

*Have a Merry Little
Christmas*



From all of us at
Orchard View Mississippi,
we wish you a very Merry Christmas
and a Happy New Year!

Please refer to our in-house T.V. channel,
in-house weekly calendar, or our monthly online
calendar at www.orchardviewmississippi.ca
for specific locations, dates and times!

HOLIDAY STRESS

It'sn't The Season To Be Stressed Out

Worry, expectations, poor planning, and over-indulgence get in the way of truly enjoying the holidays.

'The first step to a 'stress less' holiday is to determine your most important goal for the season,' explains stress and wellness expert, Beverly Beuermann-King, who delivers stress workshops to companies across the country.

Stop, relax and start doing some planning. Relinquish those activities that have lost meaning or complicate your life. Get back to the basics and simplify.

Spending weeks or months finding the perfect gift for that special someone can be a waste of time. 'There is no such thing as the perfect gift,' says Beuermann-King. 'Bring back the meaning of the holidays by simply showing people you appreciate them. Ask for suggestions. It doesn't have to be the most unique or expensive gift to make a lasting impression.'

As you are out and about this holiday season and anxiety starts to build as you're waiting in the long line-ups in the stores, try deep breathing to calm yourself down, Beuermann-King suggests.

'Plan ahead for this wait time,' continues Beuermann-King. 'Catch up on some reading or organize your remaining tasks.'

Don't be afraid to alter tradition. 'Try simplifying things,' suggests Beuermann-King. 'Instead of a 15-course meal with you doing six hours of dishes, try using paper plates or asking your guests to bring a dish.'

'Tradition says we should spend time with our families, but if you don't like your family you shouldn't be spending time with them during the holidays,' said Beuermann-King. 'Find traditions that add purpose to your life and get rid of those that don't.'

Most of all, make sure to take care of yourself by resting well, eating a balanced diet and spending time with the people who make you happy.

Learn more online at:

<https://worksmartlivesmart.com/holiday-stress/>

Two 1 Bedrooms left for your selection.

Contact Julie at 613.963.5000 or ovmmarketing@ovlc.com

Celebrating Holidays with seniors in Retirement Living

No matter where your loved one lives, at home, with you or at a Retirement Residence, we can celebrate the same way and in new ways.

When the holiday season comes around some of the chaos often overshadows the opportunity to spend quality time with our family (which is really what our senior loved ones want). There are tons of opportunities to do that in a senior's community;

- Organized celebration, party, outing or daily activities with a festive flare
- A family focused and planned gathering like, a quiet visit, a family cocktail party, Christmas baking or wrapping party, or anything that has always been a tradition
- Reserve the private dining room for a Christmas exchange breakfast, or an afternoon tea for friends and family to stop by for a visit and a little something sweet. The Director of Dietary can assist you with options or you can bring in your own tasty bites.

The chance to share a moment is always present. Retirement residence have common rooms available and many resources to make it just like you remember it-we'll even clean up! There is also opportunity to create new traditions! Retirement residences love to work with seniors and their family to create activities that puts a smile on their faces and in their hearts. Holidays are supposed to be a happy time for people but can become a truly isolating time for others. With the weather turning cold and slippery, it changes the outings that seniors can manage as well as keeps visitors from being able to reach them. Establishing regular touch points with our loved ones provides a myriad of benefits; sense of routine, purposeful engagement, follow up, check in, encouragement, and an opportunity to be aware of their well-being. Isolation brings with it a number of mental and physical health risks for aging adults such as an increase in high blood pressure and long term illness. Keeping in touch with our loved ones is so important. Coordinate with other family members to set a schedule that works for everyone to do a touch point throughout the week. If this is impossible there are many community supports that can be recruited to provide phone calls or visits. Look at 211.ca or call your local retirement residence as they are a wealth of knowledge. The holidays are a time for celebrating the connections we have with family and friends. Take advantage of the holidays to do so in a way that makes your heart happy.

Remember the words of a smart man... The Grinch

"Maybe Christmas," he thought "Didn't come from a store."

"Maybe Christmas ...perhaps.... Means a little bit more."

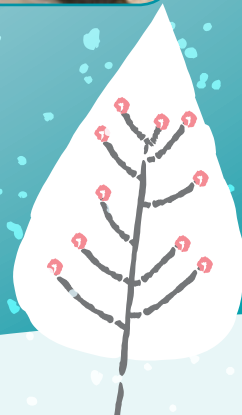
Testimonial - Jennifer LaRocque

"I used to think no one would be able to look after my mother as well as we could but now I'm not so sure. It takes a team of dedicated, caring individuals to provide around the clock care and that's something few families can accommodate regardless of how much they want to and how hard they try. I believe we've found that team at OV."

"Moments"



that Matter"



Rock Star of the Month - Kaitland

Our employee "Rock Star" of the month of November is Kaitland who works reception! Residents have been delighted with Kaitland's personality and willingness to go above and beyond. Kaitland has assisted all departments here at Orchard View, she is a team player focused on the wellbeing of everyone and foremost the Residents. A big congratulations to Kaitland on her tremendous efforts!

