

Special Events

Wednesday the 1st
Easter Tea with
Mellow Guitar

Thursday the 2nd
Ladies Breakfast
Club

Friday the 3rd
Good Friday Special
Dinner

Sunday the 5th
Special Easter
Dinner

Monday the 6th
Easter Monday
Dinner

Thursday the 9th
Volunteer
Appreciation

Tuesday the 14th
Euro Design Scarves
and Education
Seminar on Urinary
Tract Infections

Friday the 17th
Birthday Party with
Barry Powel

Tuesday the 21st
Armchair
Travelogue: A Trip
Through Australia

Thursday the 23rd
Food Forum

Friday the 24th
Western Lunch

Tuesday the 28th
Recreation Forum

Thursday the 30th
Men's Breakfast
Club

April Birthdays**Aries – April 1-18**

Aries, the Ram.

Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, and are undeterred when the going gets rough.

Taurus – April 20-31

Taurus, the Bull.

Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded—especially with beauty and peace at home.

Chaplain's Corner

Perhaps the key to a spiritual life that works, is the measure by which we yield or surrender to God. All the different faith communities speak of “bowing to God’s will”. The age-old expression: ‘let go and let God’ still remains something we all need to be reminded of and also put into practice every day.

The following poem says it so well.

Let Go and Let God

*As children bring their broken toys
with tears for us to mend,
I brought my broken dreams to God,
because He was my Friend.
But then, instead of leaving Him
in peace to work alone,
I hung around and tried to help
with ways that were my own.
At last I snatched them back and cried,
“how could you be so slow?”
“My child” He said, “what could I do?
you never let them go”.*

Have a good April.

Your Chaplain, Dan

Happy Birthday To...

| | |
|-------------|------------------------|
| Grace G | April 10 th |
| Anna I | April 13 th |
| Leita B | April 15 th |
| Ruth S | April 23 rd |
| Sharilyn C | April 24 th |
| Theresa B | April 27 th |
| Godelieve J | April 29 th |
| Shirley M | April 30 th |



Harmony Court Estate

April 2015



7197 Canada Way
Burnaby, BC
V5E 4A6

Reception Desk: (604)-527-3300
Recreation Office: (604)-528-8584
General Manager: (604)-527-3314
Support Services Manager: (604)-527-3329

Outings & Pub Nights

Monday the 6th
Picnic Lunch &
Scenic Bus Trip to
the VanDusen
Botanical Gardens
[\$8.00]

Tuesday the 7th
Shopping Outing at
Lougheed Mall

Monday the 13th
Scenic Bus Trip to
Township 7
Winery, Langley &
Picnic Lunch

Tuesday the 14th
Pub Night with
Old Friends

Monday the 20th
Scenic Bus Trip to
Telus World of
Science [\$21.75] &
Picnic Lunch

Monday the 27th
Scenic Bus Trip to
Burnaby Mountain
& Lunch at
Burnaby Golf
Course, Mountain
Clubhouse

Tuesday the 28th
Pub Night with
Thomas MacKay

In November and December of 2014, the Office of the Seniors Advocate in conjunction with HealthLinkBC and BC Stats, developed and conducted a survey asking British Columbia seniors a series of questions on a range of issues. We wanted to know about seniors' housing situations. We asked them about how much knowledge they have about the services and supports in place to assist them as they age. We were curious about their mobility and transportation options in their communities. Finally we wanted to find out more about their current health status.

Awareness and Utilization of Existing Financial Programs

There are several financial programs that seniors can access in British Columbia that can help them.

For seniors who rent, a provincial grant called SAFER (Shelter Aid for Elderly Renters) helps make rents affordable for those with low to moderate incomes by providing monthly cash payments to eligible B.C. seniors.

Three quarters of seniors who participated in the survey were aware of the federal Guaranteed Income Supplement (GIS) for low-income seniors, and approximately one in five of those respondents received the supplement. A single senior qualifies for GIS if they receive Old Age Security (OAS) and their income is less than \$17,088 per year. A single senior's GIS allowance per month is \$764.40. A couple qualifies for GIS allowance if they receive OAS and if they have an income of less than \$31,584. They receive \$1013.72 total per month.

Medical Services Plan (MSP) premium assistance and Fair Pharmacare program are income-based provincial programs providing assistance with medical costs to eligible low-income individuals and families. Each requires application to or registration with the program.

Finally, questions in the survey focused on their health benefits and coverage for things like dental care, vision aids, and hearing aids. Overall, about half of the respondents indicated they had such medical coverage, with similar rates among younger and older seniors and throughout the five health authorities. However, lower-income seniors were less likely to enjoy such health plan benefits; while approximately 62 per cent of higher-income seniors had extended health benefit plans, that proportion dropped to just 35 per cent in the lowest income bracket.

