

March 2022

**Happy
St. Patrick's
Day**

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/orchardviewmississippi

Resident of the Month: Don McLeod

Written by: Sophia Reimer

Don was born in Halifax, Nova Scotia in 1951; his family moved to Ottawa three years later. He was brought up in Ottawa, went to Broadview Public School and then Nepean High School. He struggled in school and didn't do very well, probably due to his then undiagnosed Huntington's disease. His teachers weren't helpful or supportive with his learning troubles. Don went on to study Electronics at Algonquin College which he greatly enjoyed. When he was eighteen or nineteen he worked in Sears at Carlingwood mall and it was there that he met his wife, Jane. She worked in the candy department and he worked in shoes. He fell in love with her immediately and talked about how she always gave the children 30% more candy than they paid for. They got married in 1976.

Don joined Mitel while it was still a very small company; he was their eighth employee. He talked about what a great company it was to work for. It had a good work culture because the manager only hired people who were actually interested in the job and motivated by the work, not by the money. In 1979, he was sent to Hong Kong to start sales for Mitel products in China. They lived in Hong Kong for two years and then moved to Japan for two years and set up a Mitel office in Japan as well, then they moved back to Ottawa for a while.

Don and Jane's son was born in Hong Kong and their daughter was born in Ottawa. Shortly after, they moved to Holland and he worked in marketing products to Sweden and Denmark. The photo below shows Don and his two children in Holland.



He began working for Newbridge, a company that provided private network services, and went back to Japan for five years where he was responsible for the offices in Japan and Korea. Don and his family even moved to Malaysia for two years where he was responsible for sales support in Australia and New Zealand. Later, Alcatel bought out Newbridge and Don, along with everyone else, lost his job. They stayed in Malaysia until the children finished their school year and then moved back to Ottawa.

Don invested in startup companies and around that time, he discovered he had Huntington's disease and decided it was for the best that he retired. He was able to retire at 55 and focus on his health. He did a lot of research on Huntington's disease and discovered that enriching environments can delay progression of the disease. Don has always found that an enriching environment is somewhere where people are motivated by what they do, not by money. That is why he found his work so enriching and why he loves living at Orchard View.

Since he has lived here, he has found a routine that keeps the disease at bay. He stays active by going for a walk every day, he continues to pursue opportunities that arise to create, inspire and learn more, and come up with new ideas for products that might benefit people's lives. He is currently working on a speaking assist device for those with Parkinson's so they can still communicate and feel involved and heard. I was inspired speaking to Don and hearing his passion.



Keep on Smiling

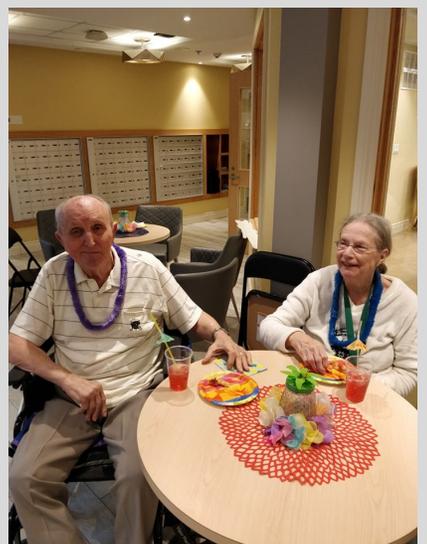


Keeping warm and cozy inside on these cold winter days with our afternoon socials





We had a great time beating the winter blues with a Hawaiian beach party



Employee of the Month - Alexis Gola

Congratulations to Alexis for being the March employee of the month! As many of you might not know, Alexis is our night nurse who looks after all our residents overnight. It is not an easy job and we appreciate Alexis' hard work and dedication to her work and for keeping everyone safe. She definitely deserves this recognition.

Testimonial - Chloe Bowers

I started working at Orchard View by the Mississippi a few months ago and I'm so happy to have gotten the opportunity to know the staff and residents here. Orchard View is an environment where you can tell people really care and look out for one another. I feel lucky to get to come into work and see so many happy, smiling faces!

JoJo's Did You Know

-Did you know that if everyone, every day would do at least one thing for someone else, they would find peace and fulfillment in their life.

-Did you know that God saw there was a need of exercise of exercise for seniors, so in his wisdom, he made seniors lose coordination so they would drop things, requiring them to bend, reach and stretch.

-Did you know that on January 2nd, 1929, the United States and Canada reached an agreement on joint action to preserve Niagara Falls.

-Did you know that togetherness and trust are two of the top ten things that make people happy.

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

Name: _____

Scrambled St. Patrick's Day



How many of these St. Patrick's Day words and phrases can you unscramble?

- | | |
|----------------------|-------------------------|
| 1. ahMer _____ | 11. rogaen _____ |
| 2. dogo kucl _____ | 12. iswh _____ |
| 3. oabmiw _____ | 13. eadcn _____ |
| 4. enrge _____ | 14. aurnclpeeth _____ |
| 5. cmhrakos _____ | 15. gpsmi _____ |
| 6. pto fo dglo _____ | 16. tansi _____ |
| 7. evlorc _____ | 17. igj _____ |
| 8. rpha _____ | 18. cramh _____ |
| 9. leardhl _____ | 19. oapedr _____ |
| 10. camgi _____ | 20. reBnaly otnSe _____ |



How many words did you unscramble?

- 1 - 5 words - Lucky the Leprechaun automated you!
- 6 - 10 words - You're a chip off the old Blarney Stone!
- 11 - 15 words - You're clever as a leprechaun!
- 16 - 19 words - You've won a four-leaf clover!
- 20 words - You win all the gold at the end of the rainbow!

Laugh out Loud

-On a demographics survey given to high school students, they were asked, "What disadvantages do you see in having children?" There were some typical answers like, "It's expensive to raise kids" and "They take up a lot of time." But one boy was not worried about money or responsibility. He wrote, "If I have children, I might have to drive a minivan."

-What do you call the wife of a hippie? Mississippi

St. Orchard View
BY THE MISSISSIPPI
ALMONTE

PATTY'S Day

THURSDAY March 17th 3-4pm



LIVE MUSIC WITH AL MONAGLE

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