



# MARTHA'S COMMUNITY CORNER

## OCTOBER 2026

### A Message from your Site Manager

#### *My Wish for You for October*

*31 days of happiness and hope*

*744 hours of good health*

*44,640 minutes of bountiful*

*blessings*

*And every second may your heart be  
filled with joy, love, and laughter.*

*In every way, may every day flow  
with God's grace.*

*And as I take time to give thanks for  
the many blessings in my life this  
month, I want to let you all know  
how grateful I am for the blessing of  
each and everyone of you.*

*Karen*

### Happy Birthday

October 1 – Annette Mabin  
October 4 – Joyce Goodridge  
October 8 – Frank Machacek  
October 8 – Andy Martin  
October 13 – Jennie Machacek  
October 16 – Cecile McCleary  
October 16 – Anne Morris  
October 17 – Jack Dergousoff  
October 21 – Cale Harris  
October 25 – Cornelia Van  
Dasselaar  
October 26 – Loni Neufeld  
October 26 – Beverley Barlett  
October 26 – Frank Weersink

#### STAFF BIRTHDAYS

October 1 – Ashley Badell  
October 3 – Clive Edwards  
October 10 – Juan Jada  
October 11 – Laurey Zerkee  
October 29 – Judy Davis

### Welcome to Martha's House

Please give a warm welcome to **Elizabeth (Betty) Nicol, Orion (Shorty) Walmsley, and Eileen Monaghan** who have recently joined our Martha's House family.



### Wedding Anniversaries

Congratulations go out to  
**Verna & Gordon Elliott** will celebrate 65  
years on the 14<sup>th</sup>.  
We raise our glasses to you all.

### Toonie Tuesday

Congratulations to **Roberta** who won the September 8<sup>th</sup> with a pot of \$109.00 and congratulations to **Donna T.** who won the September 22<sup>nd</sup> with a pot of \$112.50.

Thank you to everyone who participated!



### Influenza & COVID Booster Clinic

Doug Bennett, the pharmacist from Skelton's Pharmacy will be at Martha's House on Wednesday, October 7<sup>th</sup>, 2026 from 9:00 am to 12:00 pm. and Thursday, October 7<sup>th</sup>, 2026 starting at 9:00 am. to not busy (first come, first serve basis), to administer immunizations for both Influenza and COVID. The clinic will be set up in the private dining room & pub. Forms will be available prior to this date for you to fill out.

**Please note: immunizations for COVID will NOT be available at pharmacies this year. Your ONLY opportunity to get the COVID booster vaccine is at Martha's House on one of these dates.**

### Lock Your Car Doors

We would like to remind everyone to make sure that you keep your car doors locked. By leaving it unlocked you are giving someone an open invitation to enter your vehicle and go through your personal belongings. Never store any valuables in your car.

### Mail

From time to time you may receive mail that is addressed to someone else. We ask you to please bring it to the front desk and not put it in the mail basket. They will forward it to the proper destination.

### Halloween Social

We will be having a **Halloween Happy Hour Social on Friday, October 30, 2026 at 2:00pm.**

There will be prizes for best costumes. Halloween snacks and beverages will be served that afternoon.

### Remembrance Day Service

Martha's House will be holding a Remembrance Day service on Wednesday, November 11, 2026 at 10:15am. If you are a veteran, please let Charlie or Dee know, as we would like to acknowledge your service. **We are also looking for volunteers to participate in the service; please see Karen regarding participating.** There will be a Remembrance Day Happy Hour on November 11, 2026 at 2:00pm in the pub.

## Thanksgiving Trivia

1. How many days long was the first Thanksgiving?  
a. 5 b. 7 c. 3 d. 14
2. What meats were served at the first Thanksgiving celebration?  
a. Venison b. Swan c. duck or goose d. All of the above
3. What seafood was served at the first Thanksgiving Feast?  
a. eel b. lobster c. oysters d. fish e. All of the above
4. Who was the first President to pardon a turkey?  
a. Lincoln b. Washington c. John F. Kennedy d. Trump
5. Which President made turkey pardoning an annual event?  
a. John F. Kennedy b. George H.W. Bush c. Trump d. Obama
6. When was the first Thanksgiving football game?  
a. 1822 b. 1876 c. 1800 d. 1802
7. How many calories on average are consumed, per person, a Thanksgiving dinner?  
a. 4,500 b. 8,000 c. 3,015 d. 2,500
8. How much did the world's most expensive Thanksgiving dinner on record cost?  
a. \$100,000 b. \$50,000 c. \$150,000 d. \$200,000
9. When was the first Thanksgiving NFL game?  
a. 1876 b. 1802 c. 1900 d. 1920
10. Who was the first President to receive a ceremonial Thanksgiving Turkey?  
a. Harry S. Truman b. Washington c. John F. Kennedy d. Trump

Happy  
Thanksgiving



## **Policy Reminder- Outbreak Management**

Influenza season is here! To help prevent influenza, residents/staff are reminded to:

- Get immunized.
- Wash your hands well with soap and water before coming to meals or social activities, after coming in contact with anyone who has influenza, COVID, or other virus'/bacteria's in your immediate environment, after using the toilet, after coughing or sneezing, after handling garbage.
- Report symptoms to management.
- Stay in your suite until 48 hours after the last symptom has passed if you become ill.
- Try to stay hydrated before, during and after.



