

February, 2020



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Resident of the Month: Robert (Mac) McPherson

Written by: Brent Connelly

The commonly used expression “thinking outside the box” is a metaphor that means “to think differently, unconventionally, or from a new perspective.” Our OVM community can now boast that one of our own, Robert (Mac) McPherson, who, as a young lad growing up in the 1940s in the rough-and-tumble neighbourhood of Montreal known as Pointe-Saint-Charles, learned at an early age that independent thought plus grit equals survival—and he has been engaged in groundbreaking thought and deed ever since.

In the 1940s, the Pointe was a tightly knit, working-class community with the massive Grand Trunk Railway yard only five blocks from where Mac lived with his parents and his younger brother, Ian. On the same street, there was a dye factory and the Nun’s Farm, a retirement centre for nuns, while the city dump was located at the end of the street. For an outsider, it didn’t appear to be a very pretty or safe place to live, but Mac recalls a happy childhood growing up there among a mix of French Canadian, Irish, Scottish, and other immigrants—where it seemed that everybody had a job.



Twenty years later, Mac took his son, Hamish, to the Pointe to show him where he had been raised. Hamish marvelled at the narrow streets and how much traffic there was—it was still a very busy place. Mac’s father was employed by the Royal Bank (RBC) while both sets of Mac’s grandparents had previously emigrated from Scotland to Canada at different times, with his mother’s family settling in the Pointe area and his paternal grandparents heading out west to take up farming.

A general arts degree with a geography major from Carleton University, followed by a six-year stint working with delinquent teens in the Ottawa area, and topped off with an MA in criminology from the University of Ottawa led Mac into a successful career as a probation officer with the Ontario Ministry of Community and Social Services (MCSS). (Note the difference: A parole officer supervises offenders who have been released from prison after serving part of their sentence while a probation officer supervises those who are sentenced to serve probation instead of being incarcerated.)

Mac served as a probation officer in the more populated areas of Ottawa where he spent most of his time on the streets, visiting his clients in the various training schools. He could have forty to sixty of them between the ages of twelve and eighteen to supervise at one time, over various probationary periods (up to two years) as set forth by the judge. That is where “thinking outside the box” came into play: Mac strove to get inside the head of each one of his charges to assess their history and current status to develop a remedial plan to help them set a new course for themselves, all within a specified time frame.

Mac and his colleagues found that most of their rehabilitation success came from introducing their clients to a completely unfamiliar lifestyle environment to show them that there were more pleasant and productive places to live and sleep than under a city bridge like trolls; thus, the outward-bound, boot-camp-like program called DARE (Development through Adventure, Responsibility and Education; <https://projectdare.com/program-description/>) came to be. DARE facilities are often located in remote bush locations and, where possible, are intended to replace antiquated operations such as the training school at Alfred, Ontario, which has now been closed.

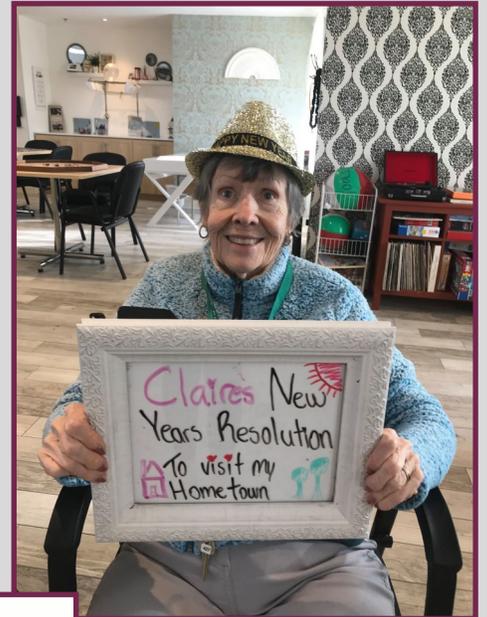
The general rule of thumb for the success of client rehabilitation through all types of interventions by probation officers and other members of the MCSS is as follows: top one-third, no repeat of offences; mid-one-third, reduced number of offences; and low one-third, no improvement in the number of offences. With the further advent of the DARE concept, it is expected that this record will improve.

The following quotation comes from the pen of Stephen Hunter, a British novelist, and was passed onto me by my good friend, Stan Kwiatek, a retired Winnipeg police officer:

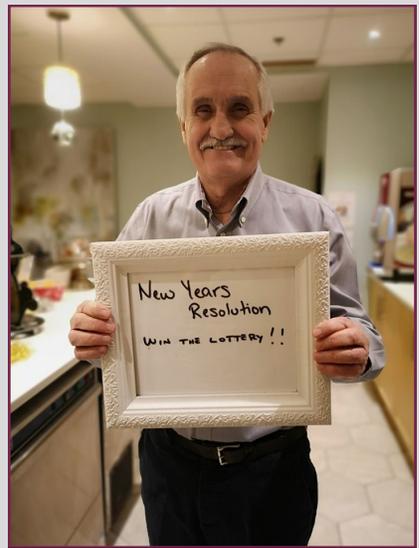
“If you’re not living on the edge, you’re taking up too much space.”

