

**HAPPY**  
*Mother's*  
**DAY**

*Mothers  
hold their  
children's hands  
for a while,  
but their hearts  
forever.*

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# Moments that Matter

The textbook definition of volunteering is: "Volunteering is generally considered an altruistic activity where an individual or group provides services to benefit another person, group or organization. Volunteering is also renowned for skill development and is often intended to promote goodness or to improve human quality of life. Volunteering may have positive benefits for the volunteer as well as for the person or community served". At Orchard View by the Mississippi, volunteering means so much more. We have close to 20 resident volunteers at this time who make the feeling of home that much more evident when you walk through the doors. Here are two outstanding residents who have made a huge impact on the lives of others at Orchard View.

## Pat Stratford

Pat and her husband Ralph (who hosts Scrabble games) moved to Canada at the age of 29, with two children under the age of five. They have made Canada their home and created lasting memories through their work and volunteering. Pat has been volunteering for various different organizations including Palliative care.



Just a few months ago Pat and Ralph moved from their home in Whitby Ontario to be closer to their family, leaving behind lifelong friends. Pat found it especially difficult transitioning and being away from her long time friends. To help compensate from missing her friends, Pat had an idea to have a way for everyone to get together to just chat... Thus, the beginning of Chat with Pat! *Pat has been hosting Chat with Pat for about 7 months now and loving every moment of it.*

Chat with Pat often continues into happy hour on Friday afternoons. Pat says that many of her new friends have come from the Chat sessions and many of the other residents are in the same situation. They have found their own little community of friendship. Pat has created a “funny little session that doesn’t seem right, but we know that its right...like a sixth sense that life is good”.

## Joanna Andrews - Gillies

Joanna is a wonderful woman who takes pride in helping others. She stays busy at Orchard View, she our Resident Librarian, has a book of the month, facilitates Bingo on the main floor and memory living floor. All the while, taking online classes for her Degree in Economics and spending time with family and friends.



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When discussing the difference in the Bingo games Joanna creates she says “It’s not just a game it keeps your mind active, its designed to enjoy the game but also to think”. Joanna has created different types of Bingo games including the Texas star. She has noticed that with each passing week, more and more residents are enjoying the challenge and variety in the games. When asked what does it mean to you when you see a change in the residents on the memory living floor, Joanna responded by saying “It means a great deal, it’s uplifting, every minute is worthwhile.” Volunteering is necessary in keeping people active and in getting to know people, taking part will help keep people happy and healthy. Joanna goes on to say that just because you’re retired and living in a retirement home doesn’t mean you’re too old, “we aren’t too old for anything!”



"Keep on





# Smiling"



## Testimonial - Resident

Change is always difficult, but the wonderful, kind-hearted staff have made the adjustment to our new home quite easy. Everyone, from the kitchen staff to the PSWs, housekeeping, the front desk and maintenance, have been so accommodating and personable. When we need help, we just ask and it is done with a smile and such a positive attitude. We enjoy the music, movies, entertainment and other activities. But, our favorite these days is watching the fish from the second or third floor where you get a good overview of the fabulous pond and the "goings on" of the day. Happy Hour on Friday afternoon is an important part of the week. We meet with other seniors and reminisce about the past and discuss the present. We have such peace of mind that our family knows we are safe and happy in our new home.

## Rock Star of the Month - Caleigh McCabe



We would like to congratulate Caleigh on being this month's Rock Star of the Month! Caleigh McCabe has been an instrumental team member from the near beginning for Orchard View. Caleigh goes out of her way to make the residents feel safe and at home. Caleigh is the first one get people in the spirit for any festive event and often creates her own goodies to share with others. Caleigh is extremely hard work and her passion for the residents is evident every day. Her "exceptional Nursing services, going above and beyond and taking additional shifts in a bind" is just the beginning of why Caleigh is our Rock star of the month! YOU ROCK!

