

SPRING NEWSLETTER

2026



The Promise of Spring

As spring arrives, LMH welcomes the sense of renewal and fresh beginnings that this season brings. Longer days, warmer sunlight, and the return of colour to our gardens remind us of the beauty of growth and the quiet promise of new life. Spring invites us to reflect with gratitude and look ahead with hope. In the months ahead, residents will enjoy opportunities to spend time outdoors, reconnect with nature, and participate in seasonal programs and gatherings. Whether it is tending to gardens, sharing conversation in the sunshine, or celebrating meaningful moments together, spring offers many simple joys that enrich daily life in our community. This season also reminds us of the strength found in connection. We remain deeply grateful for the care and compassion shown each day by our staff, volunteers, families, and supporters. Your kindness helps create the welcoming and supportive environment that makes LMH feel like home. As we embrace this new season, we look forward to the continued growth of our community and the many meaningful moments still to come. Wishing you a spring filled with peace, renewal, and joy.



Seasonal Reflection

ANNA-LISA SALO | LMH CHAPLAIN

“He is not here; for he has been raised, as he said.”

Matthew 28:6

As winter releases its icy grip, we begin to notice the signs of life that come with the spring season. That which lay dormant during the cold winter months begins to yawn and stretch and come to life. People and animals alike emerge from hibernation, squinting in the bright sunlight. Stubborn patches of snow give way to green grass. The song of the robin is once again our morning wake up call. Tiny buds appear on bare branches. The whole earth seems to exhale. The Easter season carries that same theme of renewal and new life.

The day after Jesus died and was buried, two women made their way to his tomb in the first light of dawn. Overwhelmed with sorrow, the women likely expected to find the typical signs of a death; a sealed tomb and a graveyard shrouded in silence. But instead of death, they experienced signs of life. According to Matthew, as they approached the tomb, the ground beneath their feet began to shake violently. During the earthquake, an angel descended and rolled back the stone of the tomb. Paralyzed by fear, the guards fainted. The angel announced to the women something that would forever change the trajectory of their lives: “He is not here; for he has been raised as he said” (28:6). Peering inside the tomb, the women saw that it was empty. Jesus was alive! If that wasn’t proof enough of his resurrection, Jesus himself met them as they rushed back to share the news with the disciples. What began as a day of mourning became a day of wonder and renewed hope. They were, literally, shaken to their core.



Like the women who visited the tomb of Jesus, we here at the Leamington Mennonite Home often share in the weight of suffering and death. Staff, family, friends, and fellow residents help to bear the weight of loss and the pain of goodbye. An empty room at the Home is generally a sign of death, the death of a resident who was cherished and deeply loved by God. Just as the empty tomb of Jesus was a sign of life, the empty room of a resident is also a sign of both the end of this earthly life and the beginning of a new life with Christ for eternity.

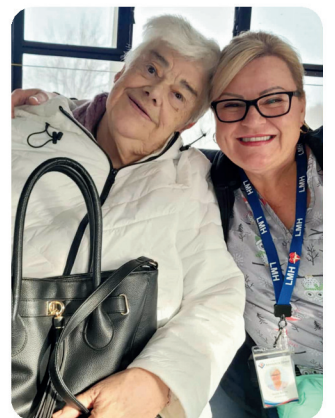
Jesus spoke these words of hope: *“I am the resurrection and the life. Whoever believes in me will live, even though they die. Everyone who lives and believes in me will never die. Do you believe this?”* John 11:25-26. At our Home, we walk with people daily who may not experience earthquakes and angels, but there are gentler signs of life all around us. Small graces whisper that God’s presence is among us still: orchids smiling in a sunlit window, a shared cup of coffee, a comforting hug, a quiet conversation, a walk in the park, or even boisterous laughter. These small graces whisper the same truth the women heard that morning. That which seems final is not the end. Love never dies.