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### **Thanksgiving Trivia Answers:**

1. 3 days
2. Venison, swan, duck and goose were likely – NOT Turkey
3. Lobster, oysters, fish and possibly eel.
4. John F. Kennedy.
5. George H.W. Bush
6. 1876
7. 4,500
8. \$150,000 at New York City's Old Homestead Steakhouse
9. 1920
10. Harry S. Truman

## Halloween Trivia

1. What Arizona city shares its name with something you would find in a graveyard?
2. From top to bottom, what are the three colours of candy corn?
3. What U.S. city is known as the “Witchcraft Capital?”
4. On average, how many seeds are in a pumpkin?
5. What is the only mammal that can fly?
6. How many bones are in the average human skeleton?
7. What do you call a group of witches?
8. What day does All Saints Day fall on?
9. What do call a man who practices witchcraft?
10. Who wrote the 1818 classic book “Frankenstein”?
11. Are pumpkins a fruit or a vegetable?
12. What is the most popular Halloween costume for pets?
13. What is the most popular candy for adults?
14. Before pumpkins, what root vegetable did the Irish and Scottish carve on Halloween?

1. Tombstone, 2. White, orange & yellow, 3. Salem, Massachusetts, 4. 500, 5. Bat, 6. 206, 7. Coven, 8. November 1, 9. A warlock, 10. Mary Shelley, 11. Fruit, 12. Pumpkin, 13. M & M's 14. Turnips

Halloween Trivia Answers

## **Resident Abuse & Workplace Harassment and Violence**

### **Policy Review – Full copies are available from management**

Covenant Living strives to ensure that all residents are provided high quality service and are free from abuse. Covenant Living also strives to eliminate all workplace harassment and violence. Staff and volunteers are expected to treat residents with dignity and respect, and residents are expected to treat staff and volunteers the same. Covenant Living promotes a culture of trust, dignity and respect between residents, families and friends, staff, and volunteers. Any act of harassment, abuse, or violence is unacceptable conduct and will not be tolerated.

Harassment is a repeated pattern of behavior intended to or reasonably likely to intimidate, offend, degrade, or humiliate a particular person or group. Harassment is inappropriate, unwelcome, or coercive behavior, where the behavior is known, or reasonably ought to be known, to be unwanted or unwelcome. Harassment may take verbal, written, graphic, or physical forms and includes cyber contact.

Abuse is when a person treats another person with cruelty or violence and it is a recurring or repeating pattern. Abuse can include physical, emotional, medication related, sexual, financial, or neglect.

Covenant Living will investigate all reports of harassment, abuse, and violence in an objective, timely, and sensitive manner. No action will be taken against an individual for making a complaint, unless the complaint is made maliciously or without reasonable and probable grounds.

Covenant Living management who are made aware of reports of harassment or abuse towards a resident, must legally report the claim to the Protection for Persons in Care Act (PPCA) Government Reporting Line at 1-888-357-9339. Residents or family members may also contact this number directly to report harassment or abuse, if so desired, rather than going through Covenant Living Management.

Everyone at Martha's House (residents, families, visitors, guests, staff, volunteers) have the right to:

1. Be protected from abuse or aggression
2. File a complaint and have it investigated without fear of embarrassment, harassment, punishment, or intimidation
3. Be informed that a complaint has been filed
4. Have the complaint and investigation handled in a confidential manner
5. Be accompanied by a person of choice during the interviews related to the complaint
6. Be kept informed throughout the process and progress of the investigation
7. Pursue the complaint through all appropriate channels



# SPOOKY WORDSEARCH



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WAND  
TOMB  
CANDY  
SCARY  
WEB  
COSTUME  
WEREWOLF  
WICKED  
PRANK  
FANTASY  
VAMPIRE  
SWEETS  
PARTY  
TERRIFY  
PRETEND  
SPELL  
POTION  
TROLL  
ZOMBIE  
WITCH

## Alberta Referendum

A mobile polling station will be at Martha's House on Tuesday, October 13, 2026 from 9am to 12noon in the Activity Room. Alberta Elections have been provided a list of residents; therefore residents do not need to register. Residents will also be able to vote at the Lethbridge Exhibition on October 19, 2026 if they wish to do so rather than at Martha's House. Assistance to complete the ballots will be available.

