

Orchard View
BY THE MISSISSIPPI
ALMONTE

The Monthly Review

October 2022



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Resident of the Month: Les Holt

Written by: Sophia Reimer

Leslie Holt was born in the Civic Hospital in Ottawa. His dad had grown up in Ottawa and his mom was from Quebec City. He grew up on Preston Street with his parents and sister in a small neighbourhood at the edge of Little Italy. There was a lady who made pies in a shop nearby and would set them on the high window sill to cool. He was tall for his age, and so his friends convinced him to reach up and take one. It was a tight-knit neighbourhood and you couldn't do anything like that without being seen. His dad found out and made Les shovel that lady's laneway all winter long.

Les went to Algonquin College and then got an apprenticeship job at a paper mill in Ottawa called E. B. Eddy for seven years. After his apprenticeship, he went on to work for Atomic Energy at the headquarters in Chalk River as a machinist, building cancer therapy machines and research machines. He did that for around 35 years and said it was a very rewarding job.

Les and his wife, Marlane, met when they were both in high school. They got married in 1960. She was a private secretary for an important businessman in Ottawa and loved the job. Les and Marlane had two daughters. Marlane would always edit their university papers and thesis' and would catch any errors due to her experience and eye for detail. One of their daughters took over Marlane's secretary job when she retired but now owns Fortune Farms and is busy looking after the sugar bush and wedding venue there. His other daughter lives in Kanata and between the two, Les has six grandchildren and six great-grandchildren. He retired at 55 and Marlane retired around the same time. He spoke of his wife, children, and extended family with great pride; it is evident how much he cares for them.

Les and Marlane took their daughters to Europe when they were young and travelled to some fifteen countries. He hasn't done much travelling otherwise as he prefers being around home and not having too much change, although he has always wanted to go to Alaska.

Marlane was diagnosed with Alzheimers in her fifties so Les has spent most of his retirement taking care of her. They moved to Waterside in Carleton Place where they could both still be active but have some extra help. They had two Soft Coated Wheaten Terrier dogs and Les trained them in obedience and even took them to the Master Obedience Trial Championships. Les and Marlane walked about 10 to 15 kilometres a day with their dogs.

Marlane moved to Fairview Manor about seven years ago so Les moved out of Waterside and into a townhouse in Almonte. To keep him busy, his son-in-law suggested that he make some hunting decoys for him. So Les took a course at Saint Lawrence College for carving and ended up selling a lot of his work. Some of his amazing carvings have been displayed in the art display case on the second floor here at Orchard View. Les has always enjoyed art and has many beautiful paintings and drawings.

He has always been very active and never liked sitting around. While he was still working for Atomic Energy, he built and sold cottages on the side. He played tennis and golf and used to canoe, kayak, and camp with Marlane.

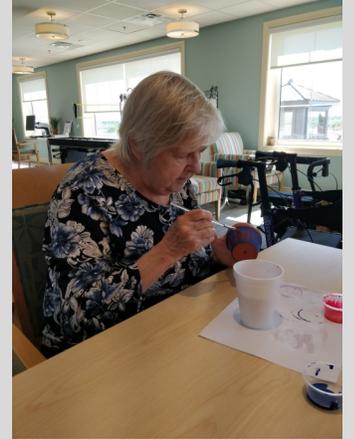
Les moved to Orchard View because he was used to the retirement setting and wanted to stay close to Marlane. He enjoys not having to cook or buy groceries and finds the people very nice. He says this is the first time in his life that he isn't constantly busy and it was an adjustment for someone like him who was so used to always having jobs to do. You can often find him painting or drawing or reading in the gazebo in the nice weather.



Keep on



On Smiling



Some highlights of the last month were joining the AGH Walk for Women's Health, high tea and enjoying live music outside weekly.



