

AUTUMN NEWSLETTER

2026



A Season of Reflection and Gratitude

As the warmth and long days of summer gradually give way to crisp mornings, colourful leaves and the familiar comforts of autumn, we are reminded of the beauty that comes with each new season. Autumn invites us to slow down, reflect on the memories we have created and appreciate the simple moments that bring warmth and meaning to our days. Across the LMH campus, the changing season brings new opportunities to gather, celebrate familiar traditions and enjoy time with one another through seasonal programs, special events and everyday conversations. The past several months have been filled with activity, laughter and connection, made possible by the dedication of our staff and volunteers and the continued support of residents, families, donors, churches and community partners. As we reflect on the highlights of summer and look forward to all that autumn will bring, we remain grateful for the people who make LMH such a welcoming and caring community. Within these pages, we are pleased to share stories, celebrations and updates from across our campus that reflect our ongoing commitment to fostering belonging, purpose and meaningful connection.



Seasonal Reflection

ANNA-LISA SALO | LMH CHAPLAIN



A quote on one of our activity calendars reads “Autumn reminds us how beautiful change can be.” This change doesn’t happen overnight. Autumn begins with subtle shifts: one leaf begins to turn red, a monarch butterfly dances among the flowers, a few more minutes of precious sunlight are lost each day, the temperature drops a couple of degrees, sandals are exchanged for shoes, and the familiar V formation of geese in the sky heads south. There is no particular morning when we wake up and suddenly discover that summer is over. Instead, autumn changes arrive quietly and gradually.

In the same way, as we progress through the seasons of life, like it or not, one of things we can count on is change. When speaking about his health, one resident at the Home commented that his condition didn’t appear overnight. Change began slowly, subtly, with small shifts that seemed benign, harmless. Several years passed and these numerous small shifts began to add up until the resident could no longer live independently. It’s a story I hear repeatedly within the Home. Admittedly, unlike the above resident, some changes can happen in the blink of an eye. For most people, however, change is experienced in imperceptible microdoses. A grey hair appears, a muscle is pulled just turning over in bed, knees crack and muscles stiffen, sleep is elusive, brown spots become the new fashion statement, afternoon naps are mandatory, familiar faces begin to disappear, and priorities shift. We begin to appreciate things that we may once have overlooked or had no time to consider.

The above quote about autumn conveys the message that change can be beautiful but, for some, change is not always beautiful or welcome. For change to be beautiful, we must learn the art of letting go. Many of our residents speak of changes that have caused great physical, mental, and emotional trauma. But the residents have also taught me that, despite the difficulties that can come with change, beauty can emerge out of suffering. Change can be accompanied by unexpected gifts—greater patience, deeper compassion, a stronger faith, or a greater appreciation for the simple blessings of each day.

The writer of Ecclesiastes pointed out:

“For everything there is a season, and a time for every matter under heaven.”

Ecclesiastes 3:1

When we think about change, we often think about what can be observed outside ourselves in the environment around us. In autumn we notice the changing leaves, the chilly mornings, shorter days, and children walking to school. But what about those changes that take place quietly within us? When we yield to the Spirit, we are transformed, often in subtle ways. We become more patient and generous. We learn to forgive. We hold space for others. We become less anxious about things we cannot control. We discover that we can trust God a little more than we did yesterday. Our hearts become softer, our prayers more meaningful, and we begin to see the blessings in the routine things we once overlooked.

These inner changes rarely happen overnight. Like the autumn leaves changing colour, they happen gradually. Day by day, God's Spirit works within us, moving, shaping, honing, and creating. Sometimes we don't even recognize the change until we look back and realize that we are not quite the same person we once were. Others may also notice the difference in our behaviour and attitude.

Perhaps that is one of the gifts of growing older. As we age, we may have fewer opportunities to change the world around us, but the opportunities to allow God Spirit to transform us from within steadily increase. Paul attests to this inward shift. He encourages his readers not to lose heart. Even though our outer nature is wasting away, he wrote, our inner nature is being renewed day by day (2 Corinthians 4:16).

Not every change needs to be noticed by others to be important. A quiet act of forgiveness, a renewed trust in God, a willingness to let go of resentment or jealousy, or a heart that has learned to be grateful may seem small—but, these are precious changes in God's eyes.

