


Orchard View
BY THE MISSISSIPPI
ALMONTE

The Monthly Review

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Resident of the Month: Jean Stewart

Written by: Brent Connelly

What a delightful lady we have in our midst at OVM! Her name is Jean Stewart, and if you have not yet met her, you are in for a real treat when you do. She is one of the original residents of OVM, having moved into OVM in September 2016 with her husband William Donald “Don” Stewart. As construction on their floor was still ongoing, Jean recalls that workmen installed the front door to their suite on the same day as their move. Sadly, Don passed away in October 2018.

Jean was born in Calgary, Alberta, into a banking family (BMO). In those days, bank employees and their families were readily transferred across the country. One of her favourite postings was in St. John's, Newfoundland, during WWII. And that was the beginning of her great respect for the military, when as a young girl she watched from a window in her home as young seamen, not much older than she, boarded their ships to set sail into dangerous waters and unknown futures.

In 1947, Jean began a career in nursing after she graduated from the nursing program at the Toronto General Hospital. The hospital was right on the edge of the city's red light district, thus presenting staff with every kind of medical trauma imaginable. In the company of a good friend and nursing colleague, she then moved to Winnipeg and went on to earn a degree in public health nursing from the University of Manitoba.

And that good friend became an even better friend when she introduced Jean to a cousin of hers. His name was Don Stewart, a handsome young RCAF navigator who grew up on a farm in the Almonte area. He went on to serve his country with great distinction and honour, retiring with the rank of brigadier general of the CAF.

That first meeting sparked a wonderful relationship between Jean and Don, which was highlighted by a very busy marriage of sixty-five years. The happy couple were blessed with seven children, including a set of twins. Don was a man on the move with his military career, but their family came first for him and Jean. When he was posted to international and Canadian locations, he made sure that his services as an experienced jet navigator were conditional on the guarantee that his wife and family would be permitted to accompany him.

Jean recounts the story of the time that they were posted to Germany for a tour . . .

“Typically, with postings like this one to Germany, members such as ‘my Don’ would be expected to be on the job well in advance of the arrival of their families. The delay could be as long as several weeks, and since there wasn't a Canadian base to accommodate the families in Germany, we had to be sure that our rental unit would be sufficient for a family of nine. Presumably, this delay would give Don the time to check out possible living quarters prior to the invasion of eight more people. The guiding principle for this undertaking was as simple as it was important: ‘If Momma ain't happy—ain't nobody gonna be happy.’



"I recall dreading our overnight flight from Trenton to Germany since I would be badly outflanked by our kids. There were seven of them (with the youngest only two years old), and there was only one of me, and I had been on my feet since five a.m. The kids were all very excited about their European adventure and had been running around all day, so they were probably as played out as I was, or so I had hoped.

"The military aircraft's takeoff was delayed for around two hours, and surprisingly, my kids were fast asleep shortly after they had fastened their seat belts. According to members of the plane's crew, I joined them by falling asleep a few minutes later—with not one of us so much as cracking an eyelid until the plane began its final descent. It was at that point that I pulled out my little black things-to-do notebook and made a quick entry under category # 1: 'Prepare and complete the airplane trip to Germany.' My notation was *'Done with finesse and grace—so proud of our kids!'*

"I carried our little two-year-old girl in my arms down the airplane's steps to be followed by another six kids—each one bright-eyed and bushy-tailed and ready to take on the world. They raced with each other to be the first one (after me, of course) to hug their dad, who was already half way up the steps to greet his larger-than-life family. I thought to myself, 'I wonder how Germany is going to handle this crew of Canucks.'

"'It looks as if you're going to need an international driver's licence, Jean,' Don said with a tongue-in-cheek half smile. I replied, 'No, I don't think so. Not at least until I find out where we will be living.' He replied by suggesting that I get one right away as he was returning to Canada in thirteen days, adding that it was a last-minute NATO thing but wouldn't be away very long.

"So there you have it—another entry into my little black to-do notebook. But my dear husband had already made arrangements for me to acquire my driver's licence, and furthermore, he had ordered a ten-passenger Ford station wagon to be shipped to us in Germany. And you know what? There wasn't a Mercedes-Benz in all of Germany that could come close to catching up to our dust, especially with Don at the wheel."

Jean describes her retirement years this way

"Both of us loved flying—be it in the air in an airplane or on the German Autobahn in a Ford station wagon—so no one was surprised that flying would still form a very important part of our lives in our retirement years. Don, who had been a navigator for the duration of his career, returned to flying school to obtain his pilot's licence. We then purchased our own airplane, a Mooney four-seater piston craft with a crew of two—the pilot and me, the navigator, by his side—as well as a set of golf clubs strapped securely in each of the two rear seats. *The Masters here we come—it doesn't get much better than that.*"

So the next time you spot Jean Stewart zooming by with her walker on her way to or from a weight-lifting session at Michael's Fitness Depot in the Wellness Centre, flag her down for a chat. You'll be glad that you did. Chances are that you will both learn something new and have lots of fun to boot.

Keep on Smiling



Open House and Christmas Village





25 Days of Christmas

Employee of the Month - Molly Carson

Congratulations to Molly for being awarded January's Employee of the month! Anyone who knows Molly, instantly wants to be around her more! She is patient and kind, full of smiles and great ideas. Her co-workers within the Memory Living Program absolutely adore her saying: "I think Molly should be recognized for going above and beyond. I don't do this a lot as I think all staff do their best, but, sometimes there is that one person who goes beyond the call and she totally does!" A big thank you to Molly for all her hard work and dedication to not only the residents, but to her co-workers and OVM as a whole!

Testimonial - Liane Tackaberry

My Mom didn't choose to come to Orchard View but in 2 months she has made it her home. The staff on the 4th floor are wonderful and they respect my Mom's need to be recognized as an intelligent and able woman. They have helped her find a sense of purpose by encouraging her to help others. She loves it there and is happier than she has seemed in a long time. And she loves the food!

Beat the winter Blues!

This winter we will have a special activity to help enjoy and embrace the winter and all its beauty. So we ask our community, family and friends, how do you beat the winter blues? **Let us know at ovmrecreation@ovlc.com**

Some of our winter activities will entail; chair hockey, beaver tails, ice fishing, building a snowman, ice painting, cupcake decorating and more!

beat the
winter
blues

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

** RSVP is required as space is limited



Special Activities / Events

Robbie Burns Day Celebration
 Wine Pairing
 Beat the Winter Blues
 Weekly Activities
 Tour of the Dairy
 Vodka Distillery

Musical Entertainment

January 3rd ~ Mystery Entertainment
 January 17th ~ Somerset Combo
 January 31st ~ Peter Brown

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
 Chair Yoga



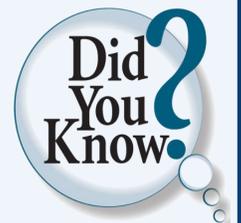
Amenities & Services

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
 Outdoor Raised Flower Gardens
 Duck Pond, Atrium Pond and Donkey Pen with assorted additional animals

JoJo's Did You Know?

John Fitzgerald Kennedy the 35th President of the United States had an IQ of 160 (130 is thought to be the beginning of genius level) But Thomas Jefferson also had an IQ of 160.



The Lamb's Quarters—always considered a weed because it grows wild. It is richer than the peas and beans we plant, it contains larger amounts of vitamin A and Calcium. It is tastier than spinach and is wonderful in salads or stir cooking.

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Open House

Sun 15th MARCH 2-4pm

Saint
PATRICK'S
Day



LIVE MUSIC WITH ROBIN AVERIL

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