

# The Mulberry Leaf

A newsletter from  
The Mulberry  
Retirement  
Residence

**Summer 2008**

## WELCOME

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Summer Edition of  
The Mulberry Leaf.

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## Profile

### A Love of Roses

It all started when Art and Dorothy Pastro moved into their house fifty-five years ago. They bought a rose bush during their first year there, then each year another few roses were added until they had about five hundred of them! Art and Dorothy then joined the Rose Societies of Canada, America, New Zealand, Fraser Pacific, and are now lifetime members of the Vancouver Rose Society.



They entered shows every year - usually they had about sixty different entries. One year they took away eighteen trophies in a single show!



*Art and Dorothy with stunning dahlias on the Highgate Terrace.*

It was a lot of hard work and a lot of joking around too, but when it came down to the competition it was serious business. Art describes, "One time a huge bowl of white roses tipped over in the car. By that time you're so exhausted you didn't know whether to laugh or cry!"



*Art and Dorothy posing with their rose awards.*

Their passion for flowers continues here at The Mulberry. Art and Dorothy joined our gardening club and donated some dahlias which have grown over five feet tall!

Thank you to Art and Dorothy, together with other gardening club members, for helping make The Mulberry's Highgate Terrace a vibrant and beautiful place indeed!

The greatest gift of the garden is the restoration of the five senses. ~ Hanna Rion

## Events

### Wedding Bells Ring

The Mulberry was honoured to host a beautiful Summer wedding for two of our wonderful residents - Sid & Elsa! They were married in our Fraser Room on Saturday, August 16th with their families, friends, and staff by their sides.



Everyone was thrilled to see the article in the Newsleader about this joyous occasion.

*Congratulations to you both!*

### Summer BBQ

Residents rocked around the clock as they joined together on a warm summer evening for a 50's-themed barbeque on Highgate Terrace.



Tender BBQ-ribs, corn on the cob, and roasted potatoes were as big of a hit as the fabulous 50's entertainers! Mmmm Happy Days!

### Upcoming Events

- Sept 2-5 Mulberry Olympics
- Sept 9 Charter Bus Trip to Harrison Hot Springs - Sandcastle Competition
- Sept 11 Billiard Lessons for the Ladies
- Sept 17 French Toast & Bacon Breakfast
- Sept 24 Oktoberfest Party and Beer Tasting
- Sept 25 Painter's Corner w/ Hannah
- Sept 25 Flower Arranging
- Oct 2 Charter Bus to Tea & Trumpets at the Orpheum Theatre
- Oct 8 Unveiling of the Highgate Terrace Mini-Golf Course
- Oct 29 The Mulberry's 3rd Anniversary Dinner & Celebration

### Travelling in Style

Imagine the surprise... you are waiting for a van to take you for a delicious dinner at the Top of Vancouver Revolving Restaurant, when suddenly a limousine pulls up to whisk you away! Just a little treat to keep our residents on their toes... and in style!



“The more fun you have, the greater your value to yourself and to your community. The more fun you share with others, the more fun you have.” - Anonymous

## Bowen Island Trip

Mulberrians took in a beautiful day trip to Bowen Island! After a short 20-minute ferry ride they



arrived in Snug Cove to begin their adventure. They started off with a lovely picnic on Killarney Lake followed by a scenic drive around the island. Rock skipping anyone?

## Pacific Arbour Picnic

Mulberry residents joined our sister residence, The Summerhill for the second annual Pacific Arbour picnic at Stanley Park. Everyone had



a great time playing bocce and participating in a water balloon toss as well as Stanley Park trivia.

## Happy Feet

According to the Public Health Agency of Canada, three out of four people develop serious foot problems as they age. This puts their independence and well-being at risk.



Healthy feet contribute to your safety and health in many different ways. Feet that are healthy and pain free help you keep your balance which in turn prevents the risk of falls. Healthy feet also allow you to stay active - sore feet prevent you from walking around causing a loss of strength in your legs. Walking is the perfect exercise to keep your weight down, prevent blood clots and keep your bones and muscles strong.

### Basic Foot Care:

- Check your feet daily
- Keep your feet clean
- Keep your feet soft and smooth
- Wipe off excess cream and don't apply between your toes
- Wear comfortable shoes and socks
- Be active every day
- Take care of your toe nails - or get someone else to do it for you!

Also, keeping an eye on your feet can give you early warning signs about serious health problems such as diabetes, arthritis, nerve damage and poor blood circulation.

- Public Health Agency of Canada

Did you know? Wearing proper shoes is your best protection from falls. Research shows that going shoeless indoors and out can increase your risk for falls up to 10%.

## Greetings From Management

# Welcome Wayne



Pacific Arbour and Mulberry Management would like to welcome our new Recreation Manager, Wayne Guitard.

Wayne has brought a number of new programs to our resident activity calendar. As an avid traveller (he has been to 64 different countries!), he has introduced the program "Around the World" where residents are able to get together to talk about their own travelling experiences. His interest in sports has led to our very own Mulberry Olympics! Keep your eyes open for plenty more fun events and activities.

*"I am thrilled to be working here at The Mulberry with all of its great residents and staff!"*

## Good Works

# The Mulberry Sponsors Local Events

Pacific Arbour and The Mulberry believe in getting involved and giving back to the community. The Mulberry is proud to sponsor these upcoming events:

- |            |  |
|------------|--|
| July 9th   | The Mayor's 4th Annual Golf Tournament at Riverway Golf Course in Burnaby                        |
| Sept. 14th | Edmonds City Fair at Richmond Park in Burnaby  |
| Sept. 14th | Mayor Wright's 6th Annual Charity Lawn Bowls Tournament at the New Westminster Lawn Bowling Club |
| Oct. 2nd   | VSO's Tea & Trumpets at the Orpheum Theatre  |



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.