst all problems and brokenness of our world because God is at work restoring and establishing His kingdom on earth as it is in heaven. Instead, let us fix our eyes on the One who holds the world together. Our hearts cannot help but rejoice in all the goodness that surrounds us if we simply turn our heads to look into the light.

