



Garden Park Tower Newsletter

John H. Redekop, Editor

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The Chairman's Report

Thanksgiving

"Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and bless his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation" Psalm 100:4-5. [NLT]

Thanksgiving will be celebrated in Canada on October 10 and 11 this year. There will no doubt be mixed feelings about what to be thankful for. On the one hand we do live in a country where this is allowed and we can attend the faith-based service of our choice; our favourite foods for this festive occasion are readily available, and with some restrictions we can meet with family and friends. Again, however, there is the problem of the COVID-19 pandemic that interferes with the freedoms that we are accustomed to. Also, you may not be happy with the outcome of the election and then there are those who have health problems and others that are missing a loved one who was present at the last thanksgiving. May God comfort and bless each one of us who are missing a loved one. Regardless of how you celebrate thanksgiving, there is a God who loves and cares for us and wants to bless us as we trust him for forgiveness and seek his will and his guidance in all our ways. Thanks be to our gracious Lord.

The viral pandemic is still with us and as the federal and provincial governments seek ways to control the spread, there are more restrictions in place and this brings about separation of family and friends. At Garden Park service in the Rose Room can continue as long as there is no table service. Staff and volunteers take your order and, if you need help, take your tray to your table. Other table service cannot be provided. Every person MUST wear a mask in public areas of the building. This is mandated by the provincial health authority and applies to all areas of the building. In the Rose Room, the only time you can remove your mask is when you are seated at your table and eating. If you wish to go for another cup of coffee, you must wear your mask. Service cannot be provided if you do not follow these guidelines and the staff are instructed to follow them, therefore please respect their requests.

Residents, when you require service for any problems in your unit, please send a note or phone the reception office. The volunteer or Sylvia will forward your request to the right person. The maintenance staff will be visiting each unit to light and check the fireplaces in the early part of October. Also, remember to turn the water shut-offs on and off to keep them operating freely and when you are leaving for any length of time, turn the water off.

The writer of Psalm 100 states "The Lord is good, give thanks to him". May God bless you as you reflect on the blessings that you have received as a resident of this country and as we sing the national anthem *God keep our land glorious and free* we pray that this will continue. Enjoy this beautiful time of year and best wishes to you and your family and friends as you celebrate thanksgiving.

John Friesen

ANNOUNCEMENT

For the month of October, the Rose Room Garden Café is featuring the work of one of our residents, **Ike Klassen**. Be sure to stop by and enjoy the display of his work.



“Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.”

E. P. Powell



“Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary.”

Margaret Cousin



“A thankful heart is not only the greatest virtue, but the parent of all the other virtues”.

Cicero

“Always do what is right. This will gratify some people and astonish the rest.”

Quoted

Confessions of a Senior

I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order. So when I got to the first window I paid for her order along with my own. The cashier must have told her what I'd done, because as we moved up she leaned out her window and waved to me and mouthed "Thank you.", obviously embarrassed that I had repaid her rudeness with kindness.

When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the queue and start all over again. Don't blow your horn at old people, they have been around a long time. They deserve some respect. Be patient and kind.

Anonymous

Seeing the Larger Picture

A renowned authority was engaged to give a key lecture to a small assembly of business people on the importance of seeing the larger picture and not focussing on negative aspects, even in an economic recession.

It seems that the elite audience expected to hear a lengthy address from the esteemed authority on the subject. After the introduction of the eminent speaker, he got up, went to the mounted chart and drew a fairly small black circle on the large sheet of white paper. He then asked a man in the front row what he saw. The man replied "A black spot".

The speaker asked every man the same question. Every business executive gave the same answer. That was exactly what he had expected. Then with a calm voice but with deliberate emphasis the expert said, "Yes, there is a little black spot but none of you saw the large amount of white space on the paper." After a pause he added, "That's my speech" and sat down.

Apparently none of the business executives have forgotten that presentation. Sometimes it does not take many words to teach a very important lesson.

"The only people with whom you should try to get even are those people who helped you."

John E. Sutherland

Editorial

The Burgeoning Threat of Scams



Beginning about 15 years ago I received about one or two scam phone calls a week. Typically they involved a bill I allegedly had not paid or a message from someone purporting to be a government agent informing me that I owed taxes and if I did not pay promptly, then legal action would be taken against me. A third category of scams involved a friend or relative informing me that something dreadful had happened to that person and I needed to send money right away. Somehow some scammers even use the right name for a friend or relative.

Generally I simply hung up. Sometimes I played along for a reason. Once someone claiming to be my nephew begged for funds after he found himself in prison after being charged with assault following a New Year's Eve scuffle with someone. After discussing the nature of his dilemma, I asked my supposed nephew about his mother. I, of course, knew about the illness of my nephew's mother. The would-be thief tried to provide reasonable answers but it very quickly became clear to him and me that he did not know what he was talking about. I then gave him a severe and carefully worded scolding for trying to steal money from naturally-trusting seniors. He heard a good measure of my calmly expressed diatribe before he hung up. I don't think I received another call from him.

The reality of phone scams has, however, become increasingly worse. We sometimes get three or four calls in a day. Most deal with something I allegedly bought. Aside from being very annoying, they are also disruptive and time-wasting. A few months ago we bought a top-grade phone which had a Block Call option. With that phone I blocked every scam call. At first such blocking seemed to solve much of the problem but then the frequent scam phone calls returned.

Given my disappointment I consulted a phone expert at the store where I bought it. He informed me that our phone was, indeed, blocking the calls but that the scammers use advanced computer technology which enables them to keep on phoning the same people using a different phone number for themselves every time they call. They also use computers to create phone numbers so that even having an unlisted number will not provide full protection. The computer program may stumble upon your number. He said that he himself received many scam calls and there was nothing he or anyone else could do about it. This expert himself was getting even more calls than we were getting.

