

*Orchard View
by the Mississippi
wishes you a*

*Happy
Easter!!!*

219 Paterson Street
Almonte, Ontario, K0A 1A0
613.963.5000

www.orchardviewmississippi.ca •  /orchardviewmississippi

E ducation

Downsizing Techniques: Colour coding your sort

Every year we all say we should finally tackle that room that has been shrinking in available space over the last few 5-50 years. It can be overwhelming at the thought, so here is a little process that can help.

The colour coding technique for your spring cleaning or move will help you stay focused and organized. You maintain control but can easily delegate to allow others to help you when you are or not there.

Firstly, set some realistic expectations for yourself.

Depending on your energy level you may not be able to accomplish the whole room in one day, but you can accomplish one chest of drawer for example. Tell yourself that you have a set amount of time each day to complete it and stick to it. If your limit is 1 hr or 4 hrs, you can stay focused on the task at hand and you leave each day with energy leftover to do the other important things in life.

As you are sorting through things, use these colourful post it notes to identify what you want to do with them. (Dollar Store can supply with them)



- Keep and Bring with you
- Sell or Donate
- Throw out
- Undecided

This colour system makes you visually recognize how you are doing and keeps you aware of your challenges. A larger pile of keep can identify that you may have to repeat the process a couple of times to ensure that you are keeping the things that are most useful & important to you.

Ask yourself these questions: If the answer is no, file it under throw out or donate.

1. Have I used or worn it in the last 6 months? 1 year?
2. Will this item help me create the home I want?
3. Is this item irreplaceable?

If your goal is to downsize, then for those items that have special memories, but no space to display it in your new home, take a picture of it. Then include it in your slideshow on a digital photo frame. This will allow you to see them everyday but not have them utilize valuable space. A wonderful way to have your cake and eat it.

Spring Cleaning - House Hold Tip on Dusting

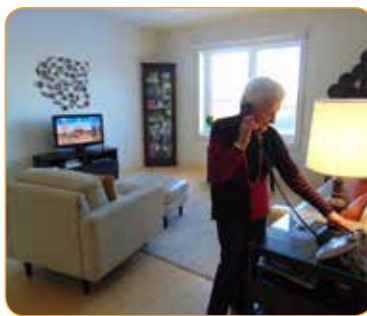
Spring cleaning is always important whether it be in a large or small room. Dusting is one of the top chores to be done. Here are some tips when you get dusting.

Dusting your hard to reach places use a broom with a micro-fibre cloth attached. It works great; getting into the corners.

Dusting blinds: use a vacuum with a brush attachment. Following the texture of the blind. Start at the top and work your way to the bottom.

If there is a stain on the blinds, take a fabric stain remover and a sponge and spot clean the stain out.

A big thank you to Marie, our Housekeeping Rock Star employee for her helpful tips.



Community Resources for Downsizing

The Hub	118 Mill St, Almonte	613-256-5225
Rebound	14 Industrial Ave, Unit 4/5, Almonte	613-256-1700
Good as new store	33 Bridge St	613-257-7074
Frank Burns Auctions	Civitan Hall, Carleton Place, Almonte	613-267-4129
Maclean and Associates	1523 Laperriere Ave. Ottawa	613-724-2845
Diabetes Association		1-800-505-5525
Sellmystuffcanada.com		1-855-55-STUFF

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 community neighbours volunteer with us.

Please contact Michael Rowland at ovmrecreation@ovlc.com or 613-963-5000



"Keep on



Smiling"



Testimonial - Natalie Dalton

In my family's case we are the "club sandwich" generation; three senior parents, an eight year old son, and two grandmothers aged 89 and 95.

With an emergency placement required for my Grandmother, within 48 hours we experienced extraordinary service and support from more than half a dozen staff who created a respite care space and all the supports and services to go with it. The team were extremely professional, highly competent, compassionate and dedicated. Each person communicated clearly with every other. Many people came in on their days off and worked extra hours beyond their shifts but none ever rushed us. They were flexible. We could not be happier than to have both Grandmas in Orchard View. You will see us there often, sometimes our whole family, kid and dog included.

Rock Star of the Month - Rosie Paradis



We would like to congratulate Rosie on being this month's Rock Star of the Month! From the moment Rosie became apart of the Orchard View Team we knew she was going to be well loved by other staff and residents. Rosie is a great asset to the team and brightens up the kitchen and dining room with her calm and gentle nature. "Rosie makes everyone feel welcome and comfortable within moments of meeting her. She brings a warmth that can't be taught. She goes above and beyond when she sees someone in need and works from the heart! Great to have her part of the team" **YOU ROCK!**

Resident of the Month - Anita Boyle



Anita's Dad was born in New York City and at the age of 10 emigrated with his family to Canada. Together he and his wife raised a family of five children, two sons, three daughters. Anita was the middle child and there was always something going on at home. One brother Gordon, who also resides at Orchard View, won a Canadian Championship for Boxing and her younger brother was part owner of the Ottawa 67's. Anita, a city girl, hails from the West End of Ottawa. She completed her Business Administration studies at the High School of Commerce in Ottawa. Anita met her future husband Howard at the age of seventeen, Howard was playing hockey for Nepean High School and Anita was skating. It was war time, at the age of 16, Anita started working for the RCAF as a teletype operator. Not long after she and Howard married at the age of nineteen. Howard was a Petty Officer in the Royal Canadian Navy responsible for the air conditioning units on ships.

