

Orchard View
BY THE MISSISSIPPI
ALMONTE

The Monthly
Review

January 2021

HAPPY NEW YEAR
2021

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Resident of the Month: Marie Dunn

Written by: Catherine Cameron

Residents at Orchard View by the Mississippi always know who is navigating the halls by the special front piece on her walker. Marie Dunn displays a quilted “Crazy Patch” square for every month of the year. Each piece is handmade and sewn by Marie and embellished with fascinating odds and ends of lace or embroidery, all highlighted with sparkling jewellery bits.

Marie came to this residence four years ago. At that time, there was no waiting list for entrance because the opening of OVM has just occurred the previous summer. She chose a suite on Level 2 featuring a spacious bedroom, a large living area, generous closet space, close to storage and to a laundry – all handy facilities.

She found the most useful piece of furniture to be a card table that could quickly be turned into a sewing center placed beside the windows. Nearby, she positioned a sturdy table where her sewing machine took center stage. Underneath are stored large plastic bins filled with fabric of every colour. Voila! She now had her center for many hours of enjoyment ahead.



Back to her roots. Marie was born December 30, 1922 at the Grace Hospital in Ottawa. Her parents were Patrick Michael Dewan from Osgoode and Olive Tierney from Jockvale. Marie was their eldest child but, in time, there were three more daughters and three sons. When Marie was four years old, the family moved to Woodstock when her father became manager of the Oxford FARMERS' Corporation. He won the seat of member of provincial parliament and eventually became the Minister of Agriculture for Ontario.

Before coming to OVM, Marie led a very busy life. She graduated from the University of Toronto with a degree in Household Sciences. While attending classes there, she met John Patrick Dunn who wooed and won her affections. They were married in 1945 when she was 22. Why is it that brides were much younger then than nowadays? John served in the Army Service Corps but, when peace was declared, he became a teacher and later joined the Civil Service.

Babies began to arrive. When number 5 was on the horizon, the family moved to Almonte because that was where John's father, Dr. John Francis Dunn had been a town physician for many years. He was married to Mayme Moynihan. They resided in a large stone mansion called “The Doctor's House”, which had a separate entrance for patients.

The John Dunns bought a large brick home on Cameron Street. The family grew to embrace five sons and seven daughters; Michael, Patrick, Margaret, Catherine, Kevin, Maureen, Sheilagh, Mary Ann, David, Angela, Theresa and Peter. Even though there were endless tasks of cooking, washing and housekeeping, Marie squeezed in a period of sewing each afternoon.

Next came a period of teaching quilting in her home and from the students, she developed the idea of forming a group which now, 30 years later, has been known as The Almonte Crazy Quilters. Marie served as their president for the first ten years but the post then rotated. The group met ten months of the year at the Common Room in Millfall Condominiums until the pandemic necessitated a hiatus. An example of the quilting group's work is highlighted by a red and white quilt on display in Orchard View's beautiful dining room.

With the assistance of a daughter, Maureen Crane, Marie fashioned a Dignity Quilt for OVM. This beautiful covering featuring a dove is designed to shield the body of a deceased resident as it is transported to the hearse. It is stored by Nursing level 3.

At age 50, a new profession appeared for Marie – that of selling real estate! In the beginning, she kept an office in her home (using a different phone number) but later took hours in a downtown office. She found it a fascinating experience which continued until she decided to retire at age 65.

Marie's husband, John, died of a sudden heart attack in 2006. His memory lives on by way of a tiny book he wrote and called "Tales From The Doctor's House" – a legacy of anecdotes relating to characters, places and memories of Almonte.

After moving to OVM, Marie developed an interest in fashioning ornaments using foam balls as the basis. First came calico balls, each made with two contrasting prints decorated with lace and ribbon. More complicated ideas resulted in Marie's fashioning "KimeKomi" balls developed from a Japanese art. Each of these takes from four to five hours to design and complete but just one makes for a special Christmas gift. Several times in OVM, these ornaments have been on display to residents and visitors.

In the spring of 2020, Marie found the theatre/chapel at OVM to be lacking appeal. She volunteered to "refresh" it. Before Easter, the new look revealed two quilted wall hangings, a luxurious wreath and a huge bouquet of mums as well as an altar cloth fashioned from a former linen tablecloth. Marie faithfully attends all Catholic services.

After moving to OVM, Marie's family presented her with an iPad which she uses daily to keep in touch with members while they regale her with tales of their lives and those of her grandchildren (22) and great-grandchildren (14).

Two personal notes to end this biography. Marie's children send her a bouquet of fresh flowers each month – pink is a frequent colour!

Marie's eldest son, Michael, is a resident here at OVM. He suffers from Parkinson's Disease.



Keep on Smiling





Employee of the Month - Manal

Congratulations to Manal on being January's employee of the month! Manal is one part of many in our Nursing Dept., as a PSW. Manal wants to provide the best care she can, and works at her skills. She has earned the respect and love from the Residents and is appreciated by her colleagues. She is dependable and picks up whenever and wherever she can. She will spend her free time with Residents that might need a little extra TLC for the day. She is always smiling and wants to make sure you are too. A big congratulations Manal, you are AMAZING and we are so lucky to have you on our team. Thank you for all your hard work Manal!

Testimonial - Elijah Phillips - Staff Member

I absolutely enjoy working at Orchard View on the Mississippi! The teamwork, the residents and the support from management are just a few reasons why I chose to come here! I have worked in many other homes, and this is my favourite one by far!

Laugh out Loud with Orchard View

What can you catch with your eyes closed? A cold.

Why did the girl keep her saxophone out in the snow?

Because she wanted to play cool jazz.

What falls in the winter but never gets hurt? Snow.

Knock, knock

Who's there?

Scold

Scold who?

Scold outside!

What do you call it when a snowman throws a temper tantrum?

A meltdown.

Open Activities

~ Bistro ~ Puzzle Tables

~ Wellness Centre Bike and

Walking Bars

~ Joe on the Piano ~ Adult Colouring

~ Social Distanced Bingo with

Joanna and Friends

~ Massage Chairs (Wellness Centre/ 3rd Floor Lounge)

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

~ Library ~ Tuck Shop

~ Church Services / Rosary Prayer

~ Fitness classes on Main, 3rd and 4th Floor from Almonte Physio

~ Door to Door Mind Work Games

Tips for the Winter

1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

2. Exercise Outdoors, Smartly

If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. **Be sure to dress in layers** so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season.

3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it’s just to **walk the dog** or check the mail. If it’s particularly cold, open your blinds and spend some time sitting by the window. Don’t underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

4. Keep in Touch

Seniors and caregivers often face an increasing sense of isolation; proactively **fight the winter blues** by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.

5. Winter-Proof Your Home

As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, **hypothermia is a very real concern for seniors**, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit (many utility companies offer assistance to seniors on fixed incomes during the winter months on their bills).

Happy New Year

*From all of us at
Orchard View by the
Mississippi*



*Hope to see you all
happy and healthy in
2021*