Resident of the Month - Roy Bartlett



As a child Roy moved around a lot but he remembers living in a home of nine at one time. He lived with his siblings, parents, grandparents, uncles and a border. Living with his uncles introduced him to his love for Jazz and literature. Roy was filled with many dreams when he was younger he wanted to pursue a career as a big-league baseball pitcher. Roy was involved in many sports when he was fifteen he was the tall: six foot four and skinny. The school's basketball coach just drooled over him and asked him to be the center for the team. He played in the Carlton University Invitational Basketball weekend it consisted of seven games in three days and Roy lost eleven pounds that weekend. Being tall didn't mean it was easy to keep his long legs under control. He says he probably still has the record of knocking over eight hurdles in the one hundred and ten meter hurdles.

After high school Roy wanted to get some letters beside his name so he became a Chartered accountant. Roy worked in the Federal government for thirty-five years. During that time, he was cured of accounting and had a diversified career. Roy moved to London England and joined a management development program. The one year program was designed to assist mid-level managers to relies their potential to become senior managers in Government. One interesting result, of living in London for a year was that he developed a British accent. He sounded funny when he came back to Canada.

Roy has passed his work ethic on to his three children his daughter Kim is the director of admissions at McGill University and his two sons work in the mysterious IT business in the Ottawa area. Being at Orchard View by The Mississippi has brought back an old talent of Roy's. On Thursdays at Orchard View he turns out sketches and cartoons of fun based things with the Almonte District High School volunteers and talks about his old high school days.

Roy came to Orchard View after a few of his friends encouraged him to make the move. After walking around for ten minutes he knew that this was home.

"I'm Roy Bartlett and I approve this message".

Volunteers needed at this important time of year.

Do you Enjoy giving back to the community? Do you want to feel invested in the lives of others? Do you enjoy making a difference in the lives of seniors?

Become a volunteer at Orchard View by the Mississippi! We would love to have our community neighbours volunteer with us. Please contact **Michael Rowland at ovmrecreation@ovlc.com OR 613-963-5000**

Special Events of the Month

- DEC 10TH Orchard View Christmas Village
- DEC 14TH Christmas baking for the Almonte Hospital
- DEC 20TH Christmas Memories with our Management Team
- DEC 21ST Winter Wonderland Family Cheer
- DEC 22ND Resident Christmas Choir Performance
- DEC 23RD Twas the night night before Christmas with Festive Christmas Sweaters and Wheelchair/Walker/Cane parade
- DEC 31ST Rockin' New Year's Eve Party!

Residents in Action

- Book Club with Joanna
- Chat with Pat
- Trivia with Bev
- Bridge with Kay
- Craft Moments with Marie D
- Baking with Marie R
- Bingo with Joanna

Musical Entertainment

- DEC 2: Bob Schwartz 3pm
- DEC 9: Mainly Strings 3pm
- DEC 11: Lauren Hall 3pm
- DEC 16: Dai Basset 3pm
- DEC 30: Pat & Glenn 3pm

Regular Activities

Mind

- Game of Euchre
- Puzzle Corner
- Trivia Tuesday
- Group Cross Word Puzzle
- Scrabble
- Documentaries
- Presentations

Body

- Fitness Classes
- Walking Club
- Game of Darts
- Game of Pool
- Gardening

Amenities & Services

- 24-hour nursing staff
- Pool Table
- Chapel Services
- Craft room
- Wellness Centre - physiotherapy
- Dental Services on Site
- Emergency Response System
- Esthetician
- Foot care nurse
- Full service dining room
- Hearing aid clinics
- Hair salon
- Almonte Book Club Services
- Library
- House Physician
- Mobile Massage Therapy
- Snack and Beverage Bistro
- Wheelchair accessible bus



Soul

- Painting with Students from Almonte District High School
- Catholic Mass
- New Resident Meet & Greet
- Movie Nights
- Lemonade Social
- Entertainment with Joe Princiotta
- Tea & Biscuits Social
- Family Feud
- Radio Bingo & Happy Hour

Orchard View **Christmas Village**

BY THE MISSISSIPPI
ALMONTE

SATURDAY, DECEMBER 10TH from 10AM - 3PM

613.963.5000
www.orchardviewmississippi.ca

Come Join Us for the festivities!



*Outdoor
Fun & Food
1-3pm*

*Santa
Sleigh Rides
Kids Korner*

*Write a
Letter
to Santa*

*Make
Reindeer
Food*

*Decorate
Cookies
& Caroling*

Crafters Marketplace - 10am-3pm • Outdoor Fun & Food 1-3pm

PLEASE BRING NON-PERISHABLE FOOD FOR THE LIONS CLUB FOOD DRIVE



Tree Sale

**Buy a tree to give as a gift:
for someone you love,
for the earth, for yourself...**

**We have shade trees, flowering
trees, fruit trees and shrubs.**

Prices start at \$30.

Order early for best selection!

Your new tree comes with fertilizer, compost and a planting seminar.

Pick up your trees April 29, 2017 at Mississippi Mills Municipal Office, 3131 Old Perth Road



When you buy a tree from us, you are supporting the very important work being done in our community by Hub Hospice Palliative Care.

To order, visit www.hubhospicetrees.com

Community Partners



Almonte General Hospital

Our team supporting the Woman's Health
Hosting the Donor Reception
Thank you Reception.



The Mills Community Support

Seniors Expo was a hit.



Alzheimer Society

Educating, Supporting & Researching