

Orchard View
BY THE MISSISSIPPI
ALMONTE

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Resident of the Month: Helga Henning

Written by: Brent Connelly

This is all new to me—composing a short profile about someone who, unfortunately, I haven't even met. In this case, I'm referring to a nice lady named Helga Henning, and I only was able to speak to her briefly on the phone a couple of times to discuss some notes that she shared with me describing her life to this point. We can only blame this on the terror of COVID-19, which has necessarily separated (all for very good medical reasons) the OVM family into two parts: the Main Lodge (as I like to call it), where Helga has resided since her arrival in January 2020, and the OVM townhouses, where my wife, Heather, and I continue to enjoy the good life. The two locations are scarcely a stone's throw away from each other, right over the duck pond. Tight security measures with respect to public, staff, and residential access, along with other protocols such as isolation, dining room restrictions, and on-site traffic control, will likely apply until that dastardly #\$\$%^&*, +&^%\$#@ virus falls off a cliff or otherwise is dealt a blow from which it will never recover.

Helga was born in Berlin, Germany, and lived there during World War II. As a young lady, Helga, having a flair for fashion and a particular interest in women's clothing, studied the subject at a trade school for three years. Later she took some courses in pattern making and design and worked in her field of expertise in a clothier's shop.

It has been said that it is not a good day unless one has learned something about women—especially from a woman. In this case, I have discovered that there is indeed a difference in various articles of women's clothing, and it is not necessarily reflected in the retail price. Such abstract things as the value of the Malaysian ringgit (RM) in Borneo at the end of the day's trading or the social or physical distance between Putin and the Trumper all may have a part to play in a lady's decision to purchase or wear certain clothing items.

However, if you have any questions about women's fashion, please talk to experts such as Helga instead of me. After all these years, I have been blaming my fashion-sense shortcomings on an imagined colour-blindness condition. But it is really much more than that—I describe it simply as “survival.”

In 1958, Helga emigrated to Canada with her husband, Werner Henning, an electrical engineer, and their two-year-old daughter, Pamela. The happy young couple were blessed with the arrival of a son, Herbert, and another daughter, Jacqueline, as they began their new lives in Ottawa. In the beginning, Helga, gradually adjusting to Canadian life, worked briefly at the Ottawa Civic Hospital and at the Veterans' Pavilion, while Werner worked for the Rideau Aluminium and Air Company as an engineer.

Helga's primary role in the home was as a stay-at-home mom. However, she found the time to do double duty when she worked as a teaching assistant in a nursery school. Several years afterward, she volunteered for a few years in a public school helping children with learning difficulties.

Later on, there would be five grandchildren for Helga and Werner to love and cherish. In her own words, Helga describes how important their grandchildren have been in her life: "Family life was always the most important part, and I was loving the fact that I was so involved in the life of my five grandchildren during their development years." She also points out how proud she now is to be a freshly minted great-grandma with the addition of another three family members—namely, Madison, Quintin, and Michael.

After their own children had grown up and were "out of the house, or prit'near" (an old Ottawa Valley expression), Helga set out to develop her own interests by taking adult education night courses, which required reading and studying such heavy-duty subjects as philosophy, history, and anthropology.

Sadly, Helga lost her husband Werner in summer 2018 when he passed away after sixty-four years of marriage. Helga explains in her own words what was next for her: "After Werner passed away, I moved to Orchard View to be closer to all my family and am enjoying the years left to me in this lovely place that I now call home among new friends and caring people that are making my life here a happy experience."



Now, before we park this creaky old ship back in the harbour, on behalf of Helga, Heather, and I'm sure a host of other residents and their family members, I would like to extend a "Tip of the Hat" to the OVM team, which includes the ownership, management, and health care and regular staff for the very professional and caring manner in which residents are being led through this current crisis. It has been said by many that "this too shall pass," at which time a prevailing rumour suggests that a humongous hug fest may break out in the two Orchard View courtyards, much to the delight of the donkeys and water fowl that will now have the opportunity to become the "watchers" rather than the "watchees."

I'm writing this on Mother's Day 2020, and as I wind up this tribute to Helga Henning, a very special mother, grandmother, and great-grandmother, I would like to offer up this old chestnut to Helga and to my own dear mother, Marion Connelly, who passed away in 2003:

"To the world, you are a mother, but to your family, you are the world."—Unknown

Keep on Smiling



Belgian Waffles!

Our Travels around the world



We had a beautiful day in Greece, the sun was shining, the music was lovely.

