

**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!**

<b>OUR RESIDENCES:</b>	<b>Columbia</b> Lethbridge, AB 403.320.9363	<b>Governor's Walk</b> Ottawa, ON 613.564.9255	<b>Harmony Court</b> Burnaby, BC 604.527.3300	<b>Orchard Manor</b> Brooks, AB 403.362.6188	<b>The Beverly Estate</b> Calgary, AB 403.873.2600	<b>Valleyview</b> Medicine Hat, AB 403.526.7000
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### 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 Reque	HR Manager	778-997-1100
Reneta Palaganas	Estate Care Coordinator	778-389-9999
Jessica Lemire	Recreation Manager	604-527-3328 ex.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



**Keep smiling**

**Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.**

**Henry Ford**

7197 Canada Way  
Burnaby, V5E 4A6

## AgeCare Harmony Court Estate

**April 2020**

### Message from Seniors Services Society on COVID-19 (new corona virus)

At this time, we once again encourage everyone to take care and adhere to suggested precautions as advised by B.C.'s health officials, including:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Consider no longer shaking hands and instead, use another form of greeting/acknowledgement

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Thank you for your attention to this important message.



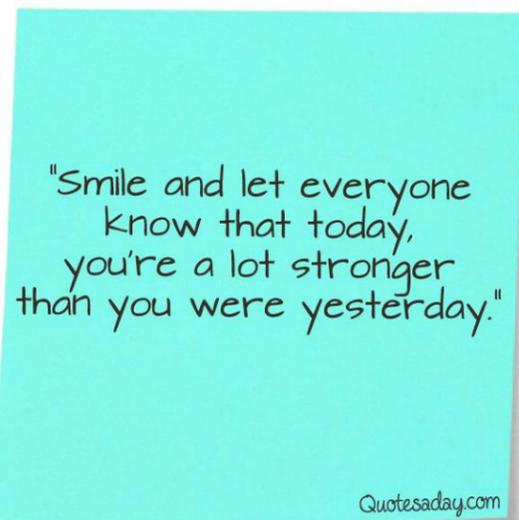
Gunter E	02
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### Yes, You Can Go for a walk and enjoy the sunshine.

You can still go for walks during the coronavirus pandemic, just avoid these places: Crowded parks, Crowded Malls and Crowded streets.

The sun is shining, the weather is getting warmer, and Canadians cooped up because of the **COVID-19** outbreak may be itching to start enjoying the outdoors.

Infectious disease specialists say that's fine to do, but they're still asking people to use common sense in choosing their destinations.



Quotesaday.com

### Be Happy

The longer I live the more beautiful life becomes." ~

Frank Lloyd Wright

One of the reasons people get old—lose their aliveness—is that they get weighed down by all of their stuff."

~Richard Leider

I suppose real old age begins when one looks backward rather than forward." ~

Mary Sarton

Anyone who keeps the ability to see beauty never grows old." ~Franz Kafka

### Resident's Corner

At age 87, hearing, sight and mobility problems make me sad,  
Then I smile and remember all the good times I've had.

Love surrounded me, food in my tommy and a roof over my head,  
Long ago someone very precious to me, shared my bed.

I love my family, they are a joy to me,  
Especially my children, I do love all three.

I fell in love with the north shore mountains, when I was sixteen,  
Skiing was a winter pleasure, hiking summer and fall in between.

Fishing with my father brings back many memories to me,  
fly fishing in B.C lakes and trolling in the sea.

I fell in love again and married Art at age nineteen,  
The years that we were wed, he treated me like a queen.

One day a Tug-boat became "the other woman" in my life,  
I called her his "mistress" and myself his wife.

These few memories make me happy and not sad at all,  
But now it's time to say goodbye, I must take my Tylenol.

TERESA FLORKOW

January 20,2020



Stone: Diamond

Flower: Daisy and Sweet Pea

Dates: April 1<sup>st</sup> is April Fools' Day

April 5<sup>th</sup> is Arbor Day

April 22<sup>nd</sup> is Earth Day

Birthsigns: Aries (March 21 - April 19) & Taurus (April 20 - May 20)

## Seniors Helpline

- Our department at the City of Burnaby has a **Shop by Phone grocery service**. Right now, we are taking seniors that do not have any other resources to get their groceries (i.e. no family or friends). They have to be able to pay by credit card or have someone they know put it on a credit card for them.

