

Orchard View by the Mississippi "Friendly Neighbours" Membership

Not ready for retirement living, but want to get involved in activities and events that support healthy and happy living? Become a VIP member of Orchard View by the Mississippi "Friendly Neighbours"

This VIP Membership includes the following and much more!

- ◆ 2 Complimentary meals annually
- ◆ Attendance at any of our weekly exercise programs **
- ◆ Attendance at any of our activities or events found on the calendar**
- ◆ Receive our monthly newsletter and calendar
- ◆ Access to our Alzheimer Society support group

** RSVP is required as space is limited



Coffee Break ~ In Support of the Alzheimer Society

Friday January 19th from 10:30-11:30am

- Learn about the beans we love
- Taste coffee inspired food
- Get creative and have some fun with beans

RSVP Julie at 613.963.5000 or ovmarketing@ovlc.com



EUCHRE TOURNAMENT in support of the



JOIN US ON TUESDAY FEBRUARY 20TH

12:30	LUNCH
1:30-3:30	EUCHRE
3:30	PRIZES, TOURS & THANK YOU'S
<u>FEE</u>	
LUNCH & GAMES	\$15
GAMES	\$10

RSVP Julie at 613.963.5000 or ovmarketing@ovlc.com

219 Paterson St, Almonte ON
www.orchardviewmississippi.ca



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Mental Health Awareness Month -

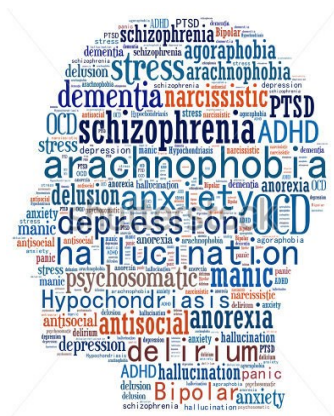
Our brain is an organ like all the others. A diabetic accepts that their body requires additional medication to enable them to live a balanced life. It should be no different to society that the brain requires the same support.

Depression and mood disorders are prevalent among older adults, but go undiagnosed and untreated due to fear, society's stigmatism, and unawareness. The number of cases have more than doubled in the last ten years as more of our population ages. Anxiety is also a widespread condition in elderly that impacts their quality of life. Anxiety disorders encompass a range of issues, from obsessive-compulsive disorder (including hoarding syndrome) to phobias, to post-traumatic stress disorder (PTSD). No person needs to or should live with anxiety or any mental health disorders, as it begins to impact their physical, social, spiritual, and vocational being, which in turns affects relationships with those around them.

As a caregiver and/or family member or close friend you can watch for the signs that help you see the holistic aspect of the person and put into place steps to a) reduce their anxiety and b) seek medical attention to address the condition.

Here are 10 signs to watch for:

1. Sad or depressed mood lasting longer than two weeks
2. Social withdrawal; loss of interest in things that used to be enjoyable
3. Unexplained fatigue, energy loss, or sleep changes
Confusion, disorientation, problems with concentration or decision-making
4. Increase or decrease in appetite; changes in weight
5. Memory loss, especially recent or short-term memory problems
6. Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
7. Physical problems that can't otherwise be explained: aches, constipation, etc.
8. Changes in appearance or dress, or problems maintaining the home or yard
Trouble handling finances or working with numbers



Once you identify that there are signs of a mental health disorder, how do you bring up the topic with a loved one? It can BE difficult, and even more if the person is not aware of the changes in their behavior or condition. Depending on their level of openness, they may not be able to accept your observations and concerns. Focus on symptoms rather than the disorder itself. So picking the timing is an important aspect of planning out your conversation. A suggestion to assist with the recognition of the situation is to plant the seed. Ask them questions like:

“How does that make you feel when you can't find the word or don't remember that we spoke about this just yesterday?” “I want to understand how you are feeling so I can support you.”

Or “I've noticed you sleeping a lot, why do you think that is?”

Or “I was looking at pictures the other day and noticed your smile isn't as big as it usually is, are you feeling ok?”

