



## Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

[www.northpeacehousing.ca](http://www.northpeacehousing.ca)



## Lodge Contacts

Autumn Lodge, Berwyn	338-3917
Harvest Lodge, Fairview	835-2862
Del Air, Manning	836-3325
Homesteader, Hines Creek	494-3500
Heritage Tower, Peace River	624-3919
Central Office, Peace River	624-2055

## **IN FLANDERS FIELDS**

*In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

## **REMEMBRANCE DAY**

**Remembrance Day, is observed in the Commonwealth countries since the end of WW1 to remember the members of the armed forces who died in the line of duty. Observed November 11<sup>th</sup> to recall the end of hostilities of WW1 on that date in 1918. Hostilities officially ended on the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month in accordance with the signing of the Treaty of the Versailles that officially ended WW1. The red poppy worn in remembrance has become a familiar emblem of Remembrance Day due the poem "In Flanders Fields". These poppies bloomed across some of the worst battlefields of Flanders in WW1, their brilliant red an appropriate symbol of the blood spilled in the war.**

## Laughing is the Best Medicine

**Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain and protect you from the damaging effects of stress.**

**Best of all the priceless medicine is fun, free and easy to take. Haha. Humor enlightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused and alert. A good hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems. So find a good joke and spread the fun.**



### Maintenance Report

**Most of our facilities are heated with hot water. If by chance you leave the window open in sub zero weather. The cold goes straight down on the pipes and freezes, causing a water break and no heat. Please be careful this doesn't happen to you. It will flood your room. Also with hot water heating, when you move the thermometer up or down it takes awhile for the change. Hot water heat is not a fast change like forced air. Find a comfortable temperature and only give a 5 degree change or just leave it at 20 all winter long.**

# REMEMBRANCE DAY

### Bus Trip for the Lodge's

**November 5<sup>th</sup> – All the lodges will travel to Fairview lodge to celebrate Remembrance Day. Wear your red and of course, your Poppy.**