



North Peace Housing Foundation

December 2014

Lodge Events

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

Merry
Christmas

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

All the staff of North Peace Housing Foundation would like to extend a warm and sincere seasons greeting to every one of our residents in our Senior Housing Facilities in the Peace Country. We hope each and every one of you has a great Christmas season and a healthy and happy New Year for 2015.

Merry Christmas

&

Happy New Year



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THE POINSETTIA

The legend of the poinsettia arises from the 16th century, back to a Christmas Eve in Mexico. The Legend tells the story of a little girl who was very poor and did not have a gift to present to Christ. Encouraged to give a humble gift, she gathered some weeds along the side of the road. As she arrived at church and approached the Alter, a Christmas miracle occurred; the weeds bloomed into the most beautiful red and green flowers. The flowers were then given the name Flores De Noche Buena, meaning flowers of the holy night. It is believed by many that the star-shaped leaf pattern represents the Star of Bethlehem and the deep red colors of the leaves represent the blood of Christ. Aside from the Christmas tree the poinsettia has become one of the most popular Christmas plants. Millions of plants are sold each year during the holiday season. Poinsettias are now commercially grown in greenhouses around the country.



Maintenance Report

Most of our facilities are heated with hot water. When you feel cold and turn up your thermostat, it takes sometimes half a day to get to the temperature that you requested. Especially if it is real cold outdoors and the wind is blowing. The system is working hard already. Hot water heat is not a fast change like forced air. Make sure your window is closed and then latched down. If you feel a draft, check the window. Sometimes the latch is hard to get closed tight. Ask for help. Have a warm safe winter.



Exercise

Exercise plays a key role in staying strong, being energetic and staying healthy as we get older. The benefits are maintaining a healthy weight, reducing the impact of chronic diseases, enhancing flexibility, balance and mobility and it improves sleep habits. Exercise promotes regular brain functions which keep the brain active. This can prevent cognitive decline, memory loss and dementia. Keep moving.