



AGING WITH GRACE

Grace..It is a gift from God | Ephesians 2:8

SENIOR HOUSING IN CENTRAL ALBERTA

VISION STATEMENT: to establish a not for profit organization based on Christian values, providing a caring community for seniors by respecting their needs with dignity and compassion.

A LETTER TO THE COMMUNITY

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Happy
Valentine's
Day

In the 3rd century, a pastor in Rome by the name of Valentine was martyred for his faith. Christians had been commanded by the emperor to worship idols and if they didn't, they would be punished, imprisoned and even killed.

Pastor Valentine was among those who refused. Instead he helped and encouraged Christians to stay faithful. He would bring food to people in prison. He would have Lord's Supper with people in secret. One day he too was captured and imprisoned. On February 14, A.D. 270, he was led outside the city and killed.

About 50 years later, another Roman Emperor became a Christian. One of the interesting things that happened was that the old gods were bumped out of their places, and Christian heroes of the past were honored and remembered instead. February 14, now came to be called St.Valentine's Day. Traditions that used to be part of the old Roman holiday – young people drawing names, being partners in various games, sending cards, now came to be part of the new Valentine's Day celebrations.

Jesus said, "Greater love has no one than this that he lay down his life for his friends" (John 15:13)

St.Valentine's day is an appropriate occasion for us to remember the sacrifices of friends, especially that of Jesus to recommit ourselves to our Friend and our friendships.

REDUCED RENT FOR ONE BEDROOM APARTMENT PLUS DEN IN CHINOOK VILLA

The Charis Village Housing Foundation is encouraging couples/ individuals who have spent the majority of their working careers in missionary work or pastoral work to apply for Financial Assistance, if they share the vision of Charis Village and would like to join the Charis community but do not have the financial resources. Stop at the Charis Village office to ask for an Application for Financial Assistance form or phone or email the office for more information.



FINANCING THE VISION OF CHARIS VILLAGE

Charis Village is offering their supporters 2 year promissory notes for loans of \$50,000 or greater at a rate of 4% per annum with interest paid annually. If you wish to extend a loan or require a different length of term or need more information, please email Peter Zuidhof at info@charisvillage.ca or text Peter Zuidhof at 403-318-1693.

HOW SENIORS LIVING COMMUNITIES REDUCE LONELINESS



Do you find yourself experiencing loneliness? Rather than dismissing the signs of loneliness, it's important to reflect on your (or your loved one's) current living situation and have open conversations about the future. Helpful questions include:

- 1) Are you still comfortable living on your own?
- 2) Are you experiencing any loneliness?
- 3) Are there any safety hazards in the home?
- 4) Are you interested in moving to a senior's living community?

HOW DOES LONELINESS AFFECT SENIORS?

Research shows that a significant portion of seniors experience isolation or loneliness, which can contribute to poor health and reduced wellbeing. Feeling lonely is difficult at any time of the year. You may have recently lost your spouse, or geographical distance hinders family visits. Auditory or sensory impairments can also contribute to a sense of loneliness. For seniors accustomed to living independently, it can be difficult to come to terms with these areas of need. Many older adults want to avoid burdening family members, yet there may be a very real need for community and additional support. Cognitive challenges such as memory loss, or physical changes such as impaired hearing, only add to a sense of isolation and loneliness.

WHAT ARE THE BENEFITS OF LIVING IN A COMMUNITY FOR SENIORS?

One of the most important things to maintain for seniors is a sense of community, and many have found this need satisfied at Charis Village. Living in a seniors living community, allows older adults to connect with others and develop friendships with neighbours who live just down the hall or across the street.

If you or your loved one still live on your own, you may be experiencing fatigue or anxiety over the work required to maintain a home. Whether it's yard work, getting groceries, or basic household repairs, these can become daunting and exhausting tasks. This problem is solved by moving into a seniors living community; older adults can have their own independent suite without the stress of maintaining it. If the fridge isn't working properly, a simple phone call will alert the facilities staff, and they will take care of it. That's what we do at Charis Village. We ensure the right supports are available, and an appropriate amount of convenience is in place to free you up to focus on the things that matter most, to you.

PLAN AHEAD, TOUR CHARIS VILLAGE TODAY

Residents realize that the lifestyle made possible at our retirement communities improves their quality of life, and we wish the same for you or your loved one. Call us today to book a tour, to see if Charis Village is the right place to call home. To book a tour call 403.506.0051 or email info@charisvillage.ca. For more information, including floorplans, check out Charisvillage.ca. You can find us on facebook, Instagram or stay up-to-date by subscribing to our mailing list.

YOU ARE NOT ALONE. WE ARE HERE FOR YOU

Did you know that almost one in four Canadians aged 65 and over live alone, and about half over the age of 80 report feeling lonely? For this reason, it is good to reflect on your living situation, or that of a family member, to learn if there is anything missing from your emotional health, your overall happiness, or your safety. Discover why moving into a seniors living community, like Charis Village, greatly increases one's emotional, physical and mental health.

Our connections to our surrogates –pets, stuffed animals, late night radio talk show hosts, celebrities are all fine, but we need real, here and now, flesh and blood people in our lives. As with so many things, you learn how to do it by doing it. Digital technology can't give you a hug.

Adapted from an article in the Elim Village newsletter

CHARIS VILLAGE BOARD MEMBERS

Peter Kuipers	403.748.4265	Co Chair	Shirley Bajema	403.341.9449
Wim Schakel	403.885.2912	Co Chair	Tyler Guppy	403.318.1112
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Merle Jacobson	403.783.5779	Co Treasurer	Pauline Prins	403.505.9093
Alma Guenther	403.307.1820	Secretary	Lennard Vanderschee	403.302.0328

MISSION STATEMENT

To facilitate, finance, develop and build a village of care where seniors may

Age with Grace



SALES OFFICE HOURS: 10:00—12:00 pm and 1:00—5:00 pm Monday-Friday

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