



**The gift of the gab is upon us all and will be within reach this St. Patty's day!**



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



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## Resident of the Month: Edwina Eddy

Edwina was born in Hartford Connecticut U.S.A. Her grandmother was born in Alsace-Lorraine, Germany, and her grandfather in New Hampshire with a French background. Both of her grandparents moved to New York and met in business school!

Edwina says that her childhood was pretty ordinary. Growing up, she went to a small school with a towpath, and had some great friends! As Edwina got older, she became the wife of a Clergyman, and she had three occupations. Number one being her children Marina, Laird, Mark, and Carolyn. Her second job was being a teacher, and her third job was founding the [Childhood Cancer Foundations Canada!](#) Edwina had formed groups across the Country, and they were able to open up seventeen children's hospitals all over the country!

Edwina's daughter Marina is a social worker, her son Laird and his Wife Diane work for Union Mission, her other son Mark was a Controller at Civic Center Portland, Maine, and her other daughter Carolyn is a high school teacher!

Edwina has traveled to many places around the world! She has traveled around Europe, Australia, New Zealand, the United States, and Canada!

Edwina is most proud of her Family, and her work with the Childhood Cancer Foundations. She sang in choirs, and likes to do craft work. After moving to Orchard View, Edwina's life has been impacted because of the owners, the staff and the residents. She says that everyone here is very generous, caring, and kind!

Interviewed and written by:  
Co-op Student Megan from Almonte  
District High School



## Orchard View Spa - Benefits of a Essential Oils

By Carole O'Rourke, Elegance Spa

Essential oils are the true essence of a plant that can be found in the seeds, bark, stems, roots, flowers or other parts of the plant.

Essential oils can assist in relaxing, sleeping better, or improving a skin condition. They can assist with mild digestive issues and minor aches. Their benefits can go beyond a pleasant smell.

The chemical composition and aroma of essential oils can provide valuable psychological and physical therapeutic benefits. These benefits are usually achieved through several methods including inhalation, application of diluted essential oils on the skin, or even internally if Certified Pure.

Use essential oils in a diffuser to purify and humidify the air, a few drops of your favorite oils in a therapeutic bath, or foot bath. You can even cook with certain oils.

Promoting wellness with Mother Nature's gift!



### Women can prevent or reduce their risk of stroke by:

Maintaining a healthy blood pressure through increased physical activity, reduce salt intake and medication.

Being moderate to vigorous aerobically active for at least 150 minutes per week, in 10 minutes increments or more.

Eating a healthy, balanced diet focused on whole foods with lots of vegetables and fruit, limiting ultra-processed foods, avoiding sugary drinks, and watching portion sizes.

Becoming and remaining smoke-free.

Achieving and maintain a healthy body weight.

Using medications to reduce the risk of stroke as prescribed by their healthcare provider.

Discussing their personal risks with their doctor before using birth control pills or hormone replacement therapy after menopause.

**Signs of Stroke:** - Act FAST because the quicker you act, the more of the person you save.

**F**-Face is it drooping?

**A**-Arms can you raise both?

**S**-Speech is it slurred or jumbled?

**T**- Time to call 911 right away.

Shared from H&S Foundation 2018 Stroke Report

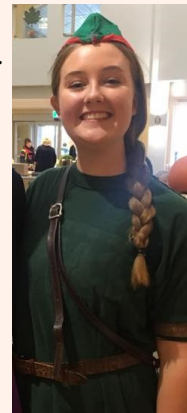
# Keep o





## Employee of the Month - Leah

Leah has been part of the OVM team for close to a year now. She works within our Dining Room team, and does so much more for the residents at OVM. After her shift or on her lunch break you can often find Leah playing scrabble with Ann or coming to special events, helping residents to the elevators and stealing the show in her Robinhood costume on Halloween. Leah is an outstanding employee who makes OVM a better place with her passion and kind heart. Congratulations, Leah, on being named our Employee of the Month. We hope you continue to wow us with your love for the residents. Thank you, thank you!



## Testimonial - Ursula and Ralph Beddows

Although it was not easy to leave our old farmhouse, we found a new, lovely home at Orchard View. The transition was helped by welcoming receptions and gatherings which meant that we soon met our neighbours. Whether participating in entertainment activities hosted by Orchard View, or choosing to be quiet in the library or one of the lounges, one can always count on a friendly smile or a kind word from staff or fellow residents. We feel fortunate indeed to have such a bright, comfortable home in a caring community!

## Spring is upon us... Fingers Crossed

With warmer month coming it's time to start thinking of our gardens. Should any community members have any vegetable plants, perennials or garden décor they would like to donate to our Memory Care patio gardens please contact Michael at [ovmrecreation@ovlc.com](mailto:ovmrecreation@ovlc.com) or 613-963-5000

We can't wait to break free from the snow and get our hands dirty!



## Volunteers are always appreciated...

Do you enjoy giving back to the community? Do you want to feel invested in the lives of others? Do you enjoy making a difference in the lives of Seniors? Become a volunteer at Orchard View by the Mississippi! We are looking for fun and motivated community members to help with a French Chat Group, Trivia Games, Memory Living Activities, Baking, and much more!

Contact Michael Rowland at [ovmrecreation@ovlc.com](mailto:ovmrecreation@ovlc.com) OR 613-963-5000

### Special Activities / Events

Mardi Gras

Beer-fest All the best local beer

St. Patty's Day Open House

### Musical Entertainment

March 1 Peter B.

March 15 Arlene Q.

March 29 Rick L.

### 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

Salmon, rainbow trout and sardines in particular, contain high levels of Omega 3 Fatty Acids. This helping to reduce stiffness and swelling in our joints. Research has shown that people with Rheumatoid Arthritis who consume high amounts of these fish are likely to see an improvement in their symptoms.



### 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**

### **AND OPEN HOUSE**

**COME DANCE WITH A SHAMROCK OR TWO!**

**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. COME KISS THE BLARNEY STONE AND  
GET THE GIFT OF THE GAB.**

**RSVP AT 613-963-5000 ALL ARE WELCOME.**

