



A newsletter from  
The Summerhill  
Retirement  
Residence

**Winter 2009/2010**

## WELCOME

You're reading the fall/winter edition of The Breeze.

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## Profile

# The Man Behind the Big Smile

Jim was born and raised in the small Manitoba town of Grandview where his father was mayor. Music was a big part of his family life and it was normal to find his family gathered around the piano for singalongs or performing locally in barbershop quartets.

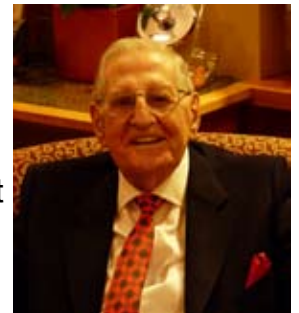
After trying various occupations, Jim was hired by IBM and transferred to New Brunswick as the sole sales and service manager for the Maritime provinces. His success won him a trip to Paris where he somehow found himself dancing onstage at the Moulin Rouge. Though very successful with the company, Jim needed to spread his entrepreneurial wings and went on to establish several new enterprises including a tire retreading plant and a string of the first automated carwashes in the province.

He married a lovely woman from Moncton and together they raised five children who today are spread from coast to coast. With his love of sports and community, Jim quickly became involved in all aspects of his adopted city. As president of the Golf Club, he gained the respect of golfers with a hole in one, and as president of the Curling Club, led three teams to the Brier championships as their skip!

Jim likes to tell the story of how he once hired a budding, young, yet unknown artist to sing at the curling club, and joined her for a duet. Her name was Anne Murray.



*Jim (right) and his curling team. The style of dress and the brooms were very different to what we saw at the 2010 Olympics.*



*Jim today, enjoying life at The Summerhill.*

Thought for the Day

Success doesn't come to you...you go to it.

-Marva Collins

## Fall/Winter Events

Residents of The Summerhill joined in with members of the community to learn ballroom dancing moves and techniques at the John Braithwaite Community Center. After a few wrong moves and lots of laughter, the dancing really came together.



Halloween was celebrated with a haunted house, pumpkin carving and of course the annual costume party!



Our former van driver Len came back for a visit and loaded the van with food items generously donated by residents. These were then delivered to the Harvest House for distribution to needy families. This is an ongoing tradition at The Summerhill.



## Olympic Moments

Within a half block of The Summerhill, the Olympic torch was paraded up Lonsdale to the cheers of hundreds of onlookers. Many residents were able to watch this historic moment from both the street level and from the comfort of their suites!



*Olympic torchbearer*



*Happy recipients of some Olympic tickets*



*Sledge Hockey Game*

Researchers have found that people who eat two or more servings of fish (high in Omega 3 fatty acids) had a lower risk for age related Macular Degeneration.

## Coming Events

Tea and Trumpets	April 15
Community Cribbage Tournament	April 28
Mother's Day Entertainment	May 9
Carousel Chorus	May 11
A Capella Children and Youth Choir	May 17
Elegant Dining with Jennifer Lauren	May 27

## Health and Wellness

### Small fruit - Big Benefit

Who would have thought that a fruit as small as a kiwi could actually help decrease your risk of heart disease?

Kiwis can lower levels of nasty triglycerides and can reduce the risk of platelet clumping. Platelets are a type of blood cell which can keep you from bleeding excessively from a paper cut, but they can grab onto rough spots in your arteries, attracting other platelets and eventually filling the entire artery. That spells trouble for you in the form of a heart attack.

Kiwis are filled with heart-helping nutrition. They contain more vitamin C than an orange, beat bananas for potassium, and are chock full of magnesium!

Easy to eat too! Just slice one in half and scoop out with a spoon, serve over ice cream, or mix in a fruit salad! Enjoy!

## Medications and Diet Interactions

Many medications come to us labelled "take with food", but often we forget to ask if there are any to avoid.

The most serious culprit in this situation is grapefruit juice, which has unique properties when it comes to inactivating or overactivating medications. Grapefruit juice inhibits a crucial enzyme that normally functions to break down and metabolize many drugs, such as antiseizure drugs and statins used to lower cholesterol. The result? The overloaded liver can't metabolize the medication, resulting in an overdose, with potentially fatal consequences.

Other less serious interactions to be aware of include coffee and iron; the coffee inhibits absorption. Doctors report that they frequently see coffee drinkers who take their iron in the morning with breakfast, yet their anemia doesn't go away because the iron isn't absorbed.

Medication handouts from the pharmacy often fail to mention specific food and drink interactions. When you get a new prescription, ask your doctor or your pharmacist whether you should take it with food, without food, and if there are any dietary issues to watch out for. That simple question could help speed recovery from the medical situation being treated and potentially save your life.



Bananas contain a natural chemical which can make a person happy.  
This same chemical is also found in Prozac!

## Greetings From Management

# 2010 Olympic Spirit

Residents and staff of The Summerhill were full of Olympic spirit during the month of February. They watched the Olympic torch make it's way up Lonsdale Avenue, held their own Olympic hockey shootout, cheered our Canadians to gold together, and wore red and white colors in constant support. Many residents and staff attended both the main Olympic events as well as the Para-Olympic sledge hockey events thanks to tickets generously donated by Pacific Arbour Retirement Communities! It was a truly memorable time for all.



*Residents enjoying live Sledge Hockey.*

## Good Works

# Haitian Earthquake Relief

Residents of The Summerhill, The Mullberry and the staff of Pacific Arbour Retirement Communities showed their support for those affected by the January 12, 2010 earthquake in Haiti. So many Haitians were left without food, water, shelter or medical support. Residents and staff were able to collectively raise \$14,832 which was matched by corporate Pacific Arbour Retirement Communities, in addition to the \$10, 000 which had already been donated immediately upon hearing the plight of the Haitian people. Just two weeks after the disaster, cheques totaling \$39,664 were delivered to the Red Cross for the Haitian relief effort. The Canadian government offered to match these donations.

Thank you to all for your generous contributions. They will help make a difference!

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"Life is a great big canvas; throw all the paint on it you can."  
--Danny Kaye