

January, 2019



*The magic of winter never ends and
its greatest of gifts are family and
friends!*

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/orchardviewmississippi

Resident of the Month: Margaret Duncan

Margaret's history as a community leader and elected official is well known both in Mississippi Mills and surrounding area—from High School teacher in Carleton Place, to a successful farm business partnership, to Councilor in Ramsay Township, (first woman), to Reeve of Ramsay Township, to Warden of Lanark County. Her many policies and political accomplishments continue to impact Mississippi Mills and she continues to be involved in community groups, including fundraising for the Almonte General Hospital/ Fairview Manor. While on council, she was responsible for securing significant funding for a variety of rural projects such as the Clayton Housing Project, Lyn Bower, and many new paved roads which encouraged tourism in the area.

Margaret met her husband, Hugh Duncan, at Guelph university. Hugh returned to his home in Almonte and Margaret arrived as a new bride in 1951. They worked hard to create a successful farm and egg marketing business. They raised 5 children in their home on Clayton Road and employed many local residents over their 39 years of business.

After the death of Hugh, Margaret met and married Stanley Brunton. After only a short 4 1/2 years, he passed. She was fortunate to have even more family that were a great part of her life.

Few know of her roots—her early life in a small, rural farming community in Guelph Township, seven miles from Guelph.

Margaret's father was largely self-educated, given the demands of work on the family farm. The rich land, her father's hard work and determination throughout his life, made him a successful dairy farmer and active community leader serving as Guelph Township Councilor and Reeve, and as the Clerk of his Township.

Margaret has fond memories of her mother's sweet temperament, love of flowers, soloist in the church choir and her stylish appearance. The sadness of her early death remains with her today.



Margaret's character was shaped by her parents' values, personal commitment to community, deep religious beliefs, determination and self-sufficiency.

Margaret's family forged deep values in this rural community of self-sufficient farmers and they managed well throughout the Depression years. As children, Margaret along with her brother and sister, participated in local debates, public speaking, social events, recitals and local dances.

Margaret's five children are all currently living in the Almonte and Ottawa area and she stays close with her in-laws, grandchildren and great grandchildren. Her large extended family and friends continue to love to visit her at her new, beautiful home at Orchard View by the Mississippi.



Random Acts of Kindness Month

'Tis the season when all the presents have been put away, the Christmas trees are packed away and family members go back to work. Reality sets in and the winter start to feel blue. Time to switch gears and look into something that will put a smile on our face!

All month long on random days we will have acts of kindness/ challenges for our residents.

Hug challenge: we all know Julie, our Marketing Director, loves to give hugs. We challenge residents and staff alike to give as many hugs in one day as possible.

Silky smooth hands challenge: Staff will have hand lotion bottles, residents can ask for a little hand massage while getting silky smooth hands.

Selfie challenge: how many selfies (picture of oneself with another) can be captured in a day?



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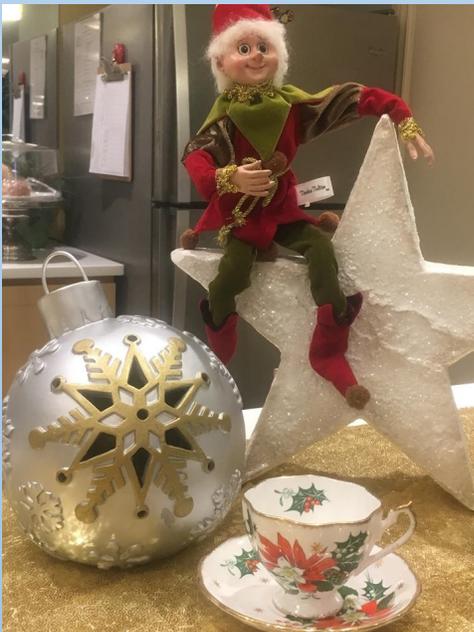


OVM Christmas Village and Craft Bazar

Thank you to all the
families and friends
for making
memories with us.
And to the count-
less volunteers!



