

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Spring 2010

WELCOME

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The Mulberry Leaf.

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Profile

2010 Vancouver Olympic Fever

The owner of our parent company, Pacific Arbour Retirement Communities, Rainer Müller, purchased numerous olympic tickets for residents, staff and family members to cheer on Canada during the Winter Games.



Rainer and his daughter, Viviane presenting our Chef, Stanley, with a men's hockey ticket to the Gold Medal Game!



Lloyd showing his Canadian spirit before he heads off with his son to a men's hockey game.

There was a wonderful buzz in our city and such a proud, Canadian atmosphere at The Mulberry. We all had an amazing time!

Residents at both The Mulberry and The Summerhill entered into draws for tickets to curling, men and women's hockey, speed skating and sledge hockey.

Residents, staff and management of The Mulberry would like to extend a big THANK YOU to Rainer, for giving us the experience of a lifetime!



Priscilla and her daughter at the Olympic Torch.

Did you Know? The Hudson's Bay Company sold over three million pairs of red mittens during the Olympic Winter Games, which raised a total of \$12 million for young athletes!

Events

Knitting for a Cause

Knitters of different skill-levels have begun to meet regularly to knit a variety of items to donate to worthy causes. Their recent donation was made to Journey Home, a Christian ministry serving refugees. BC receives approximately 900 government-



sponsored refugees annually of which many settle in Burnaby. So, it was only fitting that our knitters decided to help those in our community.

Wii™ Bowling Challenge

Mulberry residents joined our sister residence, The Summerhill for a Nintendo Wii™ bowling challenge. What's great about the Wii™ is that anyone can play - you can either play standing up or from the comfort of a chair.



Hank bowling for a turkey!

Upcoming Events

- May 2 Bus Trip to the Rhododendron Festival
- May 3 Current Events
- May 4 Gardening Meeting
- May 5 Cinco de Mayo: Piñata fun & Mexican Costume Contest
- May 6 Behind the Scenes Building Tour
- May 7 Volunteer Appreciation Dinner
- May 18 Tanjay Fashion Show
- May 20 Hearing Clinic
- May 24 Bus Trip to Cockney Kings
- June 24 Father's Day Dinner
- June 28 Canada Activity Week Begins
- July 2 Canada Day BBQ on the Patio

Perfect Cribbage Hand

Some people play a lifetime of cribbage without seeing a perfect hand of 29 points. Our resident, Helen, beat the odds (1 in 649,740) and was over the moon when she was dealt the perfect hand.



*Congratulations
Helen!*

“Each player must accept the cards life deals him or her: but once they are in hand, he or she alone must decide how to play the cards in order to win the game.” ~ Voltaire

Easter Fun

Residents got together for Easter crafts and activities in preparation for the holiday. Their Easter bonnets, baskets and



Pearl, Lily, Barb and Isobel making Easter baskets.



Harald visiting with the Easter Bunny.

Many residents even invited their families and friends to our annual Easter Brunch.

Red Hatter's Social

Members of the Red Hatter's, Edmonds Chapter joined our Red Hatter's for an afternoon of tea and fun!



Heart Health

As we age, the chances of developing heart disease increase.

“Coronary heart disease accounts for the greatest percentage of cardio-vascular deaths in seniors, half of which are attributable to heart attacks.”



A heart attack occurs when the blood supply to a part of the heart muscle itself is severely reduced or stopped due to blockage, resulting in damage to that part of the heart.

The main symptoms and warning signs of heart attack are:

- Chest Pain: tightness, discomfort or crushing, heaviness, pressure, squeezing, fullness or burning
- Pain from centre of chest spreading down one or both arms up to neck, jaw, shoulder or back
- Other Signs: shortness of breath, paleness, sweating or weakness, nausea, vomiting and/or indigestion, anxiety or fear

Women are more likely to have less obvious symptoms such as indigestion-like discomfort, vague chest pressure or discomfort, nausea or back pain. It is crucial for women and their doctors not to ignore those easy-to-miss symptoms.

If you notice any of these signs, do not delay! Consult your doctor immediately.

Public Health Agency of Canada

Did you know?

Eating high-fibre, low-salt, and low-fat foods on a daily basis can help prevent heart disease.

Greetings From Management

Best of Burnaby Award

The readers of the Burnaby NOW have selected The Mulberry as the winner for Best Retirement Residence in the Best of Burnaby Readers' Choice Awards for 2010.

We continue to have overwhelming support from our community. Thank you to our residents, their families, friends and neighbours who filled out their ballots in the Burnaby Now newspaper.

We would like to extend a special thank you to our residents and staff who make The Mulberry such a wonderful place to live, work and play. We couldn't have done it without you and are eternally grateful.

Best Retirement Residence in Burnaby, 2010



Good Works

Haitian Earthquake Relief Fund

Residents of The Mulberry, The Summerhill, and the staff of Pacific Arbour Retirement Communities showed their support for those affected by the January 12, 2010 earthquake in Haiti. So many Haitians were left without food, water, shelter or medical support. Residents and staff were able to collectively raise \$14,832 which was matched by corporate Pacific Arbour Retirement Communities, in addition to the \$10,000 which had already been donated immediately upon hearing the plight of the Haitian people. Just two weeks after the disaster, cheques totaling \$39,664 were delivered to the Red Cross for the Haitian relief effort. Don't forget - The Canadian government offered to match these donations!

Thank you to all for your generous contributions.

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.