

March, 2020

## The Wearin' O' the Green

Today is the day fer the wearin' o' the green.  
Today is the day when the little people are seen.  
Today is St. Patrick's Day, so if ye'r Irish me lad,  
Join the celebratin' fer the grandest time ta' be had.

Ya' put yer hand up in the air, the other hand on your hip.  
Ya' tap yer toe, ya' tap yer heel, ya' bounce yer knee a wee bit.  
Ya' prance 'n dance around the room, n' circle one two three.  
The saints be praised, I must admit, ya' all look Irish ta' me.



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## Resident of the Month: Faye Dowdall

Written by: Brent Conolly



I first met Faye Dowdall a few weeks ago when she attended the 10:00 a.m. exercise group called “Fit 45,” which is presided over by Orchard View’s Recreation Director, Michael Morin, who is well known and loved by all the residents. I call her “Our Wee” Michael, but as I continue to observe the “one-thousand-and-one” things she does on the job in a day, that name could be changed to “Our Wee but Mighty” Michael. One of her many responsibilities is to oversee the production of Orchard View’s *Monthly Review*, which includes the selection of a resident (usually a recent arrival) whose profile is featured here for the purpose of introduction. For the month of March, it’s Faye who is front and center.

Faye is a vivacious lady who can be spotted most days as she wheels her “Nexus-Lexus” walker around the Atrium and Bistro areas. She is constantly smiling and always ready to pull over and stop for a chat, and I can confirm from my own experience that she is a joy to interview.

Faye was raised in Almonte and graduated from Almonte High School, where she excelled in typing and other office skills. It was her dream to become a personal secretary, so she was fortunate that her former high school commerce teacher, Mrs. Gillan from Pakenham, didn’t let the “greased lightning speed” of Faye’s typing skills go unnoticed. Faye feels that it was a recommendation from Mrs. Gillan that led to her being hired by the federal government to join its fifty-five-member steno pool of the Department of Citizenship and Immigration on Elgin Street in Ottawa.

So in 1955, at the age of sixteen, Faye left a thirty-cent-an-hour part-time job at Almonte’s Superior Restaurant to begin an exciting career in the Canadian public service that spanned over twenty years. Her first paycheque netted her \$69 for a two-week period. Up until that time, she had only been to Ottawa four times. Now, she was able to continue to live at home—and help out her parents with household expenses—while commuting to the big city every day.

Things were looking pretty good for this young country girl who had just rode into the capital city of Canada with her sturdy Underwood typewriter. With a lot of hard work, she began to climb the “ladder of success.” Seven years later, in 1962, she completed another “step up the ladder” when she married Allan Dowdall from Appleton, who was in the milk cartage business with his father, Leonard. Later on, the happy couple celebrated the arrival of their two children, Jeff and Julie, who still reside in the Almonte area. Sadly, Allan passed away in 1999 at the age of sixty-two.

Back in the pool—the steno pool, that is—Faye was swimming around in a sea of correspondence and reports. Ellen Fairclough, a member of Parliament (MP) from Hamilton, took a particular interest in Faye’s positive attitude and her office skills. At the time, Fairclough was serving in John Diefenbaker’s 1957 Progressive Conservative (PC) government as a capable minister

of citizenship and immigration, and she was widely acclaimed and recognized, both inside and beyond Parliament Hill, as Canada's first ever female federal cabinet minister.

One day, Fairclough approached Faye and asked her if she would be interested in taking a shorthand course, and Faye jumped at the opportunity. Shortly after successfully completing the course, she was assigned to Fairclough's personal staff—yet another rung up the “ladder of success.”

When Fairclough moved to the position of postmaster general, which would require a physical move for her staff, Faye remained with the Department of Citizenship and Immigration under a new minister, Dick Bell, MP for Carleton until the PC minority government fell to a Liberal majority in 1963. Shortly after the new Lester Pearson government was formed, Faye joined the secretarial team for Charles “Bud” Drury, MP for Westmount.

She left the public service in 1975 to be with her two preschool-aged children. Once they became established in school, she worked part time in the classified department for the *Ottawa Citizen* and later returned to full-time employment with the Canadian Bar Association, in Ottawa, for another thirteen years. She retired permanently in 1996.

