



**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 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

Harmony Court Estate Managers Directory

AgeCare:

| | | |
|-----------------|------------------------------|------------------------|
| Cindy Kahlon | Administrator | 604-527-3319 ext. 3319 |
| Paulette Bonin | Accounting Manager | 604-527-3325 ext. 3325 |
| Ralph Villar | Resident Service Manager | 604-527-3336 ext. 3336 |
| Joel Grigg | Retirement Living Consultant | 604-527-3323 ext. 3323 |
| Evan Klonarakis | Maintenance Manager | 604-527-3311 ext.3311 |

SimpeQ:

| | | |
|------------------|-------------------------------|-----------------------|
| Alpha Roque | HR Manager | 778-997-1100 |
| Reneta Palaganas | Estate Care Coordinator | 778-389-9999 |
| Jessica Lemire | Recreation Manager | 604-527-3328 ext.3328 |
| Mehri Kamali | Estate Recreation Coordinator | 604-528-8584 ext.8584 |

Aramark:

| | | |
|------------------|------------------------------------|-----------------------|
| Billy Ibarra | Support Services Manager | 604-527-3329 ext.3329 |
| Curtiss Schaffer | Support Services Assistant Manager | 604-528-8582 ext.8582 |



BUS Outings

**Bus Outing:
Lunch at Austin Fish
House**
Tuesday, November
5th

**Bus Outing:
Starlight Casino &
Buffet Lunch**
Tuesday, November
12th

**Scenic Bus Outing:
Foreshore Park &
Hot Chocolate**
Tuesday, November
19th

**Bus Outing:
Shopping & Lunch
at Royal City Centre**
Thursday, November
21st

**Bus Outing:
Shadbolt Concert
Series**
Tuesday, November
26th

**Bus Outing:
Shopping & Lunch
at Highgate Mall**
Thursday, November
28th

**Sign Up at
Reception Please!**

**7197 Canada Way
Burnaby, V5E 4A6**

AGECARE HARMONY COURT ESTATE

NOVEMBER 2019

10 Cold and Flu Prevention Tips for Seniors

1. Get the flu vaccine

Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important

2. Wash or sanitize hands thoroughly and often

Frequently washing hands with regular soap is an effective way to get rid of cold and flu germs. Use hand sanitizer to kill cold and flu germs. This may be a good option for older adults who can't easily get up to wash their hands.

3. Exercise regularly

Moderate exercise boosts the immune system and could reduce risk of a cold by a third. Any amount of regular exercise will still benefit the body and immune system.

4. Avoid touching the eyes, nose, and mouth

We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body. To reduce the risk of getting sick, minimize touching of the face.

5. Clean the environment to eliminate germs

Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning, especially in the bathroom and kitchen. When cleaning, pay special attention to germ hot spots like doorknobs, light switches, and kitchen and bathroom counters.

6. Sanitize your mobile devices

Something that many people forget is how dirty and germ-filled their mobile device is. Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.

7. Stay away from people who are sick

It might sound obvious, but it's worth repeating: keep your distance from people who are sick.

8. Avoid crowds and unnecessary travel

Try to avoid being in large groups of people, especially in poorly-ventilated spaces. That increases the chance of catching a cold or flu from an infected person.

9. Drink plenty of liquids

Drinking plenty of liquids, especially plain water or hot tea, helps the nasal passages stay moist and trap germs before they can spread into the body.

10. Get added Vitamin C and protein through nutritious foods

Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. Not getting enough protein can also lower the immune response, so try to add fish, eggs, or yogurt to you and your older adult's diets.



- 06. Gertrud M
- 08. Aldona W
- 09. Susan L
- 09. Paul M
- 15. Eva W
- 19. Teena A
- 23. Earla N
- 25. Roberta Y



Vendors

Carda Creations Clothing Sale
 Tuesday, November 5th
 10:30am-2:30pm
 Fireside Lounge

Euro Design

Friday, November 8th
 10am-2:00pm
 Fireside Lounge

November Birthstone: Topaz

Topaz, the birthstone for November, likely gets its name from the Red Sea's Island of Topazios (now called Zabargad). It was in Topazios where peridot, the gemstone for August, was mined in mass. Until the 1700s, peridot was known as topaz. Strangely, in the 18th century, the gems swapped names— taking the names in use today.

Pure topaz is a colorless or “white” stone. However, it’s often tinged with other minerals to create shades of pink, orange, and blue (though many commercially sold gems today are “enhanced”). It’s most commonly found in shades of yellow.

The lore and magic of the topaz goes back centuries. The ancient Greeks associated it with strength. In the Middle Ages, a topaz stone engraved with the image of a falcon was said to win the favor of kings and magistrates and make its wearer invisible in times of emergency. And during the Renaissance, Europeans believed this was the stone to use to break a magic spell.

Flower of the Month:

The month of November is fortunate to have chrysanthemum for its flower. These beautiful blooms, more commonly called tansies or mums, generally signify optimism and cheerfulness, but they can have different meanings depending on their color. For example, red signifies love, white signifies truth, and yellow is the color for unrequited love. In China, this flower is so respected that it was once illegal to grow them anywhere but in the gardens of the nobility. The Chinese believe that if one wipes his mouth with the petals of the chrysanthemum after drinking wine and then gives the flower to his betrothed, faithfulness and lasting love are ensured.

For centuries, Asian cultures have made chrysanthemums into teas and wines to cure fevers and increase longevity. In North American tradition, mums are a friendship flower and a lovely gift for expressing your appreciation for your tried-and-true pals.