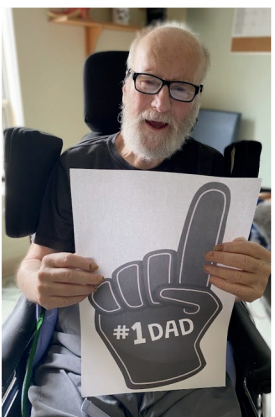
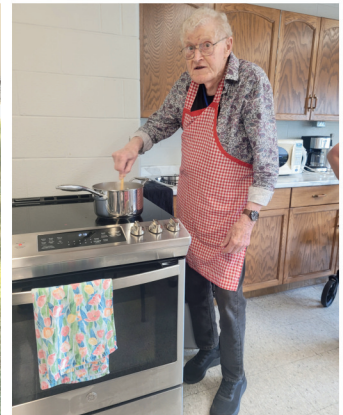
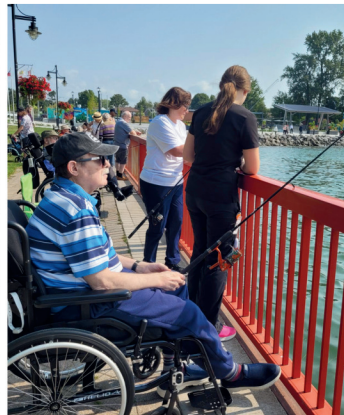
This autumn, as we watch the leaves slowly change, the days get shorter, and the temperatures grow colder, we might also reflect on the quiet work God is doing within us. The most beautiful changes may not be the ones others see, but the ones God sees taking place within our hearts.

In Christ's peace,
Anna-Lisa Salo



Seasonal Snapshots:

Summer at LMH



Summer 2026 Programming Highlights:

Summer was filled with opportunities for residents to connect, create and enjoy the season together. We welcomed representatives from the Jack Miner Migratory Bird Sanctuary for a special presentation about their organization and our courtyard ducks, which were brought into their care. Our Canada Day celebration brought nearly 300 residents, families and community members together in the Chapel Gardens, even on one of the hottest days of the year! At the end of July, we gathered in the chapel gardens once again for watermelon and rollkuchen. Volunteers Steve and Shelley Enns prepared more than 1,300 pieces of rollkuchen, and not a single piece was left! Throughout the season, residents enjoyed games, creative crafts, weekly ice cream parties, sing-alongs, shopping trips and fishing at the Leamington Marina. Our Retirement Residence Garden Club kept the courtyard looking beautiful, while other highlights included a magic show, LEGO Botanical builds, baking and singing with Brenda, Saturday movies with fresh popcorn and resident caricatures drawn by a local artist. We also welcomed East Beach Flower Farm for a floral workshop where each resident created a beautiful custom bouquet. Our social recreation staff also spent many mornings and evenings walking with the residents in our neighbouring park and other outdoor spaces, taking full advantage of the warm, (sometimes a little too hot) summer air. We also wrapped up the season with a Summer Palooza, enjoying some friendly competition with residents from Venvi Leamington, another local retirement community. From large community gatherings to everyday moments of fun and friendship, it was certainly a summer to remember.



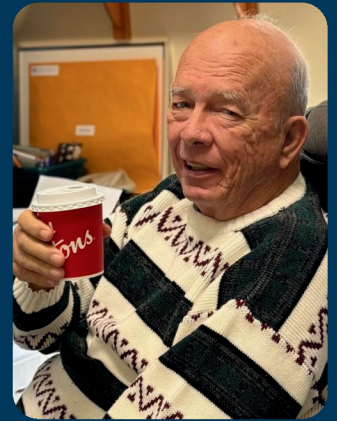
Meet Your Neighbour: **Linda Willms, Retirement Resident**

