



LEO

(Aug. 1st – 22st)

Those born between Aug. 1st and Aug. 22nd Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot.

HAPPY BIRTHDAY

1ST FLOOR

Irene LaChance ~ August 16th

2ND FLOOR

Petar Keserich ~ August 5th

Dorothy Johnston ~ August 9th

Brynhild Quarles ~ August 22nd

BIRTHDAY PARTY

Wednesday, August 17th at 2:00pm
With Old Friends



VIRGO

(Aug. 23rd – 31st)

Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.



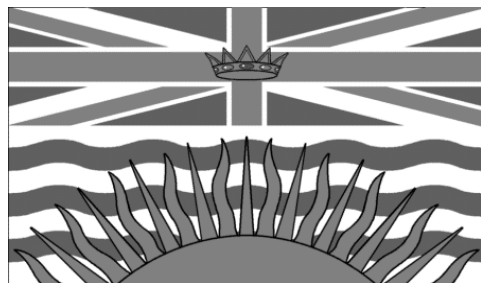
WELCOME

2nd Floor

John Mezgals

Blueberry Picking in Pitt Meadows

July 27th, 2016
We picked 8 pounds of blueberries



Happy BC Day ~ August 1st



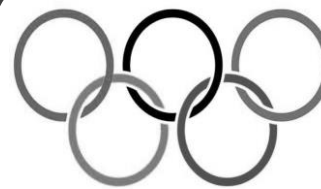
Calling All Family, Residents and Staff! Do you want to learn more about Harmony Court Estate and AgeCare?

All the information you need can be found on the company website at www.agecare.ca or "Like" and follow us on Facebook at Harmony Court Estate/AgeCare.

Find helpful tips for your loved ones and fun photos of the seniors in the community of AgeCare.



Like us on
Facebook



Special Events

Ladies' Brunch
August 2nd

BC Day Celebration with
Pancho & Sal
August 4th

Music with Nancy
August 8th

Music with Hans
August 9th & 23rd

Pub Night with
Brian Gimbel
August 11th

Sing Along with Glenn &
Jessica
August 12th

Music with
Douglas Simpson
August 14th & 28th

Men's Brunch
August 16th

Birthday Party with
Old Friends
August 17th

Music with Glenn
August 19th

Ice Cream Social with
Steve Warner
August 20th

Pub Night with
Chad Allan
August 25th

Bus Outings
August 3rd, 17th, 24th, 31st

Picnic Lunch Outings:
White Spot
August 10th

AGECARE HARMONY COURT CARE

7195 Canada Way, Burnaby BC V5E 4A6

Reception: 604-527-3300

Recreation: 604-527-3328

AUGUST 2016

1st Floor Nursing Station: 604-527-3320

2nd Floor Nursing Station: 604-527-3302

RECREATION NEWS

The heat has arrived with August here. The 1st of the month will be a bit quiet with it being a statutory holiday for BC Day. Hopefully family is able to come in and enjoy a stroll in the courtyard with their loved ones that day. We will be waiting till August 5th to hold our BC Day Celebration with Pancho & Sal outside if the weather cooperates. Ice cold lemonade and treats will be served, while we play along with this Spanish inspired band that lets the resident join in with maracas and shakers.

Let the games begin! August's theme week will be the Summer Olympics from August 7th to the 13th. Medals will be awarded to best players at our HC Summer Games, Quindim, a Brazilian dessert will be baked, and many fun facts and trivia about the Olympics and Rio will be shared. Join us to watch the opening and closing ceremonies or any of the other big events we plan to watch in between recreation programs.

The first two bus trips this month are inspired by the Olympics. We will start the first Wednesday of the month with a scenic trip to the Olympic village. We will look out for the giant sparrow sculptures and take a break by the water. The following trip will be a lunch outing to White Spot in Richmond, stopping by the Olympic Oval on the way. It is a lovely drive along the water to the impressive \$178 million dollar building. The last two bus trips of the month will go on scenic trips to Burnaby Mountain for its breath taking views and a stroll in the rose garden. Ending the month with a drive to Lafarge Lake where we can stop to watch the ducks and eat ice cream.

This time of year many family's pack up the car and go camping. Mehri and Maj plan to bring that experience to the residents with Camp Day and S'mores. We will pitch the tent, set the (artificial) fire, and reminisce with stories and campfire songs. Of course the best part is the food you get to cook on the fire, so s'mores will be shared. It will be a nice touch with all the pictures of the red cedars now up in the 2nd floor dining room to go with the days theme. Camp Day and S'mores is scheduled for August 24th on the 2nd floor and August 25th for the 1st floor.

