

Orchard View

BY THE MISSISSIPPI
ALMONTE

The Monthly Review

March 2018

Wishing you a rainbow
for sunlight after showers-
Miles and miles of Irish smiles
for golden happy hours-
Shamrocks at your doorway
for luck and Laughter too,
And a host of friends that never ends
Each day your whole life through!

jucoolimages.com

219 Paterson Street

Almonte, Ontario, K0A 1A0

613-963-5000

www.orchardviewmississippi.ca –



/orchardviewmississippi

The reason we call Orchard View by the Mississippi a Home vs Institution vs Facility

Terminology sets a tone and an understanding of what it is like to live in a Retirement Residence like Orchard View by the Mississippi. Many people use different words to describe a Retirement Residence. To those of us who work in the industry, we feel it's "Home". Here is why:

Wikipedia says Institution is:

"The term may refer to committing a particular individual to an institution, such as a mental institution. To this extent, "institutionalization" may carry negative connotations regarding the treatment of, and damage caused to, vulnerable human beings by the oppressive or corrupt application of inflexible systems of social, medical, or legal controls by an organizations.

The word "institute" comes from the [Latin](#) word *institutum* meaning "facility" or "habit"; from *instituere* meaning "build", "create", "raise" or "educate".

When you are considering a new "habit" for your loved one, the last thing you want to do is "institutionalize" them based on this description. Although many caregivers have guilt associated with finding a new home for loved ones. As I often say, humans are not designed to go without sleep, a break or support for years at a time. You must acknowledge that being a sole caregiver is harder on our mind and bodies than one would think. We would never go to a car garage to have a tooth pulled, right? We want the best person doing what they do best!

Wikipedia says Facility is:

"The term means a contrivance, or other things which facility something; a place for doing something: Medical nursing homes, including residential treatment centers and geriatric care facilities, are health care institutions which have accommodation facilities and which engage in providing short-term or long-term medical treatment of a general or specialized nature not performed by hospitals to inpatients with any of a wide variety of medical conditions."

"Doing something" is a good start to considering options on where to live. However you don't want to do just anything, you want to do what you like to do! When moving to a retirement home, the Activities Director will sit with you to gather information about your hobbies, past times, talents, past experience, education, work and more about YOU. This means you have the opportunity to engage in the things you LOVE to do. That little difference, gives you purpose and simple pleasures of feeling like home.

Wikipedia says Home: is

"A home is generally a place that is close to the heart of the owner, and can become a prized possession."

"home away from home", "make yourself at home, "home is where the heart is"^[18] and "home is where you hang your hat".^[19]

These are common sayings that help us bring our heart to the place where we dwell. When moving to a retirement home, you bring your prized possessions with you and display them in a way that make you proud to showcase of life. This is the foundation of feeling comfortable, safe and secure. Your next basic need is that the people are like-minded, friendly and allow you social comforts. This will enable you to be as social as you want to be, when you want to. On tough days, you know that

There are elements from these three words that structure a Retirement Residence to a specific level.
Institute: You want the social purpose to be apart of your day.
Facility: You want to be able to do the things you love, and know that the care of the staff is there to support you when needed.
Home: You want your prized possessions to bring you the comforts of home.

We are a privileged group of individuals who have the opportunity to work in your Home of choice. We strive to provide you with the comforts of home, companionship, enjoyment and support.

This is what makes a Retirement Home a Home.

We welcome you to  Orchard View
BY THE MISSISSIPPI
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Top 10 ways to Beat the Winter Blues from OVM Residents:

1. Get friends together for lunch or tea
2. Go to a spa/sauna
3. Read a good book/series
4. Take a drive in the country side
5. Go out to an Oscar nominated movie
6. Watch a hockey game
7. Wear bright colours
8. Take a trip to a local village/town
9. Volunteer
10. Re-decorate your space



Canadian National Institute for the Blind

**Join us Thursday March 22nd at
7:00pm in the Theatre**

We are very excited to have John, a representative from the CNIB, at Orchard View to speak on being blind, different techniques and tools to help seniors or others stay independent.



Keep on Smiling



A Day in the Life - Memory Living





Testimonial - Madeleine Finner

My mother had lived in her own home for over 60 years, and she was reluctant to leave it behind. After a trial stay of only a few days, she knew that Orchard View was where she wanted to be. Now, a year later, Orchard View is home. Always independent and involved, she has become an active member of the Orchard View community. When she counts her blessings, as she often does, her comfortable suite, the caring and accommodating staff, the fine meals, and the many and varied activities all appear on her list. The move to Orchard View was life-changing for my mother, and she and her children have no doubt that it was the right one.

Employee of the Month - Kelly Carlyle

Kelly is a relatively new to the OVM family and, from her very first shift, we all knew how amazing she is. Kelly is incredibly giving to the residents, very positive with the staff and can handle just about anything you throw her way. She is the definition of calm, cool and collected! Congratulations Kelly and keep up the great work!

Mills Community Support

Join in these Health and Wellness programs from Mills Community Support

Zumba Gold: Wednesday afternoons from 1 to 2pm.

Taught by a licenced Zumba instructor, this program is designed for active older adults, beginners, those who are not used to exercising, or people who may be limited physically. Dance your way to your fitness goals with easy to follow low intensity moves!

Relax and Stretch: Monday evenings from 6pm to 7pm.

Improve your flexibility, balance and strength through long stretches of your muscles.

We also offer **Strength and Balance** classes and a **Get Fit with Drums** program designed for all fitness levels.

All sessions are held at our brand new Country Street Centre, 375 Country Street!

To register, call us at (613) 256 4700



Special Activities / Events

Almonte Hookers & Knitters

Wood Working Classes

6 Hand Euchre

Our Lives in Pictures

Mardi Gras Party

Residents in Action

Movies with Roy

Joanna's Book Picks

Chat with Pat

Bingo with Joanna

Open Art with Audrey

Orchard View Chorus with Barb

Learning how to play Bridge with Joan

French Conversations with Helen

Musical Entertainment

March 9th - Peter Brown

March 11th - Robin Averill St. Patty's Party

March 23rd - Doug Smith

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



Hope to see you at our upcoming events

CELEBRATE THE GREEN IN ALL OF US

**SUNDAY MARCH 11TH
2:00-4:00PM**

**WEAR YOUR BEST IRISH OUTFIT FOR
A CHANCE TO WIN**

ST. PATTY'S



Orchard View
BY THE MISSISSIPPI
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219 Paterson St, Almonte ON

RSVP to 613.963.5000 or ovmmarketing@ovlc.com

DAY PARTY

Easter Brunch Buffett

Sunday, April 1st 2018

Seating times are 11:00am and 1:00pm

Menu to include:

Roasted Tukey, Honey Glazed Ham

scallop potato, scrambled eggs, bacon and sausage, hash browns,

French toast, smoked Salmon, variety of salads, a dessert table

and much more!

RSVP your family table today by calling 613-963-5000