War time brought with it many restrictions, women were not allowed to go anywhere unaccompanied, restaurants, theatre, etc. was totally off limits. The couple moved to Dartmouth and then on to Halifax, Nova Scotia, returning to Ottawa after the war. By now, the Boyle family had grown to three with the arrival of their son Jeffrey, and not long after Lynda and Gregory came along. Anita and Howard decided together that Anita would be a stay at home Mom while their children were in grade school and would return to work once they reached their teen years. They enjoyed taking their young family for picnics every Sunday, touring Carp, Almonte and Blakeney. Anita took a position in the Administration Office at Algonquin College, a position she enjoyed until her retirement 10 years later. After retiring, she and Howard opened Howard Boyle Heating and Air Conditioning Services. In time the business was handed down to two of their children, Jeffery and Lynda. Today the business is affiliated with J. C. Robinson and has been handed down to the third generation, Lynda's son Christopher Levesque now runs the business. Gregory their youngest started his own High Tech business and all three children are now retired. Anita and Howard were members of the Ottawa Lions Club and also enjoyed 20 years of golf at the Ottawa Hunt Club. They organized the "first mixed golfers" tournament at the Hunt Club and today the "Howard Boyle Mixed Golfers" trophy is awarded annually. Anita and Howard happily spent their winters as snow birds in Florida and took three Queen Elizabeth cruises down south, one trip took them to South America which they particularly enjoyed. A fond family memory from a trip with her son, was while in Monte Carlo, Anita was chosen out of a crowd and serenaded by a violist to "Lara's Theme", a favorite song. Anita is very proud of her family and their achievements.

The Boyle family has continued to grow over the years, Anita has three granddaughters, three grandsons, six great granddaughters and six great grandsons to spoil!

Anita resides at Orchard View by The Mississippi and enjoys every single day.

Special Events of the Month

Cancer Awareness Month
George Laidlaw Presentation: Mistakes that Changed the World
Minds in Motion Every Wednesday
Almonte Hookers & Knitters Every Wednesday
Painting with Students from Almonte District High School Every Thursday
Ukaladies Practice every Monday
April 13th Making Easter Eggs with Trudy
April 16th Easter Brunch
April 18th Bridge Tournament
April 26th Community and Orchard View Clothing Swap & Handi House Spring Shoe Sale

Residents in Action

Movies with Roy Bartlett
Joanna's Book Picks
Baking with Doris
Chat with Pat
Resident Talk Series: Barbara
Orchard View Resident Choir with Barbara
Bingo with Joanna
Euchre with Graham

Musical Entertainment

April 7 – Rae Chalmers
April 10 - Tom Valliquette
April 21 – Dai Bassett
April 24 – Al Monagle
Every Wednesday at 2pm 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
Euchre with Graham
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

**Enjoy
 Easter
 Brunch**

Sunday, April 16th



A Delicious Way to Celebrate Easter

Spend your Easter with your loved ones over brunch and entertainment



Brunch times are 11:00am & 1:00pm with Entertainment by Meghan Hubert at 2:00pm

Call to Reserve 613-963-5000
 \$28/person
 Children 5-12 are half price

219 Paterson Street, Almonte, ON

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Tuesday, April 11th, join us for...

National Pet Day

Have a furry friend play date with us and other neighbours on National Pet Day at 11:00am
 (Please ensure pets are on a leash and friendly with others)
 RSVP or drop in 613-963-5000 - 219 Paterson Street, Almonte

Orchard View
 BY THE MISSISSIPPI
 ALMONTE



clothes swap shop

April 26th 10:30-1:30pm

Come shop at our clothing swap and shoe sale courtesy of Handi-House

Clean out your closet or go shopping for new items. Residents and Community members are encouraged to donate their gently used clothes by April 24th to 219 Paterson Street

After shopping stay and watch our owner, Joe Princiotta perform on the piano at 2:00pm



You
 are invited to a



Bridge Tournament

Tuesday April 18th from 1:00 - 4:30pm
 Lunch at 1:00pm - Games starting at 2:00pm
 Games will be 24 hands of Contract Bridge
 \$15 per person for lunch and cards
 All Proceeds going to Cancer awareness research
 Please RSVP 613-963-5000
 219 Paterson Street, Almonte



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