This Easter, as you notice the signs of life emerging, may the ground shake ever so slightly beneath your feet as you absorb the deeper promise beneath it all. God brings life where we least expect it. And God’s living presence, through and in God’s people, is the greatest sign of life of all. God is not absent. God is present. And God’s presence is life.

In Christ’s peace,
Anna-Lisa Salo
LMH Chaplain



Seasonal Snapshots: Winter at LMH * ♡ ❄️ ♡ *



Winter 2025 Activity Highlights:

This winter brought many joyful moments and memorable experiences for our residents at LMH. One of the season's highlights was the annual Tractor Parade, where local farmers and members of our supporting churches decorated their tractors with festive lights and drove through the grounds. Residents gathered to watch while enjoying warm beverages and delicious fritters lovingly prepared by our wonderful community volunteers, Steve & Shelley Enns and Jason & Josey Tiessen. Residents also enjoyed a bus trip around town to see the Christmas lights, as well as a special outing to Colasanti's Tropical Gardens to take in the beautiful holiday displays. Throughout the season, we welcomed a variety of musical entertainment, including visits from young children who came to sing Christmas carols. Our annual Christmas Stocking Program once again brought smiles to residents as they received thoughtful gifts prepared especially for them by their families and our staff. Creativity was also in full swing, with residents making winter and Valentine's Day crafts, while special events like a Magic Show and lively Chair Salsa session added fun and laughter to the colder months!



Meet Your Neighbour!

Jo Mummery, Retirement Resident

Jo was born on February 27, 1935, in Port Dover and was the second oldest of five siblings. Since Port Dover did not have a high school at the time, she attended boarding school, a time she remembers fondly, returning home once a month to visit her family. She met her husband Bob at a dance at Erie Beach in Port Dover. After dating for three years, they married in 1955. Jo worked as an operator for Bell Canada until the arrival of their first child. Together, Jo and Bob raised four children, three boys and one girl.

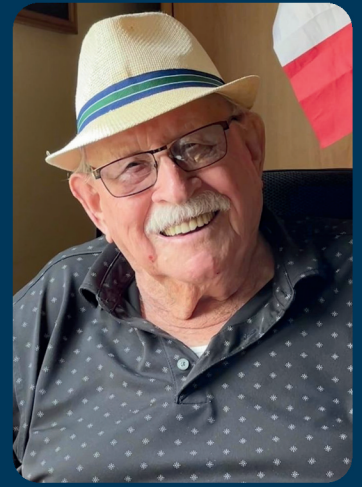
In 1980, the family moved to Wheatley after Bob purchased a Wheatley fishing license and began his fishing business. Jo supported the family by keeping the books for the business while caring for their home and children. Family remains the center of Jo's life. She is proud of her four children, nine grandchildren, and twelve great-grandchildren. Jo enjoys listening to classic artists like Tony Bennett, Charlie Pride, and Kenny Rogers. Today, you may catch her singing or busting a move on occasion! Over the years, she enjoyed bowling, travelling to Arizona with her sister Ruth, and taking a memorable trip to Ireland with her husband, daughter Cheryl, and son-in-law Aaron. A devoted Catholic, she attended St. Michael's Church. Jo also enjoyed crocheting and is fondly remembered for her baking, especially the homemade pie dough and small pies she made for her children to take in their school lunches. Jo and Bob lived in their Wheatley home until Bob's passing in 2021. Jo later moved to the LMH Retirement Residence in August 2022, where she is conveniently able to visit her daughter Cheryl! We are grateful to have Jo as part of our LMH community.

Meet Your Neighbour!

Ralph Teigrob, LTC Resident

Born in Port Rowan in 1928, Ralph was one of eleven children. His faith became central to his life at the age of 15, when he accepted Christ during a church visit, beginning a lifelong journey of service and devotion. Ralph married his wife Helen on May 13, 1950, and together they raised five children. They also endured great loss with the passing of one child in 1964. Through it all, Ralph remained grounded in his faith and commitment to his family.