Smiling



Employee of the Month - Lorna Quinn

Lorna is relatively new to the OVM family, however her presence on the floor and behind the scenes is glowing. She is always looking to better the lives of our residents, always has a smile on, willing to help anyone and resident focused. We could go on and on about Lorna and how she makes OVM a better place. A big thank you to Lorna for all her hard work. Congratulations on being Employee of the month!

Testimonial - Daughter of Marie Blondin

Marie Blondin came to Orchard View on the Mississippi in November of this year. She was originally living in Ottawa at another seniors' residence for 4 years.

Marie was not well when she was living in her other residence and needed more care. Since she has moved to Orchard View, Marie has thrived with the help of the nurses and staff at Orchard View. The nurses and the PSWs have made her feel welcome and she has come a long way since she has moved in here. And feeling better every day.

Marie is so happy living at Orchard View and has met some of the residence and cannot get over how friendly everyone is here. She loves the entertainment as well. Overall the home

Elegance Spa – What are the cosmetic & therapeutic benefits of Paraffin Wax?

By Carole O'Rourke, Elegance Spa.

COSMETIC BENEFITS: Cosmetically, hot paraffin wax is often applied to the hands and feet. The wax is a natural emollient, helping make skin supple and soft. When applied to the skin, it adds moisture and continues to boost the moisture levels of the skin after the treatment is complete.

THERAPEUTIC BENEFITS: Therapeutic, hot paraffin wax may be used to help relieve pain in the hands of people with ARTHRITIS, OSTEOARTHRITIS, RHEUMATOID ARTHRITIS, FIBROMYALGIA and other joint mobility issues. It acts like a form of heat therapy and can help increase blood flow, relax muscles, and decrease joint stiffness.

You should not use hot paraffin wax treatment if you have POOR BLOOD CIRCULATION, NUMBNESS in your HANDS or FEET, DIABETES, any RASHES or OPEN SORES.

Starting in January the cost of a hot paraffin wax treatment will be \$20.00, will include a hand and arm massage with hot paraffin wax, duration 1 1/2 hour.



Special Activities / Events

Jan 7 Little Christmas Cookie Exchange

January 24 Robbie Burns Day Celebration

Random Acts of Kindness

Shuffleboard Tournament with Joe Price VS Residents

Musical Entertainment

January 11th Peter Brown

Residents in Action

Chat with Pat

Bingo with Joanna

Open Art with Audrey



Amenities & Services

24-Hour Nursing Staff

Chapel Services

Wellness Centre—
Physiotherapy

Emergency Response
System

Foot Care Nurse

Full Service Dining Room

Hearing Aid Clinic

Hair Salon and Esthetician

Massage Therapist

Library

House Physician

Snack and Beverage
Bistro

Wheelchair Accessible
Bus

Pool & Shuffleboard
Table

Bus Trips and Shopping
Trips

Tuck Shop

JoJo's Did You Know

Most people set their thermostat between 21 and 23C. However, brief exposure to slightly warmer to cooler temperatures throughout the day can burn more calories. What's more, mild chilliness influences glucose metabolism. In a study type 2 Diabetes patients increase their insulin sensitivity by more than 40%, a result comparable with the best drug treatment after 10 days of occasional heat dips.



Regular Activities

Mind

Game of Euchre & Bridge

Puzzle Corner

Bingo

Cribbage

Body

Fitness Classes

Walking Club

Game of Darts

Game of Pool

Zumba

Soul

Movie Nights

Orchard View Chorus

Entertainment with
Religious Services

Joe Princiotta

Chair Yoga



Up Coming Events

**COFFEE BREAK IN SUPPORT OF LANARK LEEDS AND GRENVILLE
ALZHEIMER SOCIETY**

JANUARY 16TH AT 3:00PM IN OUR BISTRO

**COME HAVE A CUP OF HOT JOE AND SUPPORT THE ALZHEIMER
SOCIETY. WE WILL BE FULL OF BEANS WITH A COFFEE THEME!**

RSVP AT 613-963-5000 ALL ARE WELCOME

School of Support

Presentation will be at 2:00pm in the Theatre

*January 16th Caregiver Information Session
with Robin Hull from the Alzheimer Society*

*Please let Julie know that you are coming at
ovmmarketing@ovlc.com or*

give her a call 613-963-5000