

*I am proud to be Canadian,  
where at least I know I am free.  
And I won't forget the men who died,  
who gave that right to me.*

Welcome to the  
**First Monthly Newsletter!**  
To keep you up-to-date on all the events  
throughout the year.

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

## MONTH OF: MOVEMBER-PROSTATE HEALTH



### Good News and Bad News!

First, the bad news. Prostate cancer is the most common non-skin cancer. It effects 1 in 6 men, and it is more common than breast cancer which is the most common cancer among women. The good news is that early detection and treatment results an astoundingly high cure rate of over 90%! Symptoms can remain unnoticeable, so regular checkups are important.

#### Latest Research

The science of prostate cancer and BPH are uncertain, and studies often contradict one another. What is clear is that there are certain compounds in fruits and vegetables that diminish the risk of prostate cancer and BPH. The connection is clearly indicated by the fact that the prevalence of prostate cancer in Japan and China is dramatically lower than that of the US and Europe.

Several studies link diets high in fruits and veggies with a lower risk. One study indicated that increasing one's intake of fruits and vegetables to 6 servings per day decreases symptoms of prostate cancer.

#### Best Fruits and Vegetables

1. Strawberries contain ellagic acid and ellagitannins which have been shown to reduce the risk of prostate cancer.
2. Onions have a high amount of 2 particular cancer-fighting compounds, quercetin and onionin-A.
3. Kale and broccoli: kale has been shown to contain a wide array of glucosinolates which prevent and may even slow the development of prostate cancer. Broccoli is high in anti-oxidant and anti-inflammatory compounds that fight the development of prostate cancer.
4. Pomegranate has been shown in a growing body of research to have a slowing effect on prostate cancer. Other research indicates that pomegranate may relieve the symptoms of BPH as well.
5. Tomatoes: the jury, according to recent research is in: a nutrient in tomatoes known as alpha-tomatine lowers the risk for prostate cancer.

Thanks to <http://juicing.about.com/od/Juice-Away-Diseases/fl/Top-5-Juice-amp-Smoothie-Ingredients-to-Fight-Prostate-Cancer.htm> for the information.

To Donate to Movember go to [www.movember.com/donate](http://www.movember.com/donate) or call 1-855-4GROWMO (1-855-447-6966)



**Four 1 Bedrooms left for your selection.**  
Contact Julie at 613.963.5000 or [ovmmarketing@ovlc.com](mailto:ovmmarketing@ovlc.com)

# A RETIREMENT HOME CHECKLIST

Whether you are a first time home buyer or an experienced one, choosing a new home takes time, research, visits and a good feeling. As an older adult, the situation is more complex due to the consideration of level of care needed for today and tomorrow. Retirement residences offer comfortable accommodations, basic services such as meals, housekeeping, activities and 24 hr security. They may also offer a variety of support and care services such as medication admin, assistance with bathing, dressing, personal laundry.

Making your selection known to your family, allows your choices and priorities to be respected.

The checklist below will help you ask the questions & open more that you need to make a decision.

18 Questions: A Retirement-Home Checklist		RESIDENCE NAME
	Yes/No	Comments
1. Does the building look well maintained?		
2. Does it look clean? ( Try to look at the stairwells and kitchen)		
3. Are the grounds well-kept?		
4. Are the staff on duty around the clock?		
5. Are the staff friendly, available, respectful of tenants and efficient?		
6. Do the residents look well cared for? Do they seem happy?		
7. Is there a community feel to the place? What's the atmosphere like?		
8. Do you have things in common with the other residents?		
9. Do the activities look appealing to you?		
10. Does the menu appeal to you? (Ask to have a meal)		
11. Will they modify their menu to your needs?		
12. Are the suites suitable size for you?		
13. Are there assistive devices in the bathroom?		
14. Can the units' temperature be individually controlled?		
15. Is there an assisted living area? A dementia-care area?		
16. Are amenities or the other options included in the rent? What are they?		
17. Do rents tend to increase? How often and by how much?		
18. How are complaints handled?		

# "Moments"



# that Matter"



## Resident of the Month - Audrey Lawrence



Audrey was born at the old Rosemond hospital across from our new hospital right here in our friendly town of Almonte. She remembers learning how to drive at the age of sixteen, her father's 35 Plymouth Sedan standard on the outskirts of town. She grew up on Union Street in Almonte, at twenty-four she met her husband Jim Lawrence on the McGill farm that raised chinchillas and foxes. Audrey didn't know at the time she would marry Jim but after running into him over the years and finishing nursing school she married Jim in 1954. She went to school for business and later after

working for the government as a stenographer (short hand) she left to train as a nurse at the civic. Jim joined the Canadian armed forces and meant they were to travel for work. Audrey raised her three boys while living in Germany, and even gave birth to her youngest son while there.

A fond memory for Audrey is when the family traveled in a Volkswagen Camper across the English Channel. Even though moving around to many places Audrey says she always knew that Almonte was home and moved back.

**Moving into Orchard View by the Mississippi has made her feel just at home in our friendly Retirement Community.**

## Volunteers needed

**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 neighbours volunteer with us. Please contact **Michael Rowland at [ovmrecreation@ovlc.com](mailto:ovmrecreation@ovlc.com) OR 613-963-5000**

## Testimonial - Margaret Duncan Brunton

I'm so happy to be returning home to Ramsay township to live. My days are filled with fun & lively things to do. I'm surrounded by my friends and we all have healthy & delicious food, a clean place to live and the staff are here to help us with every need. It's just great.

## Special Events of the Month

**Remembrance Day Service**  
Friday Nov 4 at 3:30pm

**Understanding Grief Presentation**  
Monday Nov 7 at 7-8:30pm

**Alzheimer Society Three Series**

**Community Resources: Thur Nov 3rd 1-3**

**Safety for Seniors: Thurs Nov 10th 1-3**

**Legal & Financial: Thurs Nov 17th 1-3**

**Craft Show Saturday Dec 10 at 10-3**

## Residents in Action

**Book Club with Joanna**

**Chat with Pat**

**Trivia with Bev**

**Bridge with Kay**

## Musical Entertainment

**Mainly Strings Saturday Nov 5**

**Velvet Touch November 11**

**Rae Chalmers Nov 25**

**Goulborn Male Chorus Nov 29**

## 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



## 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

### 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

**“We are proud to be apart of our Mississippi Mills Community in engaging seniors and their families in a supportive way. Thank you to all our partners in assisting us in creating a place to call home.”**

219 Paterson Street, Almonte, ON K0A 1A0

*You're Invited*  
to an evening event to  
celebrate our official Grand Opening.

**Thursday, November 17th, 2016**  
7:00 pm - 9:00 pm

ENTERTAINMENT • FINE FOOD • COMMUNITY SPIRIT

Help us cherish memories of our home being built.

Bring your photos from ground breaking  
to completion to help us create a photo diary.

For every photo we receive,  
\$5 will be donated to the to the Alzheimer Society.

RSVP: 613.963.5000 | ovmmarketing@ovlc.com

## Community Partners



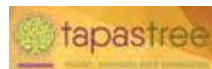
### Almonte General Hospital

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



### The Mills Community Support

Seniors Expo was a hit.



**Tapestree** was enjoyed by many.



### Fulton's Sugar Bush

Everyone is so sweet.



### Alzheimer Society

Educating, Supporting & Researching