Thus, for now at least, there is no way of blocking scam phone calls. It may, however, be useful to explain to some of these scammers that because you know that they are scammers they will not get your money and therefore they are merely wasting their time phoning you. This may help in some cases but will not, of course, stop computer-generated calling.

That leaves us all with this important reality. We must never allow ourselves to be scammed. I am aware of some significant amounts lost to scammers. I have met a Christian lady who lost many thousands of dollars. A well-known Christian clergyman in Abbotsford asked me how best to send a significant amount to his friend in dire straits in England. I warned him this was likely a scam. By placing a phone call he discovered his supposedly desperate friend was safely at home.

Here are some basic tips about phone calls you think may be scams.

- *If in doubt, contact a trusted friend.
- *By and large, if you do not recognize the name or phone number, it is best to ignore the call. If you think the call is probably legitimate then ask for a number so you can call back should you decide to do that. Generally scammers will not provide a number. If you are not given a known Canadian area code do not return any call.
- *Never make any commitment under pressure.
- *If the caller claims to be calling for a government agency or a company, then, if you still think it might be a legitimate call, phone that agency or company by finding a number for it.
- *If you do not recognize the caller, do not say who you are. If you think the call may be legitimate, state that you will listen to the message without giving your name or acknowledging that you are who you are.
- *If the caller claims to be calling about your computer then that call is a scam call. Legitimate companies do not phone anyone looking for business. They will only phone people who have first contacted them.
- *If the caller hangs up after one ring or almost as soon as you answer, do not call back to any number you see on your phone. This may be a scam to run up a huge phone bill.

John H. Redekop

"The number one problem in our country is apathy...but who cares?" *Quoted*

"Jesus never lost his taste for bad company". *G.K. Chesterton*

"A decent society provides a ladder up which all may climb and a safety net beneath which none may fall." *Quoted*

Guest Column Editor's Note: John Stonestreet is an astute American columnist who frequently addresses aspects of the sharp moral decline of modern society. Here are some excerpts from a recent column.

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We live in a confused and confusing age. Things once considered obviously true are now rejected. Things once considered unthinkable are now thought to be unquestionable. How should a Christian think?

In the state of Oregon high school graduates will no longer have to demonstrate proficiency in reading, writing, or arithmetic. The logic behind the suspension of state standards, according to the governor, has to do with equity. Somehow, she missed that "helping" racial minorities by not giving them even the most basic tools for life is a different kind of bigotry altogether, one which Andrew Sullivan has called a bigotry of no expectations.

Then there's the story of Michaela Kennedy Cuomo announcing to the world that she has moved beyond identifying as a homosexual or bisexual, and even beyond pan-sexual, to now demi-sexual, [which she defines as] meaning that she is attracted to those with whom she shares an emotional bond. [This can be anybody at any given time.] The idea that every feeling, attraction, or preference is in and of itself an identity, is a tragic feature of our day.

But to be clear, our crisis is not merely a moral one. We have lost the ability to know right from wrong, we have lost the ability to know what's real, what's true, and what's false.

On a societal level, we [see] state-sponsored evils unleashed under the banner of "progress" for "the common good".

With the postmodern shift, in whose waters we now swim, suspicion and doubt are just the only things

Did You Know? In 2008 a certain female author, Sylvia Browne, apparently claiming some special ability, wrote a book entitled **End of Days: Predictions and Prophecies About the End of the World.**

In this book she wrote the following: "In around 2020, a severe pneumonia-like illness will spread throughout the world, attacking lungs and the bronchial tubes and resisting all known treatments."

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(scroll for Sylvia Browne)

we can trust. There is now a skepticism, not only of authority but also the objectivity of human reason.

[There are no fixed truths.]

The Christian worldview acknowledges the frailty of the human mind, but still grounds knowledge in the eternal, unchanging nature of a God outside of us. And even better, a God who communicates to us. Christianity offers something far better than the fallible traditions of ancient days, or the arrogant ideology of the modern era, or the socially constructed tales of the postmodern time. It offers the true description of the world – as it really is, the self-revelation of an omniscient God who not only loves us but created us with the ability to know.

At their golden wedding anniversary both the husband and wife were asked what was their secret for their happy marriage through all those years.

The husband responded by saying that one should not be selfish. "After all", he said, "there is no I in marriage." "And my contribution", said the wife, "was never to correct my husband's spelling."

Quoted

Health Hints Keep Fit During the Pandemic

These five items should do you much good.

1. Find a flight of stairs having at least six steps. Go up and down them at least five times, at least once a week. Rest between the five times as needed. It is good to get your heart pumping quite strongly but be sure not to overdo it.
 2. If you feel tired much of the time it could be because you are not drinking enough water. Seniors should drink at least 60 oz of water a day.
 3. Kindness goes a long way, "Studies have shown that doing something kind can increase one's energy levels, lifespan and happiness." Doing a kind deed activates the feel-good hormones oxytocin and serotonin.
 4. Whatever else you do, try to get in 30 minutes of walking a week.
 5. "Spending too much time on social media (or the old phone) "can be detrimental to your physical and mental health." "Set limits for yourself to help prevent anxiety, depression, fatigue, brain fog, eye strain, and poor posture."
- (Adapted from *Just Answer*)

"Don't let the hearse be the first vehicle to take you to church." *Quoted*

"Everyone is in favour of progress; it's the change they don't like." *Quoted*