The most fun thing was our sword fighting! I think the smiles speak for themselves! We also stopped in Belgium and had the most incredible waffles!

Milkshakes are still a necessity! Our souls need the delightful taste.



Keep on Smiling



Our staff are now more than just their name tag title. Our staff are family member we spend day in day out with. Our caregivers, providers, entertainment, hairdresser and more!



Private tables for Tea Time.



Employee of the Month - Kass Turgeon

Congratulations Kass on being awarded OVM's Employee of the Month. Kass is one of our many dedicated Nursing staff. Kass is a gentle and humourous, loves to spend time with the residents, and over all has a very calm demeanour. The staff love working with her and the residents find Kass to be like one of their own. A big thank you to Kass and all her hard work and for making OVM her family! Keep up the great work!

Testimonial - Ballantyne Family

I hope you know that we cannot thank you enough. Your Updates reflect the reality of the situation — honestly presenting the serious risk everyone at Orchard View is facing, and at the same time communicating the strength and positivity of everyone working together. By pro-actively sending us these messages, you're telling us that our fears are understood, and our best hopes are well-founded.

We truly know that everyone working at Orchard View is giving their best — everyone in administration, housekeeping, dining, reception, health care, activities, maintenance — you are an awesome force. Thank you for the commitment you're showing, and for the personal sacrifices you are making. Thank you to those who are living in the residence, in order to protect your families, our family, and one another.

We haven't been surprised at all to see how the Orchard View staff have responded to this crisis. You are continuously taking things in stride, making decisions, caring, and advocating. We are grateful for who you are and what you do.

Laugh out Loud at Orchard View - Quarantine Fun

Now that we have everyone washing their hands correctly.... Let's try turn signals!

Gas is finally affordable and we can't go anywhere!

First time in history: we can save the human race by laying in front of the TV doing nothing

They said a mask and gloves were enough to go into the grocery store... They lied, everybody else had clothes on.

"All About Me"

All About Me is a great document to better know those you love or even yourself. As we age, we don't want to forget what makes us, us. We will be putting questions out for you to connect with your loved one, or even for yourself.

This is how I would describe myself:

Things I would want others to know about me:

Open Activities

- ~ Outdoor Patios - Gardens (should you have one)
- ~ Bistro ~ Puzzle Tables
- ~ Wellness Centre Bike and Walking Bars
- ~ NEW! Weekly Scavenger Hunt throughout the building
- ~ Joe on the Piano

~ Massage Chairs
(Wellness Centre)

~ Docking Station for phone calls
or Video Calls on the computer

~ Library ~ Tuck Shop

~ Church Services / Rosary
Prayer

~ Open Art with Audrey

Musical Entertainment

With the recent COVID -19 we will not be having any outside entertainment at this time.

Joe will be playing twice a week on Tuesdays and Fridays



Door to Door Activities

Michael and the Recreation Team are providing fun and mind thinking activities, right to the residents' doors. We have; Wheel of Fortune games, crossword puzzles, trivia, individual Memory Fitness worksheets and more. If anyone in the community has riddles, jokes etc that they wish to share with us please email to Michael at ovmrecreation@ovlc.com



COVID-19 UPDATE from OVM

Follow us on Facebook for more updates throughout this time.

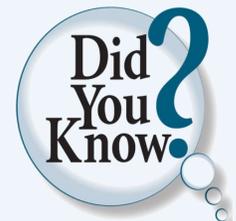
Orchard View is very fortunate to have an extremely supportive family group that appreciate our efforts in managing through this crisis. We can not thank you enough for your generosity and wanting to give the staff a treat. We have thoroughly enjoyed all of the wonderful things you have given to us to help us keep up morale! Our cup runeth over!

We would like to share your generosity with other organizations that need our support now.

The Food Bank= <https://lanarkcountyfoodbank.ca/donate/>

JoJo's Did You Know?

1. Stand up straight, with your shoulders back
2. Treat yourself like someone you are responsible for
3. Make friends with people who want the best for you
4. Set your house in order before you criticize the world
5. Pursue what is meaningful
6. Tell the truth—or at least don't lie



Hair Do, Re-do Challenge/Fundraiser

In Support: Lanark
County Food Bank

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Would you like to see
the OVM staff with a
new hair-do?

Cast your vote with a small donation to the Lanark County Food Bank. A list of staff including, Michael, Lisa, Lisa, Ashley, Kurstin, Molly and Julie will all have a new hair do. Donations can be made directly to LCFB or you can drop off your donation, with attention to Julie at our front doors.