



Friends of AgeCare Rewards Program

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!

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

Chaplain's Corner

Our prayers should be according to God's will. This prayer makes that obvious.

*"I asked for strength that I might achieve;
I was made weak that I might obey.
I asked for health that I might do greater things;
I was given infirmity that I might do better things.
I asked for riches that I might be happy;
I was given poverty that I might be wise.
I asked for power that I might have the praise of men;
I was given weakness that I might feel the need of God.
I asked for all things that I might enjoy life;
I was given life that I might enjoy all things.
I have received nothing I asked for, all that I hoped for.
My prayer is answered."*

Have a great August.

Your Chaplain, Dan

HARMONY COURT ESTATE

AUGUST 2015

OUTINGS AND PUB NIGHTS



Harmony Court has removed the small TV from the fireside lounge and will be replacing it with Sirius radio. The fireside lounge will be much more enjoyable for many more people who play cards, use the computer, and listen to the radio and have a chat with their neighbors.

There are 2 other TV's available for all to use: a 60" HD flat screen in the Multipurpose room on the 3rd. floor with comfy chairs, footstools, washroom and an A/C. Another TV is located on the 3rd floor in the games room. We encourage all residents and their families to enjoy these 2 locations.

I would like to say a very fond farewell to a couple of very special ladies, Pippa Ogis and Celeste Bouffard. Pippa was our 2nd floor Unit Clerk and Home Care Coordinator for the estate side. She has moved to Ontario with her fiancé'. Celeste is following her dream and returning to College to further her education. We wish you both Life's Best and thank you for your dedication and compassion to all the residents at Harmony Court.

PS: Team building events will never be the same without you both.



Happy BC Day
Monday Aug 3rd

Bus Outing to Burrard Dry Docks and Picnic Lunch

Wednesday Aug 5th

Bus Outing to Stanley Park with Picnic Lunch (\$10.00)

Monday Aug 10th

Pub night with Allen & Sharon Boolinoff

Tuesday Aug 11th

Bus Outing to Buntzen Lake and Picnic Lunch

Monday Aug 17th

Shopping Outing to Royal City Mall

Thursday Aug 20th

Bus Outing to Bowen Island and Picnic Lunch (\$20.00)

Monday Aug 24th

Bus Outing to Foreshore Park and Picnic Lunch

Monday Aug 31st

As one of America's leading educators on dementia, [Teepa Snow's](http://www.teepasnow.com) philosophy is reflective of her education, work experience, available medical research, and first hand caregiving interactions. Working as a Registered Occupational Therapist for over 30 years her wealth of experience has led her to develop Positive Approach to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world

This 12 min clip with Teepa is practical and valuable. Teepa explains that by understanding the strengths of a "Gem" it can change the caregiver approach and result in a different response from the person with cognitive impairment. Nothing you haven't heard before but a really good refresher. Enjoy.

www.teepasnow.com Teepa's Gems

Paula Anderson
General Manager

7197 Canada Way
Burnaby, V5E 4A6

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

August Birthdays

HAPPY BIRTHDAY TO....

Nadia N.	Aug 1
Kenneth P.	Aug 10
Carol C.	Aug 17
Barbara C.	Aug 22
Celina C.	Aug 23
Ronald B.	Aug 24
Barbara G.	Aug 25
Abraham K.	Aug 26
Alida V.	Aug 28

Harmony Court Brain Games

OVER

rowhenme do as
Spartacus
Julius Caesar
do

measure
measure
cut

T
A
H
W must

1. _____

2. _____

3. _____

4. _____

CHANGED

STABBER

PEN
sword

ARMUPS

5. _____

6. _____

7. _____

8. _____

deal it

A
N out
D

all 1111
1
all all all all

promise

9. _____

10. _____

11. _____

12. _____

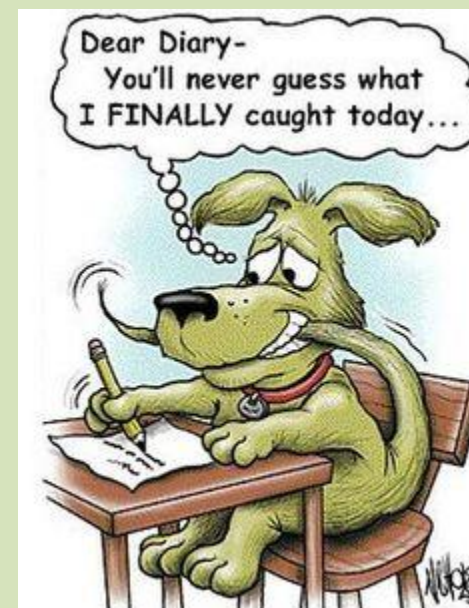
Answers will be posted up in the front lobby on July 15th.