## Resident of the Month - Ken Thorneycroft



Ken Thorneycroft was born in Swift Current, Saskatchewan where he was an avid Air Cadet during his high school years. After graduation, he knew he wanted to become a pilot. His first posting was in Portage la Prairie where he joined the military. He was then posted to Clinton, Ontario for six months, where he learned how to fix and replace communication systems. As the military began to train more pilots, Ken was posted to Centralia, Ontario where he started his formal aviation training. Thus began 37 years of flying with the Canadian Air Force on many different kinds of aircraft including: F86 Sabre, Harvard, Vampire and CF104 Starfighter. One significant memory of his early years as a pilot was when Ken participated in "Operation Leapfrog" in 1953. Three squadrons of F86 Sabres flew from Canada to Greenland, then on to Iceland and Scotland, before landing in Grostenquin, France. The squadron Ken flew with was stranded in Greenland for a week due to poor weather conditions, before the final leg was flown. It was quite a thrilling experience being part of such a huge operation. While posted in St. Hubert, Quebec, Ken met a beautiful young nurse from the Eastern Townships who captured his heart. Joan and Ken were eventually married in 1953 and enjoyed 59 years together. They had two daughters and a son and were fortunate to have lived all over Canada, Europe and the United States. Ken retired from the military in 1983 as a Lieutenant General after a very successful career. Ken now spends his days at Orchard View by the Mississippi walking, reading and enjoying time with his family.

## Volunteers are always appreciated...

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! Whether you enjoy arts and crafts, trivia, knitting, musical entertainment, walking we have a place for you!

Contact Michael Rowland at [ovmrecreation@ovlc.com](mailto:ovmrecreation@ovlc.com) OR 613-963-5000



## Special / New Activities

Minds in Motion every Wednesday  
Almonte Hookers & Knitters every Wednesday  
Painting with Students from Almonte District High School every Thursday  
Ukaladies Practice every Monday

## Resident Activities

Movies with Roy Bartlett  
Joanna's Book Picks  
Walking Club with Joyce, Clara and Betsie  
Baking with Doris  
Chat with Pat  
Resident Talk Series  
Orchard View Resident Choir with Barbara  
Bingo with Joanna  
Scrabble with Ralph

## Musical Entertainment

Every Wednesday at 2:00pm Joe Princiotta  
May 1st – Music with Roger  
May 4th - Line Dancing with the Hy-Liners  
May 12th – Music with Rae P.  
May 15th Music with Tom  
May 26th – Music with the Good old Boys  
May 29th – Music with Rae C.

## 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 Thursday  
Scrabble  
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 and Greet  
Movie Nights  
Entertainment with Joe Princiotta  
Smoothie Social

Join us for our,  
**May Day Garden Party**

Welcome Spring this May at our first annual  
**May Day Garden Party**  
Sunday, May 7th, 2017 ~ 2:00pm-4:00pm



Celebrate with traditional May Day activities such as, dancing around the Maypole, making flower cones, jingle sticks, flower head bands and more!



Afternoon tea and snacks will be available  
Come dressed in your Spring best!

Families and children are all  
welcome to attend.

RSVP or stop in 613-963-5000  
219 Paterson Street, Almonte, ON.



**MOTHER'S DAY  
BRUNCH**

Spend your Mother's Day with your  
loved ones over brunch  
and entertainment

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

Call to Reserve 613-963-5000

219 Paterson Street, Almonte ON

**Community Support**



**Lions Club Food  
Basket**

Supporting local causes  
and helping those in need



**Canadian  
Cancer  
Society**

**Canadian Cancer  
Society**

Thank you to all those that  
helped to raise \$710 for  
the continued research  
into Cancer.



**RBC Bank**

**RBC**

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

**Orchard View - School of Support**

**Living in Small Spaces – Trigger Vachon**

May 9<sup>th</sup> 7:00-8:30pm Theatre room

How do you go from a 3 bedroom, 2 storey home  
to a 1 bedroom suite. Learn the tricks of the  
trade by Trigger, a Transition Specialist.



**Supporting the Transition – Aneez Khanani**

Tuesday May 23<sup>rd</sup> at 7:00-8:30 Theatre room

Aneez will help us to develop strategies for a smooth transition  
from home to home. All parties are impacted by this change  
and managing through the emotions can be the biggest hurdle.  
Walk away with tools to validate the person moving and the  
person supporting.



**The Scoop on Power of Attorney's – Evelyn Wheeler**

Tuesday June 13<sup>th</sup> 7:00-8:30 Theatre Room

Evelyn Wheeler is a local expert on Power of Attorney  
documents; how to create them, what wording is im-  
portant to note and when they can be implemented. Join  
Evelyn for the insight into POA documents.



Call 613-963-5000 to RSVP for any of these presentations