



*"We are like snowflakes,  
all different in our  
own beautiful way"*

**Orchard View  
by the Mississippi,  
wishes you all the  
best in 2017!**

219 Paterson Street  
Almonte, Ontario  
K0A 1A0

www.orchardviewmississippi.ca •  /orchardviewmississippi

## Staying Healthy & Happy During Winter

Winter is a time of year that can be beautiful with all the white, shimmering rooftops and trees that glisten in the winter wonderland. Winter is also the time that we tend to close ourselves up and a feeling of loneliness, depression and isolation can set in. If Santa can enjoy the winter, so can we! Here are a few tips to keep yourself health and happy.

**Physical Health: Exercise is important for our ability to maintain independence and stay out of the hospital.**

- a. You don't need to go to a gym. If transportation is a concern there are lots of programs you can do at home.
  - i. Set up an in-home training: Use soup cans or bottles of water as your weights, use your bed or a towel as your mat, use your chair as a bench, use a towel as your resistance.
  - ii. Or pick up a few pieces of equipment at a local store.
  - iii. Set a time and a call a friend who might be doing the same thing. Encourage each other to maintain a goal and have a challenge with a reward of a lunch out or something that you can do together.
  - iv. Falls prevention is more important in the winter due to the icy surfaces. Here is examples of some great exercises to do.  
[http://www.activeandhealthy.nsw.gov.au/assets/pdf/Falls\\_Prevention\\_Home\\_Exercises.pdf](http://www.activeandhealthy.nsw.gov.au/assets/pdf/Falls_Prevention_Home_Exercises.pdf)
  - v. Walk your stairs or walk around your house every hour to keep your limbs moving and not stiff.
- b. If you can make it to a community exercise program either by your own steam, by a friend, or community transportation, this is great for many reasons.

**Mental Health: Our minds control our wellbeing as much if not more than our bodies. Keeping it engaged and active helps to keep us happy and motivated. Everyone has pastimes and interests, so do what you like to do. But don't be afraid of trying something new. Ask you friends and family to bring you along to one of their activities. You never know where your next passion will come from.**

- a. The internet provides us with a great ability to play games with our friends from down the street or across the world. Ask someone to join you for a game of scrabble (or whatever tickles your fancy!) every week.
- b. Getting the newspaper or newsletters from your alumnis or community keeps you in touch with what is going on in the world, as well as opportunity to get involved.
- c. Crossword, jigsaw, Sudoku or other puzzles are a fabulous for our minds.
- d. Relaxation techniques like yoga, meditation, sleep are so important to give yourself the break it needs from the stress, chaos and depression. NOTE: too much sleeping can also be a sign of being depressed.

**Food: Keeping your healthy, balanced meals is so important during a month that we don't get a lot of sunshine. So trying to increase the fresh fruit & veggies using the following techniques;**

- e. Make soups from veggies that you throw in the freezer in the summer and fall just before they went bad.
- f. Smoothies: Take the fruit that is just about past, or that you are tired of eating and throw it in the freezer. When you feel you need some fruit, toss it in the blender with yogurt, protein powder or even ice cream for a tasty snack that will give you the power punch you need. For recipes check out: [https://www.allbran.ca/en\\_CA/recipes/breakfast.html](https://www.allbran.ca/en_CA/recipes/breakfast.html)
- g. Call Local suppliers of meals for delivery or try your local grocery stores. Many of them offer home delivery for a small fee.

**Get out in the sun; on those beautiful sunny days, go out and absorb some sunshine. It does your body, mind and soul good to feel the warmth of the sun. We suffer from Vitamin D deficiency during these winter months and if we can get 1hr a week of sunshine, it will help us to combat that.**

**Take care of yourself and if we can help please give us a call!**

## Retirement Home Cost Comparison

Finding the true cost of moving to a retirement community vs. living in your current home takes only a few minutes by completing this simple cost-comparison form. We do advise that you seek professional guidance from a financial planner to review cash flow, assets and income sources. This will confirm the calculations and that the change is a solid financial decision.