Employee of the Month - Barbara Holley

Congratulations to Barb for being selected as the October employee of the month! Barb is a PSW on the 4th floor and is always on the go. She goes above and beyond for the residents and is always ready to lend a helping hand. She is reliable and hard working. Barb is loved by the residents and works tirelessly to make their lives better each and every day. Keep up the great work!

Autumn Bucket List

- Go to a pumpkin patch
- Bake pumpkin bread
- Go apple picking
- Go on a nature walk
- Go to a country fair
- Go to a corn maze
- Plant spring bulbs



Laugh out Loud with Orchard View

What did one hat say to the other?
You wait here, I'll go up on a head.

What did the buffalo say when his son
went away for college?
Bison

How many times can you subtract 10
from 100?
Once. The next time you'll be sub-
tracting 10 from 90.

Why do bees have sticky hair?
Because they use honeycombs.

What kind of tea is hard to swallow?
Reality

Open Activities

- ~ Bistro ~ Puzzle Tables
- ~ 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
- ~ Church Services / Rosary Prayers
- ~ Fitness classes on Main, 3rd and 4th Floor with
Almonte Physio
- ~ Door to Door Mind Work Games
- ~ Bistro Activities

Testimonial - Clare Fuller

Prior to choosing Orchard View we scouted about comparing assisted living homes, looking for the best possible spot that our advancing years would need. Without a doubt, Orchard View fit our hopes and dreams.

The Front door greeters and Welcomers: These girls always know our needs and give us gentle, positive care.

Maintenance: Out of site yet always visible, these guys pitching when the day feels grim, my eyes can't see and all is dim.

Nursing: Just pull a cord and a caring nurse will come to your suite, take your temp and check your pulse and if you are lucky nothing else.

Prayers in the Chapel: give a Welcome to All, just come and join us, the Big and the Small.

Our Managers: Always available as they "Run the Show" give us confidence, WITH A FLARE that we will flourish under their care.

The waiters, cooks and servers: Hustle and bustle with hardly a fuss. We smile and grumble and try to stay humble as they accommodate all our tastes.

And then there is "Us", clients galore who occupy rooms from floor to floor. We've become good friends, devoted to many, talking, smiling, laughing, forgetting, caught in spell of wishing each well. "How did you sleep? Are you feeling better? My you look pretty in that fabulous sweater! Let's meet for a moment, plan what we can do, from painting to baking, to beating the drums." Check the menu of choices that greets us each day. We are truly a family as we go on our way.

JoJo's Did You Know

- ∞ Did you know that in 1929 the United States and Canada reached an agreement on joint action to preserve Niagara Falls.
- ∞ Did you know that study doesn't make brains, it merely molds them and equips them for greater knowledge and wisdom.
- ∞ Did you know that bananas are berries, but raspberries are not and neither are blackberries or strawberries.
- ∞ Did you know there are approximately 7,500 varieties of apples.

New this year! A live kickoff on October 2, 2022

When

Sunday, October 2, 2022
11 a.m. to 1 p.m.

Where

Beside the Mississippi Mills
Public Library in Almonte.

Activities

- Come decorate a "flag" in memory of someone you are grieving.
- A brief ceremony at 11:45 to celebrate the 10th Anniversary of Home Hospice North Lanark, and, as a community, honour the people we have lost and those who love them.
- Join us for a 1.5 km ceremonial walk along the beautiful Alameda.
- An anniversary cake for all to share, and an Almonte Civitan Club BBQ

Everyone is welcome!



Home Hospice
North Lanark

All funds stay in our community!

10th Annual Hike for Home Hospice

Hike anywhere and anytime during October!

Register as a team or as an individual at hhnl.ca/hike

Hike for Hospice Palliative Care

Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs

#hike4hospice

Thank you to our Local Sponsors

Scotiabank®



SPONSOR LOGOS WILL APPEAR IN THIS AREA. SIZE OF LOGOS WILL BE IN PROPORTION WITH AMOUNT OF SPONSORSHIP.

Please note: if Public Health requires us to cancel the live event, we will notify the public through local and social media by September 3.