



A newsletter from
The Summerhill
Retirement
Residence

Fall 2006

WELCOME

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fall edition of the
Breeze

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Profile

Summerhill's Artist In Residence

When the Pacific Arbour Group invited residents of The Summerhill and The Mulberry to submit any artworks of their own creation to a competition for the 2006 Christmas card, the response was overwhelming. The amount of artistic talent living within our walls was staggering.

After careful consideration by a panel of judges made up of both residents and staff, Helene Ulinder of the Summerhill was declared the winner.

Helene's talent came naturally to her as she has never had any artistic training. Born of Belgian parents and raised in Winnipeg with her five siblings, Helene discovered a passion for drawing at a young age, starting out with pencil sketches and later turning to oil painting. Many of her pieces have been inspired



Helene Ulinder



by everyday things, a snapshot, a fishing basket, and in the case of our winning entry, a postcard from Yugoslavia.

She has also passed on her talents along with her paints to her granddaughter who shares her gift.

Helene sums up her talent and personal success with a simple statement, "I've had a wonderful life."

"The best and most beautiful things in the world cannot be seen, or even touched; they must be felt with the heart."-----Helen Keller

Summerhill Celebrates Five Years

With characteristic style, The Summerhill celebrated its fifth anniversary in September.



May Pellerin, Carol Olmstead, Audrey Norman and Ellen Leach

Residents and staff enjoyed a sumptuous feast prepared by the fabulous chef Simon.

Founder Rainer Muller addressed

the gathering with an overview of the past five years and his pride in The Summerhill. Original



Harold Menzies enjoys the moment

residents Muvvy McConnell, Frank Love, and Harold Menzies expressed heartfelt thoughts about what it has meant to be a part of the Summerhill community.

Many humorous anecdotes were shared with the



Becky serves the residents

crowd. The evening concluded with a slide show of photos of events and people of The Summerhill.

Haunted Halloween

Residents and staff really got into the Halloween spirit this year. A pumpkin carving contest brought out some spooky and bizarre creations.



SH staff superheroes and villains

The private dining room was transformed into a haunted house complete with a graveyard, and spiders dropping from the ceiling onto unsuspecting victims. Both residents and their families enjoyed the effects.



Walter Jorgensen as Captain Hook



Witches of the Summerhill

The evening closed with a Halloween pub night and residents and staff danced to Summerhill favourite, Brian Gimbel.

Health tip

Exercise earlier in the day, especially aerobic, improves quality of sleep.

Upcoming Events at The Summerhill

Dec. 6 -Craft and Bake Sale
 Dec. 9 -Family Christmas Dinner
 Dec.13-"A Christmas Carol" at the Vancouver Playhouse
 Dec.14-Chartered Christmas Lights Tour
 Dec.17-Family Christmas Brunch
 Dec.18-Carol Ship Cruise
 Dec.31- New Year's Eve Pub Night

Health and Wellness

Flu Season

It's that time of year again when we see flu striking many around us. For this reason it is important to take an active role in guarding your health and preventing the spread of influenza.

There are a few simple but important steps that you can take.

- Get an annual flu shot- and encourage your family to get one too.
- Wash your hands frequently
- Cover up when you cough or sneeze
- Keep shared surface areas clean
- If you are sick, stay home! Not only will this help stop the flu from spreading, but you will get better faster if well rested.

Massage, A Mini - Vacation?

Yes, that's right! According to the Canadian Massage Therapist Association, a massage is a necessity—not a luxury—and there are very real health benefits, psychological as well as physiological. Here are just a few good reasons to treat yourself:

- Massage stimulates blood circulation, lowering heart rate and blood pressure, reducing swelling and promoting faster healing through better delivery of nutrition to cells
- Since massage improves lymphatic fluid circulation, it also stimulates the immune system and improves the delivery of nutrition to, and the removal of debris from all organs.
- Massage lengthens muscles and increases lubrication between muscle fibres, making them softer and more flexible, easing stiffness and pain. It also helps rid the body of stress hormones which can be harmful to health.
- The stress-busting aspect of massage can be highly effective in reducing emotional stress. Gentle massage can soothe a racing mind, increase a sense of well-being and even boost self-esteem .

Did you Know?

Laughter, along with a healthy sense of humor, is good for your heart.

Chef Simon Heads up new Educational Program With Salvation Army

Hats off to Simon McNeil, chef at The Summerhill, for outstanding community service! He is volunteering his time to teach culinary arts skills to at-risk youth, the disabled, or anyone who needs help entering the workforce in this field. The New Hope Chef Training Program is being provided by the Salvation Army free of charge.

Simon comes to this role with impressive experience. In addition to being sous chef aboard Holland America's flagship 'The Amsterdam', executive chef at a prestigious private club in Vancouver, plus key chef positions in Toronto, the Gulf Islands and the Carribean, Simon was recently an instructor at the Art Institute's Dubrelle Culinary School. We're thrilled to have Simon on The Summerhill team.



Simon McNeil

Summerhill Supports Local Charities

The Summerhill will be raffling off a 30 lb. chocolate Christmas tree, created by Simon with all proceeds to be split between the Empty Stocking Fund and Sage House of North Vancouver. It will be displayed in The Summerhill lobby from Dec.3 until the draw date of Dec. 21. Tickets will be \$5 each or 5 for \$20. What a great gift idea for a chocolate lover on your list!

The staff of The Summerhill would like to extend their very Best Wishes to you and yours for the coming holiday season!

Published by



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Thought for the day

If money doesn't grow on trees, why do banks have branches?