Without even considering the peace of mind, convenience & a more balanced quality of life, you may find that your present monthly expenditures are close to the cost of living in a retirement residence.

| CURRENT ANNUAL INCOME                                 |      |    |
|---|------|----|
| Government Pension                                    |      |    |
| Other Pension   |      |    |
| Dividends   |      |    |
| Interest  |      |    |
| Annuities   |      |    |
| Trust Income  |      |    |
| Other Income  |      |    |
| Gross Income  | \$ - | \$ |
| Total Monthly Income                                  |      |    |
| Equity Income from Sale of Property                   |      |    |
| Sale Price of house                                   |      |    |
| Outstanding Mortgage (if applicable) (minus)          |      |    |
| Real Estate Commissions (minus)                       |      |    |
| Other Selling Expenses including moving costs (minus) |      |    |
| Net proceeds of sale                                  |      |    |
| Annual Investment Income from Net Proceeds of sale    |      |    |
| Revised Gross Annual Income                           |      |    |
| Annual Income Tax (minus)                             |      |    |
| Total Available Annual Net Income                     |      |    |
| Monthly Income  |      |    |

  

| Monthly Expenses  |              |          |
|---|--------------|----------|
|   | Current Home | OVM      |
| Rent or Mortgage Payment                                      | \$           | \$       |
| Renter or Home Insurance                                      | \$           | \$       |
| Property Tax  | \$           | Included |
| Municipal Tax   | \$           | Included |
| Telephone   | \$           | Included |
| Cable   | \$           | Included |
| Internet/email access (in Brain Gym Library)                  | \$           | Included |
| Gas   | \$           | Included |
| Electricity   | \$           | Included |
| Water   | \$           | Included |
| Exterior repairs and maintance                                | \$           | Included |
| Interior repairs and maintenance                              | \$           | Included |
| Garbage and recycling removal                                 | \$           | Included |
| Yard care and landscaping                                     | \$           | Included |
| Gutter Cleaning   | \$           | Included |
| Weekly Housekeeping and flat-linen service                    | \$           | Included |
| Major appliances (repair and replacement)                     | \$           | Included |
| Three daily meals and snacks (groceries and food preparation) | \$           | Included |
| Washer and dryer expenses                                     | \$           | Included |
| Transportation (gas, insurance, maintenance, registartion)    | \$           | Included |
| Entertainment and recreational activites                      | \$           | Included |
| Health/fitness club membership including classes              | \$           | Included |
| Swimming Pool access and aqua-fit classes                     | \$           | Included |
| 24-hour emergency response                                    | \$           | Included |
| Personel care vs. assisted living (if required)               | \$           | Varies   |
| Security  | \$           | Included |
| Snow Removal  | \$           | Included |
| Dietary Consultant  | \$           | Varies   |
| Storage   | \$           | Included |
| Total Monthly Cost  | \$ -         | \$       |

For a working copy,  
please call or drop by to see

**Julie Munro**  
Marketing Director  
613-963-5000  
ovmmarketing@ovlc.com

# "Moments"



# that Matter"



## Testimonial - Marie Risch

My friends are constantly asking what it is like to live at Orchard View....the best answer I can think of is threefold..... **(1)** it is like living in a palace, without any of the duties attached to it. **(2)** it is like living in a 5 star hotel, with all the amenities **(3)** it is like living aboard a luxury cruise ship, with all the wonderful atmosphere, everybody knows your name, all the services are available to you should you wish them.....it is like a self contained world.....surrounded with beauty.....

## Rock Star of the Month - Trisha

Trisha has been a huge asset to the team since her start. She has taken on many different roles and is often running up and down the stairs to ensure every need of the residents is met. Trisha is always positive and great at communicating with residents and staff members. We would like to thank Trisha for all her hard work and efforts for making everyone's day more enjoyable.

A special mention to LeeAnne for all her dedication to helping and supporting our residents in more ways than one.

## Resident of the Month - Anne Scrimgeour



Anne was born in Calcutta, India and lived there for 10 years. She was an only child who lived with her godparents and their two daughters in England. Anne loved when her father would come home to visit. Her father traveled a lot, building power dams. A childhood memory is of her pet elephant and of being in charge of cleaning its ears.

Anne left Calcutta for an all-girls boarding school in England. Although education is very important to her, she however, didn't like the boarding school. When she was young, Anne was very active in many sports such as tennis, badminton, cross-country skiing and horseback riding with her father.

Anne graduated as an occupational therapist and moved to Montreal, where she worked at the Children's Hospital. While sitting pool side at her complex she laid eyes on her now husband of forty-six years Jim. Jim was in the navy for nineteen

years and then worked as a contract administrator.

Traveling has been a very important part in Anne's life. She has been on many trips to Europe, Central America, U.S. and the Caribbean. In particular, one trip that stands out is visiting the British Virgin Islands, where she enjoyed scuba diving. Anne loved looking at all the fish, they simply amazed her. Anne did several water colour paintings of fish that reminded her of her trips. Water color painting is something Anne enjoys particularly doing landscapes and paints subject that make her laugh or smile.

Anne and Jim moved to Arnprior he worked for Boeing Aircraft doing helicopter flight trials and then in 1977 to Almonte Ontario, his father's birthplace. He was employed at Lee Instruments and Anne at CHEO until retirement. **They are now very happy to be living in Orchard View.**

## 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](mailto:ovmrecreation@ovlc.com) OR 613-963-5000**

## Special Events of the Month

**Minds in Motion Every Tuesday**  
**Almonte Hookers & Knitters**  
**Chocolate Making with Trudy**  
**Pet Visits with George**  
**Painting with Students**  
from Almonte District High School

## Residents in Action

**Joanna Book picks**  
**Bridge with Kay**  
**Trivia Tuesday with Beverley**  
**Baking with Doris**  
**Chat with Pat**  
**Resident Talk Series: Don Wiles**  
**Orchard View Resident Choir with Barbara**  
**Bingo with Joanna**  
**Craft Moments with Marie D**  
**Needle Punch Embroidery with Mel**  
**Scrabble with Ralph**

## Musical Entertainment

**JAN 1ST RAE CHALMERS**  
**JAN 6TH RON ROURQUE**  
**JAN 16TH ALMONTE DISTRICT HIGH SCHOOL MUSICAL**  
**JAN 20TH TOM VALLIQUETTE**  
**EVERY WEDNESDAY AT 10AM JOE PRINCIOTTA**

## Amenities & Services

24-Hour Nursing Staff  
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  
Snack And Beverage Bistro  
Wheelchair Accessible Bus  
Pool Table & Shuffleboard



## 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  
Hot Chocolate Social  
Entertainment with Joe Princiotta  
Smoothie Social  
Happy Hour

## STRONG HEART - HEALTHY BRAIN

**TAKE MORE STEPS:** Come walk, dance, & exercise with us for the month of January to develop healthy habits that last the year.

**WALK THE WEIGHT OFF;** Need support & accountability to lose those few extra pounds.



**COLLECT PLEDGES FOR THE ALZHEIMER SOCIETY-LANARK, LEEDS, GRENVILLE**

Call or stop by for more details on how you can get involved. 613.963.5000

**Alzheimer Society**

**Orchard View**  
 BY THE MISSISSIPPI  
 ALMONTE

## Community Support



### Lions Club Food Basket

We raised 100lbs of food for the Food basket.



### Scouts Craft Sale

Thank you to all those that came out to finish their shopping.



**RBC Bank**

### RBC

Financial planning options that Help you enjoy a more secure retirement.

## 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.



### Alzheimer Society

Educating, Supporting & Researching