

# The Mulberry Leaf

A newsletter from  
The Mulberry  
Retirement  
Residence

**Spring / Summer  
2009**

## WELCOME

You are reading the  
Spring / Summer  
Edition of  
The Mulberry Leaf.

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## Profile

### Our Patio is Open for Summer!

Now that the warm weather is finally here, residents and their friends and families have started to gather on our beautiful patio - the Highgate Terrace.

When the weather is nice we often organize different activities to get everyone outside in the fresh air.

One of our more frequent activities is our Gardening Club. They all work very hard to keep our patio



*Tom with his tomato plants in the greenhouse.*



*Fitness class out in the sun.*

surprise residents by setting up the chairs outside and he makes sure everyone has a good hat to protect themselves from the sun.

Our summer barbeques are the patio favourites around here! Coming up soon is our Greek-themed barbeque for residents and their families. We have a great menu and fabulous entertainers lined up!

looking great! We even have gold-medalist rose gardeners in the group. Our green thumbs also put a lot of time into growing vegetables in our very own greenhouse. We should be seeing tomatoes, cucumbers, sweet peas and radishes any day now!

We also have our InStride™ seated fitness class outside on occasion. Our Recreation Manager likes to



*Summer BBQ in the shade.*

Spring Quote:

“Spring is nature’s way of saying, ‘Let’s party!’” ~ Robin Williams

## Events

### Open House

Residents, family, friends and visitors all had a great time watching the Mulberry models strut down the runway at our Open House Fashion Show. Our models did a great job showing off the latest fashions from TanJay and were cheered on by all spectators.



*One of our Mulberry models - Helen - showing off her lovely ensemble by TanJay.*

What a perfect way to welcome the first day of Spring. Thank you to all of the guests who joined us!



*Residents and guests shopping for the perfect outfits.*

*And a special  
THANK YOU  
to all of our  
residents who  
helped us make  
our Open House  
a huge success!*

After the show, TanJay set up their garment racks so everyone was able to browse through and purchase any items of their choice.

### Upcoming Events

- June 10 Darts
- June 13 Arts & Crafts with Jennifer
- June 14 Bus Trip to Kitsilano Beach
- June 15 Walking Club
- June 20 Shuffleboard
- June 21 Father's Day Men's Breakfast
- June 22 Charter Bus to Whistler for a Picnic and Village Stroll
- June 26 Cribbage Tournament
- June 30 Canada Day Pancake Breakfast
- July 21 Resident & Family Greek BBQ Party
- July 29 Annual Pacific Arbour Picnic at Stanley Park

### Woodworking Project

Now that our wood-working room is up and running, Norm has volunteered his time to any residents wishing to start up a project of their own. Norm teaches different techniques and can find a project that suits an individual's skill level.



*Norm in The Mulberry workshop.*

Fashion Quote:

"Of all the things you wear, your expression is the most important." ~ Janet Lane

## Spring Arts & Crafts

Residents gathered around to put together some artificial floral pots for our Open House décor. Some painted the pots a beautiful pink and purple while others trimmed flowers and placed them inside.



Our residents working hard on the flower pots.

Our residents also helped us decorate some Mulberry-made, flower-shaped cookies for the event. Each guest took home a goodie bag, including a delicious cookie, which were wrapped by our residents.



Lisa and Coby decorating and packaging Mulberry home-made cookies.

## Osteoarthritis

According to the Public Health Agency of Canada, a majority of Canadians will be affected by osteoarthritis by age seventy. “Osteoarthritis is caused by the wearing down of cartilage in the joints of the body, causing varying degrees of pain, stiffness and swelling.” However, there are prevention and coping strategies that can help seniors with the disease to remain active and enjoy a good quality of life.

While you can't avoid some risk factors such as age and heredity, there are steps you can take to help prevent osteoarthritis and cope with its effects once you have it:

- adopt a healthy lifestyle that includes exercise
- reach and maintain a healthy body weight
- protect your joints and avoid excess stress
- use assistance devices such as canes, walkers, grab bars and larger handles
- talk to your doctor about medication to reduce the pain
- heating and cooling the area (heat for soreness, cold for swelling)

The joints most commonly affected by osteoarthritis are weight bearing joints, such as feet, knees, hips and spine. Other joints, such as finger and thumb joints, may also be affected. Several factors contribute to the development of osteoarthritis, such as age, excess weight, injury, lack of physical activity, and heredity.

*Public Health Agency of Canada*

The compound 'glucosamine' is naturally occurring in the joints and appears to be nature's best remedy for osteoarthritis.

## Greetings From Management

# Studio Suite Available in July!

Tired of the sweltering heat in your home? Why not move-in to one of our beautifully air conditioned studio suites!

You can have a private studio suite with a large wash-room and a kitchenette complete with a 2-burner stove for only \$2,100 per month. And remember, this monthly fee includes 3 meals per day, weekly housekeeping, activities,



fitness programs, emergency response, hydro, heat, water, cable, and much more!

Call The Mulberry and ask us

about this studio suite today because it's first come first serve!

**If this type of suite is not your first-choice, take it temporarily to jump the waitlist for your desired suite!**



## Good Works

# Mulberry Sponsors Local Events

There's no doubt The Mulberry team is part of the Burnaby community and what better way is there to show it than to be an active participant and sponsor of local events around the area?

The Mulberry is proud to sponsor South Burnaby Lawn Bowls Club again!

The South Burnaby Lawn Bowls Club is on its 99th year and membership is up! The Mulberry was there on its Opening Day Tea to lend support and offer congratulations to this vital Burnaby Club.

*To our friends at SBLBC - have a wonderful season!*

Published by



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## Did you Know?

Tours of The Mulberry are offered daily from 10 am - 6 pm. Please call to arrange your personal tour.