OVM offers a short-term respite care service, whereby people who are recovering from surgery or an illness can receive accommodation and professional care during a convalescing period. Toward the end of 2018, Faye underwent some major surgery. She took advantage of the respite care accommodation and stayed at OVM for around three weeks. One day, a few months later, while receiving treatment in the physiotherapy department of the Almonte General Hospital, Faye bumped into Julie Munro, OVM's Director of Marketing. Julie is the other half of the tag-team pair of “wee but mighty” hands-on managers who are so well known and loved by the residents; on any given day, Julie and Michael are busier than a pair of “wee but mighty” ticks on a moose.

“Why don't you come and live with us permanently, Faye?” Julie asked. “I have a room for you right now—you can move into it this afternoon in time to watch *The Young and the Restless* on TV.” The outcome of this chance meeting led to a second meeting just two days later. Faye signed a residency agreement and became a regular resident of OVM; to this day, she loves every minute of her life at her new home, including her time spent with the many friends she has made. So, there you have it—there will always be “a rung of opportunity” to step on as long as we continue to look up with a positive attitude and a great big smile.

Here's a final “tongue-in-cheek” thought on behalf of Faye Dowdall and many other residents who look forward to stomping grapes at the annual OVM Vendemmia: How would it be to have a second Vendemmia on New Year's Day, much like the “polar bear swimmers for charity” do? Who knows, there might even be a payback on the sale of a fine ice wine made from grapes stomped on by sock-covered feet!

# Keep on Smiling





## Employee of the Month - Jeffery Jones

Congratulation to Jeff for being this month's Employee of the Month! Jeff has been with OVM for a short while now. If you know Jeff, he comes across to be a very quiet guy, but he has a great work ethic and an even bigger heart! Jeff works in our Maintenance Department but when the need is there he is the first one to help in the laundry room, fold and getting it all ready to go again. The staff love to work with him and the residents can't get enough Jeff time. Congratulations once again, Jeff, you are truly outstanding!

## Testimonial - Kit Belisle

It's a big step to move out of my beloved home. I didn't know how I would give up, enjoying sitting on the porch and being greeted by every dog and their owners each day. Once I was here, Orchard View became our new home. I am so fortunate to be here. Meals are all prepared for me, people come and check up on me, my sheets and floors are being done while I sit and talk. The staff are amazing and I look forward seeing them each day.

I can't imagine how difficult life would have been in managing Gerry's needs at home or in the hospital. I was able to be with him 24/7 and kiss him goodnight every night. They took such good care of him and me, during a very difficult time. It was the best thing we ever did!!

WHAT DID THE  
DAUGHTER  
CORN ASK THE  
MOTHER  
CORN?

WHERE'S  
POPCORN?

## Laugh out Loud at Orchard View

I used to eat a lot of natural foods until I heard that most people die of natural causes.

Why are you IN a movie, but you're ON TV?

How did the man who made the first clock, know what time it was?

## School of Support ~ Taxes & Probate

Tuesday March 24th from 7pm to 9pm

Join Bob McGaraughty in the Theatre to understand how you manage taxes and probate when investments or property or estates are finalized.

Bob has many years experience in working in the financial industry and knows the ins and outs of a healthy financial situation.

RSVP at 613.963.5000 or [ovmmarketing@ovlc.com](mailto:ovmmarketing@ovlc.com). The Public is welcome.

### Special Activities / Events

Beat the Winter Blues  
 St. Patty's Day Open House  
 Beer Festival  
 Mardi Gras Celebration

### Musical Entertainment

March 6th Crature  
 March 20th Peter Brown  
 March 27th Paul and Company

### 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 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?

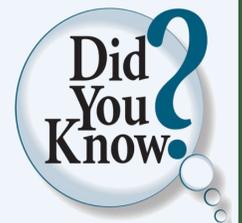
Scientists can turn pea-  
 nut butter into diamonds

Many of the cereals like  
 Cheerios and other cere-  
 als contain wood pulp

Ripe Cranberries will  
 bounce like rubber balls. Bouncing is a  
 test for ripeness.

All Bananas are a clone. Even though  
 there are 1,000 varieties, the ones we  
 see are all genetic clones of the Caven-  
 dish variety.

The only food that does not spoil is  
 homey. It is referred to as liquid gold.



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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RSVP: 613.963.5000 or  
facebook.com/orchardviewmississippi  
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