Please call **Citizen Support Services at 604-294-7980 Mon – Fri.**

We are in the process of developing other plans to address the increased need.

- 604-520-6621  
[www.seniorsservicesociety.ca](http://www.seniorsservicesociety.ca)

Seniors Services Society has a delivery plan in place

## 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



*In Loving Memory Of  
Maria Di Niro*

*October 18, 1937 ~ February 20, 2020*

*Gwen McLellan*

*May 9th, 1934 ~ March 8, 2020*

*Lillian Franta*

*December 13, 1931 ~ March 8, 2020*

*They will be missed by family, friends  
and all here at Harmony Court*

## Canada Revenue Agency

### Fraudulent emails and phone calls - Please protect yourself!

Don't get scammed! Beware of fraudsters claiming to be from the Canada Revenue Agency

**Did you get a suspicious [email](#), [telephone call](#), [letter](#) or [text message](#) claiming to be from the Canada Revenue Agency (CRA)? **If you're asked for personal information** such as your credit card number, bank account number or passport number, **this is a scam.****

**Keep these facts in mind:** The Canada Revenue Agency will **never:**

- ask for your personal or financial information through an unsolicited email with a link
- ask for any kind of personal information through email or text message
- ask for payment by prepaid credit cards or gift cards
- leave your personal information on an answering machine
- threaten you

Even if these messages may seem convincing, **they are scams** and you should never respond to them or click on any of their links.

### Protect yourself

**You can sign up for [Account Alerts](#), CRA's fraud prevention service.** When you sign up through [My Account](#) or the [MyCRA mobile web app](#), the CRA will let you know by email if your direct deposit information or your home or mailing address was changed, if mail sent to you by the CRA was returned, and if details about your representative were changed.

WELCOME



Sandy S

## How to Stay Flexible as You Age!

Men and women may begin to feel less flexible as they get older. according to the University of Maryland Medical Centre, that loss of flexibility is because muscles lose both strength and elasticity as body ages.

lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. while people might not be able to maintain the flexibility, they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

1- Stretch frequently. stretching is a great way to combat age-related loss of flexibility. stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. when practicing static stretching, the goal is to gradually elongate the muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position.

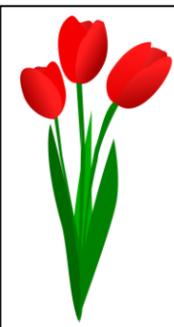
as flexibility improves, elongated stretches can be held for 30 seconds. avoid stretching muscle that are sore or injured and discontinue a stretch if you feel pain or discomfort.

2-Include yoga in your exercise regimen. practitioners of yoga typically love how this unique discipline that exercise the body while relaxing the mind improves their flexibility.

many yoga poses are designed to improve the strength and flexibility of muscles, and some physicians may even recommend yoga to aging patients.

3-Get in the pool. swimming is another activity that can help aging men and women improve their flexibility. strength -training exercises are important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. that means other muscle groups maybe inactive and tighten up as a result. swimming works the entire body, which helps all muscle groups stay loose and flexible.

Stay Active and flexible.



## Stillness within the Storm

A bird hiding away from the squalls of the wind,  
Seemingly oblivious to the falling trees, all around,  
just patiently waiting out the terror of the hurricane.

I wonder how I could learn to stay that sane,  
when the news overwhelms me by stories, I dread?  
To stay cheerful, must I leave the paper unread?

At scary times I rely on faith, hope and charity,  
Faith, to accept that this storm as an inescapable calamity.

Hope, that many potentials are still surrounding in wait,  
and daily not give in to abject fear and be afraid

Charity, depends on the community-- those around.

the spirits who always kept my spirits sound,

At times when everything feels out of kilter,  
someone else has to help me find shelter.

I do experience the world as a gift that has been sent,  
and now use the best of my ability not to lament.

Like the bird, I must find my little hidey-hole,  
then wait out the fears--and regain my soul.

**Catharina Donkersloot, February 2020**