SPECIAL EVENTS

New Resident Welcome Tea with Ryan Langevin

Friday, November 1st

Breakfast Club

Thursday, November 7th

Remembrance Day Ceremony with Glenn Williams

Friday, November 8th

Donna’s Craft and Bake Sale

Saturday, November 9th

Birthday Social with Jason & Grant

Friday, November, 15th

Pub Night & 50/50 Draw with Lou Earl

Tuesday, November 19th

Remembrance Day Show with Twice Shy

Friday, November 22nd

Cocktail Hour

Friday, November 29th

All welcome!

COLOURS

our world is a palette with many hues,
 so many that we hardly acknowledge this truth.

The tremendous gifts that day brings to sight,
 they enchant us but the various tresses and chores
 take our attention away and too often we ignore.

Our daily rut wipes out our ability to appreciate,
 even mutes our vision of colors and shapes to be that great.

We may even fail to be moved by a starry night.
 rarely we see the Aurora Borealis’ swinging sight.
 We’ve become blind to earth's kaleidoscope’s glorious strength,

what’s worse we use one colour and take it to any length.
 the cars and bikes of our youth

were invariably made in black, and it was uncouth
 to even think of depicting them in a lustrous red or green.

Such immodesty just was not to be seen.
 Old folks then had to be dressed in black from toe to hat.

Nature is showing her brilliant hues in all its splendour,
 bronzes, yellows, reds, in a majestic palette to date.

The winter enters with the silent and regal snow,
 and bringing a strange and other-worldly glow

To the mundane sights of what used to be just green or brown.
 A beautiful painting shows the insight of its master,

it’s up to us to go back and research our primal vision,
 and trying to perceive these astonishing colours

beyond the meagre vision that’s too often before us.

Catharina Donkersloot Fall 2019

Absolute Hearing Clinic

Tuesday, November 12th 1:00-4:00pm
in the Games Room on 3rd Floor
please Sign up at the reception!

Food Forum

Tuesday, November 19th at 10:30am
~3rd Floor Activity Room~

Recreation Forum

Wednesday, November 20th at 3:30
~3rd Floor Activity Room~

Feedback & Comments

Please let us know.

Fill out a Feedback Form
located at Reception
or

Email / Leave letter for
Cindy Kahlon,
Administrator
(Office located to the right of
the main entrance)
ckahlon@agecare.ca

What will I Be When I Grow Up?

I'M ONLY A CHILD....WHEN I GROW UP WHAT WILL I BE?

A NURSERYRHYME MIGHT GIVE ME AN ANSWER, I'LL TRY SOME AND SEE

THE BUTCHER, THE BAKER, THE CANDLESITICK MAKER WHICH ONE WILL I BE,

"NAAH" NONE OF THEM REALLY APPEAL TO ME.

MARY' MARY QUITE CONTRARY, HOW DOES YOUR GARDEN GROW?

A GARDENER. A POSSIBILITY, BUT I DO THINK "NO"

TOM, TOM THE PIPER'S SON, STOLE A PIG AND AWAY HE RUN.

WHY WOULD I WANT TO BE PIPER? -THAT'S NO FUN.

BOBBEY SHAFTOES'S GONE TO SEA, SILVER BUCKLES ON HIS KNEE.

"A SAILOR," I DON'T THINK THAT'S FOR ME.

HICKETY-PICKETY MY BLACK HEN, SHE LAYS EGGS FOR GENTLEMEN.

NOWI COULD HANDLE RAISING CHICKEN'S BUT I DO HATE THEM LIKE THE DICKENS.

OLD MAC DONALD HAD A FARM, EE-IGH, EE-IGH, OH".

APOSSIBILLITY IF I CAN FIND A FARMER TO WED,

HE'LL MAKE ME HAPPY & KEEP ME WELL FED.

MAYBE ILL JUST WAIT UNTILL I GROW UP TO DECIDE,

MAYBEE ILL JUST END UP BEING A "BRIDE."

TERESA FLORKOW-MARCH 2002

WELCOME

Earla N

Elizabeth K



Please join us to welcome our new music Therapist Jo Anne Tait to Harmony Court on Tuesday, November 5th at 2:30 in the activity room.

Jo Anne Tait, an Accredited Music Therapist, will be taking over the Music Circle in November. She has extensive experience and training working with seniors. She has worked in healthcare for over 20 years in a variety of settings. Her passion is working with seniors and has committed most of her profession to this population.



Farewell

Inga A

Joeseph A

Louise M

Do Something Sweet!

Purdy's Chocolate Christmas Fundraiser

Purdy's Chocolate order booklets have been left around the building for your convenience. Please feel free to share with any friends and family.



1. Go to <https://fundraising.purdys.com>
2. Register as a supporter
3. Use our customer # 10554

25 % of proceeds raised will go towards gifts for seniors that are isolated or have financial difficulties, including our Care residents.

Order deadline is Nov. 27th

Pick up of your purchase at Reception Dec. 13th



Attention, Attention

Residents & family members

We are looking for volunteers for various programs such as Wii Bowling, Saturday nights movie time and pub nights at Harmony Court Estate if interested please contact Mehri Kamali at 604-528-8584

Thank you

Harmony Court Christmas Bazaar

Monday, December 2nd
10am~3pm



Contact Recreation if you like to Contribute!



In Flanders Fields



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.



Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



By: Lieutenant-Colonel John McCrae

Aroma Spa & Gentle Stretch with Kelly

Sign up today for a 15minute session of relaxation and gentle touch massage. Kelly is here twice a month to provide massage, movement and stretching, a free service to you, Many of the Resident council members are enjoying their regularly scheduled session. Open to all residents of Harmony Court, supported by the Recreation Department.

Sign up now to enjoy this service every 2nd and 4th Saturday of the month.