A hardworking farmer, Ralph grew wheat, corn, and vegetables for many years. He was also a skilled builder, constructing four houses, three of which became homes for his family. His dedication extended into church life, where he served as a Pastor to Seniors and visited those who were homebound, offering care and encouragement. Ralph's passion for learning led him to attend seminary in Fresno, California, alongside Helen and their two youngest sons. At the age of 70, he also participated in a mission trip to Russia, helping build dormitories for students. Today, at 98 years old, Ralph continues to enjoy reading his Bible and attending worship services. His life reflects a deep faith, strong work ethic, and a lasting commitment to serving others. We are blessed to have Ralph at LMH!



This or That?

Circle one or discuss with a neighbour!

Sunrise or Sunset

Fresh flowers or Flowering trees

Rain showers or Sunny skies

Gardening or Relaxing on the patio

Listening to birds or Feeling a warm breeze

Spring cleaning or Spring decorating

Tulips or Daffodils

Reading by a window or Walking outside

Homemade desserts or Fresh fruit



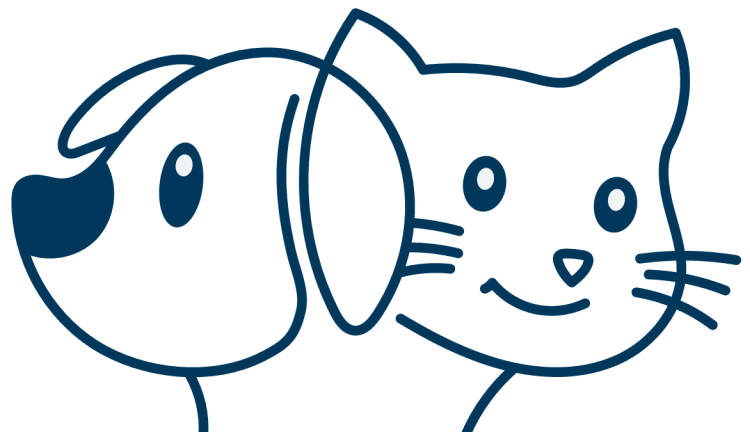
BRINGING A PET INTO OUR HOME?

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.



Seasonal Craft Corner

Pressed Flower Bookmark

Materials Needed:

- Clear contact paper or laminating sheet
- Pressed flowers or small artificial flowers
- Ribbon, tassels, or twine
- Scissors
- Hole punch (optional)
- Cardstock (optional, for extra strength)

We'd love to see your creation! Send in a photo of your bookmark to info@mennonitehome.ca



Instructions:

Step 1: Prepare Your Workspace

- Sit at a clean, flat table with good lighting. Gather all your materials so they are within easy reach

Step 2: Cut the Bookmark Base

- Cut two strips of contact paper or laminating sheet about 2 inches wide and 6 inches long. If using contact paper, peel the backing off one strip and place it sticky-side up on the table.

Step 3: Arrange Your Flowers

- Carefully place your pressed flowers onto the sticky surface. Take your time arranging them in a way that looks pleasing to you. You may place them in the center, along the edges, or spaced throughout.
- Be sure to leave a small space around the edges so the bookmark can seal properly.

Step 4: Seal the Bookmark

- Once you are happy with your design, carefully place the second strip of contact paper on top.
- Start at one end and slowly press down toward the other end to avoid air bubbles. Gently smooth the surface with your fingers.

Step 5: Trim the Edges

- Use scissors to trim around the edges, leaving a small clear border to keep everything sealed securely.

Step 6: Add Ribbon (Optional)

- If you would like, use a hole punch to make a small hole at the top of the bookmark. Thread a ribbon, tassel, or piece of twine through the hole and tie it in a knot or bow.

Step 7: Enjoy Your Bookmark

- Your bookmark is now ready to use. Place it in your favourite book, Bible, or journal, or give it as a thoughtful gift.

