

May, 2019

*Being a Mother
means that
your heart is no
longer yours;
It wanders
wherever your
children do.*



219 Paterson Street

Almonte, Ontario, K0A 1A0

613-963-5000

www.orchardviewmississippi.ca –



/orchardviewmississippi

Resident of the Month: Norm Renals

Norman Renals was born in Toronto on October 20, 1931. His parents were born and raised in England and immigrated to Toronto. Shortly after arriving they moved to Sudbury where some of Norm's fondest childhood memories were formed. Norm recalls "I can remember skating across a lake in Sudbury, the wind was so strong I could barely move. In order to get back to land I had to crawl the whole way. I was 9 years old at the time and I can still see it clear as day." Sudbury is also where Norm learned to ski. This helped him later when he became part of a ski patrol team. He said he is most proud of saving a total of three lives during his time as a ski patroller.



Norman proposed to his wife when he was just 17 years old, they had only been dating a few weeks when he got down on one knee. The couple waited to wed until later on in life when her father returned from war. Norm and his wife, Dorothy, had two daughters, Kim and Teal. From them Norman received six grandkids.

He worked as a forester for Ontario Hydro from age 19 and retired when he was 52. Over the course of his life Norman has done lots of travelling, mainly to Europe and the Canadian Rockies for ski trips. Some may only call Norm, Norm, but to us at OVM he is our push-up guy as he completes his average of 500 wall push-ups a day, and if you ask, he can show you his little book to keep a day by day log.

When he isn't doing push-ups, you can find Norm reading a book or the National Geographic. While Norm wasn't sure of the idea of living in a retirement home, he has found many friendly faces to spend his days with and even a friend or two from years gone by. Norm can't wait for summer to try his pushups outside!

OVM Resident Best Mom Moments from Moms and Daughters

At one stage two of my children were in the same classroom although different grades. My daughter came to me one day saying that each pupil had to give orator veal. She asked "what should I talk about?" My answer was, "talk about something you know about"
cont'd

First child eats dirt. Parent calls doctor. Second child eats dirt. Parent cleans out mouth. Third child eats dirt. Parent wonders if she really needs to feed him lunch.



Two weeks later her brother burst in from school saying "MOM HOW COULD YOU!" Bewildered I asked "How could I what?" He answered "Margaret gave her oratorical today entitled "My Life Among the Savages" and she meant US!

My two daughters have made me very proud in following my footsteps in becoming teachers. I never once pushed them to do it.

When several of us would get rowdy/noisy/cranky, she would muse, "I wish someone would invent anaesthetic-in-a-can. Then with just one squirt, I'd be able to get 5 minutes of peace and quiet!!" With just two kids of my own, there were plenty of times I wished I had anaesthetic-in-a-can. Mom would have gone through cases of the stuff!!!

- ▼ Trying to keep a straight face when my 3-year-old tells me to go stand in the naughty corner when I don't listen to her.
- ▼



Walk for Alzheimer's Saturday May 25th
Smiths Falls: Lower Reach Park, Kinsmen Pavilion
Help Make Memories Matter

Alzheimer Society

The IG Wealth Management Walk for Alzheimer's is a great opportunity to raise awareness and support people in your community living with dementia. It's a 1 hour outdoor walk rain or shine!

Walk as an individual or invite your family, friends, co-workers or neighbours to join you and start a team. There will be music, games, face painting, prizes and free refreshments for participants.

To register or for more information

Call Bobbi-Jo White, Fund Development & Marketing Coordinator,

Alzheimer Society Lanark Leeds Grenville

866-576-8556 or email bwhite@alzlls.ca

On line at www.walkforalzheimers.ca

Keep on Smiling Everyday in our Memory Living Program





Employee of the Month - Barb Holley

There isn't enough kind words to say about Barb! She is an absolute joy to have as a member of the OVM team. Barb works as one of our PSW's for the Memory Living Program and it is a better place because of her. Barb gives 110% with everything she does. There is never a bad time, never not enough time, she is open to new things, helping others and making our days brighter for both staff and resident! Congratulations Barb, we appreciate everything you do, keep up the good work!

Testimonial - Beatrix Litva

This is home. I wasn't sure at first, but now I know what I was missing! I'm happy, healthy and always have fun things to do. I have friends that come and get me to join the fun, while my husband relaxed and enjoys his time. I don't have to cook or clean. I love the girls that look after us, they are wonderful. OVM is a great place to live.



Orchard View Spa - Benefits of Water H₂O ~ Reasons Why You Should Drink More Water By Carole O'Rourke, Elegance Spa

Some suggest 8 (8 oz) glasses a day while others suggest take your body weight (in pounds), divide it in half and drink that many ounces. Listen to what your body needs.



If you don't care much for the taste of ... nothing, then add a squirt of lemon, a squeeze of lime. A few springs of fresh mint with cucumber and orange slices. You can even be so bold as to add a few fresh or frozen fruits. Try adding 1 or 2 drops of citrus Essential Oils like wild orange, lemon or lime.

"Increases Energy & Relieves Fatigue; Promotes Weight Loss; Flushes Out Toxins; Improves Skin Complexion; Maintain Regularity; Boosts Immune System; Natural Headache Remedy; Prevents Cramps & Sprains; Puts You in A Good Mood; and Save Money!"

Water is FREE with 0 calorie. Cheers to your GOOD HEALTH!

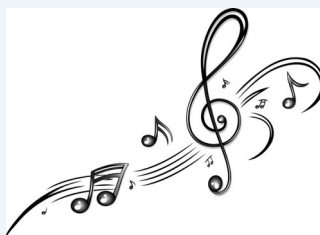
Special Activities / Events

Mother's Day Brunch
 Margaret Brunton's 95th
 Birthday Party
 Mayday ~ May Pole with the
 Almonte Girl Guides
 History Homes Tour
 with Marie Dunn



Musical Entertainment

May 3rd Dave Arthur
 May 17th Mainly Strings
 May 31st Peter Brown



Residents in Action

Chat with Pat
 Bingo with Joanna
 Open Art with Audrey
 OVM Chorus with Barbara
 Four Hand Euchre with
 Terry

Regular Activities

Mind

Game of Euchre & Bridge
 Puzzle Corner
 Bingo
 Memory Fitness

Body

Fitness Classes
 Walking Club
 Game of Pool
 Zumba

Soul

Movie Nights
 Orchard View Chorus
 Entertainment with
 Religious Services
 Gardening
 Joe Princiotta

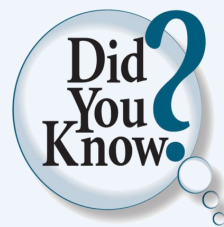


Amenities & Services

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	Tuck Shop
Hair Salon and Esthetician	
Massage Therapist	

JoJo's Did You Know?

We have always known that fruit is good for us as its filled with vitamins, but DID YOU KNOW...? Fruit has an anti-inflammatory drug that relieves pain!



Pineapple for knees, apples nuts and seeds (walnut, pumpkin seeds, grapes and cherries).



Mother's Day
BRUNCH

Sunday May 12th

*Enjoy brunch with the most important ladies in
your life...*

A home cooked meal is waiting for you!

Seating times are 11:00am and 1:00pm

Please call and RSVP your family

613-963-5000

*Guest tickets are \$31 for an Adult and
\$15.50 for Children*