Linda Willms was born and raised in Tugaske, Saskatchewan, alongside her three siblings. Her parents were farmers, and when Linda was just 13 years old, her mother sadly passed away at the age of 42. Her father later remarried, and the family relocated to Kitchener, Ontario. Linda met her future husband, John, on a blind date. After dating for three years, they married on September 19, 1959, and went on to have three children together. John built a small home on his family's farm in Leamington, between the 5th and 6th Concessions, where the couple began their life together. In 1973, Linda and John purchased the farm from John's parents and they continued farming until 1996. They retired and moved to Worchester Street in Leamington, where they lived until relocating to the townhouses on Pickwick Drive in 2016. Throughout her life, Linda has enjoyed keeping busy. Her many interests include quilting, cooking, baking, singing Christian hymns and playing the piano by ear. She spent many years preparing food for NLUMC funerals and volunteering at Thrift on Mill. Linda also loved to travel, with memorable trips to Germany, Portugal, Switzerland and Costa Rica, among other destinations. Linda and John moved into LMH Retirement Residence in March 2024. Sadly, John passed away in August 2025. Linda spends her days reading, spending time with others and going for walks. She continues to be a pillar of our retirement community, brightening the days of residents and staff alike with her upbeat attitude and radiant smile. We're grateful to have Linda apart of our LMH Community!

Meet Your Neighbour:

David Hamm, LTC Resident

The eldest of six children, David Hamm was born at Hopewell Hospital on Russell Street in Leamington. He grew up on his family's 10-acre farm in Ruthven, where his mother helped manage the farm and his father worked as a carpenter. After high school, David attended Winkler Bible school, where he met his future wife, Betty. The couple married in August 1969 and spent a year in Waterloo before moving to Winnipeg, where



David continued his education. His studies included theology, divinity, arts and music. David and Betty had four children. After returning to Leamington, David and Betty rented a home on Fox Street for two years. They then lived in Windsor for five years before moving back to Leamington and settling on Seacliff Drive. Seven years later, David built a home for the family on Camelot Street, where they moved in February 1986. David followed in his father's footsteps as a contractor and builder, they worked together for 30 years alongside David's uncle, and in that time, built over 200 houses! David was also a dedicated member of the leadership team at Meadowbrook Church for 25 years. He also sang on many choirs across Canada, from Quebec City all the way to Victoria, BC. After experiencing two strokes beginning in 2022, adjusting to the loss of his independence was difficult for David. When Betty's health declined, she moved into LMH Long-Term Care in October 2024. David spent two weeks in respite care at Erie Glen before receiving a placement at LMH, allowing the couple to be reunited. Sadly, Betty passed away in December 2024. Today, David enjoys spending his days reading, listening to music and, during the warmer months, sitting outside in the sunshine greeting staff and visitors as they go by. We are grateful to have David as a part of our LMH Community!

This or That?

Circle one or discuss with a neighbour!

Apple pie or pumpkin pie?

Hot apple cider or hot chocolate?

Colourful leaves or crisp autumn air?

Scenic drive or autumn walk?

Cozy sweater or warm blanket?

Homemade soup or hearty stew?

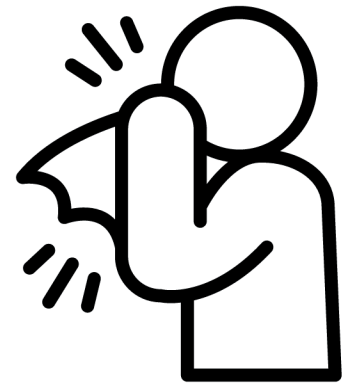
Apple picking or visiting a pumpkin patch?

Cinnamon or maple?

Corn maze or hayride?

Stay cozy indoors or explore outdoors?

Flu Season is Upon Us



Please Note:

In a community environment like LMH, illnesses can spread quickly due to shared spaces, close interactions, and vulnerable populations.

An outbreak can lead to:

- Increased risk of complications for seniors
- Temporary restrictions on group activities and visitation
- Additional infection-control measures to protect residents

Your cooperation helps us maintain a safe, healthy environment for everyone who calls LMH home.

Symptoms

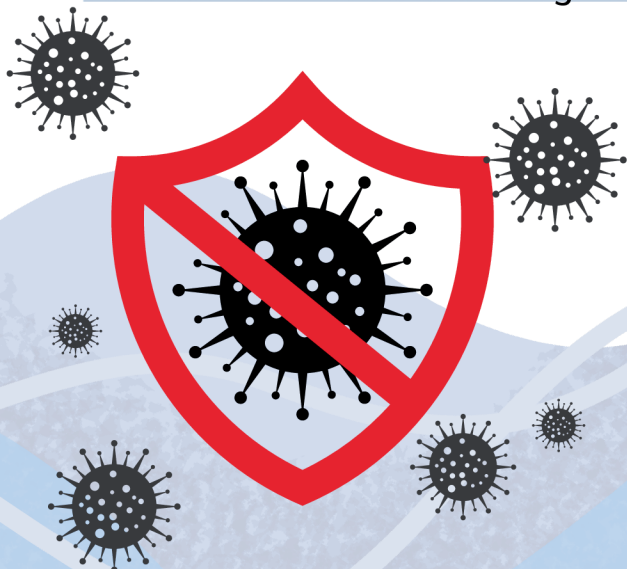
Please refrain from visiting our Home if you are experiencing the following symptoms:

