



A newsletter from
The Summerhill
Retirement
Residence

Winter 2007

WELCOME

You're reading the
winter edition of The
Breeze.

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Profile

Summerhill's Piano Man

It is said that The Summerhill possesses a unique energy and one of the greatest contributors to that energy is original resident Frank Love. It is not unusual to stroll through our front doors and be greeted by the sight of a singing, swinging, toe-tapping group clustered around our grand piano with Frank at the keyboard.

Born in Greenbank, Ontario, Frank grew up in Toronto. It's hard to believe that he has never had a piano lesson and is, in fact, self-taught. It would annoy his sister, who enjoyed five years of lessons, that he played naturally better than she. With a guitar playing friend, and another with a saxophone, Frank spent many hours of his youth playing the popular music of the day.



Frank Love delighting the residents

Frank's career as a cartographer was spent with the Dept. of Mines and later in management with the Dept. of Lands, Forests and Mines. During the war years his expertise was called upon with the formation of the first Canadian Aerial Survey Company to map planned invasion routes on the French coastline. After retirement, Frank moved with his wife to Vancouver in 1997 to be closer to family. In 2001, he joined the new Summerhill community where he currently contributes part of his time to the Food Committee as well as the resident's Hummingbird Newsletter.

When asked what he would consider his favourite music, Frank could only respond that he likes it all! Especially music from the 40's and 50's era.

What makes him really happy? Seeing how the residents respond to his piano playing by spontaneously moving, dancing, and singing.

Keep it up, Frank! You bring great joy yourself!

Thought for the Day

All of us could take a lesson from the weather. It pays no attention to criticism.

Summerhill Celebrates Robbie Burns

Tartans and kilts, highland dancing, haggis, and the sound of bagpipes were the order of the day for the celebration of Scottish poet Robbie Burns. Kilts were flying as residents were treated to a performance of traditional highland dance by two very talented young people. Authentic haggis was led by procession into the dining room to the stirring sounds of bagpipes played by a member of the SFU Pipe Band. A delicious dinner was prepared by Summerhill's master chef, Simon McNeil, complete with a wee dram for each resident.



Martin Carr with residents Agnes Fulton and Ed Gushue



Muvvy McConnell with Adena 'MacWaffle'

Special guest Martin Carr presented a brief history of Robbie Burns, followed by a recitation of his poetry and led the toast to this famous Scotsman. It was a lovely evening enjoyed by everyone, especially those with deep Scottish heritage.



Roy Pellant, Gertrude Wilson, Olga Freivokh and Marjorie Trigg

A Celebration of Love

Hearts, flowers and loads of chocolate ruled The Summerhill on Valentine's Day. To celebrate this special occasion, residents attended an afternoon tea-dance with the music of popular Brian Gimbel.



George Watson and guest Betty Charleton

The craft group produced romantic chocolate roses which were sold by residents Elaine Wallace and Ed Gushue, raising \$100 which will go to charity.



Elaine Wallace and Ed Gushue

Chef Simon again worked his magic with sumptuous treats for the tea, as well as a tribute to chocolate with hand crafted truffles in a unique chocolate display.



Chocolate Wine Bottles

A contest was held for the most memorable Valentine's story and was won by resident Pat Parker who had married on Valentine's Day. Her touching story brought tears to the eyes of many in the room.

Overall, it was a very fitting tribute to that wonderful feeling we call love.

Did you Know?

Studies show that seniors who drink fruit or vegetable juices at least three times a week lower the risk of developing Alzheimer's Disease by 76 percent.

Upcoming Events at The Summerhill

- April 23 Lunch at Ciao Bella Ristorante
- May 3 Tea and Trumpets
- May 9 Waffle Wednesday with Adena
- May 13 Mother's Day Strawberry Social
- May 16 Country and Western Social Hour featuring Haley Breedlove
- May 31 Pub nite with 'Ice Jam'

Health and Wellness

Facts about Falls

Stay Safe, Stay Independent!

Don't let a fall rob you of your ability to live life on your terms! Protect yourself! Falls are the most preventable cause of loss of independence among adults.

Here are a few tips that will help you achieve it.

- Install grab bars.
- Remove throw rugs which could trip you. Clutter is dangerous.
- Install nightlights.
- Use sleeping medications with caution. Some may cause dizziness and contribute to unsteadiness.
- Start an exercise program. Weight bearing exercise such as walking reduces bone loss. Walking is an excellent start!
- Increase calcium intake.

Train Your Brain and Retain

Our brains are very important organs of the body that need just as much attention and preventative care as our hearts, our lungs and our joints. Exercising it is as necessary as our cardiovascular workouts! Recent studies prove that memory impairment can be stalled by simple, everyday exercises such as crossword puzzles or word jumbles as well as proper nutrition.

Here are a few ways to help keep your brain firing on all cylinders:

- Don't skip breakfast! It fuels optimal brain-power and concentration.
- Do things you are not already good at! Play cards, bingo, join a club, take a pottery class. These activities will not make you smarter, but you will be using more brain power!
- Exercise your body! Regular exercise improves circulation to the brain which will optimize peak performance.
- Get a good night's sleep! Sleep disruption results in a loss of mental efficiency, decreased emotional resistance, and reduced resistance to illness!
- Manage your stress. Too much stress can leave you feeling pressured, tired, and anxious. Chronic stress can also lead to memory loss. Deal with it as it happens rather than let it accumulate.

Try this Vocal Exercise!

Mr. See owned a saw. And Mr. Soar owned a seesaw. Now See's saw sawed Soar's seesaw before Soar saw See, which made Soar sore!

Summerhill News Updates

Welcome to our Community

Dr. David Dixon	Podiatrist
Rebecca Mak	Front Desk
Felora Noorieh	Dining Room
Steve Bleim	Chef
Avril Levy	Housekeeping
Ted Honorio	Night Custodian

Coming Soon

In addition to its current exercise programs, The Summerhill will be expanding its focus on fitness with the introduction of a personal trainer. He will be working with interested residents on specific goals relating to their individual needs in smaller group settings as well as one on one. The present gym will be expanded for this purpose with estimated completion by the end of May, 2007.

The residents and staff of the Summerhill bid a fond farewell to Len Graham, our van driver, and Felix Librojo, who are leaving us to pursue new challenges. They will be greatly missed. We wish them both the best of luck in their chosen careers!

Published by



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Famous quote

Don't count the days! Make the days count! - *Mohammed Ali*