

Kate's Corner

Hello everyone,

We had a rough start to June but it ended with some sun and heat. July is forecasted to be hot and dry??? A reminder to listen for hot weather alerts. We should all be taking extra precautions to prevent heat exhaustion and dehydration. Signs will be posted at the front doors.

The animals have arrived and are settling in. Special thanks to George Coulton and Garth Green for all their expertise and help. The donkeys are Misty (20yrs old – came to OVM to enjoy her golden years) and Spike (7yr old miniature). Garth provided some Jacob sheep with babies and an alpaca. They are “snow birds”, enjoying their summer at OVM and returning to Garth’s farm come late fall.

We have grain and treats on the viewing patio in front of the pen; please feel free to feed and get to know the new additions to our OVM family. George tells me the donkeys love dog treats, apples, carrots and the occasional Christmas tree! The more people they come in contact with, the better! Remember to keep fingers clear of any hungry mouths, if any residents are interested in helping with the animals, please see Michael. Jason will be their main caretaker, spending an hour or so each day taking care of business with the ducks, geese and small animals.

I know Michael has a lots planned for July – please check the monthly calendar and weekly highlights for details.

Happy Canada Day to all! Celebrating 150 years of our glorious country! There is no better place in the world to call home. I personally count my blessings for the freedom and prosperity we are fortunate enough to enjoy as Canadians.

As always, my door is ever open and I invite you to pop in.

A Note From Rebecca Wolfgram ~ Director of Care

Injury Prevention Month ~ Fall prevention

Falls are the leading cause of injury-related deaths and hospitalizations in Canada. In 2010, falls cost Canadians more than any other type of injury, with the total economic burden estimated as \$8.7 billion.¹ These figures alone clearly demonstrate the need for national action around this issue.

It is estimated that one in three persons over the age of 65 is likely to fall at least once each year. In Canada, this translated into over 1.6 million seniors who fell at least once in 2011.² With the number of older persons in Canada projected to increase to 9.8 million in 2036, the estimated number of older persons who will fall at least once in 2036 will increase to 3.3 million.³

Fall-related injuries in older adults are associated with significant disability, reduced mobility and independence, higher likelihood of admission to a nursing home and increased risk of premature death. Even in the absence of injuries, falls may have long-term psychological consequences, such as depression, fear of falling and loss of confidence. These, in turn, lead to restriction in daily and social activities and, subsequently, declines in health and function and increased risk of future falls.

ALL OVM RESIDENTS SHOULD PARTICIPATE IN SOME ACTIVATION AND PHYSIOTHERAPY PROGRAMS TO DECREASE THE RISK OF FALLS. THERE ARE ALSO FALL PREVENTION PROGRAMS OFFERED WITHIN THE COMMUNITY IN ALMONTE. SEE REBECCA WOLFGRAM, DOC FOR DETAILS ON HOW TO GET STARTED.





