

Orchard View

BY THE MISSISSIPPI
ALMONTE

The Monthly
Review

April 2018

When the snow melts away,
And it's rainy and gray,
And the birds are beginning to
sing....

Trees have tender green buds,
And the Earth turns to mud -
That's when you can tell it's
spring!

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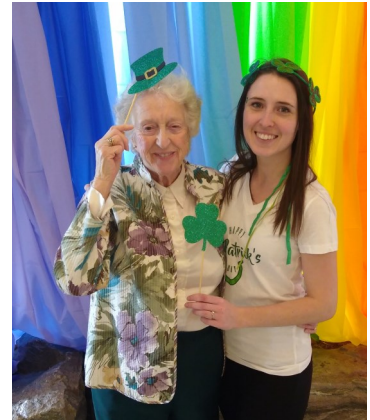
Resident of the Month: Joanna Andrew-Gilles

Joanna was born in New Brunswick, one of ten children; a middle child born to parents with strong English - UEL, Scottish and Irish roots. She had a disciplined, structured upbringing in a time when you didn't question; rather, you did what you were told to do. One of Joanna's fondest memories was of Christmas morning, all the children would be lined up at the top of the staircase, youngest to eldest, to see the Christmas tree that their parents had decorated the night before, a magical memory.

Joanna finished high school when she was barely 15 and went on to pursue a lifetime of learning. She was accepted to study Accounting in St. Johns. On completion she started her professional career, working for the Department of National Defense. While not quite 16, she was sent to the Arctic to do coding on the DEW Line (Distant Early Warning System). This was a system of radar stations in the far north, set up to provide early warning of any sea-and-land invasions. Her career assignments took her overseas during the war and again during the Cold War. She returned to the Arctic once more, then set up the Ont. Police College in Aylmer, she also worked on Victoria Island where all service personnel records were maintained. In her late 30's, Joanna taught school for 10 years and lectured at the University of Toronto. During her work assignments she continued studying, taking night and summer correspondence courses and today is completing her 7th Degree – Bachelor of International Economics.

In her late 30's, Joanna met and married Bob Gillies, a writer, physicist, and mathematician. Joanna found kindness and understanding in Bob, he made her complete. Adventuresome, kindred spirits, they travelled the world, took many cruises, and enjoyed their retirement home in Florida for over 35 years.

Since coming to Orchard View, Joanna has become our resident Librarian, she has organized a weekly Bingo night, very popular with residents; volunteers her time to help with events, and so much more! She feels her decision to come to Orchard View was the right thing to do and at the right time. She adds "this is my home, I have a garden, my life is fulfilled and happy, I do not need anything else".



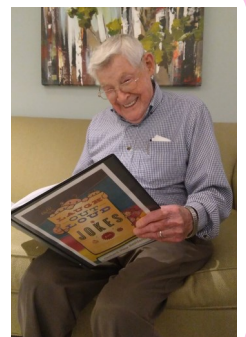
Every time you talk to your wife, your mind should remember that... 'This conversation will be recorded for training and quality purposes'

Laugh out Loud at Orchard View

Welcome to our LOL Club where you can sit in our bistro and enjoy a good chuckle with a friend.

See you there soon.

Phyllis Diller – Housework can't kill you, but why take a chance



*Adapting your existing wardrobe to better
suit your needs on-site.*

The Mobile



With a background in Fashion and recent PSW graduate, Aamina Badran, is combining her skills, to work with people with mobility issues to have a wardrobe that is tailored to their needs.

"During my consolidation as a PSW student, there were many instances where I saw closets full of clothes but nothing to wear. Changes in mobility, cognitive function, weight gain/loss and incontinence are some of the conditions that left my clients with limited choices in what they could wear. Rather than an expensive wardrobe replacement, I could help by altering things a bit by providing a personalized service."

Call Aamina 613-256-8736 or aaminadesigns@hotmail.com

Moments that Matter at OVM

There is a gal called Rosie
Who comes from near Calabogie
She can dance a mean jig
Or drive a hay rig
And she and my wife get quite cosy.

She brightens my day
In many a way
And gives a great hug
And sometimes a back rub
After which my mind goes quite hazy.

Gordon M. to Rosie

Let's Walk Day – National Walking Day

Wednesday April 4th at 9:30am we will kick start our summer walking program. We will have fun music playing, move outside in the summer months and maybe make a new friend! Every Monday, Wednesday and Friday at 9:30am. Starting on the second and third floor by the elevators!

We encourage all residents, families and friends to count your laps and see how many miles we can walk this summer!

Lets start spring right by getting a kickstart to fitness!



World Walking Day

Keep on Smiling





Testimonial - Patti Koeslag

As a celebrant and a visitor to Orchard View by the Mississippi, I am always touched by the friendships witnessed between the people who live there, as well as between the residents and the staff. There is always something to do and the welcome is warm and sincere from the moment you step through the front doors with the beautiful atrium and its pond, fauna and fountain. Everyone I have invited with me on visits has been impressed as well with the positive atmosphere and beautiful space - a true community where there are friends, activities, animals and entertainment, spaces for meeting others and lovely apartments and rooms. Congratulations to Orchard View - I have seen many retirement residences and yours has set the bar high for what senior living can look like!

Employee of the Month - Vivian Fee

Vivian is a stand up employee who has been with us since the beginning. "Completely dedicated" is a great way to describe Vivian. OVM could not ask for a better person to have on our team. If you're ever sad, Vivian is always willing to sing a song.... Thank you, Vivian, for all you do here.

Mills Community Support ~ Trip to Ottawa Orchid Show

Spring is finally here, snow has melted and the flowers are blooming!

Time to get out of the house and enjoy some fresh air, view some awesome orchids, have lunch out and celebrate all that is healthy and active.

We are coordinating a bus to go down to the Ottawa Orchid Show on April 21 and would love to have you join us—we did this show the past 2 years and it was a very popular show.

We will have lunch out probably in the city before we head to the show.

Event: Ottawa Orchid Show
Date: Saturday, April 21
Venue: R.A. Center on Riverside Drive, Ottawa
Time: Noon-5pm
Cost: \$15.00 per person for the bus



To sign up for this show please call the Home Support office at 256-4700 to book a seat on the bus.

Special Activities / Events

- Almonte Hookers & Knitters
- Wood Working Classes
- 6 Hand Euchre
- Jeanetta's Hat Fashion Show
- Duck Race
- Easter Brunch
- Spring Fling Make Overs by Mary Kay
- Alzheimer Society Minds in Motion

Residents in Action

- Joanna's Book Picks
- Chat with Pat
- Bingo with Joanna
- Open Art with Audrey
- Orchard View Chorus with Barb
- French Conversations with Helen

Musical Entertainment

- April 6th—Dai Bassett
- April 20th Roger Fowler and Band

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

Easter Brunch Buffet

Sunday, April 1st 2018

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

Menu to include:

Roasted Turkey, Honey Glazed Ham

scalloped potatoes, scrambled eggs, bacon and sausage, hash browns,

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

and much more!

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

BINGO HOLLYWOOD

Join us for an evening of various

Bingo games at our first

“Bingo-wood”

Thursday April 26th

Games starting at 7:00pm

\$5 for the night with a grand prize given

We will have light refreshments for sale

Come in your most fabulous Old Hollywood look!