

The Monthly Review

April, 2019



219 Paterson Street

Almonte, Ontario, KOA 1A0

613-963-5000

www.orchardviewmississippi.ca -



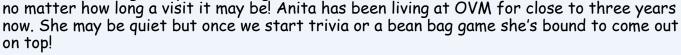
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Resident of the Month: Anita Kutyma

Anita was born in Minheim, Germany. Her mother and father both originally came from Germany as well. In 1954 Anita moved to Canada with her family. She remembers on Sundays when she and her family would go out for nice little rides. As Anita grew older she travelled around South America, Germany, and Canada. She loves thinking back to when her husband was with her and all the adventures and travels they had together. He could speak several languages fluently and was always learning new things.

Some of Anita's favorite hobbies are; reading, dancing, crossword puzzles, baking and she still catches up with her German magazines.

Anita is most proud of her family and her three children Frank, Peter, and Gunda. She lights up when her grandson, David, comes to visit her,





The Power and Persistence and not giving up from an OVM Resident

Imagine a baby thinking - I want to walk over there, I need to stand up, turn in that direction, move my feet in front of the other, I can stand up holding onto a chair, if I fall down? I will get up, I will try to let go again. A baby will keep trying until she achieves what she wants. Imagine a baby thinking - Walking is dangerous, I might get hurt, it's too hard, I can't do this, I will try once and if that does not work I will quit. Maybe I should wait; walking may not be as much fun as it looks, I do not deserve to walk.

How ready would a baby be to make the change from crawler to walker with these doubtful thoughts? You can change your life with little effort. We must, as elders, be willing to take actions required to live life to the fullest. We have spent our lifetimes creating and collecting thoughts that block, hinder, slow down, or otherwise prevent us from living the life we want to live. Realizing the importance of thoughts and mindsets we have developed is the first stop in creating the changes we desire and accomplishing them with ease. Our thinking is the key to reclaiming the lives we were meant to live.

If we have a problem with our lives, we need to organize our thinking. Our thinking is the most important factor in creating how we want to live now. Thoughts determine our desires and actions. You choose how you think. Only you can make the change!

Orchard View Spa - Benefits of Sun Screen - What you should know about the sun By Carole O'Rourke, Elegance Spa

Overcast days are not much safer than those that are sunny, as 70-80% of the sun's ultraviolet rays can get through the clouds. The sun is about 80% stronger when reflected off sand, water and snow. Always wear sunscreen, even in winter and on cloudy days. Wear a broad-brimmed hat, sunglasses, and protective clothing. Daily use of an effective broad-spectrum (UVA/UVB) sunscreen is imperative. Apply sunscreen indoors 30-60 minutes before going into the sun. Be aware to not forget to apply on earlobes and back of neck.

UVA Rays: The Aging Rays cause wrinkling, pigmentation and loss of elasticity. They are present all day, every day of the year.

UVB Rays: The Burning Rays cause sunburns and tanning that increase the risk of skin cancer.

Elegance Spa carries eltaMD UV Physical SPF 41 with 9% Micronized Zinc Oxide and 7% Titanium Dioxide. This sunscreen is tinted and chemical free, natural mineral UV protection, non-comedogenic, sensitivity-free, fragrance-free and paraben-free. Antioxidants neutralize free radicals to help prevent sun damage.

"BE SUN SMART"



BRIDGE TOURNAMENT PRESENTED BY



What: Kitchen Bridge
When: Tuesday April 30th

Lunch: 12:30-1:30pm Cards: 1:45-4:00pm

Cost: \$15 = Lunch & Cards

\$10= Cards

Where: 219 Paterson St, Almonte

RSVP: 613.963.5000 ovmmarketing@ovlc.com

www.facebook.com/orchardviewmississippi

In support of the



Keep on Smiling





























Employee of the Month - Angela

A big congratulation to Angela, our wonderful and divine PSW! Angela is an absolute joy to have on our team. She is reliable, positive, caring and the residents love and trust her. Angela is always willing to go the extra mile for the residents. She is a good teammate to the staff and ever so calm. We thank you Angela, for all your hard work and dedication to the betterment of the residents at OVM! Don't stop being you!

Testimonial - Geralynne Smith from the Alzheimer Society

Thank you to the staff and residents at Orchard View for once again allowing us to host the Minds in Motion program.

It's always a pleasure to visit and work in such a welcoming, friendly venue. I want to thank everyone for supporting the program and I look forward to having another opportunity perhaps in the fall.

School of Support Osteo Arthritis

Presentation will be Tuesday April 9th at 7:00pm in the OVM Theatre Residents, families, friends and community members are all welcome.

Should you have an idea for a presenter or topic you are interested in learning more about, please contact Julie.

Please let Julie know that you are coming at ovmmarketing@ovlc.com or give her a call 613-963-5000

Special Activities / Events

Easter Brunch

Volunteer Appreciation Day

Smart Care Clothing Fashion Show

Musical Entertainment

April 12 - Down Memory Lane

April 26 - Crature

Residents in Action

Chat with Pat

Bingo with Joanna

Open Art with Audrey

OVM Chorus with Barbara

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?

That sodas even the diet variety, are known to cause weight gain and increase the risk of Cancer, heart attacks, strokes, diabetes and osteoporosis?

Almonds are great filling snacks, they contain mono and polyunsaturated fats that helps lower cholesterol. They are also lower in calories than other nuts.

Regular Activities

Mind

Game of Euchre & Bridge

Puzzle Corner

Bingo

Memory Fitness

Body

SPECIAL

Events

Fitness Classes

Walking Club

Game of Pool

Zumba

Soul

Movie Nights Orchard View Chorus

Entertainment with

Religious Services

Gardening

Joe Princiotta





Enjoy brunch with family and not the dishes! A home cooked meal is waiting for you!

Scating times are
11:00am and 1:00pm
Please call and RSVP your family
613-963-5000

Guest tickets are \$31 Adult and \$15.50 for a Child