Below is a reminder of the questions for the referendum. You will be provided with one ballot per question. Please note that question 10 is worded differently than questions 1-9 which require a yes or no answer. Question 10 provides Option 1 or Option 2 rather than yes or no.

1. Do you support the Government of Alberta taking increased control over immigration for the purposes of decreasing immigration to more sustainable levels, prioritizing economic migration and giving Albertans first priority on new employment opportunities? *(Do you want the Provincial Government to take more control over all immigration?)*
2. Do you support the Government of Alberta introducing a new law that only Canadian citizens, permanent residents, and individuals with an Alberta approved immigration status will be eligible for provincially funded programs such as health care, education, and other social services? *(Do you want the Provincial Government to make a law saying who can or cannot get Alberta funded programs such as: Health Care, Education, and other supports?)*
3. Assuming that all Canadian citizens and permanent residents continue to qualify for social support programs as they do now, do you support the Government of Alberta introducing a law requiring all individuals with a non-permanent legal immigration status to reside in Alberta for at least 12 months before qualifying for any provincially funded social support programs? *(Do you support the Provincial Government to make a law that non-permanent immigrants must live in Alberta for more than 12 months to get provincial support programs?)*
4. Assuming that all Canadian citizens and permanent residents continue to qualify for public health care and education as they do now, do you support the Government of Alberta charging a reasonable fee or premium to individuals with a non-permanent immigration status living in Alberta for their and their family's use of the healthcare and education systems? *(Do you support the Provincial Government charging a fee for healthcare and education for non-permanent residents and their families?)*
5. Do you support the Government of Alberta introducing a law requiring individuals to provide proof of citizenship, such as a passport, birth certificate, or citizenship card, to vote in an Alberta election? *(Do you support the Government of Alberta making a law requiring individuals to prove they are Canadian Citizens in order to vote in provincial elections?)*

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6. Do you support the Government of Alberta working with the governments of other willing provinces to amend the Canadian Constitution to have provincial governments, and not the federal government, select the justices appointed to provincial King's Bench and Appeal courts? *(Do you support the Provincial Governments of Canada amending the Canadian Constitution so the provincial governments will select the judges on the King's Bench and Appeals Court?)*
  7. Do you support the Government of Alberta working with the governments of other willing provinces to amend the Canadian Constitution to abolish the unelected federal Senate? *(Do you support the Provincial Governments of Canada amending the Canadian Constitution so the provincial governments can abolish the federal Senate?)*
  8. Do you support the Government of Alberta working with the governments of other willing provinces to amend the Canadian Constitution to allow provinces to opt out of federal programs that intrude on provincial jurisdiction such as health care, education, and social services, without a province losing any of the associated federal funding for use in its social programs? *(Do you support the Provincial Governments of Canada amending the Canadian Constitution so the provincial governments can refuse federal programs, but not lose the funding for the program they refuse?)*
  9. Do you support the Government of Alberta working with the governments of other willing provinces to amend the Canadian Constitution to better protect provincial rights from federal interference by giving a province's laws dealing with provincial or shared areas of constitutional jurisdiction priority over federal laws when the province's laws and federal laws conflict? *(Do you support the Provincial Governments of Canada amending the Canadian Constitution so the provincial governments can overrule federal laws that they do not agree with?)*
  10. Should Alberta remain a province of Canada, or should the Government of Alberta commence the legal process required under the Canadian Constitution to hold a binding provincial referendum on whether or not Alberta should separate from Canada?

Select one option only. Mark an X by which one you want.

Option 1: Alberta should remain a province of Canada.

Option 2: The Government of Alberta should commence the legal process required under the Canadian Constitution to hold a binding provincial referendum on whether or not Alberta should separate from Canada.

### Match the word to the meaning.

- |                     |                                                                     |
|---------------------|---------------------------------------------------------------------|
| 1.____tranquility   | a) balance   b) patience   c) calmness   d) beauty                  |
| 2.____supersede     | a) to achieve success   b) replace   c) add to   d) follow          |
| 3.____indenture     | a) contract   b) protection   c) teeth   d) space                   |
| 4.____inexplicable  | a) frustrating   b) questionable   c) unexplainable   d) entangled  |
| 5.____prate         | a) to offer prayers   b) chatter   c) boast   d) parade up and down |
| 6.____perturb       | a) to sooth   b) burden   c) orbit   d) alarm                       |
| 7.____contemplative | a) robust   b) helpful   c) meditative   d) devious                 |
| 8.____surmise       | a) a guess   b) summary   c) authoritative statement   d) foresight |
| 9.____reformation   | a) repetition   b) improvement   c) revelation   d) retreat         |
| 10.____providence   | a) luck   b) act of kindness   c) forethought   d) destiny          |

1. C   2. B   3. A   4. C   5. B   6. D   7. C   8. A   9. B   10. C

Answers:

