



Happy Valentine's Day!

*May our love blossom like  
a bunch of roses and bring  
us sheer moments of joy  
as each day unfolds.*

Orchard View  
by the Mississippi,  
wishes you a  
Happy Valentine's Day!

219 Paterson Street  
Almonte, Ontario  
K0A 1A0

www.orchardviewmississippi.ca •  /orchardviewmississippi

# E ducation

## How Orchard View by the Mississippi's menu follows the Mayo Clinic's 8 Steps to Healthy Heart

### STEP 1: Control your portions

Mayo Clinic	Orchard View by the Mississippi Menu Options
Use a small plate to help control your portions	We offer ¼ & ½ portions .
Eat larger portions of low-calorie, nutrient rich foods- such as fruits & vegetables.	Unlimited amount of fruits & vegetables available for every meal and snack.
Keep track of the number of servings you eat.	We offer 3 balanced meals per day.

### STEP 2: Eat more vegetables & fruit- good source of vitamins and minerals.

Keep fruits & vegetables available & close	We offer healthy snacks in our bistro as well
Chose fresh, frozen or low sodium canned or packed vegetables/fruits	Fresh, high quality fruits & vegetables are used. No sodium is added.

### STEP 3: Select Whole grains- helps to regulate blood pressure and heart health

Select whole grain breads, pastas, cereals	A variety of breads, cereal and pastas are available to meet specific diets. (including gluten, diabetic, etc)
Avoid or reduce white refined products	
Avoid or reduce high fat snacks	Healthy snacks are available in the bistro: fruit, low fat cheese plates, etc. Fridges are provided in suites to allow for personal favourites as well.

### STEP 4: Limit unhealthy fats – helps to reduce blood cholesterol and risk of coronary artery disease.

Have less then 14g of saturated fat	We cook with low fat high protein meats
Have less that 2g of trans fat	
Add Flaxseed, high in omega 3 fatty acids	
Select monounsaturated fatty like olive oil, fish, avocados, nuts & seeds	We cook & prepare with olive oil. We offer fish dishes twice a week. We offer nuts in our Tuck Shop.

### STEP 5: Choose low-fat protein sources – helps to reduce the fat and cholesterol intake.

Chose low fat milk, yogurt & cheese	All are readily available & are also a part of the a la carte menu.
Enjoy fish, chicken, legumes, soy products	
Reduce or limit organ, breaded, marbled meats	Breaded or marbled meats are rarely served.

# Education...continued

## STEP 6: Reduce the Sodium in your food-

Make your own soups & sauces- reduces sodium	All soups & sauces are made in house with no low sodium bases.
Maintain less than 1 tsp of salt a day (or ½ tsp for older adults)	We add no salt to recipes to maintain a healthy diet.
Reduce amount of condiments you use.	Condiments are available upon request.

## STEP 7: Plan Ahead: Create daily menus –You can now create a balanced menu that is rich in taste and health.

Balance your meals	Daily balanced meals & snacks are created based on the Canada Food Guide for Healthy diets. A 5 week seasonal cycle menu is created to satisfy the palate.
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## STEP 8: Allow yourself an occasional treat – Live life a little.

Having a treat won't derail your healthy eating, but don't let it turn into an excuse for giving up again and again. 80/20 rule. Eat healthy 80% of the time!



## Recipe - Roasted Salmon and Broccoli with Lemon Parmesan Sauce

Serves four. Serve with a side of brown and wild rice, whole wheat noodles or boiled parsley potatoes.

### Ingredients:

2 cloves garlic, minced, divided  
Pepper to taste  
1/4 cup freshly squeezed lemon juice  
4 pieces salmon fillet, each about 4 ounces  
2 cups 1% milk

2 tbsp vegetable oil, divided  
Grated zest of 1/2 lemon  
6 cups broccoli florets  
2 tbsp cornstarch  
1/4 cup grated Parmesan cheese

### Directions

Preheat oven to 425°F Line a large rimmed baking sheet with parchment paper or foil.

In a small bowl, combine 1 clove of garlic, 1/4 tsp pepper, 1 tbsp of the oil and 2 tbsp of the lemon juice. On prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least 1/2 inch apart. Brush with remaining garlic mixture. Set aside.

In a small saucepan, heat remaining 2 tsp oil over medium heat. Sauté remaining clove of garlic for 1 minute. Whisk cornstarch with milk and stir into saucepan; bring to a boil, whisking often. Boil, whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese; drizzle in remaining lemon juice, while whisking, until blended. Season to taste with pepper.

Meanwhile, roast broccoli and salmon for about 8 minutes or until broccoli is browned and tender and salmon just flakes easily with a fork.

Divide broccoli and salmon among serving plates and drizzle with sauce.



# "Moments"





# that Matter"





## Testimonial - Marie Dunn

Orchard View by the Mississippi provides food for the body, mind and soul. The standard of care from the staff to the residents is exceptional high. The team goes beyond the call of duty to enhance life here. At OVM, one can meet new people, enjoy activities, keep fit at the exercise classes and attend religious services weekly. Daily, the residents here enjoy the beauty of this unique facility.

**How could I not love it here?!!!!**

## Rock Star of the Month - Jocelyn Moher

We are very pleased to announce our Rock Star of the month to Jocelyn Moher!

Jocelyn has been a key server in the Dining Room, she has been a huge help over the past month with the Christmas Season. Jocelyn is well loved by residents and their family members. She will go above and beyond to help staff, guests, residents and family members. Jocelyn has been a great leader in the Dining Room, congratulations Jocelyn and **thank you for all your hard work and dedication to the Orchard View Family and Team!**

## Resident of the Month - Edith Bowes



Edith Bowes is a local "girl" from Pakenham. She grew up on a farm that her father inherited from his father. Raised with four brothers taught Edith how to stand her own ground. On the farm, Edith had twice as many other chores to do than just the regular indoor housework, she also had to milk the cows! School was a two mile walk back and forth every day, it was located in Bennies Corner and Cedar Hill. Edith also went to High School in Almonte. Going through the depression was hard for many people, but Edith was very fortunate; the family had their own crops, firewood and sold some maple syrup as well.

Edith worked in Almonte at the Woolen Mill as a weaver. After the mill closed Edith bought a gift shop in Carleton Place called Remembrance Gift Shop located on the main street. Edith owned the shop for nineteen years. Selling the shop gave her time to travel exploring England, Scotland, Wales and most of the States.

Over the years, Edith kept herself busy with her hobbies: needlework, embroidery and work with plastic canvas. She retains some of her work still but unfortunately can't do it any longer. Edith now lives at Orchard View by the Mississippi with two of her brothers, Mel and Alex. **They pass the time in the evenings playing either euchre or shuffle board.**

## 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 Every Wednesday**

**Painting with Students from**

**Almonte District High School Every Thursday**

**FEBRUARY 14TH Love... It Takes Two**

**FEBRUARY 28TH Euchre Tournament**

## Residents in Action

**Bridge with friends**

**Joanna's Book Picks**

**Trivia Tuesday with Beverley**

**Baking with Doris**

**Chat with Pat**

**Resident Talk Series: Don Wiles**

**Orchard View Resident Choir with Barbara**

**Bingo with Joanna**

**Scrabble with Ralph**

## Musical Entertainment

**JANUARY 10TH Dai Bassett**

**JANUARY 24TH Vintage Fiddlers**

**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

## Mardi Gras

### Euchre tournament for Heart & Stroke Foundation



**February 28th from 1-4pm**

\$15 donation, lunch included.  
 Community welcome. RSVP with reception



Orchard View by the Mississippi  
 Request the honour of your  
 presence at our  
**"Love... It Takes Two Ceremony"**

Please Join Us

**February 14, 2017 from 2:00-4:00pm**

*To honour the love our Residents share we invite residents and family members and friends to come and be a part on this special day.*

*We will be having a special ceremony, cake, dancing, photos and more.*

**Please contact Michael for more information**

## Community Support



### Lions Club Food Basket

Supporting local causes and helping those in need



### Hearing Clinic

Custom-programmed hearing aids. Top brands, expert service & repair



**RBC Bank**

### RBC

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

## Community Partners



### Almonte General Hospital

Healthcare Close to Home



### The Mills Community Support

Create welcoming communities through capacity building, partnerships and person centered services.



### Alzheimer Society

Educating, Supporting & Researching