



The Breeze

A newsletter from
The Summerhill
Retirement
Residence

Summer 2007

WELCOME

You're reading the
Summer edition of
The Breeze.

INSIDE

Profile

- Winnifred Raftery

Events

- Easter Brunch
- Posit Science
Launch

Health & Wellness

- Fitness Program

Greetings from Management

- New faces at The
Summerhill

Good Works

- Kids Cooking
Camp

Profile

Happy Birthday, Winnifred!

North Vancouver is not the only one celebrating its 100th birthday this year. Summerhill resident Winnifred Raftery also celebrated this special milestone on June 26th. Fellow residents along with Summerhill and Pacific Arbour management and staff, founder Rainer Muller from Switzerland, and North Vancouver mayor Darrell Mussatto were on hand to wish this remarkable lady a very special happy birthday.

Winnifred has witnessed many changes in Vancouver over the past century. She grew up in Kitsilano when it was a very treed area with transportation provided by streetcars. Fish were so plentiful in English Bay that if you wanted one for dinner, you could just go out and catch one! Win remembers going smelting on Pt. Grey Road so often during the war years that she never wanted to see a

smelt again. A favourite activity during the summers was to take a ferry to the north shore, hop a streetcar up Lonsdale Ave. and go berry picking. She also remembers when property in West Vancouver was "dirt cheap"!

Winnifred has always been a stylish woman and has noticed a number of interesting changes in fashion throughout her lifetime. In her youth, hats and gloves were mandatory accessories and one would not be seen in public without them.

Winnifred attributes her good health to walking three times a day, eating healthy foods, and living day to day. Her friends would agree that her great sense of humour should be added to that list!



Winnifred with Viola Jacobson

Thought For The Day

"The art of being wise is the art of knowing what to overlook." - William James

Family Easter Brunch

Residents and family enjoyed a sumptuous brunch on Easter Sunday. Some really got into the spirit by wearing colorful Easter bonnets and costumes.

General Manager Adena Waffle cleverly disguised herself as the Easter bunny while resident Harold Menzies was the Summerhill vatican representative.



Adena and Harold

Posit Science™ Launch

On Monday June 18th, The Summerhill kicked off the MindWorks™ program. Members of the community were invited to join Summerhill staff and residents for a presentation made by Patrick Brannelly of the California-based neuroscience company Posit Science™.

The Posit Science™ program is designed by a global team of leading brain specialists to improve auditory processing. Age-related cognitive changes can make

it difficult to capture the details of information that you hear. This program helps people to be sharp and live vibrantly by improving memory and brain processing speed by up to ten or more years.



Patrick Brannelly presents Posit Science to a fascinated crowd

Posit Science™ Classes

Posit Science™ is a revolutionary program which is offered by only two retirement communities in Canada - The Summerhill being one!

At the moment The Summerhill is running its first offering of the program to eight participants in two concurrent classes. Each class meets with their MindWorks™ coach five days a week for about an hour each session. Over the nine weeks of the program, the special sounds and speech in the program increase the speed and accuracy with which the participants' brain processes information.

There are six different exercises in this computer-based program which are designed to target auditory processing

because so much of the important information we take in each day comes through speech.

In the fall, The Summerhill will make its second offering the program to an additional eight residents. As the MindWorks™ program demonstrates, fitness is no longer just about your body.



Residents at work on their programs

Did you know?

Most people blink about 17,000 times a day.

Upcoming Events at The Summerhill

- Sept 4th Second Session of Posit Science Classes begin
- Sept 5th Greek Day - Trivia, Movie, Meals
- Sept 14th Cribbage Tournament with The Mulberry @ 1:30pm located here at The Summerhill
- Sept 16th Elegant Dining with Mike Foster
- Sept 19th Alzheimers Coffee Break @ 2pm
- Sept 21st Eldercollege Hummingbirds Start
- Sept 24-30th Active Aging Week/Month Auction on Oct 1st
- Sept 27th Volunteer Appreciation Luncheon

Health & Wellness

Hydrate! Hydrate!

While we all love to enjoy the sunshine of the summer months, it is important to remember to keep ourselves well hydrated on those especially hot days.

Staying hydrated is important as it helps your body to function at its *optimal level* by circulating your blood and providing nutrients to your organs.

It also helps your *mood*. If you haven't been drinking enough water, you can feel tired, cranky or stressed. You might even imagine that you're hungry, when the body is actually craving water!

It's important to remember that your body loses water all day long, and that you should replace that water continuously.

Brain Boost! Having a breakfast with a high protein food (eggs, meat, dairy, or beans) and a high fibre starch (whole wheat bread or high fibre cereal) can improve memory and enhance attention.

Targeted Fitness Program Begins

It is no secret that participation in a regular exercise program is an effective way to reduce and even prevent a number of functional declines associated with aging. Exercise maintains bone density, increases muscle strength, improves balance and reduces the risk of falling.

With its commitment to overall wellness in mind, The Summerhill has increased its exercise offerings to residents with the introduction of its InStride Plus™ program headed by exercise therapist, Alan Dobie.

This program is client centered and based upon the principle that exercise should mimic the functional challenges of everyday living. Alan uses specialized training equipment that is safe, medically approved, and designed with senior fitness

in mind. Residents must have their doctor's approval before they may begin the program which is held Mondays, Wednesdays, and Fridays in the Summerhill's newly expanded fitness centre.



Laurie Norman gets instruction from Alan



Doreen & Osborne Shaw on the exercise bikes

New Faces at The Summerhill

Brent Aarvold

Food & Beverage Manager

Formally trained in France, Brent has been an executive chef around the globe, and held a position as Provisions Officer/Food & Beverage Manager with Norwegian Cruise Lines for many years.

Jane Mehta

Front Desk Administration/MindWorks™ Instructor

Jane is a full-time student at BCIT in addition to her varied roles at Summerhill.

Jema Alcalde

Dining Room

Our newest addition to Summerhill, Jema is multitasking by helping wherever she is needed.

Goodworks

Capilano Treats



Summerhill residents enjoying a perfect day at Capilano College

Summerhill residents were treated to culinary delights prepared by aspiring young chefs at the Capilano College Kid's Cooking Camp. All items were baked by these youngsters in ovens donated to the college by Pacific Arbour. Not only did the residents enjoy the treats and sunshine, they also had a chance to have a first hand look at Capilano College itself. For many it was their first time there.



Kids dish up their creations

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Eat a handful of walnuts before bed. You'll be giving yourself a boost of fibre and essential fatty acids along with the amino acid tryptophan — a natural sleep inducer.