These types of questions allow you to express what you are seeing and open the door for them to either realize that someone else sees that there is something different or be able to start to communicate how they are feeling. It will depend on their mood as well, so when you get resistance, divert to concerns that are not as fiery. When an outburst happens, it will heighten the anxiety and stop communications. Remember that their reactions are not personal and it is often just the fear of the unknown. They may not accept what you are saying, but you have planted the seed. Like any plant, if you don't water it, it will not grow. Therefore, keep opening the conversation when you see a different side of the person to enable them to understand your perception and give them time to process and accept it.

When you feel the time is right, offer an option for the next step, most importantly see a doctor.

To help you understand the options here is a great resources.

<http://www.lanarkmentalhealth.com/mental-health-services/>

Special Activities

Almonte Hookers & Knitters

Wood Working Classes

6 Hand Euchre

Residents in Action

Movies with Roy

Joanna's Book Picks

Chat with Pat

Bingo with Joanna

Open Art with Audrey

Scrabble with Anne

Orchard View Chorus with Barb

Learning how to play Bridge with Joan

French Conversations with Helen

Musical Entertainment

January 12th - Lauren Hall

January 23rd - Robbie Burns Day with Stewart McKinnon

January 26th - Barhaven Fiddlers

Amenities & Services

24-Hour Nursing Staff

Chapel Services

Wellness Centre—Physiotherapy

Emergency Response System

Esthetician

Foot Care Nurse

Full Service Dining Room

Hearing Aid Clinic

Hair Salon

Library

House Physician

Snack and Beverage Bistro

Wheelchair Accessible Bus

Pool & Shuffleboard Table

Bus Trips and Shopping Trips



Regular Activities

Mind

Game of Euchre & Bridge

Puzzle Corner

Bingo

Scrabble

News and Views

Body

Fitness Classes

Walking Club

Game of Darts

Game of Pool

Gardening

Smoothie Social

Soul

Movie Nights

Entertainment with

Joe Princiotta

Orchard View Chorus

Religious Services

Chair Yoga



Testimonial - Rosie Paradis

There is a warmth and welcoming atmosphere that many people talk about and I noticed the first day I walked in, everyone is friendly from the staff, residents and family members. Coming to work energizes me even on harder days! I love to do the little things that make people's day and in turn it makes my heart smile!

Rock Star of the Month - Kelly Hubert

From the moment that Kelly walked into our home she has brought smiles and warmth to everyone's day. She cares with all her heart and does the little things that really matter to us. Kelly works mostly on our 4th floor but takes the time to help out wherever she can be of assistance. We are lucky to have her as part of our everyday! Kelly you ROCK!!

Mills Community Support

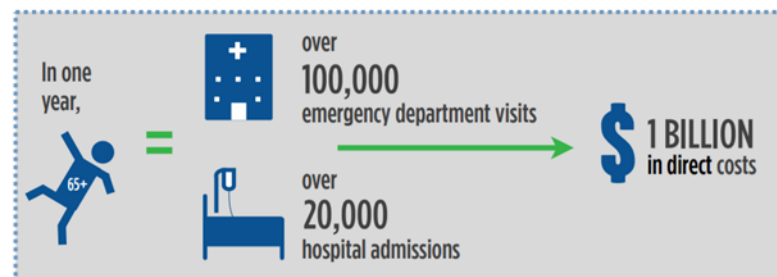
We'd like to help you GET A GRIP this winter

Just in time for slippery winter walking conditions, a new program called GET A GRIP will soon be available to seniors in Lanark County. This program aims to get a pair of anti-slip ice grippers into the hands – and onto the boots – of every senior in Lanark County, for free.

To support this program, a fundraising campaign called "Get a Grip this Christmas" will be jointly led by Mills Community Support and Community and Primary Health Care (CPHC). The campaign will start each November, which is Fall Prevention Month. The Get a Grip program will provide seniors 65 or over with a free pair of premium ice grippers manufactured by an Ontario company specializing in safety equipment. Anyone under 65 can buy the ice grippers in an ingenious "pay it forward" model: by purchasing a pair of grippers at \$25 (well under retail cost), not only can individuals purchase their own pair but help with the cost of providing a free pair to a Lanark County senior.

