



# Garden Park Tower Newsletter

John H. Redekop, Editor

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Nadia Baran, Production Assistant

## The Chairman's Report

In spring we anticipate the buds developing into leaves and the variety of shapes and colours and now in fall these leaves turn to orange, brown and various shades of red. The colours of the deciduous trees among the evergreens present a beautiful display. Some views from your unit may not provide you with the full view, if that is the situation, go to the 18th floor and from the exercise room [north side] take in the full view of God's beautiful creation. The colours are particularly bright when viewed on a sunny day. The song "For the beauty of the earth" comes to mind when seeing the vibrant fall colours, either from our unit or driving around the country.

*Verse 2:*

For the wonder of each hour  
of the day and the night,  
hill and vale and tree and flower  
sun and moon and stars of light.

## The Beauty of Fall

*Refrain:*

Christ, our Lord, to you we raise  
this, our song of grateful praise.  
[Folliot Sandford Pierpoint - 1864]

The provincial government health regulations are still in affect and specify the requirement to wear a face mask when you are anywhere inside the building. The only exception is when you are sitting at a table in the Rose Room or Magnolia Room and eating. As soon as you rise from the table, the face mask must be worn. These regulations also affect the catering by the food services and this can only be done under certain conditions.

The residents enterphone system has not been operating at times and therefore if you are expecting a health care person or visitor, ask them to phone you and make arrangements to meet them at the door. It appears that after twenty-five years, parts are no longer available and replacing our system is being investigated.

A reminder, that if you are leaving and plan to be away for more that a day, please notify the reception office of the days that you will be away and please turn the water off to your unit.

A very special thank you to the many volunteers who work at various tasks each week. Your work is appreciated. There are some areas where new and additional help is needed. Two of these are the book binding and picture framing services. If you are interested or know of someone who might be interested, please see the office. And as you go to the office, you will meet our new receptionist, Melissa Adrian. We are pleased to have her join our team at Garden Park Tower.

*John Friesen*

## ANNOUNCEMENT

### Art in the Rose Room

For the month of November, the Rose Room Garden Café is featuring the work of one of our residents, **Elsie Giesbrecht**. Be sure to stop by and enjoy the display of her work!

"The best way to forget your troubles  
is to wear tight shoes." *Quoted*

"I've reached the age when 'The Happy  
Hour' is a nap." *Quoted*

"The purpose of influence is to serve those  
who have no influence." *Pastor Rick Warren*



This amazing wood-sculpting was done by Vlad Yaremenko, a chainsaw virtuoso who lives in Novograd-Volynsky, Ukraine. He has done such sculpting for 15 years. This item was submitted by Wilf Hein. The photo credits go to *The Epoch Times*.

### **Baseball Explained by a Casual Observer to an Uninformed Foreigner**

The game is played by two teams, one is in and the other is out. The team that is in sends batters to the plate, one at a time, to see if they can get on and then come in instead of going out. If a player gets on instead of going out, then that player may go around and come in if he is not put out. When three players go out instead of coming on, or they get on but get put out before they come in, then the in team goes out.

When the team that is out gets the team that is in to have three players go out, then that team comes in and the team that is in, and has had three outs, goes out.

When both teams have been in and out nine times, the game is over. The team that had the most players come in instead of going out either directly or by going on but then going out before coming in, has won. However, if the teams have the same number of players who came in instead of going out, then both teams get another chance to put out the opposing team when it is in.

The game ends when each team has the same number of opportunities in and out but one team has more players coming on and not going out before they get in. It's not a very complicated game.

"To educate a man in mind but not in morals is to educate a menace to society."

*US President Theodore Roosevelt*

"I am disturbed because the doctors tell me I am as sound as the dollar."

*Prime Minister John Diefenbaker*

"Seat belts are not as confining as wheel chairs."

*Quoted*

## Editorial

## About Cellphones

A recent article in *The Washington Post* presented information which should be read by all teenagers and their parents. The gist of the full-page article – with picture – is that with the massive proliferation of cellphones among young teens a major consequence has been a major increase of loneliness, a sense of isolation, and even disciplinary problems.



A research project based in part at San Diego State University in California and conducted by the Programme for International Student Assessment involved a million 15- and 16-year-old students in 37 countries. In every survey in 2000, 2003, 2012, 2015 and 2018 the investigators asked the same questions of young people aged 15 and 16. The surveys were obviously all pre-COVID-19.

The results can be described as disappointing although perhaps not surprising. Beginning in 2012 increasing percentages of the young people reported that they felt lonely, disconnected from others, and functioning in isolation. This trend held true in all countries except South Korea where almost total cellphone ownership among teenagers happened before 2012. Significantly, the high percentage of lonely young people was unaffected by family income, family wealth, family size, or family vocations. The only close correlation was with cellphone usage and related internet usage. The greater the reliance on these gadgets, the greater the loneliness and lack of "emotional closeness". A related finding was that increasing numbers of these young people are becoming addicted to



their cellphones. Addiction can be defined as the urgent and almost constant desire to consult one's cellphone.

These findings are a bad omen for society. Although the pervasive use of smartphones has hugely increased interpersonal communication, it has seriously decreased the development of healthy interpersonal relationships. It has also greatly decreased the sense of young people considering themselves as part of a relational community. A further consequence is that these highly impressionable young people are absorbing increasing amounts of false information and, generally speaking, have no way of differentiating between truth and falsity. They thus become seriously misinformed.

A very serious reality in smartphone use is that those receiving messages cannot directly question or otherwise interact with the often unknown senders of messages. They mostly just absorb what they see. The lack of face-to-face discussion and questioning is crucial.

