



# The Breeze

A newsletter from  
The Summerhill  
Retirement  
Residence

## Fall 2008

### WELCOME

You're reading the  
Fall edition of The  
Breeze.

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## Profile

### Scotland's Loss, Summerhill's Gain

If you follow the sounds of laughter taking place at The Summerhill, chances are that you will find Thomas and Elizabeth Frame at the center of it, sharing a wee joke.

Emigrating from Scotland with their two sons, they brought that famous Scottish sense of humour and wonderful brogue to Canada in 1966.

Thomas eventually went on to become the custodian for the North Vancouver school board, a position he held for 19 years.

Thomas served in the navy during the war years and Elizabeth drove ambulances for the wartime wounded. They joined the legion in North Vancouver and have remained active members for 42 years. As part of the Lower Mainland colour party, they have participated in Remembrance Day parades all over B.C and Washington state.



*Thomas and Elizabeth Frame*

Music has always been a part of their lives. Tom loves to sing and has been known to spontaneously burst into song, while Elizabeth's passion was ballroom dancing which she was suggested to do professionally.

Since moving to The Summerhill, the Frames have taken part in Alan's personal exercise training, and both acknowledge that it has certainly made a difference to their lives. Where once a walker was needed to stroll around the park, Thomas now walks unaided, something he did not expect to do again. Congratulations to you both!

Thought for the day

"Happiness is nothing more than good health and a bad memory." - Albert Schweitzer

## We Are Now Wii-ing!

The Summerhill residents were the recipients of the generosity of a former resident who, in appreciation for her life at The Summerhill and her many friends here, bestowed upon them the gift of the new interactive sports program called Wii by Nintendo. It is another way of exercising the brain while playing games of golf, tennis, baseball, boxing, or bowling interactively.



*Ed Gushue playing tennis*

## Active Aging Expo

To celebrate active aging week, The Summerhill invited the public through its doors to hear some mini lectures on healthy aging and experience first hand what is available today for seniors. They were invited to play the Wii game, don the headphones and try the brain training Posit Science program, chat with our

kinesiologist, or just enjoy the music offered by the Braithwaite Seniors Jam Session.



*Members of the John Braithwaite Jam Session*

## Halloween Party

Residents and staff alike got into the spirit of Halloween. The private dining room was transformed into a haunted house to the delight of many grandchildren. A pumpkin carving contest was held and winner Elaine Wallace received her prize at the costumed Halloween pub night! Best costume prize went to Millie Beardsley, but it was a tough decision with so many interesting choices.



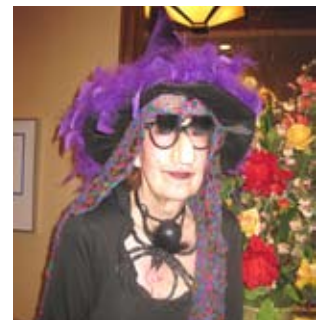
*Millie Beardsley in "Best Costume"*



*Sargeant Brownie Lake in her original uniform*



*Chris lets his hair down with Shirley Westfall*



*Kathy Wright makes a ghoulish witch*



*Elaine Wallace clowning it up with friend Cindy*

### Did You Know?

Bananas stimulate the production of hemoglobin in the blood.

## Upcoming Events at The Summerhill

- Nov.14 Lunch at The Watermark ( Kits)
- Nov.20 Charity Pancake Breakfast
- Nov.20 Bus trip VSO's Tea & Trumpets
- Nov.23 Bus trip to "A Christmas Carol"
- Nov.25 Acapella concert with The Marmalades
- Nov.27 Bus trip to "Christmas at Hycroft"
- Dec.7 Christmas Brunch
- Dec.18 Christmas Dinner
- Dec. TBA Christmas lights Tour
- Dec. 30 New Years Party with Brian Gimbel

## Health and Wellness

### Influenza (Flu) Myths and Facts

Every year we face the choice of having or not having a flu vaccination. Ultimately, it is a personal choice but a hard one to make when there are so many misconceptions. The following should help in sorting fact from fiction:

**Myth:** Influenza is not a serious illness.

**Fact:** The flu virus can cause serious illness and even death for people with certain chronic health concerns. Influenza in people 65 and over can lead to more serious health concerns.

**Myth:** You have never had influenza so you don't need a flu shot.

**Fact:** No one is immune from these viruses. Most people can get sick with influenza several times over the course of a lifetime. A flu shot is the best protection against the virus.

### Influenza (Flu) Myths and Facts (continued)

**Myth:** The influenza vaccine can give you influenza.

**Fact:** The vaccine cannot give you the virus. It contains dead influenza viruses that cannot cause infection.

**Myth:** The vaccine causes severe reactions or side effects.

**Fact:** The influenza vaccine is very safe. Most people have no symptoms after receiving the vaccine. Some people may experience flu like symptoms but these are much less severe than an influenza infection and last for a much shorter time.

**Myth:** The vaccine doesn't work because you can still get influenza.

**Fact:** There are many viruses around that can cause symptoms like influenza, but are actually not the flu virus. The influenza vaccine contains the three strains that health experts think are likely to cause influenza during the winter. These strains may change each year which is why people need to be vaccinated yearly. When the vaccine is well matched to the the strains existing in the community, it will prevent influenza in more than 7 out of 10 vaccinated people. In the elderly or people with chronic health conditions, it may not work as well to prevent infection, but it still decreases symptoms and the risk of serious health concerns or complications. You can reduce your risk of catching influenza, or spreading it to others by washing your hands regularly, eating well and getting exercise, and getting a flu shot.

"Don't put off until tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow!" -- James A. Michener

## Greetings From Management

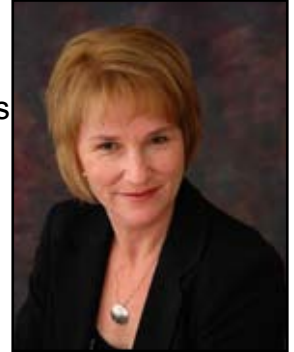
# The Summerhill Welcomes a New General Manager

The Summerhill residents were sad to say goodbye to Adena as she left to move forward in her career but soon found that they had hit another jackpot with the announcement that June Morris would step into the role as GM.

Originally from Edmonton, June came to Vancouver to pursue her nursing studies. After working in a number of nursing positions, June decided 21 years ago to focus on seniors. She has worked for several prominent retirement residences in a variety of positions including Staff RN, Director of Care and General Manager.

June's other interests include skiing, hiking with her dog "Austin," kayaking, and cooking Sunday dinners for her Mom and two sons.

We are delighted to have you, June!



June Morris

## Good Works

Recently, Summerhill residents were asked to participate in an intergenerational project with Grade 7 students from St. Edmunds School. The students interviewed residents about their life and what it was like for them growing up. They then returned with a written biography for each resident, presenting it to them as a keepsake. It was a very valuable and enjoyable experience for both the students and the residents.



Ken McClelland shares some of his interesting

*The management and staff of The Summerhill would like to extend our very best wishes for a happy and healthy holiday season!*

Published by



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" I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom." -- General George S. Patten