



# Harmony Court Estate November 2014 Family Update

**Operations Update**  
**Paula Anderson, General Manager**  
604-527-3314 (O)  
[panderson@agecare.ca](mailto:panderson@agecare.ca)

Fabulous News: Harmony Court is very proud to announce we are #1 on the Burnaby Newsleaders A-List. Each summer the Newsleader puts a call out to their readers, in the form of a survey, asking residents to name some of their favourite things in the city. Harmony Court was chosen in the Best Seniors Retirement Community category. Congratulations to the entire staff team for your compassionate and courteous care you offer everyday to the residents of the Estate. Thanks to EVERYONE who voted for Harmony Court.



This past month Harmony Court residents and staff participated in the Provincial “Shake Out” earthquake drill and we thank all who were involved.

We have been working closing with the local fire department and Executive Fire Pro in training the housekeeping and dietary staff in the proper procedures in the Garden Room.

Harmony Court is proud to announce we had 2 winners for the Seniors of Distinction awards Mary Berry and Russell Moore.

Flu shots will be offered again this year at Harmony Court.



**Care this Christmas** by making this  
**A Christmas to Remember**  
for a senior in your community.

## **A Christmas to Remember**

### **Care This Christmas**

We invite you *Care this Christmas* by participating in the **Christmas to Remember** program. A Christmas to Remember was started by AgeCare's Harmony Court Estate with the hope of spreading holiday cheer to lonely and/ or financially-challenged seniors. Anonymous gifts delivered directly to local seniors in need sends the message that they are being remembered this Christmas.

#### ***The 3 ways you can show seniors you that you Care this Christmas:***

1. Registering a senior who is alone and indicate the gift wish for that senior
2. Becoming a Secret Santa for a senior by donating a gift, or
3. Volunteering their time to sort, wrap and/or deliver the gift.

#### ***Why A Christmas to Remember is Important***

The National Advisory on Aging, 2006 Seniors in Canada Interim Report Card, indicated that more seniors, especially the growing numbers of seniors over the age of 85, are living alone. Seniors living alone are at higher risk of social isolation. This loneliness tends to be exacerbated during times traditionally dedicated to family and friends. Anonymous gifts delivered by a Christmas to Remember help to brighten recipients' lives and send the message that they are being thought of during these special times.

#### ***A Community Lead Initiative***

A Christmas to Remember is a call out to the community to *Care this Christmas*. It cannot happen without the support from local organizations, schools, churches, businesses and individuals. Our promise? The experience will be rewarding for everyone involved. Last year in we delivered over 75 presents to seniors in need in Lethbridge, Alberta! We know Burnaby is up for the challenge. The Christmas to Remember program is a community lead initiative. We are not a registered charity. We happily volunteer our time and resources to ensure each registered senior receives their gift by Christmas. Gifts are not tax deductible.

To learn more about **A Christmas to Remember** or to get involved, please visit  
[www.CareThisChristmas.com](http://www.CareThisChristmas.com)

## **Hospitality Update**

**Billy Ibarra, Hospitality Services Manager**

**604-527-3329(O)**

[Billy\\_Ibarra@aramark.ca](mailto:Billy_Ibarra@aramark.ca)

### Special Meals

November 6 – Ladies Breakfast Club

- Eggs Benedict With Ham
- Fresh fruit
- Fruit juices
- Tea/ Coffee

November 11<sup>th</sup> – Remembrance Day Dinner

- Roast Beef & Gravy
- Roasted Squash
- Mashed Potatoes
- Warm Apple Crumble & Vanilla Ice Cream

November 20<sup>th</sup> – Asian theme Day

- Won Ton Soup
- Chicken Chow Mein
- Steamed Asian Vegetables
- Apple Sauce & Fortune Cookie

October 30<sup>th</sup> – Men's Breakfast Club

- Autumn Bratwurst Bake
- Hash Browns
- Baking Powder Biscuit
- Fruit Juices
- Tea/ Coffee

- November 13 at 3:30 – Menu Review Food Forum
- November 19 at 2:00pm – Kitchen Tour With Billy

## **Recreation Update**

**Justine Steckley, Recreation Manager**

**604-527-3328(O)**

[hcrecreation@agecare.ca](mailto:hcrecreation@agecare.ca)

&

**Celeste Bouffard, Leisure Lifestyle Coordinator**

**604-528-8584**

[hcestaterec@agecare.ca](mailto:hcestaterec@agecare.ca)

The cool & wet weather is here which brings thoughts of warm cozy days indoors with tea or hot chocolate. Harmony Court plans to do just that with a few outings that will keep everyone dry. The bus will be headed to the Vancouver Aquarium on Monday the 3<sup>rd</sup> with lunch at the Aquarium Café. On the 7<sup>th</sup> it will be going to Edmonds Community Centre for an hour to

spend at the swimming pool, cost is \$4.38 for drop in. On the 10<sup>th</sup> the residents will be seeing the Simon Fraser University Museum of Archaeology & Ethnology with a picnic lunch at the cafeteria. The bus will be going to the new Hard Rock Casino in Coquitlam on Monday the 17<sup>th</sup> and the last outing will be to the Charlie's Chocolate Factory in Burnaby on Monday the 24<sup>th</sup>. The residents will receive a picnic lunch in the Fireside Lounge when they return from the tour.

October was a busy month with many new residents moving in. Harmony Court will give them a warm welcoming at the New Resident Welcome Tea on Wednesday November 5<sup>th</sup> at 2:30.

If your family member enjoys baking or knitting, let them know there will be a Residents Craft and Bake Sale happening in the Fireside Lounge on November 14<sup>th</sup> from 9:30-2:00. Sign-up sheets for a table spot will be in the lobby. The residents will be baking a treat for the sale on Friday November 7<sup>th</sup> at 2:30 in the Garden Room as a baking program.

November is also the time to vote, reminisce and be generous. Harmony Court will have the opportunity to vote in the Municipal Election on November the 4<sup>th</sup> in the Fireside Lounge. The Remembrance Day service will be Televised Tuesday the 11<sup>th</sup> at 10:00am in the Fireside Lounge, and there will be a celebration honoring veterans on Wednesday the 12<sup>th</sup> with music by Lillian Sebulsky at 2:30 in the Garden Room. The generosity is year round but it is nice to consider others who may be in need more often at this time of year. Two special acts of kindness will be on going throughout the month. The first is the Christmas to Remember that Paula touched on and the 2<sup>nd</sup> is a donation to the Christmas Bureau for our Baskets for Seniors by Seniors Project. Harmony Court is looking for any non-perishable food items or house hold items to be dropped off to the box at the reception desk. Kindness is in all of us and when it is given to others it grows in our hearts.

Hope you have a wonderful November!