I’ll leave it to others to comment on whether Robert (Mac) McPherson is living on the edge, as I don’t know him as well as most OVM residents, but I can tell you with certainty that he is not taking up too much space. This man is a deeply profound thinker, and he is just what is needed as our society struggles with the task of helping people who have tripped over the scrimmage line on their way to scoring a touchdown.

Keep on Smiling



**Our New
Years
Resolutions!**





Seasons Best!



Employee of the Month - Heather Yankoo

Congratulations, Heather, on being February's Resident of the Month! Heather works at Reception and is a great addition to our team/family. Heather is very organized, prompt, kind and quick learning, but, beyond that, Heather always put the residents first. She enjoys her time with them, is very gentle by nature and overall a very calm and collected person to interact with. We would like to thank Heather for all her hard work and for being so reliable even in a jam! Keep up the great work and stay true to yourself!

Testimonial - Jane Ellens

Thank you to your whole management team for the time & care you took meeting Sam yesterday. We all recognized the kindness and caring that your entire team displayed & we so appreciate the attitude of all of your people. They were lovely & so supportive of him. Sam was happier & more engaged than we've seen him in some time, both during & after our visit to Orchard View. We wanted to make sure that you know how your & everyone else's kindness & efforts on his behalf were so much appreciated.

Laugh out Loud at Orchard View

~ Not to brag, but I just went into another room and actually remembered why I went in there. It was the bathroom, but still...

~ When I turn 80 I won't need glasses.. I'll just drink from the bottle!

~ The easiest way to find something lost around the house is to buy a replacement

~ Did you ever notice that the Roman Numeral for forty (40) is "XL"

Orchard View by the Mississippi "Friendly Neighbours" Membership

Not ready for retirement living, but want to get involved in activities and events that support healthy and happy living? Become a VIP member of Orchard View by the Mississippi "Friendly Neighbours"

This VIP Membership includes the following and much more!

- ◆ 2 Complimentary meals annually
- ◆ Attendance at any of our weekly exercise programs **
- ◆ Attendance at any of our activities or events found on the calendar**
- ◆ Receive our monthly newsletter and calendar
- ◆ Access to our Alzheimer Society support group



**JOIN OR
RENEW
TODAY**

Special Activities / Events

Euchre Tournament
 Valentine's Day in Paris
 Marilee's Piano Recital
 NLSG Crib Tournament
 Winter Carnival
 Beat the Winter Blues

Musical Entertainment

February 7th Bill and Wendell
 February 21st Arlene Quinn

Residents in Action

Chat with Pat
 Bingo with Joanna and Friends
 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
 Badminton
 Ping Pong

Soul

Movie Nights
 Orchard View Chorus
 Entertainment
 Religious Services
 Gardening Indoor/
 Outdoor
 Joe Princiotta on Piano



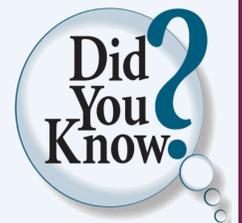
Amenities & Services

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 Shop-
 ping Trips
 Tuck Shop
 Outdoor Raised
 Flower Gardens
 Duck Pond, Atrium
 Pond and Donkey Pen
 with assorted
 additional animals

JoJo's Did You Know?

Cinnamon is the world's #1 spice. It stabilizes blood sugar, it is high in antioxidants, relieves inflammation, protects heart health. A little bit goes a long way which makes it especially beneficial to include in your diet!



Aluminum foil is the perfect item to sharpen scissors, Just cut about 7 times into a piece of foil and voila! Putting a piece of foil under the legs of furniture will help moving easier. A piece of foil rubbed on chrome will remove rust!

Upcoming Events at OVM

- **February 13th at 6:15pm
Children's Piano Recital**
- **February 14th Valentine's Day in
Paris with Special Entertainment**
- **April 21st bridge Tournament for
the Cancer Foundation**
- **April 24th Smart Care Clothing
Fashion Show and Sale**



Orchard View
BY THE MISSISSIPPI
ALMONTE

Euchre Tournament for
Heart & Stroke



Tuesday February 11th

11am-12pm Music with Joe Princiotta
12pm Lunch
12:45-4pm Cards

\$10 Cards Only ~ \$15 Cards & Lunch

RSVP: 613.963.5000 OR OVMMARKETING@OVLG.COM

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Orchard View
BY THE MISSISSIPPI
ALMONTE

Open House
Sun 15th MARCH 2-4pm

**Saint
PATRICK'S
Day**



LIVE MUSIC WITH ROBIN AVERIL

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