Leo - July 23 - August 22

The Lion. Leo's are natural born leaders, and they will let you know it as they have a tendency to be high-minded and vocal about their opinions. Leo's have a savvy way of analyzing a situation and executing swift judgment with a beneficial outcome. They are brave, intuitive, and also head-strong and willful. Beneath their dynamic persona lies a generous, loving, sensitive nature that they do not easily share with others.

Virgo - August 23 - September 22

The Virgin. Virgo's have keen minds, and are delightful to chat with, often convincing others of outlandish tales with ease and charm. Virgo's are inquisitive and are very skilled at drawing information from people. This trait also makes them naturally intuitive. Combine this with their remarkable memories, and we see an advanced, analytical personality. Virgo's are excellent teammates in work and social activities.



Let a series of Happy Thoughts run through your mind, they will show on your face!

Summer-a-Flutter: The Butterfly



Butterflies eat with their feet.

What is it about butterflies that so enamors us? Surely these are beautiful animals—symbols of nature, beauty, freedom, and peace. But, as the saying goes, beauty is only skin (or in this case wing) deep. But what else is important about the butterfly?

Along with bees and flies, butterflies are the world's greatest pollinators. More than 75% of the world's flowering plants depend on pollinators to reproduce.

Pollinators are responsible for supplying 33% of the world's supply of food and drink. That's right—without pollinators, we lose one-third of our food supply.

It is no coincidence that June 15–21 is World Pollinator Week, a nod to all those hard-working insects and animals that bring us

apples, blueberries, almonds, cucumbers, squash, tomatoes, and coffee, just to name a few.

Delicate butterflies are also indicator species. This means that the health of a butterfly population can tell us a great deal about the health of an entire ecosystem.

Butterflies are so sensitive to their environment that the addition of a harmful chemical to the air, pollution in the water, or a slight change in temperature will dramatically affect an entire butterfly population. This allows humans to monitor the health of our surroundings.

Whether we marvel at the 3,000-mile migration of the monarch butterfly from New England to Mexico, delight at the metamorphosis of a caterpillar into a butterfly, or draw inspiration from the patterns of butterfly wings, let us also not forget the importance of these marvelous insects.

Farewell

*Nilda Saladar
Frances Suom*

Welcome

*James Cheuk
Irene Sleeman*

SPECIAL EVENTS

Resident Update
Tuesday Aug 4th

Ladies Breakfast
Thursday, Aug 6th

Ice Cream Social and BC Day Celebration
Friday, Aug 7th

Afternoon Tea with 30's Trivia
Wednesday Aug 12th

Corn Shucking Contest
Thursday Aug 13th

Hearing Clinic
Thursday Aug 13th

Beach Party BBQ
Friday Aug 14th

Recreation Forum
Tuesday Aug 18th

Education Seminar: Walker and Mobility Clinic
Tuesday Aug 18th

New Resident Tea With Glen Pearson
Wednesday Aug 19th

Birthday Party with Ron Ulrich
Friday, Aug 21st

Chair Yoga with Beate
Friday Aug 21st

Outdoor Games Night
Tuesday Aug 25th

Kitchen Tour/Food Forum
Wednesday Aug 26th

Men's Lunch
Thursday Aug 27th

Under The Sea BBQ
Friday Aug 28th

A Note from the Recreation Department

The summer seems to be going by so fast! And the last month of summer will be a busy month. There is a bus trip Wednesday, Aug 5th to The Burrard Dry Docks to hear about the vibrant history of shipbuilding, a bus trip Monday, Aug 24th to Bowen Island, a bus trip Monday, Aug 10th to Stanley Park, a picnic lunch to Foreshore Park Monday, Aug 31st and Buntzen Lake Monday, Aug 17th. Please sign up for these great trips.

There are Japanese students visiting on Thursday, August 6th. They come to Canada for 10 days and would like to come and learn about life in Canada and also share their culture.