July 2017

Activities Calendar



Orchard View by the Mississippi Activities for July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 10:30 Walking Club (O) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:30 Trip to Carleton Raceway (O) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>31 10:00 Fitness Class (WC) 10:30 Walking Club with Joyce (O) 11:00 Morning Game of Pool (MPR) 2:00 Game of Euchre (MPR) 3:00 Smoothie Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	 <p>The Mills Events and Outings are now listed in our calendar. Should you wish to partake please contact Jan at 613-256-1031 Mills Community Support (MCS)</p>	<p><u>Legend</u> Atrium (A) Library (L) Multi Purpose Room (MPR) Bistro (B) Second Floor (2nd FL) Third Floor (3rd FLL) Kitchen (K) 4th Floor (4th FL) Patio (P) 3rd Floor Nurses Station (3rd FL NS)</p>	<p>Second Floor Lounge (2nd FLL) Dining Room (DR) Salon (SL) Spa (S) Theatre (TH) Chapel (CH) Outing (O) Wellness Centre (WC) Mills Community Support Activity (MCS)</p>		<p>1 Canada Day 10:30 Walking Club (O) 11:00 Scrabble (MPR) 2:00 Game of Euchre (MPR) 1:00 Toronto Blue Jays Game (TH) 7:00 Movie Night (TH)</p>
<p>2 10:30 Walking Club (O) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>3 10:30 Walking Club (O) 11:00 Morning Game of Shuffleboard (MPR) 2:00 Game of Euchre (MPR) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>4 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 1:30 Wiggle and Giggle with Jen and Jan (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Afternoon Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>5 Overnight Trip to Kingston (MCS) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Entertainment with Joe Princiotta (A) 2:00 Croquet (P) 2:00 Almonte Hookers & Knitters (2nd FLL) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>6 10:00-11:30 Blood Pressure and Weight Clinic (3rd FL NS) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:30 Almonte Daycare Visit (3FLL) 2:30 Open Art (2nd FLL) 2:00 Bocce Ball (P) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>7 9:45 Shopping Trip to Giant Tiger (O) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>8 10:30 Walking Club (O) 11:00 Scrabble (MPR) 1:00 Toronto Blue Jays Game (TH) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>9 10:30 Walking Club (O) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 1:00 Welcome Wagon Meeting (MPR) 2:00 Welcome the Animals (P) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>10 Tea at Billings Estate Historic Site (MCS) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Shuffleboard Game with Joe Price (MPR) 2:00 Game of Euchre (MPR) 3:00 Smoothie Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>11 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 1:30 Wiggle and Giggle with Jen and Jan (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Afternoon Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>12 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Entertainment with Joe Princiotta (A) 2:00 Croquet (P) 2:00 Almonte Hookers & Knitters (2nd FLL) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>13 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:30 Almonte Daycare Visit (3FLL) 2:00 Bocce Ball (P) 2:30 Open Art (2nd FLL) 2:00-4:00 Strawberry Social (P) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>14 Changing of the Guards (MCS) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 2:00 Chat with Pat (MPR) 3:00 Happy Hour and Entertainment with Al Mongal (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>15 10:30 Walking Club (O) 11:00 Scrabble (MPR) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>16 10:30 Walking Club (O) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>17 Trip to White Lake (MCS) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Morning Game of Shuffleboard (MPR) 2:00 Fascinator Making with Marie (2nd FLL) 2:00 Game of Euchre (MPR) 3:00 Smoothie Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>18 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 1:30 Wiggle and Giggle with Jen and Jan (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Afternoon Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>19 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Entertainment with Joe Princiotta (A) 2:00 Croquet (P) 2:00 Almonte Hookers & Knitters (2nd FLL) 3:00 Audiology Clinic (Spa) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>20 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:30 Almonte Daycare Visit (3FLL) 2:00 Bocce Ball (P) 2:30 Open Art (2nd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>21 9:45 Shopping Trip to Carlingwood (O) 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Catholic Mass (CH) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>22 10:30 Walking Club (O) 11:00 Scrabble (MPR) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>23 10:30 Walking Club (O) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>24 10:00 Fitness Class (WC) 10:30 Walking Club (O) 11:00 Shuffleboard Game with Joe Price (MPR) 2:00 Game of Euchre (MPR) 3:00 Smoothie Social (A) 4:00 Chair Yoga (TH) 7:30 Movie Night (TH)</p>	<p>25 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 1:30 Wiggle and Giggle with Jen and Jan (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 New Resident Meet & Greet (B) 7:00 Evening Game of Pool (MPR)</p>	<p>26 Retired Not Expired Walking Group (MCS) 10:00 Fitness Class (MPR) 10:30 Walking Club (O) 11:00 Entertainment with Joe Princiotta (A) 2:00 Croquet (P) 2:00 Almonte Hookers & Knitters (2nd FLL) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>27 10:00 Fitness Class (WC) 10:30 Walking Club (O) 10:30 Almonte Daycare Visit (3FLL) 11:00 Town Hall Meeting (MPR) 1:30 Alzheimer Society: Care and Share Support Group (TH) 2:00 Bocce Ball (P) 2:30 Open Art (2nd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>28 10:00 Fitness Class (WC) 10:30 Walking Club (O) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social & Entertainment with Dai Bassett (A) 4:00 Chair Yoga (TH) 6:00 One Year Anniversary Celebration (A) 7:00 Movie Night (TH)</p>	<p>29 10:30 Walking Club (O) 11:00 Scrabble (MPR) 1:00 Toronto Blue Jays Game (TH) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>