

Orchard View
BY THE MISSISSIPPI
ALMONTE

The Monthly
Review

March 2024



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Resident of the Month: Joyce K

Written by: Nancy Dupuis

Born to Howard and Mabel Barrows at home on the farm, Joyce was the youngest of 7 (2 brothers and 4 sisters came before her). Joyce is the only child now remaining. She has 2 sons and a number of grandchildren and great grandchildren, some of whom live in Western Canada.

The farm was located where the Carleton Golf & Yacht Club is today near Manotick, Ontario.

They ate a lot of porridge back in those days, along with the normal home style dinners with the older sisters eventually taking over the baking from their mother. They grew potatoes which they would then sell at the Byward Market in Ottawa. As Joyce said, you were lucky those days on the farm; you had it all if you had a good working farm - especially food for the table and for a growing family. A lot of work, but so worth it!

They had cattle, horses and a few pigs when she was growing up, but in later years the farm turned into a viable dairy farm. Cats lived both in the barns and in the house, deterring the mice from making too many unwanted appearances.

Joyce attended a one room school in Kars, first, then travelled by bus to a high school in Richmond (South Carleton High School). There was a 1 mile walk from the house to the bus stop to head to high school each morning. She remembers dances during her high school years and also a Science teacher, Mr. Powell.

Since it was such a long haul from home to the bus to the high school in Richmond, Joyce eventually moved in with a married sister out by North Gower (the Pratt farm) to finish her last bit of high school. She was on the local ball team and made lots of friends, although it was a wee challenge at first adapting to so many people at the high school, coming from the one room school in Kars.

She met her future husband, Larry (a tall guy from "Winterpeg", Manitoba), while he was a boarder up the road at a neighboring farm. Larry worked for the government and in later years for Bell Canada. Once married, off they went to the big city, (Ottawa) and enjoyed life they did - taking in movies at the cinema, skating on the canal, and just enjoying every day, making their own fun as they went.

They had 3 children, their first child, a daughter passed away at the tender age of 1 week, A few years later 2 sons arrived on the scene, Ian and then Steven. Ian now heads up a business in Ottawa and Steven farms in the mountains of British Columbia.

In retirement, they moved to the small village of Westport, where Larry spent his retirement years busy as a ham radio operator. Joyce recalls wires strung up everywhere; Morse Code was just a poppin'. Whatever Larry did, he put his whole being into it. That's just the way he was. Unfortunately, Larry passed away a few years ago in Westport of a heart attack.

Joyce became a Real Estate agent after the children went to school and she continued on with that work even in Westport - she absolutely loved finding the right home for the right people!

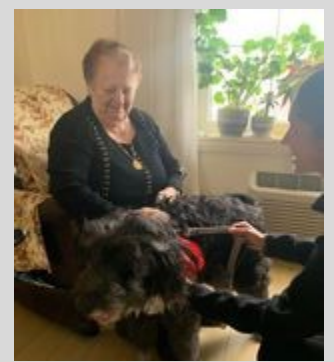
Since coming to Orchard View by the Mississippi a year or so ago, she has found happiness in the company of others. She loves people and being around them. As she explained, living by yourself presents its own kind of loneliness. It is so important to have someone to talk to as you go about your day. Joyce has always been an avid walker throughout her life and that has certainly not changed since her move to Almonte. She enjoys heading out for a brisk walk most days, always letting the front desk know where she's off to and her expected time back.

Joyce is searching for a church choir to sing in here in this area - her father was a beautiful tenor and his children were all raised with music being part of their everyday lives. Joyce has sung in a church choir all of her life, before arriving here at Orchard View by the Mississippi. Being an alto/soprano, she has fond memories of her childhood where she and her brothers and sisters would sing duets sometimes at churches and events in the Osgoode.

The sharing of our resident's stories as I explained to Joyce is letting that other resident know just who you are, who you were before you came to Almonte. Thank you, Joyce for taking the time this week to sit and talk with me over phone video.



Keep on Smiling





Employee of the Month : Erika

Congratulations Erika on being OVM's Employee of the month for March! As many may know Erika is one of our cooks, she is also Shannon's right hand for when Shannon is away or unavailable. Erika is not afraid to jump in and help when needed especially when it comes to serving! Erika is approachable, understanding, creative, funny and a great leader in the kitchen. You know it will be a good day when Erika walks in. Great job Erika on everything you do and continue to do for the OVM staff and Residents!

