



A newsletter from
The Summerhill
Retirement
Residence

Summer 2009

WELCOME

You're reading the
summer edition of
The Breeze.

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Profile

A Century of Memories

When you meet the very vibrant Lillian, it is almost impossible to believe that she is celebrating her 100th birthday. She is a true testament to the fact that people today are living longer and healthier. And she is very excited at the prospect!

Lillian came to Saskatchewan from Yorkshire, England with her mother at the age of eight following the first World War. When she ventured into the working world, Lillian took a business course which led to a career as a court reporter for child welfare cases. At one point, Lillian did stenographic work for John Diefenbaker.

After retirement, Lillian enjoyed many years wintering in California with her husband. She also spent many years living in Powell River but missed the north shore and eventually returned to North Vancouver.

When asked what unique memories she has from the past century, Lillian can remember the first radio earphones, where people took turns listening to broadcasts, the first silent movies, the first cars with running boards, and the first black and white TV's. She remembers when bread was a nickel a loaf and is amazed at how big a jump in price there has been.

Congratulations, Lillian! Still lovely and an inspiration!



Lillian is presented with a centenarian certificate by Mayor Darrell Mussato.

We would accomplish many more things if we did not think of them as impossible.
- Vince Lombardi

Canada Day Parade

The residents of The Summerhill got into the spirit and really made an impact at the North Vancouver Canada Day parade. The crafts group made colorful flowers which were used to decorate The Summerhill van. The “Summerhill Riders” led the way on scooters, dressed in the red and white theme.



“The Summerhill Riders” and The Summerhill van.



Dance, Dance, Dance!

Dancing in its many forms holds a fascination for us all, whether it be as a spectator, or as a participant. Residents of The Summerhill were able to actively enjoy both this summer.

An Israeli Dance Troupe performed their traditional folk dances for the residents in colorful outfits. Following the performance, residents were invited to learn one of the dances and enthusiastically joined in.



Residents dancing Israeli style.

Active Aging Week was celebrated at The Summerhill with a ballroom dancing showcase. Members of the community as well as residents enjoyed a visually stunning performance by very talented and competitive performers.



Did you know?

Temperature affects the appetite. You're more likely to be hungry if you are cold!

Coming Events

| | |
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| Ballroom Dancing at JBCC | Nov. 4 |
| Vancouver Police Museum | Nov. 5 |
| Trip to “Joseph and The Amazing Coloured Dreamcoat” | Nov. 8 |
| Grand Villa Casino | Nov.10 |
| Wii Bowling Challenge and Lunch at The Mulberry | Nov.16 |
| Port Moody Station Museum | Nov. 17 |
| Mad Hatter’s Tea Party with the Red Hat Society | Nov. 18 |
| Pacific Museum of the Earth | Nov. 25 |
| Tea & Trumpets | Nov. 26 |
| Family Christmas Brunch | Dec. 6 |
| Family Christmas Dinner | Dec. 17 |
| Christmas Lights Tour | Dec. 22 |

Health and Wellness

Wash Your Hands

With all the conflicting information flying around about the H1N1 flu virus, the one certainty is that proper hand washing is a valuable weapon against the spread of germs and infectious diseases.

The act of washing your hands seems so simple. We have been doing it since childhood. Our hands pick up germs all over the place; elevator buttons, stair rails, telephones, even a simple handshake. Effective hand-washing or the use of an alcohol-based hand sanitizer will rid our hands of most germs and reduce our risk to ourselves and others.

What does a proper hand-washing look like?

- First remove any rings or jewellery, since they can trap and hide germs.
- Wet your hands and wrists with warm water.
- Rub regular soap into your hands. Intertwine your fingers and rub in between them. Rub the back of each hand with the opposite palm, paying attention to the knuckles and nails. Rub each thumb by gripping it with the opposite hand. Do the same with your wrists. Lather all surfaces of your hands for 15 seconds - or long enough to sing through the song “Happy Birthday”.
- Rinse your hands and wrists thoroughly, rubbing them under warm running water.
- Gently wipe and dry your hands with a clean towel, paper towel, or air dryer.
- Use a paper towel to turn off the tap. The same towel can be reused to open the door so you don't pick up any bacteria or viruses from the door handle.

Viruses can live on surfaces for a period of time, some for more than two hours. It is therefore vital that handwashing be done frequently and that we avoid touching our eyes, nose or mouth. Remember to wash your hands in soap and water after coughing or sneezing, and throw away used tissues.

“An ounce of prevention is worth a pound of cure”.

Thought For The Day

This world is but a canvas to our imagination

-Henry David Thoreau

Greetings From Management

Expansion to West Vancouver

West Vancouver Council recently announced its selection of Pacific Arbour Retirement Communities to develop a new housing project for seniors on the municipally owned Wetmore Motors site. The new development will include state-of-the-green building design and energy conservation systems and will consist of much needed seniors' rental housing as well as new community amenities.

"Our goal is not only to provide a safe, comfortable and engaging environment for seniors, but also to be a vital part of this community. We look forward to consulting with local residents as the Wetmore project moves forward, with a view to tailoring our project to the specific needs of area residents." - Rainer Muller, founder of Pacific Arbour Retirement Communities

Good Works

While it continues its support of Eldercollege, Pacific Arbour has signed on as sponsor for the Speakers Series at Capilano University's Performing Arts Theater. This series includes a presentation by acclaimed Canadian author Margaret Atwood.

In addition, they have partnered with the Kay Meek Center in West Vancouver to present Musically Speaking, a series of delightful afternoon presentations by renowned musicians and their accompanying music. We hope that you will enjoy these presentations and invite you to join us for tea and goodies prepared by Summerhill chef, Paul Marshall, following the musical performances at the Kay Meek Center.

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Food Facts

Within two hours of standing in daylight, milk loses from half to two thirds of its vitamin B content.