With climate change leading to more days of icy conditions per year than ever before, there is an increasing urgency to helping seniors stay safe as well as active and connected in winter. Unintentional falls are the leading cause of injury for Ontarians 65 and over, and directly result in costs of \$1 billion across the province.

Contact Mills Community Support at (613) 256-1031, Community Primary Health Care at (613) 257-3296, or your local home support provider to find out how you can benefit or help with this program.



Resident of the Month - Barb Armstrong

Barbara's ancestors Captains Alex and Norman MacLeod arrived in Canada from Scotland in 1793 with their shipload of emigrants, under extremely harsh conditions. Part way through their journey their ship encountered difficulties and they had, by November of 1793, only reached PEI and were forced into harbor. There they stayed along with 140 other passengers until the following spring. The men rented a ship, travelled to Montreal to obtain their grants and finally made their way to Lancaster and to Glengarry County. Barbara's ancestors among many others, travelled to the north of the county, establishing the village of Dunvegan.



Many of you may know Barbara has been heavily involved in the Clan MacLeod Society of Ottawa. Her research, interest in her heritage was first fueled by her Dad. He formed the first Annual Clan Gathering of the MacLeod's in Glengarry and it grew from there, Barbara was 7 months old when she attended her first Clan MacLeod Gathering in Dunvegan, Ontario and has attended many such events and conferences since that time, travelling often to Scotland. She also served as President of the Clan MacLeod Societies of Canada for 6 years.

Barbara was born in Toronto and at age 11 the family moved to Dunvegan, Ontario where her parents John D. and Helen Clark McLeod had purchased a farm across from where her Dad was born. She attended the High School in Maxville. On completion of high school, she attended MacDonald Institute in Guelph for a year, then on to Teachers College in Toronto. Barb met her husband Bob and they married in Dunvegan on October 5, 1957. Bob was a Forest Engineer with E. B. Eddy and they settled in Ottawa and started their family with the arrival Alan and Ian, then they moved to Rapides des Joachim, PQ where Alison and Peter were both born in Deep River.

After her kids were born, Barb resumed her teaching career in a three-room school in Rolphton as a supply teacher. She enjoyed the challenges of teaching several students, all different ages, grades and skill sets. Her organizational abilities came to the attention of the School Board Directors and she was asked to take over the full-time teaching position. Barbara was concerned as she still had three young children at home, but the Board offered to hire a babysitter for her and when everything was settled, Barb had full time care at home for her children which lasted until Peter was off to school. In 1966 they moved back to Ottawa, where Barb taught at Leslie Park School (Grade 2), became an accredited music consultant and taught music for the Nepean/Carleton Board. She and her husband were very involved with their church Bells Corners United Church, singing in the Choir and responsible for the Youth Group. She also sang the "Dame" role in 11 productions with the Savoy Society. Barb and Bob moved to Sudbury in 1984 and were involved in church and choirs until they moved to Pakenham in 1998, building a house there. Her love of music continues to this day. After 14 years as Church Musician at St. Andrews United Church in Pakenham, she retired, but is back again for the year. She has pulled together a talented group of residents and formed the Orchard View Chorus. She provides the words, tunes, variety and encouragement; residents have the conviction they can do it and they do!

Barbara is most proud of her family, 4 children and 6 grandchildren. Isabelle is studying law at the University of Quebec, Emily is a financial wizard at Ottawa U, Hannah is in Human Kinetics at Lake Head, Erin is a ballerina with Ballet Victoria, Jeremy is in CEGEP heading for engineering and Calvin is a Volleyball track & field star; a varied accomplished group!

Barbara has made Orchard View her home; she feels safe/secure and says it brings all the things that are important to her at this stage in life and has done so right from the start when she was first greeted by Julie Munro. Julie's welcome started the OV experience for Barb and she embodies what OV is, you sense it with all the staff and the residents also find it in each other. She is very fond of her table mates and enjoys the wonderful meals provided by the Dietary staff and the variety of activities provided by Michael Rowland.

Thank you, Barbara, for sharing your musical talent and so much more, with all of us at Orchard View.

“Keep on Smiling”

