

The Kinloss Kairshea WI hold recent meeting at Sepoy Manor

Kinloss Kairshea WI

The Kinloss Kairshea held their "Health and Family" meeting at the Sepoy Manor on Aug. 16 with Alice Doelman, Eleanor Kramer and Irene Haldenby in charge.

President Joan Murray opened with a reading "Senior Citizens", with Alice Doelman giving the scripture. Alice Ritchie read last month's minutes and Kathy Gibson had the financial news. Alice Ritchie conducted the correspondence - Irene Haldenby and Joan Murray are going to Area Convention with Gladys Johnston in charge of the

WI Fall Fair display.

The rollcall "How were seniors taken care of in earlier years" was answered by 14 members. The only July-August birthday girl was Joan Murray who had a funny reading.

Eleanor Kramer had a reading "The World is Mine" and Irene handed out an Alzheimer contest with Mary Stanley winning. Alice Doelman gave a reading and Irene handed out readings for everyone to give - having many great hints etc., and she also had "Home Safety Checklist" booklets for everyone.

Irene introduced Connie and Kayla Howald owners and operators of Sepoy

Manor, who gave a brief talk on everything they had for residents in their home and then took us all on a tour of their beautiful facility. What a wonderful place to retire was expressed by everyone and what a lovely atmosphere in this home.

Eleanor thanked both Connie and Kayla for all their information and time spent answering many questions.

A delicious lunch was served by Eleanor and Joan with help by Connie and Kayla.

Kathy gave the courtesies and a wonderfully informative meeting closed with O Canada.

Lucknow's Sepoy Manor welcoming new residents

Troy Patterson
QMI Agency

Lucknow has a new locale for seniors looking to enjoy an easier way of life.

The owners of the Sepoy Manor have been wrapping up the finishing touches on the facility since spring, and hope to welcome many new residents this year.

"We wanted to make sure all of the loose ends are tied before we have our grand opening," said co-owner and nurse Kayla Howald, who runs the facility with her mother and fellow nurse Connie Howald and Shari Flett.

The main building of the new seniors residence is a fully-renovated 1800s homestead, which they gutted and invested significantly to see it restored to its present-day glory, with an eight-room addition added on. Featuring a propane fireplace, dining area, common areas and family lounge, the facility is available to anyone who is looking for meals cooked, cleaning and round-the-clock access to medical assistance. The facility features 19 residences, 16 private rooms with three suites, and three larger 'apartments', with each room equipped with a three-piece bathroom, television,

Internet, telephone hook up and temperature control.

A respite room is also available for people who need a place to recover from surgery, or short-term accommodations and medical monitoring while in the area.

Kayla said they opened the facility because they saw a need for the growing seniors population in the Lucknow area.

"The population is aging, so the demand was there," said Kayla. "Many facilities feel very institutional, but we've designed it a certain way because we want people to feel it's still there some. We want them to enjoy living here and be able to relax."

Built on three lots, the facility also features a vegetable garden, clothesline, patio and sun room. There's also a spa room with walk-in bath, and hair dressing chair and activity room. The facility will also be planning weekly excursions into town, shopping and other adventures for residents to enjoy.

Kayla said the community is welcome to stop in to tour the new facility and see what amenities are available to residents.

For more information call 519-812-1166 or visit www.sepoymanor.com



Troy Patterson QMI Agency

Sepoy Manor owners and fellow nurses Kayla and Connie Howald stand in front of the new seniors residence in Lucknow. The facility is now welcoming new residents.