LMH Staff Spotlight & Testimonial



Kathy Hildebrandt

Retirement Residence Ward Clerk

Kathy has been part of the Leamington Mennonite Home team for over 24 years, serving first as an Administrative Assistant and now as Ward Clerk in the Retirement Residence. She values the opportunity her role provides to engage with residents and their families in a caring, faith-based environment.

Kathy grew up in Waterloo, Ontario, and met her husband Ken through friends she met at Conrad Grebel College at the University of Waterloo, who had attended UMEI with him. In 1999, they moved to Ken's hometown of Leamington. Together they have one adult son, Mitchel, and a "Lassie" collie who enjoys walks past LMH every morning and evening. Before joining LMH, Kathy worked in retail, served as Manager of the Rockway Thrift Store supporting Rockway Mennonite Collegiate in Kitchener, worked in a Christian Horizons group home, and was an Early Childhood Educator. In her free time, Kathy enjoys swimming, camping, and creating stained glass art.

LMH is grateful for Kathy's many years of dedicated service and for the compassion and warmth she brings to residents, families, and colleagues each day.

Erin Dymond, RN

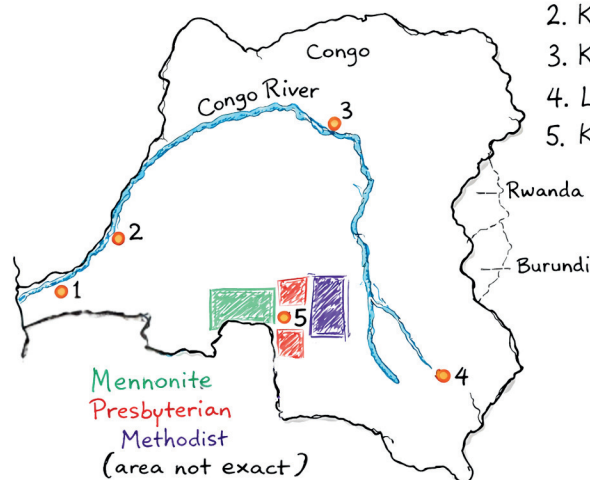
LTC Charge Nurse

"My journey with the Leamington Mennonite Home began while I was still in high school, where I worked as an Activity Helper for three years. During that time, I built meaningful relationships with residents and witnessed firsthand the impact compassionate care can have on a person's life. That experience solidified my decision to pursue a career in nursing. After graduating high school, I stepped away to complete my post-secondary education and follow that calling. In 2018, I returned to begin my nursing career as a Registered Practical Nurse, and later advanced to become a Registered Nurse. I love being a part of an organization that sees each resident as a whole person. The home's commitment to person centered care aligns with my own beliefs that every resident deserves to feel valued, heard and receive the best care we can give them. I would tell someone who is interested in working at LMH that it is a very rewarding place to have a career. One of the greatest joys of being a nurse is getting to know the residents on a personal level - hearing their stories, learning about their lives and sometimes even being a shoulder to cry on for them. Over time, they truly become like family and the same is true for their loved ones. Being able to support not only our residents but also their families is an honour."



Stories from My Corner of Africa - Chapter One

Written by Anita Janzen, Retirement Resident



1. Matadi - port
2. Kinshasa capital
3. Kisangani 1st university
4. Lubumbashi
5. Kananga /Tshikaji

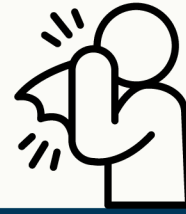
I spent more than six years living and working in the Congo, teaching nurses and laboratory technicians basic medical laboratory procedures. Life there was always interesting, sometimes exciting, sometimes dangerous, and occasionally a little boring when travel was difficult and we had to stay in one place for long periods of time. Even so, the people I met were wonderful. They were generous, welcoming, and often had a great sense of humour. The stories I share come from one small part of the Congo, so what I experienced will not reflect life across the entire continent of Africa. The area where I worked was near Kananga, in what is now the Democratic Republic of Congo (DRC).

