

February, 2019

*How do we love...*

*Love is more than just beauty*

*Love is the feeling the notion the need*

*Love comes to us in different packages*

*different ways on different days*

*Love is deeper than we know and more than we can hold*

*Love is the pain the gain the tears the kisses in the rain*

*But what do we love... Who do we love... How do we love...*



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/orchardviewmississippi

## Resident of the Month: Mary Ballentyne

Mary was born and raised here in our capital, also known as Ottawa! Her father came from Scotland, and her mother was born in Ottawa, and had a United Empire Loyalist background.

When Mary was growing up she had one very specific memory that has stuck with her until today. When she was at the young age of 12, living with her parents, older brother, younger sister, and a British evacuee, she specifically remembers the night of December 1944. She says her father was in the hospital, and one night when everyone was asleep her mother woke up and smelled smoke. She immediately called the fire department. The fire department looked around and couldn't find fire. Mary's mother knew that something was not right and asked them to stay. One of the fire fighters put his hand on the wall and it was burning! The fire was in the wall!



As Mary got older and became an adult, she took on the role of being a school teacher. She was not only a teacher but she was also an army wife for 34 years! Mary met her husband when he was in the Royal Military College in Kingston. They were constantly moving due to the army postings. They moved all over Canada, England, and the Netherlands. Not long after becoming a teacher, Mary

took some time away from her career to have children. Mary has three surviving daughters, Peigi, Sandra, and Nora. As her daughters got older, Mary decided return to her career.

Mary has seven grandchildren. Two granddaughters who are in grade 11, three grandsons in college, and two older grandchildren out West!

Mary's great hobbies are knitting, and teaching children how to read. She sends three or four bundles of fifty hand knitted socks up North with the warm Hands Network on a regular basis!

Mary feels very lucky to be Canadian. She believes that we should appreciate what our ancestors have done for us, and we owe them a huge "thank you" for making us the country we are today.

Mary describes herself as "a glass half full" in Orchard View and "a glass half empty" without Orchard View. She believes that Orchard View helps her make the most of what she has, because outside disabilities are more noticeable. She feels blessed to have such a wonderful family that get along well.



## Orchard View Spa - Benefits of a Therapeutic Bath

By Carole O'Rourke, Elegance Spa

The water temperature shouldn't too far exceed your own body temperature. While a hot bath feels great, a warm bath is better for your skin and immune system to better fight off viruses and it has medicinal benefits. Heat will get your blood moving, which is not only great for circulation but can also help sore or tight muscles to relax.

Essential oils has wonderful properties, add these oils to the bath like rose, lavender, calendula, aloe and many more oils; your body will thank you.

The anti-inflammatory properties of Epsom salts in the warm bath has proven to help reduce inflammation in your joints caused by arthritis or other muscular diseases like fibromyalgia. Keep part of your body, like your face, out of the water to prevent over-heating.



Soak for 10-15 minutes and BREATHE, RELAX and ENJOY.

## The things we love...

OVM Residents were asked what were the tops three things they love most.

Not a person, not a moment but a physical things.

Some top answers are:

~ Sea food ~ Books ~ Newspaper ~Flowers ~ Pancakes

~Movies and Musicals ~ Travel ~ Shopping

Every week in February we will have an event/activity based on some of the things our residents love the most.

**Week One of February: Musical Movie Marathon**

**Week Two of February: Eggs Benedict Station**

**Week Three of February: Waffle Bar**

**Week Four of February: Puzzle Challenge**

**Week Five of February: Resident Recommended Book Swop**



# Keep on Smiling



We brought the New Year in in style and noise!

Wishing everyone the best year possible filled with many more fond memories and moments to cherish.

We look forward to making this our best year yet at OVM!







## Employee of the Month - Kaitland Comerford

Kaitland has been with OVM from the near start. She has worked in almost all departments and is known as being one of our more reliable and invested employees. She is devoted to the residents and wants nothing more than to make them happy. She currently works on our Memory Living Floor as our Recreation Assistant. The residents on our ML and throughout the building just adore her and often look for her on her days off. Congratulations to Kaitland and all her hard work.

## Testimonial - Michaela Cornell

We had a lovely Christmas dinner for eight in the private dining room on Boxing Day. Graham and Jessica took care that my family had a very nice Christmas dinner, hosted by my mom.

## February is Heart and Stroke Awareness Month

Women are top the charts with heart attacks and the numbers prove it:

#1 cause of premature death in women in Canada is heart and stroke  
53% of women that have symptoms have them go unrecognized  
2/3 of the research is dedicated to heart & stroke disease in men.



Prevention is your key to success. If you have had a heart attack or a stroke, recovery is your key! No matter which side of it you are coming from the following need to be your focus.

Eat healthy: lots of fruits & vegetables, limit your high fat foods.

Get exercise; move your body 150 min a week in bouts of 10min.

Reduce Stress: Your Mom said it best... Don't sweat the small stuff. My new one is "Crazy is the new normal". Once you understand that it doesn't help to become stressed or anxious over things that are out of your control, then life becomes easier. But do remember to take a moment to breathe!

Maintain a healthy weight: The balance between intake and output will bring you to the right balance.

### Special Activities / Events

Staff and Resident Karaoke: Love Songs

Love Something Sweet: Valentine's Day Party

Euchre Tournament

### Musical Entertainment

Feb 1 Peter Brown

Feb 15 Arlene Quinn

Feb 29 Rick Lebrun



### 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

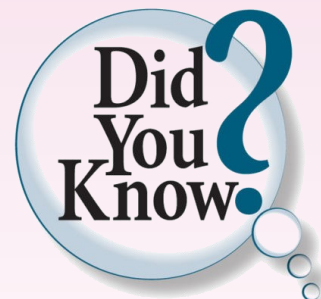
Pool & Shuffleboard  
Table

Bus Trips and Shopping  
Trips

Tuck Shop

### JoJo's Did You Know

Sugar hurts your heart, excess sugar is linked to Dementia. Sugar is as bad for your liver as alcohol. There is a link between sugar and cancer cells and urinary incontinence. Sugars mess with our cholesterol; those who eat a lot of sugar are often overweight. Sugar is sugar even in honey and maple syrup. 20 bags of sugar is the equivalent to the amount an average Canadian eats a year!



### 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

## ST. PATTY'S DAY CELEBRATION!

COME DANCE UNDER THE RAINBOW WITH US!

SUNDAY MARCH 17TH FROM 1:00-3:00PM

WE ARE THRILLED TO BE HOSTING THE BIGGEST AND BEST PARTY IN ALMONTE ON THE GREENEST DAY OF THE YEAR!

ENJOY LIVE ENTERTAINMENT WITH BOBBY BIG WHEELS

RSVP AT 613-963-5000 ALL ARE WELCOME.



## You're Invited to OVM Euchre Tournament

Tuesday February 26th, 2019

12:30—1:15 Lunch

1:30-3:30 Cards & Prizes

**Come** one come all to play your hand at a game of Euchre in support of the Heart & Stroke Foundation. The #1 killer of Woman.

\$15 For Lunch & Cards

\$10 Cards only.

RSVP to Julie Munro at 613.963.5000 Ext 452 or [ovmmarketing@ovlc.com](mailto:ovmmarketing@ovlc.com)

Please share with your friends. Sign up at an individual or as a table of 4. Winners move to the Right.



Heart  
& Stroke™