Look for more information from the Senior's Advocate Office in the May Newsletter.

Paula Anderson, General Manager



Friends of AgeCare Rewards Program

We realize that our residents, staff and community partners recommend us to their friends and family frequently. So we would like to formally recognize this wonderful compliment with a \$500 dollar "Friends of AgeCare" reward. Or, if you prefer we will make a donation to the charity or association of your choice in your name.

Please ask us about how you can participate in our rewards program today!

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| OUR RESIDENCES: | Columbia Lethbridge, AB 403.320.9363 | Governor's Walk Ottawa, ON 613.564.9255 | Harmony Court Burnaby, BC 604.527.3300 | Orchard Manor Brooks, AB 403.362.6188 | The Beverly Estate Calgary, AB 403.873.2600 | Valleyview Medicine Hat, AB 403.526.7000 |
|------------------------|---|--|---|--|--|---|



Meet Harmony Court New Resident: Mary Ladasic

Mary was born locally in Vancouver, BC and has stayed close in New Westminister and Surrey for over 20 years. She speaks Norwegian and was an Auxiliary member for the Norwegian club and a member of the local legion for 47 years. She has had the opportunity to work for Hudson Bay Company and was valued as the new store opener for multiple store locations across the lower mainland. Mary is blessed with two sons, four grandchildren and two great grandchildren. She enjoys reading, bingo, and volunteering. Let's give Mary a warm welcome to Harmony Court!



Meet Harmony Court New Resident: Sharilyn Calliou

Sharilyn was born in Edmonton, Alberta and has lived in Vancouver for many years. She worked as an Educational Instructor for various schools. Sharilyn devoted much of her time and passion in writing the school newsletter and editing the newspaper. She enjoys drawing, painting, keeping in touch with family and friends and following up on Canadian contemporary artists. Sharilyn is blessed with friendships, relationships and close family. Please help welcome Sharilyn to Harmony Court!

Recreation News

Welcome to the beginning of spring, where new life is celebrated with the Easter service and change begins to take place all around us. The trees have bloomed and been pruned and the tulips are beginning to grow. We would like to bring the spring feeling to you by having an Easter Tea with Mellow Guitar on April 1st and have Special meals over the Holy week starting Friday the 3rd until Easter Monday the 6th.

If you thought to shop for a new spring outfit or pair of shoes, then join your Leisure Lifestyle Coordinator on Tuesday April 7th. Normally the shopping outing would be held on Thursday April 9th but this special day is reserved for our special volunteers. To honour them, we are hosting a private Volunteer Appreciation in the 4th floor dining room.

Though we may try to bring the spring indoors to you, it is also nice to go and see how spring can change outside. The bus will be going to some outdoor locations as the weather continues to warm up. On Monday the 6th, the group will go to the VanDusen Botanical Gardens for a self-guided tour after a picnic lunch in the Fireside Lounge. Join us on Monday April 13th for the Township 7 Winery tour. If you are interested in how things work visit the Telus World of Science on Monday the 20th, and for the last trip the bus will take a scenic drive up to Burnaby Mountain. The bus will be parked if anyone would like to go for a walk or sit outside to breath it all in. After the drive the group will have a delightful lunch at the Burnaby Golf Course Mountain Clubhouse Restaurant.

New programs have been springing up lately therefore this month we would like to continue to try new things. Come experience a new culture on Tuesday April 21st at the Armchair Travelogue which will take you on a tasty trip through Australia. This program includes tastes, sounds and a video through the country to give you an experience that leaves you feeling as though you were there. Another new program will be the Computer Class on Thursday April 23rd. This will be a sign-up class between 9:30-11:00 am. Celeste will help with basic skills on word processing, learning how to send e-mails and starting games if interested. She will sit with one resident at a time and go over any questions they have regarding the computer, each session will be 30 minutes long.

Change is often seen outside on the trees and in the air, but there will be internal changes to notice here at Harmony Court. As you may know AgeCare has signed a new contract with the care providers SimpeQ Care. This change has also created an opportunity for one of our exceptional staff members. Our cherished Recreation Manager Justine Steckley has informed us that she will be moving to Squamish, BC for the middle of April. We are sad to see her go but wish her the very best for her in this new community. Thank you Justine for all of your hard work and dedication here at Harmony Court!

Happy Spring and Happy Easter!
Celeste Bouffard (Leisure Lifestyle Coordinator)

Farewell

*Betty Fung
Betty Simpson
Bill Flower*

Welcome

*Evelyn Stefanovic
Elly Happ*

*In Loving Memory
Everett Davidson*

Look for Harmony Court "Brain Games" in each Newsletter for extra fun!
Answers will be posted on the 15th!