The Congo is a vast country that sits near the centre of Africa. The equator crosses the Northern part. One of its most important natural features is the Congo River, which stretches about 3,000 miles and is one of the longest rivers in the world.

The river crosses the Equator twice and contains many rapids and waterfalls making much of it difficult to travel by boat. Near Kananga was The Bon Berger (Good Shepherd) Hospital in Tshikaji, located about 17 kilometres southeast of the city. This hospital served as an important place of care and training for local communities. Housing was built for staff, teachers, and students, and the hospital helped train medical workers who would go on to serve in surrounding areas. Language and culture in the region were diverse. The main local language in the area was Tshiluba, although people often spoke several languages, including Lulua and others common in the region.

Looking back, my years in the Congo were a remarkable chapter of my life. I learned so much from the people I worked with and the communities I lived among. The experiences were sometimes challenging, but they were also deeply meaningful and filled with memories I will always treasure.

Help us Stay Healthy!



Please Note:

In a community environment like LMH, illnesses can spread more 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.

Together, we can help reduce the spread of illness and keep our community well this Spring!

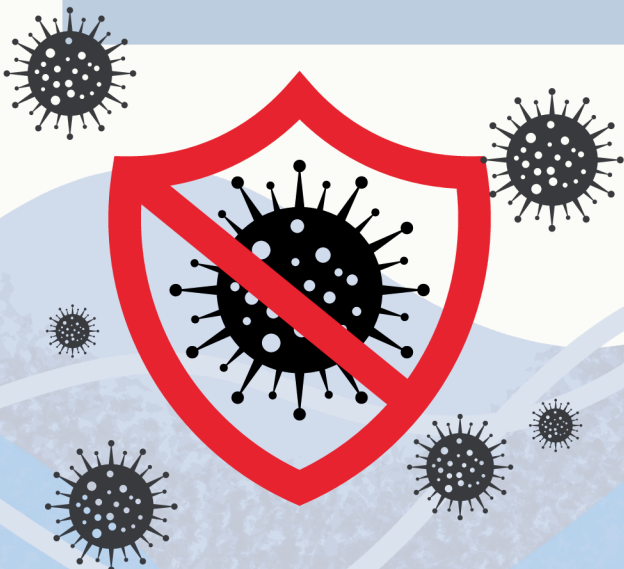
Symptoms

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
- Consider receiving the annual influenza vaccine



Community Support: Updating Spaces

Recognizing the generous donors helping enhance LMH for our residents.



In Loving Memory of Anita Thiessen

We gratefully honour the memory of Anita Thiessen through the generous gift given by her family to enhance the Palliative Care Room family area. This thoughtful contribution creates a space of comfort, peace, and quiet presence for families during some of life's most tender moments. It reflects Anita's spirit of care, compassion, and love for others, a legacy that will continue to bring comfort to those families using the Palliative Room. With heartfelt thanks to Vic, Karen and Jim, Ritch and Susanne, for this meaningful gift.

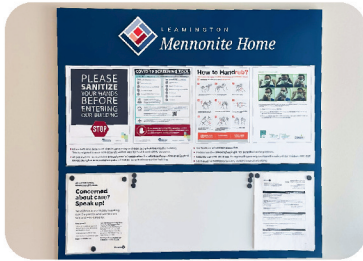


Thank you to Hugo and Linda Tiessen for their generous donation toward the renaming gift for our lobby area, called the Tiessen Lounge.

Their generosity helps us refresh and enhance our spaces, creating warm and welcoming environments where residents and their loved ones can gather, connect, and share meaningful moments together.

We are deeply grateful for your support and lasting impact for our community.





A Welcoming Space, Reimagined

We are grateful to Speedprint Ltd. for their generous donation supporting the renaming gift for the lobby project. Because of Speedprint's generosity, we were able to enhance this space for residents and their loved ones. We also extend our sincere thanks to the Speedprint team for their creativity and attention to detail throughout this project.



