

April 2023



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Resident of the Month:

Written by: Nancy Dupuis

Gail remembers her childhood years with great fondness – living along the Ottawa River (the area taken over to eventually create the Ottawa River Parkway) in houses that always seemed too small for 8 people but were always the coziest and happiest of places. There were two older sisters, two older brothers with a twin sister coming along with Gail to round out the family.

She went to Broadview Public School in Ottawa where her father was the head custodian. Gail's mother had also attended Broadview Public School as a young child. After finishing high school at Champlain, Gail went to work as an office manager in the Ottawa area for a private company. A year later she had accepted a position at Statistics Canada and in the years following, she moved on to work as a legal assistant, also within the Federal Government.

Ten years later she applied for a civilian position in the military. It was here she met her husband Jim, a Major in the Royal Canadian Airforce. It wasn't too long after entering married life, that along came a posting to Goose Bay, Labrador. This was a semi-isolation posting and as Gail put it, "it was the best of times, it was the worst of times"; Jim was Head of the Radar Squadron and thus they had a wonderful view of the surrounding area as well as a great aerial view of the Military site.

Asked to stay on for an additional year to the original two year posting, they then moved back to Ottawa. Perfect timing with Jim's two now teenaged boys, city life allowed them to settle into a more normal sort of life. Gail remembers with great fondness, one of Jim's young sons had found a way to connect with her; he brought home a book of jokes one day as he knew Gail loved a good joke. Eventually the jokes had to be limited to 5 a night – great memories of those years raising the boys. (The picture of Gail & Jim was taken in 2002 at this young man's wedding – happy times.)

After his retirement from the Airforce, Jim went to work for Supply and Services Canada as a private contractor. He developed an evaluation system that did not evaluate based on the lowest bidder but instead on what they could give the Department for the best price. Gail joined him, her job to work out the averages, Jim being the overseer. They worked together for 15 years.



It was at this point Gail began noticing subtle changes in Jim. His very alert mind had started to be not so alert. Shortly after Jim was diagnosed with Dementia. They wrapped up their business dealings and went home. For the next 20 years, Gail watched Jim decline at home. Eventually she had to put his name on an emergency list for Long Term Care. He then moved to Fairview Manor here in Almonte where he lived another 7 years and during the worst of Covid, he passed away.

Gail moved to Orchard View by the Mississippi in August of 2021. In Gail's own words, "Although I have felt heartache and loss, Orchard View is a wonderful place to live. I have made many friends and have had lots of laughs and enjoyment. I am a quiet person and like to keep to myself, but have been known to chat and laugh in the halls."

A little sidenote – since coming to Orchard View, Gail has made acquaintance with another resident who also grew up in the same area of Ottawa as a young child – small world, indeed.

Gail is blessed to have one of her sister's daughters and her two great nieces live near enough to be able to visit on a regular basis.

Thank you, Gail, for sharing your story with me, and all of us. It is always wonderful to get to know the person behind the face.



Spring Fling Home Hospice Fundraiser

Thank you to everyone who came and supported our Spring Fling on March 20th



We are happy to say that we raised just over \$700

Home Hospice is a hospice without walls that, through education, advocacy and the presence, offer companionship and support to enhance the well-being of individuals and their caregivers during life-limiting illness and bereavement, within the community.

For more information on how you can help please visit: hhnl.ca or chair@hhnl.ca

Keep on Smiling





**St. Paddy's Day was fun
but puppies may be better!**



Special Events in April

April Fools Day

Easter Weekend with Entertainment By: Forever Friends on Saturday at *** Easter Brunch Sunday

April 11th Pet Day

Diabetes Society Information and Support Group Session 2:30-4:00pm in the Theatre

April 20 Alzheimer Society Support Group

April 22 Earth Day

April 25th Bridge Tournament

Now have Square Dancing every second week April 13 & 27th

Open Activities

- ~ Bistro ~ Puzzle Tables
- ~ Joe on Piano ever Wednesday
- ~ Wellness Centre Bike and Walking Bars
- ~ Joe on the Piano
- ~ Adult Colouring
- ~ Social Distanced Bingo with Joanna and Friends
- ~ Massage Chairs (Wellness Centre/3rd Floor Lounge)
- ~ Library
- ~ Tuck Shop ~ Scrabble
- ~ Church Services / Rosary Prayers
- ~ Fitness classes on Main & 3rd with Almonte Physio
- ~ Door to Door Mind Work Games
- ~ Bistro Activities
- ~ Musical Entertainment
- & LOTS MORE!

Employee of the Month - Abigail

Congratulations to Abigail on being the employee of the month for April! Abigail is one of our amazing servers in the Dining Room. Abigail is kind, calm, funny, organized and always willing to help out even on her break time. She knows the residents like the back of her hand. Thank you to Abigail for all your hard work and dedication to the OVM team and most importantly having a Resident first mentality. Keep up the great work!

Testimonial - Joyce Kayser

"The wait was worth it. On February 6th of this year, I moved into Orchard View. I had visited many retirement homes and decided that Orchard View was the place for me. In my investigation, I found that some people are lonely in their retirement homes but the exact opposite has been my experience here. I love the staff, the other residents, the activities, the food, my beautifully bright room and all the new friendships that are developing."

Laugh out Loud with Orchard View

Why do cows wear bells?

Because their horns don't work.

Who can hit high 'C' twelve times in a row without taking a breath?

A soprano with the hiccups!

Why did the suspenders go to jail?

Because they held up a pair of pants

What kind of button won't unbutton?

A belly button

JoJo's Did You Know

Did you know that pineapples contain twice the amount of vitamin A & K, phosphorus, zinc and calcium and they are rich in vitamin C.

You can clear mental fog by laughing. Laughing leads to an upturn of focus and the effect is so powerful that during a memory test, following a good chuckle the people being tested subsequently performed 44% better

Orchard View
BY THE MISSISSIPPI
ALMONTE



Spend the weekend at Orchard
View by the Mississippi

Easter Weekend

Saturday April 8th at 2:00pm

Musical entertainment by:
Forever Friends

Sunday, April 9th

Easter Egg Hunt with a special
Visit from the Easter Bunny!
Easter Dinner please RSVP your
guests with Reception

Monday, April 10th

Spring Chicken Petting Pen
with Gagne Feathery Friends
here along with Dwayne the
Bunny



Orchard View
BY THE MISSISSIPPI
ALMONTE

KITCHEN BRIDGE TOURNAMENT

FUNDRAISER
FOR



Canadian
Cancer
Society



JOIN US TUESDAY, APRIL 25, 2023

\$20.00 for Lunch & Cards

Lunch served at 12:30 PM

or

\$10.00 for Cards

Cards begin at 1:10 PM

Please Sign Up at Reception

OVMRECEPTION@OVLIC.COM

613 - 963 - 5000

DONATIONS ARE CASH ONLY

