

Good Evening,

Another great day at the lodge! Your loved ones are healthy and doing very well! Thank you to all the families that are reaching out to us it means a great deal! Your encouraging words, gratitude and compassion is so appreciated!

There is a lot of doom and gloom all over the world right now. But that is not what you feel at the lodge. Our staff have carried on giving the wonderful care they have always given to your loved ones, our family. Our residents are truly blessed to have so many people that love them! Many of our employees come from country's all over the world and they do not have family here in Winnipeg during this difficult time. Our residents become family...staff connect with different residents in different ways that are meaningful to both. Walking into the lodge everyday you quickly forget that the world outside is the way it is right now. Our residents bring so much life and laughter to everyone's days. Let's face it...many of our residents have had very full lives and have seen so much happen in the world that we all live in. Many of them have seen heartache and pains that most would never understand. Many of them have given up so much just to have so little. Our residents give meaning to the phrase "live everyday as it were your last." They are amazing teachers in patience, perseverance and forgiveness. You often hear the saying "through a child's eyes" but wow to look at the world through our residents eyes must be pretty spectacular too!

Here's a thought for you all...carry a smile. It's hard when we are in very challenging times to remain positive. A smile is a wonderful beautifier. But more than that, studies indicate that making an emotion-filled face carries influence over the feelings processed by the brain. Our facial expression can influence our brain in just the same way our brains influence our face. You see this everyday in the lodge. In other words, you can actually program yourself to experience happiness by choosing to smile. Not to mention, all the pretty smiles you'll receive in return for flashing yours is also guaranteed to increase your happiness level.

That's the update for today folks...

We hope that you are all keeping well, practicing social distancing and staying close to home. We thank you for your continued support, positive comments and prayers~

Please visit the website below for updates:

<https://www.gov.mb.ca/covid19/>

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"Because when you stop and look around this life is pretty amazing" – author unknown

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