- Fever or chills
- Cough or sore throat
- Runny or congested nose
- Fatigue or weakness
- Headache or body aches
- Nausea or loss of appetite
- Vomiting or diarrhea

Prevention

- Wash hands often with soap and warm water
- Use hand sanitizer when entering and exiting resident care areas
- Cover coughs and sneezes with your sleeve or a tissue
- Avoid visiting if you are feeling unwell
- Wear a mask during periods of increased illness or if directed by staff
- Follow any guidelines or Personal Protective Equipment (PPE) signage posted by LMH
- Consider receiving the annual influenza vaccine

These simple precautions can help limit the spread of illness throughout LMH. We appreciate your cooperation and understanding!



Seasonal Craft Corner

Autumn Leaf Lantern

Materials Needed:

- Clean glass jar
- Small pressed autumn leaves
- Clear-drying decoupage glue
- Foam brush
- Twine or ribbon
- Battery-operated LED tea light
- Scissors
- Wax paper to protect your work surface



Instructions:

1. Wash and dry the glass jar, making sure the outside is clean and free of labels.
2. Use the foam brush to apply a thin layer of decoupage glue to one section of the jar.
3. Gently place a pressed leaf onto the glue and smooth it carefully with your fingers or the foam brush.
4. Continue adding leaves around the jar, leaving some open spaces for the light to shine through.
5. Brush another thin layer of decoupage glue over the leaves to seal them in place. Allow the jar to dry completely.
6. Tie a piece of twine or ribbon around the top of the jar.
7. Place a battery-operated LED tea light inside and enjoy its warm autumn glow.

Safety Note: Use only a battery-operated LED tea light. Do not place a real candle inside the lantern.



A Quiet Moment for Gratitude:

What is one simple thing you are thankful for today?

Get Involved at LMH!



Baking with Brenda

A few times each month, residents come together to prepare a delicious dessert during Baking with LMH volunteer, Brenda. This scheduled program has quickly become a favourite, especially among our many talented and experienced Omas! Beyond the finished treat, the program gives residents an opportunity to share familiar skills, exchange recipes and memories, and enjoy time together in the kitchen.

Nails with Marg

LMH volunteer Marg, a retired aesthetician and former owner of the Hair Port, treats retirement residents to complimentary manicures once a week in our Wellness Room. Offered by appointment, this special service has created a safe and relaxing space to care for the hands of those who have spent a lifetime working, creating and caring for others.

Volunteers like Brenda and Marg show how personal interests and experience can become meaningful opportunities for residents. From baking and music to gardening, crafts, games and conversation, there are many ways to share what you love at LMH!

The Simple Gift of a Visit

You do not need to lead a program to brighten someone's day. We encourage family members, friends, former neighbours and members of local church congregations to spend time with residents. Simply stop by LMH, sign in at our Front Office as a visitor and enjoy some quality time together.



Ways to Get Involved:

- Visiting, sharing stories and memories
- Enjoying a coffee in our lobby lounge
- Singing or reading together
- Playing a game or completing a puzzle
- Taking a walk or simply having a conversation
- Many residents especially enjoy visits from children, grandchildren and well-behaved pets.



Please remember that all pets visiting the Home must first be registered at our Front Office in accordance with Ministry of Long-Term Care requirements.

Interested in Volunteering?

Our formal volunteer program offers opportunities to assist with organized group activities, special events and resident-support initiatives. We also welcome individuals interested in sharing a skill, hobby, favourite recipe or special talent with our residents.

To learn more, visit www.mennonitehome.ca/volunteer/

The small gift of your time can brighten someone's day and strengthen the connections that make LMH feel like Home.



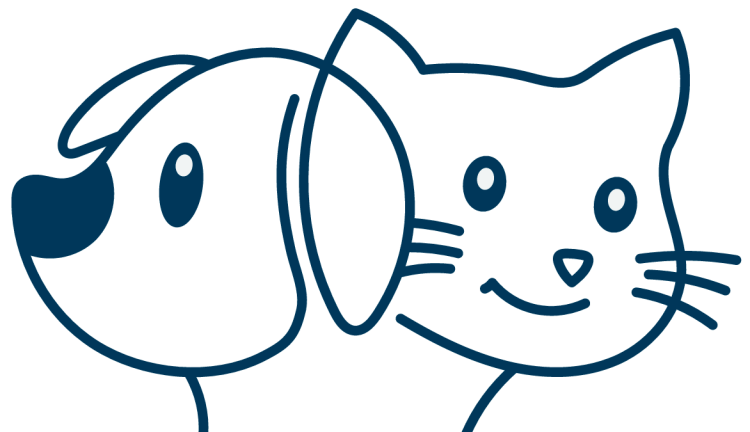
BRINGING A PET INTO OUR HOME?

The Ministry of Health & Long-Term Care requires all pets coming into our Home to be registered with our Front Office.

Pet owners must provide proof of the pet's vaccination on an annual basis for Infection Prevention & Control purposes.

Unregistered and/or unvaccinated pets will not be permitted in our building.

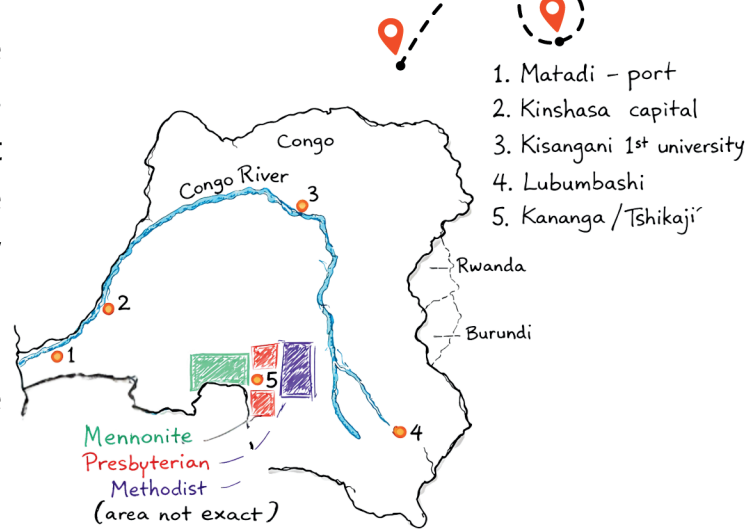
Pet owners will be provided with our Pet Visitation Policy upon registration.



Stories from My Little Corner of Africa: Chapter Three

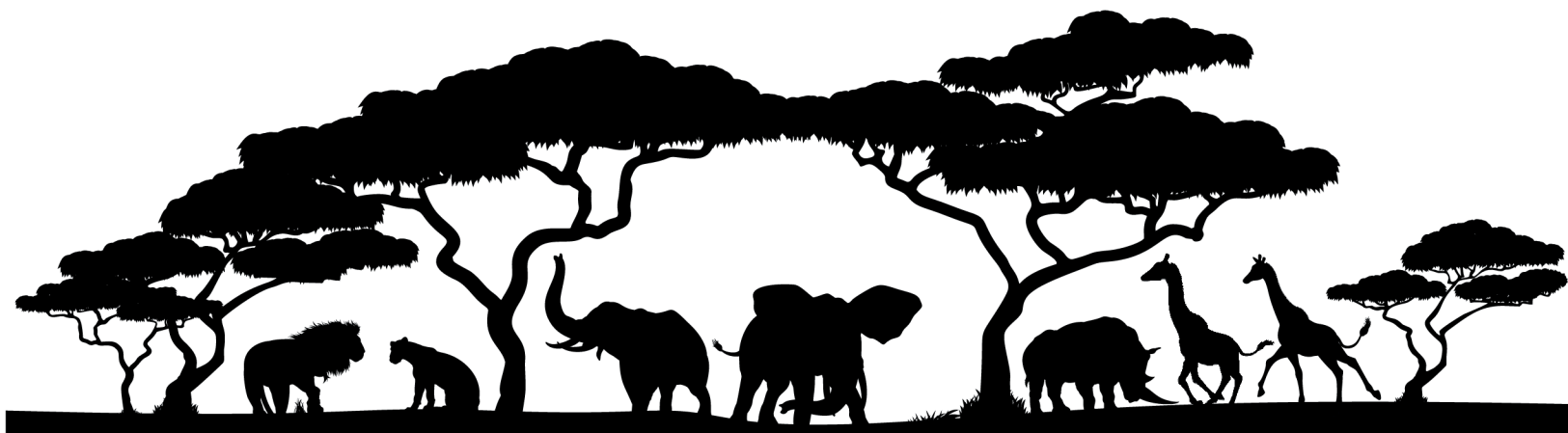
Written by Anita Janzen, Retirement Resident

Pastor Maweja was one of the most interesting persons I met in Congo. As a young man, he had been given the name Black Samson, because he was tall and very strong. Unfortunately, he was found guilty of a crime, (I can't remember what kind), and given a prison sentence. In prison, he met a missionary who gave him the New Testament. With nothing to do, he read and memorized sections of the book. He came to faith through his reading and began to lead Bible Studies and help the missionary in worship. During his time in prison, he decided he would become a pastor when he was released.



He studied and became a pastor who was much in demand to speak to youth and at conferences. I met him when he had been a pastor for some time. The first time I met him, I greeted him with a usual greeting, and he responded with the word "peace." The next time I met him, I called him pastor. He told me that he did not use that word since there were many corrupt pastors and he did not want to be associated with them. Instead, he used the title "ambassador for Christ."

The last time I met him was just before my return to Canada, he knocked on my door and I invited him in. After a few minutes of greeting and small talk, he sheepishly asked if he could buy any "chemise de nuit," night clothes, that I was not taking home with me. Apparently, his wife was about my size and he wanted something new for her to wear. I folded up what I had, keeping one outfit to wear on my way back to Canada. He was very pleased and offered payment for the clothes I'd given him. I refused his payment and said I would rather he say a prayer for me, his wife, and himself. I told him it was my gift to his wife. We were both happy with this outcome. He wished me Godspeed and left with a smile...



Rooted in Community



Pickwick Drive Block Party!

Each year, residents of Cluster 1 on Pickwick Drive come together for an afternoon of food, music and neighbourhood fun. Brian and Margaret Bailey, Cluster Captains, hosted this year's Block Party with the help of many others. Residents enjoyed live music from The Bailey Band, dinner, raffle prizes and even a little dancing! More importantly, the gathering provided another opportunity for neighbours to connect and enjoy the strong sense of community found throughout LMH. Proceeds from this year's Block Party were generously donated to LMH's New Development project. Thank you to the residents of Pickwick Drive for supporting this important next chapter for our community.

Celebrate with us on November 7

Tickets are now on sale for LMH's Annual Event, Threads of Our Community, taking place Saturday, November 7, 2026, at Mastronardi Estate Winery. Join us for a special evening celebrating the people, stories and connections woven throughout the LMH community. Guests will enjoy a delicious meal prepared by Chef Don, musical entertainment from Portofino Band and exciting live and silent auctions. The evening will also feature the opportunity to win a one-of-a-kind piece created exclusively by Wharram's Jewellery. All proceeds will support LMH's New Development project, including a new assisted-living retirement residence and welcoming amenity spaces that will benefit residents across our campus. We hope you will join us in supporting the future of LMH—where every square tells a story.



Threads OF OUR COMMUNITY

Woven *together* & built with *care*

ANNUAL LMH EVENT



MASTRONARDI
ESTATE WINERY



SATURDAY
NOVEMBER 7, 2026



DOORS OPEN
AT 5:30PM

\$200 PER TICKET
TABLES OF 8 OR 10

RESERVE YOUR TICKETS BY
MONDAY, OCTOBER 26, 2026



EMAIL:
INFO@MENNONITEHOME.CA



PHONE:
519-326-6109 EXT. 235



ONLINE:
WWW.MENNONITEHOME.CA

AN EVENING WITH A FEATURED DINNER BY CHEF DON
MUSIC BY PORTOFINO BAND | CASH BAR | LIVE & SILENT AUCTION

EVERY STORY. EVERY GIFT. EVERY SQUARE.
TOGETHER, WE ARE BUILDING THE NEXT CHAPTER OF THE LEAMINGTON MENNONITE HOME



LMH Welcomes Our Ninth Supporting Church

The Leamington Mennonite Home is pleased to announce that our membership has unanimously approved New Reinland Mennonite Church as LMH's ninth supporting church. For more than 60 years, our supporting churches have played an integral role in the life and mission of LMH through leadership, governance, financial support, volunteerism, fundraising and active participation in our community. We warmly welcome the New Reinland congregation and look forward to this meaningful partnership as we continue serving seniors together.



Pictured from left to right: Isaac Schmitt, New Reinland Church Council Chair, and Helga Enns, LMH Board Chair.

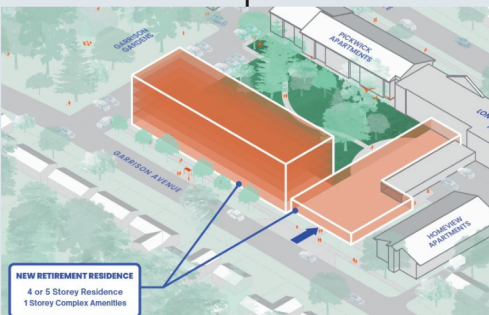
LMH Supporting Churches:

- Leamington United Mennonite Church • North Leamington United Mennonite Church
• Faith Mennonite Church • Harrow Mennonite Church • Old Colony Mennonite Church • Meadow Brook Church
• Deer Run Church • Windsor Mennonite Fellowship • New Reinland Mennonite Church

Then, Now and Next

In the early 1960s, members of our community recognized a growing need to care for seniors with dignity, faith and a sense of belonging. Two acres of land were purchased in March 1961, and on March 10, 1965, the Leamington Mennonite Home officially opened its doors. More than 61 years later, we are preparing for LMH's next chapter: a new assisted-living retirement residence and welcoming amenity spaces for residents across our campus. We are thrilled to share that almost \$3 million has now been committed toward this exciting project through one-time gifts, multi-year commitments and gifts of securities. Every contribution, at every level, brings us closer to our goal of raising 35% of the project funding as we work toward a potential construction start in spring or fall 2028. The project is also entering the design phase, and we look forward to sharing renderings that will begin bringing this vision to life. Visit our website to learn more about the campaign and the many ways you can participate.

Every Story. Every Gift. Every Square.





LEAMINGTON

Mennonite Home

Room & Meal Reservations

General Room Reservations

Room reservations should be made ahead of time to ensure availability. **Reservations for rooms & meals can be made by contacting our Front Office Monday-Friday between 8am-4pm. Reservation requests cannot be fulfilled on holidays or weekends.** There is no fee for reserving a room in long-term care. A fee may be applicable to reservations within the retirement home. We encourage families to plan ahead and make reservations early.

Meal Reservations

We are pleased to offer family members the opportunity to share a meal with their loved one. To ensure a smooth and enjoyable experience for everyone, please take note of the following guidelines:

Designated Dining Area

- Visitor meals must be enjoyed in the designated lounge. Shared meals are not permitted in the main dining areas.

Reservation Guidelines

- Reservations should be made at least one day in advance to ensure availability.
- Each reservation holds a maximum of 4 visitor meals.

Meal Cost & Payment Options

- Each visitor meal is \$10. Payments can be made ahead of time or on the day of the meal, except for weekend reservations, which must be paid for in advance.

Acceptable payment methods include:

- Cash (exact change preferred)
- Credit card
- Cheque
- Charge to the resident's room

Meal Choices

- Each meal has two choices available. Due to limited quantities, meal choices must be specified at the time of reservation.

***Please note that during an outbreak, all reservations and visitor meals must be suspended. You will be notified if your reservation must be cancelled and any payments will be refunded.**



Birthday Treats & Dessert Drop-Off Guidelines

If you are planning to bring cake or dessert for your / your resident's birthday celebration, please contact our front office: info@mennonitehome.ca or 519-326-6109 ext. 0

Please notify us by 2:00 p.m. on the day prior to your desired date of service. This allows our Dietary Department adequate time to prepare and ensures your dessert is served at the correct time.

Dessert Delivery Times:

- 9:00 a.m. for desserts served with lunch
- 11:00 a.m. for desserts served with supper