

September, 2018



**Open House  
Vendemmia!**

**Sunday September 16th**

**1:00-4:00PM**

**Let the grape stomping BEGIN!**

*219 Paterson Street*

*Almonte, Ontario, K0A 1A0*

*613-963-5000*

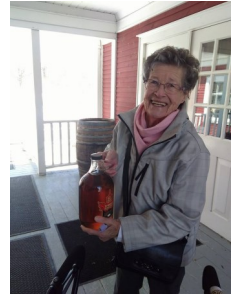
[www.orchardviewmississippi.ca](http://www.orchardviewmississippi.ca) –



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## Resident of the Month: Lena Glasbergen

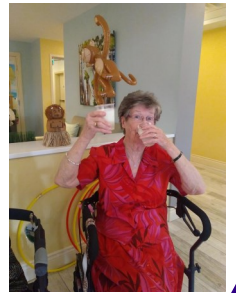
Miss Lena moved into OVM the fall we opened in 2016, already knowing a few of the staff; we heard stories about this vivacious woman. Lena comes from the Netherlands where her roots run deep. She has pictures of the tulip fields and compares them to our tulip festival saying its just not the same. Having given birth to her two daughters in Europe, having a home and life. When her younger daughter, Margaret was still a baby, their family home caught fire, leaving the family close to losing Margaret in the fire and destroying everything inside. The Glasbergen family packed their few belongings and moved to Canada.



Lena has lived a full life caring for her late husband, raising her two daughters, having a great social life, never being short on words. Lena is one of those people who can have a conversation with anyone. She loves to be with others should that be for knitting, playing a crazy game of beach volleyball or having a drink with a couple of good friends. We know Lena is up for anything. Recreation Director, Michael, can always count on Lena to livening up the party and creating an infectious goodtime vibe.



Lena takes pride in her growing family. Knitting little hats, socks and more. She has pictures all over her walls of her grandchildren and now greatgrandchildren. While some are far away, the great world of technology keeps her up to date on all life's little joys.



OVM would have fewer smiles, hugs and back rubs without Miss Lena. Beyond knowing the staff before moving, she says she enjoys living somewhere private and beautiful. We thank Lena for being so kind to not only the residents but the staff as well. Makes everyone feel at home and with family.

## Moments that Matter from Residents at OVM

### Willis Gorley his time with Almonte Distric High School Student

From May through June, Almonte High School Staff chose 16 students from a Civics study class to bond with Residents at Orchard View by the Mississippi. As a part of their curriculum they met with 16 senior volunteers. The volunteers helped and advised the students on their future careers and life styles. Resident retirees reviewed their personal careers and answered students' questions. Some questions asked involved my schooling and subjects from 1941, my war time in the R.C.A.F and overseas and if I had any pictures, post war schooling like, my first job plus my 35 year highlights.

Civics can be classified as a study of people as they relate to particular PLACE at a particular TIME. From their names much can be learned as to where they originated and their group. I realized that after several weeks I knew little about my students life and country. So this becomes a very interesting story.

My student's name was Dante Marulanda. The name "Marulanda" is a well known name in Columbia. It is the name of a village and is a huge land area about an 800 kms distance from the capital of Bogota. It is the surname of my student and a large settlement of their people. Dante's father came to Canada towards the end of the Columbian uprising 40 years ago. Apparently because of previous training in Columbia procured a job in Ottawa involving First Aid and has his own company now. Dante, the oldest of 3, was born in Ottawa and is now 15 years of age. So he proudly declares he is A CANADIAN!

Dante is in grade 10 and his teachers are Mrs. Wilson and Mr. Shepard. I asked about his family's life in Columbia and about the country itself. He said it's very mountainous and Bogota is the capital city. When speaking about the village, the area and it's name he showed a tinge of pride. He said he can trace family connections back to his great, great grandfather. So which came first, the family name or the area name, the Marulanda name?

About 45 years ago, Columbia has an uprising against their alleged corrupt government. It dragged on for some time. General Ferdinand Marulanda, the uncle of my student, led them. I asked Dante what side he was on and he said, "the side of the good guys!"

My limited knowledge of the country Columbia harbors back to 1935 when we had to know all about the countries around the world and their capitals. It seems the most time Columbia was in the news was the "Blow Gun", warriors in S. America with deadly poison arrowheads. I asked Dante about this and he said, "they use guns now!" We also talked about the national flower of Columbia and think it is the Poppy. The poppy pods are harvested and deported overseas. Many say it is exported as fertilizer.



On June 14, a group of students, friends, parents and teachers enjoyed a lovely lunch in the Bistro at Orchard View by the Mississippi. Fiddle music was a special treat; games and exchange of gifts closed out an exceptional year. And to our fellow Canadians, let's move forward together keeping in mind those legacies left by our pioneers and by those who perished in two great conflicts and passed the torch for us to hold high and keep the faith.