There will be an ice cream and BC Day social in the courtyard with entertainment by Peter Preston on Friday, Aug 7th.

The education session this month is the walker and mobility clinic by Shoppers Home Health Tuesday, Aug 18th also the Hearing clinic is Thursday, Aug 13th.

There are 2 BBQ's this month, the Beach Party BBQ and Under the Sea BBQ. There will be a Chilliwack corn shucking contest on Thursday the 13th, with all the corn going to the Beach Party BBQ on Friday, Aug 14th, so come on out and shuck some corn!

There will be chair Yoga in the Activity Room Friday, Aug 21st. If you've ever wanted to try yoga, now is your chance.

The outdoor games night as been fun for all involved, and the last one will see those horses race one more time before retiring until next year on Tuesday, Aug 25th.

The new Resident welcome tea will be on Wednesday, Aug 19th, with music by Glen Pearson.

Heather's fashion closet will be here Tuesday, Aug 25th as well as Donna's Craft and Bake sale Sunday, Aug 30th.

A book club has been started here at Harmony Court, and anyone wishing to read, and then get together at the end of the month to discuss the book please come and see me to get a copy.

We would like to say a fond farewell to Celeste, the Recreation Manager at Harmony Court. She will be missed by all! All the best in your studies and hopefully we will see your smiling face around here when you stop by for a visit.

Have an amazing rest of the summer! Keep Hydrated!

Karen Scott
Recreation Coordinator



Meet Harmony Courts New Resident Elly Happ

Elly was born in the Ukraine. She lived in Burnaby for 24 years when she moved to Canada.

She danced and travelled with her husband and close friends, and still loves to dance on Fridays nights with her friends. She has 2 boys, Ron and Gordon and 1 granddaughter.

She loves and treasures her friendships very much, and has always lived her life to the fullest.

Elly likes to read the paper, do Suduko and listen to music when she has spare time.

Let's give Elly a very warm welcome to Harmony Court!

Meet Harmony Courts New Resident Lorna Harrison

Lorna was born in Vancouver as was the rest of her family. She went to Fairview High School in Vancouver, which is no longer standing.

She was in the Air force and enjoyed her job as a clerical worker.

She knows the lower mainland quite well as she moved around a lot, and her friends were never surprised to hear that she had a new address. Lorna spent her time volunteering at thrift stores and Century House when she wasn't working. One of her biggest accomplishments is learning the Jitterbug! She loved to dance.

Lorna loves to read, and right now her reading is mostly science fiction.

Let's give Lorna a warm welcome to Harmony Court!



Maintain Your Brain: Food and Water

For years scientists have explored the relationship between diet and brain development and within the plenty decade there has been plenty of research aimed at understanding how specific foods affect brain function. For instance, a 2014 study conducted by Rush University Medical School in Chicago found that [cinnamon can positively impact degenerative diseases such as Parkinson's and Alzheimer's disease](#).

Other foods that are frequently named in studies related to brain health and optimization of memory include whole grains, salmon (Omega-3), blueberries, black currants, avocados, nuts and seeds, tomatoes, and dark chocolate.

Food Rules

While the list of ingredients touted as healthy 'brain foods' continues to grow, it's important to remember that ultimately seniors are best off consuming a balanced diet that is rich in fresh fruit and vegetables, calcium, protein, whole grains and foods high in dietary fibre.

Water Wellness

Hydration is vital to all aspects of health! For the brain it is required for basic function and for efficiency. Water can help ward off confusion, dry mouth, difficulty with chewing, and with other distressing conditions such as constipation and urinary tract infections.

For seniors it's easy to forget to drink fluids regularly if they are less active and not as tuned into their sense of thirst. Experts suggest posting a note in your kitchen reminding you to sip water every hour and with every meal. While there is no consensus on the perfect amount of fluid to take in daily, [the Mayo clinic maintains a standard of at least eight 8-ounce glasses per day](#).

One final note about eating and drinking ... don't get stuck in a rut! Nowadays there are all kinds of interesting vegetable prepared many different ways. Fruits from far-away lands can be a refreshing change from the usual choices. Bottled drinks in the organic section of the grocery store are tasty and chalked full of healthy ingredients.

EAT WELL, DRINK WELL AND BE WELL!