



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

ISSUE #38 | February 2024



Beat heart disease. Beat stroke. Beat as one.

February is Heart Month, a time to raise awareness about the importance of cardiovascular health and an opportunity to focus on what we can do to improve our heart health. Heart disease is the second leading cause of death for both men and women in Canada.

There are very simple things we can do to maintain our cardiovascular health. If you exercise regularly, don't smoke, eat a healthy diet of mainly fruits and vegetables, and monitor medical factors like blood pressure, cholesterol, and diabetes, then you have controlled most potential cardiovascular risks."



Christopher Labos, Associate, Office for Science and Society

Check out the **Heart & Stroke Foundation of Canada** website for lots of information about heart and stroke health, fundraising, donating, articles about diet, exercise and sleep and the role these things play in your overall health. They have many delicious sounding recipes including one for these Curried Lentils & Vegetables. Why not give it a try and give a review for our next newsletter?



With Spring comes Trade Shows. An Opportunity to get into the community and let as many people as possible know about Charis Village and the benefits of living in our Village. Look for us at the Lacombe Chamber Trade show - April 19 & 20. We will also be at the Young At Heart Tradeshow at the Pidherney Curling Centre in Red Deer on May 1st. Then we plan to hold an Open House here at Charis Village on May 14 & 15. A time to show the community our beautiful spaces. Residents are encouraged to help us show off the Villa and community that we are building. Many tours are successful because residents took the time to chat and engage with folks who are coming to have a look and see if Charis Village is a place for them. Keep up the good work!



Our common room is becoming a very busy, well used space. In December it was booked almost every day over the holidays. Now as the New Year begins, we are excited to see it being used more and more. Games night every Monday night. Bible Study each Tuesday morning for all who are interested. Tuesday afternoon regularly sees a group of ladies doing some quilting for an organization called "Bags Full of Love" [About Us – Bags Full of Love](#). On Wednesday mornings from 9 –10 the ladies of Charis Village are invited to join an exercise group. The first Thursday of the month sees the ladies getting



together for coffee and socializing. One of our residents held a Super Bowl party. We had a Valentine social and one afternoon residents were treated to a virtual performance by a few members of the Alberta Symphony Orchestra. We even have a family wedding happening in March! "Just the Three" are also planning another performance for us in March.

The common room is available for all who live at Charis Village. Just come to the office and let us know - we will reserve the room for you. Residents are encouraged to check out the little table outside the Common Room to see what's going on each week. Many activities are open to everyone. Check your email regularly for updates and information about events. Come and get to know your family here in Charis Village. It is a great way to combat loneliness and develop new friendships - giving purpose and joy to everyday life.



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CHARIS VILLAGE COMMUNITY NEWS

The Charis Village Family continues to grow. Units continue to lease and we are excited each time new families join the Charis Village family. We hope they feel welcome and at home.

— In December we shared with the community a summary of those who joined us and those who left us. Since that time we have learned that Marty Kandt also passed away in December. We want to extend our deepest sympathies to Randy and his family and wish him strength and courage going forward. He has shared that there are good friends in the Charis community where he can visit with those who understand what he is going through as others also share in his grief.

— We also want to extend our sympathy to the Osmond family. Caroline passed away in November and in early January Aubrey also passed away. They will certainly be missed here at Charis Village.

— Wayne & Gail Leiske are also grieving the very sudden loss of their daughter. Again, we extend our deepest sympathies and pray that you will find the strength and courage that is needed as you go forward day by day.



We continue to hear the sounds of construction. Residents who have leased duplexes and look forward to moving this Spring and Summer, are excited to see the progress being made on their new homes. -50° stopped construction for a few days, but they continue to work when it snows. Two days after these photos were taken, the first coat of paint was complete upstairs and down.

— Under construction is a one bedroom and den on the main floor with a fully developed basement and double car garage expected to be available mid summer of 2024 .

The beautiful spacious duplexes with fully finished basements are leasing quickly. If you are thinking of moving in the next year, now is the time to come see us and investigate the option of leasing. Perhaps you aren't ready to move yet but would like to have a place. You can lease your new home and then rent it out for a few years until you are ready to move in yourself. By leasing now, you are guaranteed a place in the future.

—We have a two bedroom duplex with a crawl space and single car garage available for immediate life lease.

— Only 8 units are left in Chinook Villa. Don't wait too long and miss out on your first choice. We have one single bedroom with a den available for rent in early March.

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.

CHARIS VILLAGE BOARD MEMBERS

Wim Schakel	403-885-2912	Chair	Tyler Guppy	403-318-1112
Peter Zuidhof	403-885-5263	Co Treasurer	Pauline Prins	403-505-9093
Merle Jacobson	403-783-5779	Co Treasurer	Lennard Vanderschee	403-302-0328
Alma Guenther	403-307-1820	Secretary	Christine Vriend	780-499-8093
Shirley Bajema	403-341-9449		Steven Wildeboer	403-578-0119

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

Unit D-109, #1 Charis Village Drive, Lacombe, AB T4L 0K5

OFFICE STAFF: Anita Geldof, Sales & Marketing Coordinator, Christiane Clout, Village Administrator

Brian Yoshida, Grounds and Maintenance Technician

Phone: 403.506.0051

Email: info@charisvillage.ca

Mailing address: 7200-72 Ave, Lacombe AB T4L 0K4

Website: www.charisvillage.ca Facebook and Instagram: Charis Village