## VENDEMMIA OPEN HOUSE

**Come get your feet wet and stomp some grapes September 16th!**

**Join us for an afternoon of:**

**~ Grape Stomping**

**~ Live Entertainment from Duo Oz**



**~ Wine Games**

**~ Food & Wine Pairing**

**~Lots more!**

**RSVP with Julie Munro At 613-963-5000 OR [ovmmarketing@ovlc.com](mailto:ovmmarketing@ovlc.com)**

# Keep on Smiling



**2nd Year  
Anniversary Party:  
Ice Cream Bar**



**Resident  
Garden Tour**





# Strawberry Social



# Puppy Play Date with Freedom Dog Rescue



## Employee of the Month - Karen Roy

Congratulations Karen on working through the ups and downs, her will power and adversity during make Karen a strong person all around, but its her calm and gentle nature that we know and love the most. Karen beyond being an excellent baker can cook up a storm. She is wonderful with the residents and even better with fellow staff members. We would like to thank Karen for her endless supply of kindness and encourage her to continue just as she is, WONDERFUL!

## Testimonial - Mark Eddy

I visited OVM and enjoyed lunch with my parents one afternoon. The place looks good! My parents are happy there and my brother has rented one of the new places under construction.  
Congratulations and many thanks to all the great dedicated staff there!

## Mills Community Support: Trip to Mosaic 2018 Floral Show

On Monday, September 17 we are planning on doing a day trip to see the magnificent floral show in Gatineau—we visited it last year but many people have asked us if we could organize something again for this year!!

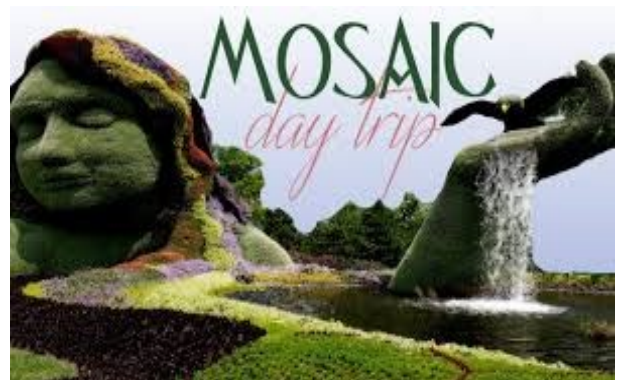
This show has some 45 majestic floral masterpieces with some 5.5 million plants...wow what a feast for the eyes!!

There are also about 210 species and varieties of plants along the 1 kilometer route which should take about 60-90 minutes to walk.

Bring your camera because the floral displays are out of this world!

We will pick you up at home in our accessible bus and after the floral show we will have a well deserved lunch out in the city!!

To reserve a space on our bus please call the Home Support office at 256-4700. This trip is a popular one and space will become limited quickly so book soon to avoid disappointment.



## Special Activities / Events

Movie in the Park  
 Vendemmia Open House  
 Hospital Walk/Run  
 Grandparents Day



## Musical Entertainment

September 7th Mainly Strings  
 September 21st Arlene Quinn

## Residents in Action

Ladies Euchre with Judy  
 Chat with Pat  
 Bingo with Joanna  
 Orchard View Chorus with Barb  
 Open Art with Audrey

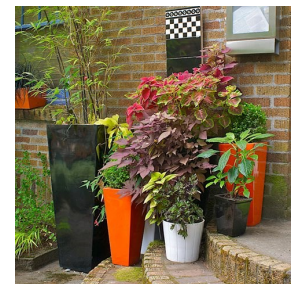
## Amenities & Services

24-Hour Nursing Staff	Library
Chapel Services	House Physician
Wellness Centre— Physiotherapy	Snack and Beverage Bistro
Emergency Response System	Wheelchair Accessible Bus
Foot Care Nurse	Pool & Shuffleboard Table
Full Service Dining Room	Bus Trips and Shopping Trips
Hearing Aid Clinic	
Hair Salon	Tuck Shop



## Fly Trap DIY: Catching Fruit Flies

Do you have fruit flies hovering over your fruits and vegetables? You can make a fly trap out of a fast food drink cup, a lid, and some regular cola. Fill the cup one quarter full of cola, put on the lid and insert a straw so that it doesn't touch the cola, leaving about 1 inch of the straw extending out of the lid. Set the cup near your fruit. The flies will fly down the straw into the cola but they can't get out. **A TIP FOR OUR VEGGIE GARDENS:** Don't pick beans when the plants are wet. Rust and other diseases are almost always present when working around your beans when the foliage is wet is the best way to spread a disease through the entire planting. You should pick the beans when dry.



## Regular Activities

### Mind

Game of Euchre & Bridge  
 Puzzle Corner  
 Bingo  
 Cribbage

### Body

Fitness Classes  
 Walking Club  
 Game of Darts  
 Game of Pool  
 Gardening  
 Zumba

### Soul

Movie Nights  
 Entertainment with  
 Joe Princiotta  
 Orchard View Chorus  
 Religious Services  
 Chair Yoga



# Mississippi River Run/Walk

Join us in a 3K walk to raise funds for the  
Almonte General Hospital/Fairview Manor.

Pledge and registration forms can be found with  
Julie, our Marketing Director.

Hope to see you in your running shoes

September 8th!



## School of Support is Back!

All presentations will be at 7:00pm in the Theatre

*September 20th ~ Arthritis Society*

*October 11th ~ Legacy Planning*

*November 8th ~ Pain Management*

*Please let Julie know that you are coming at*

*ovmmarketing@ovlc.com or*

*give her a call 613-963-5000*