Extensive smartphone usage, according to the researchers, can create "an exclusionary environment": Failure to develop warm interpersonal relations can then generate even more dependence on the phone. A new term has been coined to describe the new phenomenon. "Phubbing" means "ignoring someone to look at one's phone". Unfortunately, phubbing is becoming a socially accepted practice among the young teens.

In some schools the use of smartphones has had serious consequences. In Clyde Hill, Washington, school principal became so frustrated with the impact of smartphone addiction that he now forbids any cell phone usage for certain grades. "Lunchrooms and hallways, formerly raucous places, have in recent years fallen silent as teens have turned to their devices". He reported that since adopting the new policy "there has been a decline in disciplinary problems" and "the lunchroom and hallways" instead of being virtually silent, "sound like a throwback". "When you see" the students without their phones "interacting in the lunchroom, it's really different."

In 2018 France banned cellphones from all elementary and middle schools. Other countries have also moved in that direction. There is hope that a growing addiction can be reversed.



*John H. Redekop*

Some Reasons why Immigrants find English Difficult

1. **The bandage was wound around the wound.**
2. **The farmer sad he would produce produce.**
3. **The soldier decided to desert in the desert.**
4. **The present is the time to present the present.**
5. **He did not object to the object being taken.**
6. **The insurance was invalid for this invalid.**
7. **I was too close to the door to close it.**
8. **What the farmer would sow, his sow would root out.**
9. **The physician had to subject the subject to a series of tests before he could change the subject under discussion.**
10. **When shot at the dove dove into the bushes.**

"The tragedy of modern man is not that he knows less and less about the meaning of his own life, but that it bothers him less and less."

*Vaclav Havel, President of Free Czechoslovakia*

**Guest Column** *Editor's Note: This column consists mostly of ideas presented by Cheryl Smith in an article that appeared in The Epoch Times, September 28, 2021. The content has been recast for seniors.*

### Overcoming Regret

When we come to our sunset years many of us, perhaps all of us, experience regret. Being less busy with current pursuits, we spend time thinking about what we have done in the past, often dwelling on mistakes we have made.

Regret can be a crippling pre-occupation. If we are not able to overcome our regrets they can make our last years miserable or at least much less pleasant than they could be. Here are five basic guidelines to help us overcome our tendencies to regret.

1. Accept the reality of the things you regret.

Sometimes we have difficulty overcoming regret because subconsciously we have difficulty accepting the truth of what happened. The more completely you admit to yourself, and perhaps to others, the full truth of what happened, the easier it will be to put that mistake or moral failure behind you.

2. Forgive yourself.

Sometimes it is easier to forgive others than to forgive ourselves. "Stop beating yourself up for doing something you can't undo." Open your heart to the grace that you are prepared to extend to others. Forgive yourself fully.

3. Make amends.

If it is possible to make amends, to apologize or pay back, then do it and then put that wrongdoing behind you. Remind yourself that you have made amends. If it is not possible to make amends then remind yourself that you have done what you could and no one, not even God, will ever require anything more from you.

4. Forget what is behind you.

Seniors like to reminisce, to live in the past. Generally that can be both pleasant and worthwhile. Such living in

**Did You Know?** Dr. Jim Denison's **THE DAILY ARTICLE** reports that in 2007, 63 percent of evangelicalism the US reported that their church forbids homosexual behavior. Recent data reveals that this number has declined to 34 percent. In 2007 another 27 percent of evangelicals in the US reported that their church strongly discourages homosexual behavior. That number has risen slightly to 31 percent. Thus the combined totals are 90 percent in 2007 and 65 percent recently.

Dr. Denison also reports that in 2008 34 percent of evangelicals in the US aged 18 to 35 supported same-sex marriages. By 2018 that number had risen to 56 percent.

the past must not, however, include dwelling on one's mistakes and failures. There is absolutely no point in spending time thinking about "If only...." Decide to let go. If necessary, write a statement that you are now letting go. Identify some specific very pleasant memories. When you are tempted to indulge in regret, shift your thinking to those very pleasant memories which you had identified in advance. Pictures of pleasant memories can be a big help.

5. Do the opposite of what you regret.

Usually it is not possible to do now what you regret not doing when you could do it. Doing something that is a substitute deed can help. For example, if you have deep regret about not expressing love and thanks to your parents who have passed away, identify some other older folk who need to be loved and thanked. They will be deeply grateful and you will have an easier time convincing yourself that are really a better person than your previous regrets seemed to indicate. "We all wish we had done things differently at some point, but it's amazing how doing something positive, productive, and constructive can relieve that burden."

### Health Hints *Editor's note:*

Even seniors who are not able to get out should be encouraged to do some exercising. **The Sun Life Company** provides some suggestions.

\* Walk around in your own rooms or in a hallway for five minutes. Do this twice a day.

\* If possible, go up at least five steps at least once every day. It is even better if you do this twice every day.

\* Practice lifting some heavy object. If you have weights, use them but don't overdo it. Take a rest as needed. Try to lift weights at least 10 times. Try to do this once a day.

If you cannot do all of this, do what you can and try to build up slowly until you reach this set of goals. It is important to do something.

"It is not strange...to mistake change for progress."  
*Millard Fillmore*

"No man's religion ever survives his morals."  
*Robert South*

"Laundry is the only thing that should be separated by colour."  
*Quoted*

"To acquire knowledge one must study but to acquire wisdom, one must observe." *Marilyn Savant*