



A newsletter from  
The Summerhill  
Retirement  
Residence

## Spring 2009

### WELCOME

You're reading the  
Spring edition of  
The Breeze.

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## Profile

# The Gloves Are Off

Always with a joke on the tip of his tongue and a smile on his face, it comes as no surprise to learn that James' roots are Irish.

As a boxer in Winnipeg, James was invited to Vancouver to meet a promoter who would help him with a professional boxing career. As fate would have it, the man did not show up and James took a job in a logging camp working for Canadian Forest Products. While there, the company sponsored a boxing exhibition and James was asked to represent the company in a bout against the light heavyweight golden gloves champ of the US Marines. He won!

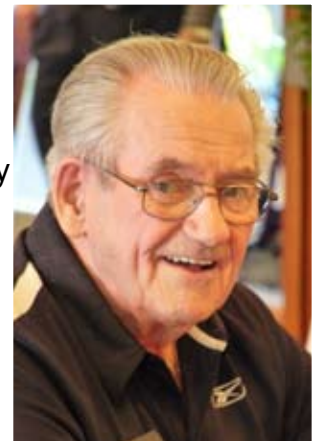


*James wins the Bout!*

Eventually, James took a job with Woodward's in the stockroom and worked his way up to become their flooring buyer, a position that took him all over the world including Asia, Africa and India. Later on, James became an independent flooring contractor and as such made a lot of remarkable new friendships including orchestra leader Dal Richards, who attended the Vancouver Canadians baseball games with him.

James has always been a sportsman. He grew up playing hockey in Red River with his childhood buddy Andy Bathgate, who went on to NHL fame.

After a lifetime of physical activity, he believes that exercise is still very important for the body and mind. Participation in Becky's Instride classes, as well as Alan's Instride Plus program have helped keep James both mentally and physically active.



*James, at home at The Summerhill.*

Thought for the day

How old would you be if you didn't know how old you are? -Satchel Paige

## The Painter's Painter

The Artists For Kids Trust was established in 1989 through a generous partnership of some of Canada's finest artists and the North Vancouver School District to build an art education legacy for the children of BC.

In appreciation of the Pacific Arbour Retirement Communities' sponsorship of this program, The Summerhill residents were invited to a private interview with Gordon Smith, a founding patron and one of the most prominent artists working in Canada today.

Originally from England, Gordon Smith emigrated with his family to Winnipeg in 1933. He studied art there before moving to Vancouver. After serving overseas, he completed his studies at the Vancouver School of Art and subsequently joined their staff. In one way or another he has been teaching art ever since. The artist discussed his art with the residents and freely answered their questions before giving them a personal tour of his latest works.



*Gordon Smith shares his thoughts about art.*



*Joan contemplates the artist's work.*

*"It's not so much about what is being painted, the subject, but rather the painting itself, what it becomes and how each of us is affected by it."*

*-Gordon Smith*

## Spring Was Sprung

Happy that the snow was gone, residents were able to get outdoors again to enjoy the fresh air and sunshine. Don't have a car? That doesn't mean you can't enjoy a drive to the waterfront!



*Charlie, Ken and Edith head out for lunch by the water.*

## The New Beachcombers!

There is nothing like a day on the water to lift the spirits as residents found out on a recent trip to Gibsons on the sunshine coast. Residents visited the many shops and historical sights then enjoyed lunch at Molly's Reach.



*The ferry ride offered up some fabulous water and mountain views.*

Did You Know?

Peanuts are a primary ingredient in the making of dynamite.

## Upcoming Events

|                                   |         |
|-----------------------------------|---------|
| Creole Jazz Band                  | June 11 |
| Men's Microbrewery Tour           | June 19 |
| North Vancouver Senior's Picnic   | June 25 |
| Canada Day Parade                 | July 1  |
| Elegant Dining with Lauren Kelly  | July 23 |
| PARC Anual Picnic in Stanley Park | July 28 |
| Milner Gardens in Qualicum Beach  | TBA     |
| Israeli Dancers                   | Aug.8   |
| Picnic on Bowen Island            | Aug.26  |

## Health and Wellness

### Beat The Heat

Try these tips to help you stay cool and safe when the temperatures soar:

- **Drink up.** Increase daily intake of water to compensate for fluid loss. Seniors need to take extra care to drink regularly as they might not feel thirsty, despite a lack of fluid.
- **Practice sun smarts.** Time in the sun can increase the risk of heat related illness. Limit time outdoors during peak hours of 11 am to 4 pm and be sure to use sunscreen.
- **Limit strenuous activity,** especially during the hottest hours of the day. Time your workouts to the early morning or cooler evening hours.
- **Seek out cool places.** A temporary break from the heat can bring a lot of relief. Seek out a cool place like the mall or a library.

## Silver Surfers

Most seniors missed the computer revolution entirely while others were just leaving the workforce as computers and the internet were taking hold. Many feel that the technology is beyond them now and that they have missed that particular boat!

However, older adults are now the fastest growing group of computer buyers and internet users. They have come to realize that they don't have to understand computer technology to send e-mail to friends and family, shop online, play games, make greeting cards, read book and film reviews, look into family genealogy or find valuable health information on the Internet. One survey showed that 41% of the retired people voted the internet as one of their favourite pastimes.

Recent studies indicate that computer usage has positive health advantages. As noted in a Forbes magazine study, it was found that after 6 months on-line, the senior groups mean score rose 14% on a cognitive ability test. Seniors who learn to use the computer appear to have fewer depressive symptoms than those not so technically connected. Using the internet to 'get out' helps combat the loneliness that can come with living far from loved ones. Another study suggested that in the treatment of ailments such as arthritis, hours online spent stimulating an active mind could actually reduce the amount of pain medication needed!

Why not sign up for some computer lessons in the business centre today? And bring a friend!

A whole new world awaits!

### Food Facts

An espresso has less caffeine than a cup of coffee.

## Greetings From Management

### We Won!

Congratulations to all of the dedicated and caring staff and volunteers of The Summerhill on winning the 2009 North Shore News Reader's Choice Award for Favorite Senior's Home/Service. Excellent teamwork, knowledge, experience and a sense of fun are the "magic" ingredients of our vibrant Community.

Thank you to the readers of the North Shore News for choosing The Summerhill as your Favorite Senior's Residence.

June Morris,

General Manager, The Summerhill



## Good Works

### Seniors Helping Seniors

The residents of the Summerhill Retirement Residence in North Vancouver recently joined forces with a Vancouver singer and harmony expert, Laura Lang, in a fundraising effort to raise money for the Performing Artists Lodge (PAL) in Vancouver. This organization provides affordable housing for seniors who have dedicated their lives to the performing arts.

Residents enjoyed a lively performance by Laura Lang and her jazz choir 'Fat Chants', with donations going towards the support of PAL.



*PAL Vancouver's Bill Harvey accepts a cheque from choir director, Laura Lang, General Manager, June Morris, and Marketing Manager, Jane Ritchie.*

Published by



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Famous Quotation  
Never mistake motion for action. -Ernest Hemingway