As always, family and friends are welcome to join in for any of our special events and socials. Please contact me if you have any questions or would like a seat saved with your loved one.

Wishing you all a great August,
Jessica Lemire, Recreation & Volunteer Manager
hcrecreation@agecare.ca



Summer Olympics 2016 in Rio

August 5th to 21st

Watch all the games on CBC

Opening ceremony starts August 5th at 7:00 pm

A schedule will be posted on each floor

Message from our General Manager, Paula Anderson

Know Your Rights as a Senior here in B.C.

B.C. introduces legislation for a seniors' advocate

VICTORIA - Legislation was introduced in British Columbia today to create the seniors' Advocate Act, which will help build a more accessible, transparent and accountable approach to seniors' care.

"This legislation enables the creation of a seniors' advocate to serve as a voice for B.C. seniors," said Health Minister Margaret MacDiarmid. "The advocate will work to promote positive change that will benefit seniors, their families and their caregivers."

British Columbia will be the first jurisdiction in Canada to create an Office of the Seniors' Advocate once the legislation is enacted.

The advocate will monitor seniors' services, promote awareness, work collaboratively with seniors, families, policymakers, service providers and others to identify solutions to systemic issues, and make recommendations to government to improve the welfare of seniors.

Establishing a seniors' advocate was a commitment made in the Seniors Action Plan, released in February 2012. A public consultation on the role and function of the seniors' advocate took place over the spring and summer of 2012.

"I have heard from seniors, their families, care providers throughout the province about the many non-medical issues that seniors face that make it difficult for them to remain in their homes," said Minister of State for Seniors Ralph Sultan. "I am pleased that we are moving forward on establishing the Office of the seniors' Advocate. This office will further our commitment to deliver on our Seniors Action Plan. It will also help improve our programs, services, and systems of support in relation to health care, personal care, housing, transportation and income support for seniors."

Improving services for seniors is a key component of B.C.'s Families First Agenda and the legislation to establish a seniors' advocate is also a commitment of the 2013 speech from the throne.

Medical Services Plan (MSP) premium assistance programs

The provincial budget was recently introduced, and with it came the announcement of enhancements to Medical Services Plan (MSP) premium assistance programs that I would like to share. These changes will help reduce costs for many seniors.

The new changes take effect in 2017. A single senior earning up to \$45,000 a year may qualify for reduced premiums and a senior couple earning up to \$51,000 may also qualify. This means savings of approximately \$240 - \$480 per year.

MSP premium assistance makes a difference for seniors, especially those on a fixed income. Applying for MSP premium assistance is straightforward. In fact, for those British Columbians who think they qualify but haven't applied, assistance may be provided retroactively to a maximum of six years.

To find out if you qualify for assistance, check out the MSP premium assistance eligibility calculator:

<https://extranet.gov.bc.ca/forms/gov/health/msppa.html>.

More information on the seniors' advocate can be found online at: www.seniorsbc.ca/seniorsadvocate

The Office of the Seniors Advocate monitors and analyzes seniors' services and issues in B.C., and makes recommendations to government and service providers to address systemic issues. **Toll-free at 1-877-952-3181**

CHAPLAIN'S CORNER

One virtue that all cultures in our world seem to be aware of is that simple, yet profound art of showing "kindness". Children pick up on it immediately and shun anyone who appears to be void of it. The expression 'a little kindness goes a long way' has proven to be a truth undeniable. When the Apostle listed, in his letter to the Corinthian church, all the elements found in true love, the second in his list was "love is kind". The Psalmist definitely recognized God's kindness when he confessed: "Thy loving kindness (Oh God) is better than life".

All kindness issues from, and is taught to us from The One who is pure kindness Himself. The Lord speaking through the prophet Jeremiah said: "If anyone wants to boast, he should boast that he knows and understands me, that I am the Lord who exercises (kindness), justice and righteousness on the earth, for these are the things that please me – I the Lord have spoken."

One senior wrote:



I've passed my three score years and ten
And soon I'll reach four score;
Now I must learn to realize
There can't be many more.
And so I ask myself at times,
What virtue I would treasure.
If I could have my life again
To give more people pleasure.
Of all the traits I call to mind
Please grant me, I implore,
To learn the art of being kind
To more, and more, and more.



Have a good August,

Your Chaplain, Dan



Looking for Computer Donations

If you have a working laptop or computer that you would be willing to donate to Harmony Court, please contact Jessica, Recreation Manager.

Email: hcrecreation@agecare.ca

Phone: 604-527-3328