LMH Dignity Quilt

This beautiful quilt was thoughtfully designed and lovingly stitched together by three incredibly talented women, Charlene Epp, Marion Wiebe and Martha Wiens. Thank you so much for creating this special Dignity Quilt for LMH.

It will be placed with love during the farewell moments we share with the beloved residents of the home, bringing dignity comfort and peace during the final goodbyes from the home.

Your time, care, and craftsmanship have created something truly meaningful for our community. We are deeply grateful for this gift.

Honouring Legacy, Inspiring the Future

We extend our heartfelt thanks to the children of Jacob and Susie Hildebrand, Helen (Edgar) Brown, Edward (Millie), Margaret, and Paul (Diane) for their generosity in the continued naming of the LMH lobby area Hildebrand Square.

In honour of their parents' legacy, the family has renewed their support with a meaningful donation that helped renovate and refresh the lobby space, creating a warm, welcoming environment for residents, families, and visitors alike. This act of remembrance is more than a gift; it's a lasting expression of love, gratitude, and faith in the future of compassionate care. Thank you for honouring the past while helping us build a future rooted in dignity, kindness, and community.



Welcome to Donna's Coffee Corner!

We're excited to share that a brand-new coffee area has been added to the Leamington Mennonite Home Lobby, Donna's Coffee Corner, lovingly dedicated in honour of Donna Latam.

Thanks to the generous Latam family, Donna's passion for coffee and community can now be shared with everyone who visits. This cozy space is the perfect spot to enjoy a cup of hot, fresh coffee while visiting with our residents and friends. This will be a self serve area.

Come in, sit down, and savour a moment of warmth, conversation, and connection at Donna's Coffee Corner, where every cup is poured with love.



Enhancing Care at LMH

Shae Driedger, BScN, MN, NP
LTC Nurse Practitioner



As part of our ongoing commitment to quality improvement and enhanced resident care, the Home has welcomed a dedicated Nurse Practitioner (NP) to our Long-Term Care team. Working in close collaboration with our Home's physician, the Nurse Practitioner is on-site Monday through Friday to support the day-to-day clinical needs of residents. This role allows for more timely assessment, treatment, and follow-up on health concerns as they arise, helping to ensure residents receive responsive, comprehensive care within the Home. The addition of a Nurse Practitioner strengthens our interdisciplinary approach and supports our continued focus on improving health outcomes and quality of life for those we serve.

What do you love about your job that aligns with our vision, mission, and values?

- I take great pride in delivering care that truly puts residents first. This work is about more than completing tasks; it reflects a faith-based commitment to see each resident as an individual. We become a second family to those we serve, building trust that leads to excellence in care. I value that LMH recognizes how unique every life is. Whether supporting someone transitioning into long-term care or providing compassionate palliative care, I feel honoured to uphold our legacy of service and ensure every person feels respected and at home.

How does your education align with your role and passion for the work?

- My nursing education provides the foundation for holistic, resident-first care. It equips me to assess and support the physical, mental, and spiritual dimensions of health as interconnected. This aligns closely with LMH's mission and empowers me to practice with accountability, ensuring care honours the whole person rather than just a diagnosis. I am passionate about using my clinical expertise to support the wellbeing of our residents.

How long have you worked at LMH?

- My journey with LMH began in 2016. I've had the privilege of growing alongside this community, starting as a nursing student, then working as an RN, and now serving as a Nurse Practitioner.

What would you say to someone considering working at LMH?

- What has kept me here and inspired my journey from student to NP is the compassionate care we provide every day. Supporting residents during meaningful life transitions is truly special work. LMH has invested in my growth every step of the way, and I am grateful to be part of a place where our legacy and future vision are so beautifully aligned.



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:

- Receptionist: mackenzie@mennonitehome.ca
- Director of Social Recreation: judy@mennonitehome.ca

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