Special Events in Month

March 10th 2-4pm Open House &
St. Paddy's Day
Celebration

March 17th Lining Dancing and
Celebration with Mark 2:30pm

March 22nd Trip to China
Presentation

March 31st Easter Dinner

Laugh out Loud with Orchard View



Open Activities

- ~ Bistro ~ Puzzle Tables ~ Joe on Piano
- ~ Wellness Centre Bike and Walking Bars
- ~ Adult Colouring ~ Bingo
- ~ Bingo with Joanna and Friends
- ~ Massage Chairs (Wellness Centre/2nd Floor Lounge/3rd Floor Lounge)
- ~ Library ~ Weekly Bus Outings

- ~ Tuck Shop ~ Scrabble
- ~ Church Services / Rosary Prayers
- ~ Fitness classes on Main & 3rd with Almonte Physio
- ~ Door to Door Mind Work Games
- ~ Musical Entertainment & LOTS MORE!

Volunteers are always appreciated...

Do you enjoy giving back to the community? Do you want to feel invested in the lives of others? Do you enjoy making a difference in the lives of Seniors Become a volunteer at Orchard View by the Mississippi!

We are looking for volunteers for the weekday afternoons to help organize some table activities including; Bingo, reminiscing conversations, table top games, word games and more.

Volunteers will need to provide a clean Vulnerable Sector Police Check & Complete online ORCA training before they start. Looking to have volunteers in every afternoon from 2-3:00pm

Contact Michael at ovmrecreation@ovlc.com or 613-963-5000

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

Wheelchair

Accessible Bus

Pool & Shuffleboard
Table

Bus Trips and Shop-
ping Trips

Massage Therapist

Library

House Physician

Snack and Beverage
Bistro

New Activities in March at OVM

Thursdays at 2:00pm Chair Yoga
with Instructor Lindsey in the
Theatre

March 12 Healing Bowls & Medita-
tion with Rose at 11:00am

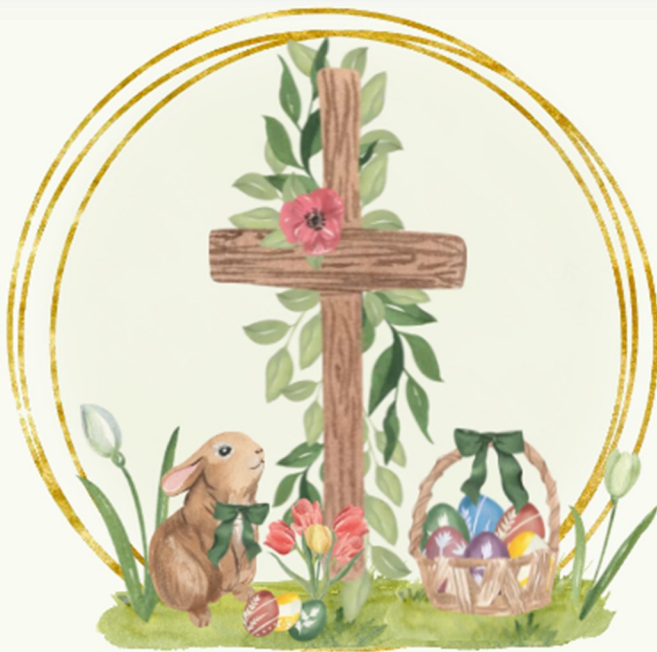
March 16th Hand Massages with
Adrienne at 10:00am (\$10 cash)

Testimonial ~ Hot Hand Hand Weekly Treatment

Paddy: the feeling of warmth, and the smoothness of my hands and fingers when finished!

Charlotte: I enjoy the feeling of my hands afterwards and it's good chance to socialize and chit chat with coresidents
Joan: the heat feels amazing on my hands and helps with any stiffness and arthritis

Joyce: I enjoy the comradery surrounding it!



Happy Easter

Orchard View by the Mississippi invites you
to our Easter Lunch & Dinner

Sunday March 31st, 2024

Lunch from 12:00-1:30pm

Dinner from 5:00-6:15pm

6:30-7:45pm

Please RSVP your family gathering by March
27th by speaking with Reception at

613-963-5000

or email: ovmreception@ovlc.com



Orchard View
BY THE MISSISSIPPI
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ST. PATRICK'S DAY

Open House

2-4:00pm

Sunday March 10th

MUSIC WITH ROBIN AVERILL

RSVP your group today ovmreception@ovlc.com

or call 613-963-5000

Walk ins are always welcome

Music Tours Food & Good Cheer