



The Breeze

A newsletter from
The Summerhill
Retirement
Residence

Summer 2008

WELCOME

You're reading the
summer edition of
The Breeze.

INSIDE

Profile

- Elaine Wallace

Events

- Mike's Critters
- SH Gamblers
- Father's Day

Health and Wellness

- Shall We Dance?
- Memory and
Aging

Management News

- SH Welcomes
New Food
& Beverage
Manager

Good Works

- Spuds in Tubs

Profile

A Whistler Pioneer

No matter where she goes, Elaine Wallace leaves an indelible impression. Once she decided to become a resident, Elaine never looked back and instantly became an integral part of life at The Summerhill. She is a familiar face in the crafts area, a leader of the Saturday morning sing-along, a member of the food committee, and an enthusiastic pool player. A former member of the welcoming committee, she is always there to make newcomers feel welcome, sharing her own knowledge of life at The Summerhill.

With all the buzz about the 2010 Olympics to be held at Whistler, it is very enlightening to hear about the Whistler of more than 50 years ago. Elaine and her family built a cabin on Alta Lake in 1966, which later became Whistler in 1975, and remembers travelling the logging roads to get there.

Some of the highlights of her 25 years in this area include the Garibaldi Lift's 4 passenger gondola, hauling in an Atco trailer for the first medical facility, being a part of the building of the archives, museum and library, and coping with a 300 pound bear in her kitchen feasting on her famous fruitcake. Elaine and her husband Bill were honored as Whistler 'Citizens of the Year' in 1985.

After her return to West Vancouver, Elaine's community spirit was evident again as she volunteered her time and skills to the West Van Senior's Center, administering a program for shut-ins, as well as baking and cooking in the food center.



Elaine Wallace at The Summerhill

"I believe life can't be measured in candles, or measured in years that have flown, it's counted in kindnesses, close friends and loved ones, and in all the sweet blessings we've known."

Thought for the Day

If you are smart, you answer the question. If you are wise, you question the answer.

Mike's Critters

Our residents never tire of learning about new and exotic species of animal life and were treated to a return visit by Mike and his 'critters'. Residents were invited in some cases to touch and hold creatures not likely ever encountered before.



Cathy Garrod and a tarantula



Jean Gill conquers her fear of snakes .

Riverboat Gamblers



Ladies, place your bets!



Os Shaw enjoyed winning at blackjack

Residents had fun when the Summerhill transformed itself into a gambling casino with a Mississippi riverboat theme. Participants were given Summerhill dollars with which to bet and were able to use their winnings to bid on prizes.

Father's Day Special

The gentlemen of The Summerhill were surprised this year by the first 'men only' evening in honor of father's day.

Staff had created a miniature golf course through the hallways, arranged a billiard



Jim Vance about to sink a putt

tournament, and held a beer tasting. To top off the evening, they were treated to a gourmet dinner barbecued on the second floor patio. From the overwhelming response to the event, it just may become a yearly tradition.



Ken Petersen and John Dyke enjoying refreshments prior to the fabulous dinner

Did you know?

Sleep long and get up late! Late risers have faster brains and lower stress levels.

Upcoming Events

- Pancake Breakfast with Paul and Adena Sept.1
- Trip to Bill Reid Art Gallery Sept.4
- Bard on the Beach "King Lear" Sept.11
- Burnaby Village Museum Sept.17
- Greater Vancouver Zoo Sept.23
- Lunch at Prospect Point in Stanley Park TBA
- Active Aging Expo & Open House Sept.28

Health and Wellness

Shall We Dance?

Can you dance your way to better health? Researchers have been able to conclude that the ability to learn, and carry out complex dance steps that are both mentally and physically challenging significantly reduced the risk to seniors of falling and improved and sustained balance confidence, walking speed, and cognition!

We can easily incorporate dance steps into our daily lives and still derive all the benefits of regular exercise and personal expression. Why not boogaloo at breakfast, twist at tea, or waltz through the witching hour? Right there in your own home without worrying how you look". Just try it!

Why Do We Forget Things?

"Remember when I asked you to remind me to call someone?" "Yes." "Who was it?" "I forget!"

Sound familiar? Don't worry! There are millions out there complaining more about remembering less. Forgetfulness is the top health concern of baby boomers. This type of memory loss is normal and so universal that the phrase "it's on the tip of my tongue" is used in more than 40 languages.

With normal aging, what we lose is not memory in general but a particular kind. We have many kinds. One is procedural memory (how to walk, how to eat, etc.). A second is semantic memory, which covers facts (What is a key? or What are eyeglasses?). And a third is episodic memory which covers experience (Who was in that movie? or Where did I leave my glasses?). Brains shrink by about half a percent a year starting at age 30, though we won't notice anything for years. Episodic memory relies heavily on the frontal lobes, the very part that starts shrinking first.

Some researchers feel that we may be wired to forget. If we remembered everything, we might become overwhelmed by trivia. The longer we live the more memories we make, and the harder it may become to locate a particular one. Those that we need least, the episodic memories, get stored in the attic. After all, it's more important to remember how to eat than to remember where you ate last night!

Programs like 'MindWorks' offered at The Summerhill help to reduce memory loss and restore recall ability.

Health Tip

Enjoy some fresh air. Vitamin D, important for bones, teeth and happiness is boosted by sunlight.

Greetings From Management

Summerhill Welcomes New Team Member



Paul Marshall

We are very happy to announce that Paul Marshall has joined the Summerhill management team as food and beverage manager.

Paul grew up in the UK and emigrated to Canada over 20 years ago. Most recently, Paul was a chef instructor to the advanced students of the Dubrulle International Culinary School. Prior to working with the school, Paul worked as chef for the Hotel Vancouver for over 9 years, as well as assisted in the reopening of the newly renovated Pavilion in Stanley Park.

Good Works

Staff and residents of the Summerhill have joined in the fun with grade 3 students of Queen Mary School who are participating in an experimental learning initiative by the BC Agriculture in the Classroom Foundation (AITC). After planting their spuds in large plastic tubs, the students formed a spud express and paraded their special cargo to The Summerhill second floor patio where they watched the various stages of growth over the following weeks. Residents enjoyed listening to and interacting with the children as they explained their experiment. By the end of June, the students unveiled their spuds and shared the fruits of their labour with the residents.



Spuds in Tubs journey down Chesterfield Ave to The Summerhill where they will continue their growth on the sunny patio.



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Retirement is that time of your life when you have the time of your life.
-Unknown