



A newsletter from  
The Summerhill  
Retirement  
Residence

## Fall 2007

### WELCOME

You're reading the  
Fall edition of The  
Breeze.

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## Profile

# The Summerhill Gets Music Lessons

Summerhill residents were in for a treat when Theo Goldberg decided to make his home amongst them. It wasn't until he began his popular musical evenings (Classic Symphony and Concertos with Theo) that word spread of his talents. While introducing recordings of classical music to his fellow residents, Theo also shares his knowledge of the history of each composer.

As a student in Berlin, Theo was engaged as the house pianist at a well known cabaret which became a popular hangout of American jazz groups after their performances. This allowed Theo the opportunity to play with Louis Armstrong, Ella Fitzgerald, and Billie Holiday, amongst others. He then worked as a freelance composer for musical theater, political cabaret, radio and TV, and wrote operas, ballets, and symphonic music.

After immigrating to Canada in 1954, Theo first taught students in the Strathcona district. He wrote a rock opera which was performed by these students at the Vancouver Art Gallery by special request. He moved on to computer music and digital graphics, some of which have been shown internationally, including an exhibit at the Museum of Modern Art in Paris. During this time he earned his Doctorate of Music from the University of Toronto. He wrote a symphony for the VSO, composed three librettos, and has written two unpublished novels. Until his retirement, Theo was employed by UBC in the Media and Graphics Interdisciplinary Centre.

When asked what his next project might be, Theo laughingly responded, "I think I'll get a cat!"



*Theo at the Summerhill piano*

### Thought For The Day

Imagination is more important than knowledge. (Albert Einstein)

## Summerhill's Resident Art Exhibit

The very first art exhibit of original works by Summerhill residents was a roaring success. Everyone was awed by the exceptional talents of their neighbours and by the variety of art mediums displayed.



*Papier mache horse by Trevor James*



*Painting and sculpture by Olga Freivoch*

## Oktoberfest Celebrated In Style

Residents were entertained by the very lively Polka Trio and were treated to a demonstration of music played on an alpine horn.



*Fraulein Becky*



*Residents enjoyed the alpine horn*



*Laura Tekano polkas*

## Haunted Halloween

Summerhill got right into the 'spirit' of Halloween with a spooky haunted house complete with bats, skeletons, a graveyard, and eerie sound effects.



*Pumpkin carvers at work*



*Walter Jorgensen as a Wizard, Trevor James as Captain Hook*



*Summerhill staff as famous old time movie stars*

Residents had a pumpkin carving contest and finished the day with a costume party. Prizes were awarded for best costume and residents danced to the music of Brian Gimbel.

## Hell's Gate Trip

Our residents enjoyed a fascinating day at Hell's Gate. "Well worth the journey" was just one of the comments overheard.



*Views from the tram*

### Did You know?

Taking 1000IU of Vitamin D daily will significantly reduce the risk for cancer.

## Upcoming Events

- Dec. 4 Bus trip to Boulevard Casino
- Dec. 5 Summerhill Craft and Bake Sale
- Dec. 6 Bus to VSO'S Tea and Trumpets
- Dec. 9 Family Christmas Brunch
- Dec.11 Christmas Lights Tour
- Dec.13 Family Christmas Dinner
- Dec.15 Bus trip to NS Theater for Hansel and Gretel
- Dec.17 Dinner and Christmas events on Grouse Mountain
- Dec.19 Bus trip to Charlies Chocolate Factory

A variety of choirs will perform throughout the month of December at The Summerhill.

## Health and Wellness

### Protect Yourself From Fraud

Be wary about information you give over the telephone. Some warning signs of telephone fraud:

- You are asked for your credit card number
- You are asked to pay for a prize they say you have already won
- You are pressured for quick decision
- Caller is overexcited by the opportunity they are offering
- Caller is overly friendly
- Caller offers to pay you in exchange for letting them use your bank account to transfer a large amount of money

## Understanding Your Cholesterol

Today there is a lot of fuss about fat, how much should you have, which kinds are good and which ones are bad. The choices you make, combined with your overall weight and level of exercise, will directly affect your cholesterol levels. These levels can determine whether you might be at risk for heart disease and stroke.

*Blood cholesterol* is a naturally occurring substance in your body and is essential for its proper functioning. *Dietary Cholesterol* is found in animal products like meat, fish, poultry, egg yolks and milk products. Eating foods high in cholesterol can affect blood cholesterol, but it is the consumption of fatty foods that affects cholesterol levels the most.

Good and bad cholesterol are found in your blood. HDL-cholesterol is the good one because it transports the cholesterol away from the arteries to the liver for disposal. High HDL levels can reduce the risk of heart disease. LDL-cholesterol is the bad one as it transports the cholesterol into danger zones where it can settle as plaque which in turn can clog blood vessels. Lack of blood flow to organs like the heart and brain can lead to angina, heart attacks and stroke. Ideally, you want high HDL levels and low LDL levels.

All fats should be consumed in moderation. By limiting trans and saturated fats and picking mono and unsaturated fats, you are aiming for the right cholesterol balance. And your heart will love you for it.

### Food For Thought

Lemons contain more sugar than strawberries!

## Greetings From Management

# Congratulations to Our MindWorks Grads

We are happy to announce that Summerhill has six more new graduates of the Posit Science program. The next class shall begin in January 2008. A maximum of eight residents can participate at any one time so early enrolment is encouraged.

Congratulations to Frank Love, Marny Van Camp, Ken McClelland, Josephine Rossi, Roy Pellant, and Miriam Watson-Wilkin.



Last class of 2007 shown here with program leader Becky.

## Good Works

Residents and staff came together and held the first Summerhill charity pancake breakfast. A whopping total of \$389.00 was raised. Everyone was able to suggest what charity should receive the donation and it was decided that the Salvation Army would benefit this time. The event was such a success that it will be repeated at a future date for a new charity.

*The management and staff of The Summerhill would like to extend Season's Greetings to you and wish you all a very happy and healthy 2008!*

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"It is the mark of an educated mind to be able to entertain a thought without accepting it."  
-Aristotle