

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

**Summer / Fall
2009**

WELCOME

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

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Profile

Ninety-Nine in 9/09

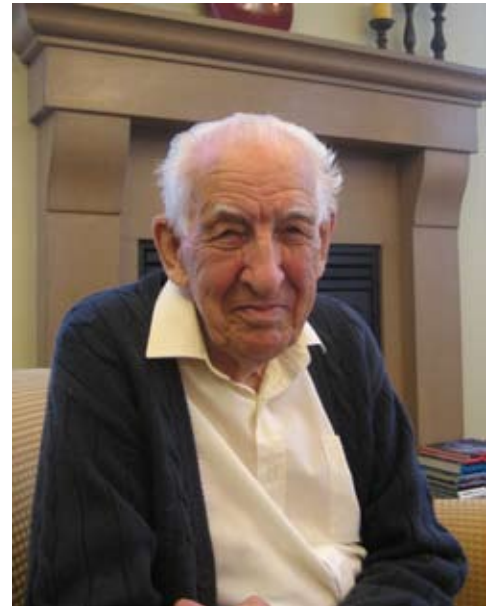
September 25th marks a wonderful birthday for Mulberry resident, Ron Kline. Ron is turning 99 years of age, in the 9th month of '09!

Ron was born in the former municipality of South Vancouver in 1910, where he grew up with his parents, two brothers and one sister.

When Ron was 14 years old, he left school and started to work many different jobs. After working as a welder in the shipyards during the war, Ron bought his very own hardware store. He also bought the house next door for himself and his wife, Amy, whom he married in 1937.

In 1966, he sold the hardware store to become a caregiver for Amy, who then passed away in 1974. Two years later, Ron remarried another wonderful woman named Denise. They continued their life together and traveled the world. Denise then moved into an extended care facility and unfortunately passed away two years ago.

Ron never thought he would move to a retirement residence but he was pleasantly surprised at what his family discovered at The Mulberry. He says, "My family searched for the best place for me to live and they decided The Mulberry was the best - and they were right!" Once he moved in he recognized so many familiar faces from his Burnaby community.



*"I'm not lucky, I'm blessed.
I have a wonderful life."*

Ron has a wonderful outlook and we wish him the happiest of birthdays!

Quote of the Day

"Age is something that doesn't matter, unless you are a cheese." ~ Billie Burke

Events

Pacific Arbour Picnic

The Mulberry residents joined their sister residence, The Summerhill, for another wonderful picnic at Stanley Park. Residents were joined by staff, managers, and even Pacific



Arbour's owner, Rainer Müller, along with President, Peter Gaskill.

Everyone had a great time playing bocce, croquet and horseshoes while others relaxed in the shade.

Many people joined in on a pumpkin seed spitting contest, which was won by Al, a Mulberry resident.

It's always a treat to get together with The Summerhill.



Al wins the pumpkin seed spitting contest.

Upcoming Events

- Sept 9 Computer Lessons
- Sept 11 Baking with Monica
- Sept 11 New Resident Orientation
- Sept 12 Arts & Crafts with Jennifer
- Sept 15 Mad Scientist with Wayne
- Sept 20 Bus Trip to the new Vancouver Convention Centre for a tour
- Sept 21 Walking Club
- Sept 21 Introduction to our brain fitness program "Posit Science"
- Sept 24 Antique Roadshow
- Oct 1 Bus to VSO's Tea & Trumpets
- Oct 7 Healthy Aging Fair at Brentwood Town Centre
- Oct 30 Halloween Pub Night

Nintendo Wii

Mulberry residents are having a great time playing with the Nintendo Wii. Anyone can play it - you can even play it sitting in the comfort of your chair. It is great for your hand and eye coordination and it gets your mind moving!



Stimulating the brain to continually learn new skills, tasks and activities is one of the best ways to keep the mind active, healthy and strong, regardless of physical condition and capabilities.

Hawaiian BBQ

For a change of scenery, The Mulberry's second floor was decked out in Hawaiian garb for a lunch luau barbeque.

Residents and staff dressed up for the occasion and were all adorned with beautiful Hawaiian leis.

Residents were able to enjoy their lunch and listen to the live music. There were many requests for "Tiny Bubbles" which almost everyone sang along to.



Mr. Hawaii himself - Hank showing off his pineapples.

Arts & Crafts Corner

There's always a craft for the season around The Mulberry. Every Saturday the residents embark on a new arts and crafts adventure that is suitable for any skill level. We even have a new craft instructor coming aboard soon!



Helen and friends making floral crafts.

Dental Health

You are never too old to have healthy teeth and gums. And you are never old enough to stop seeing your dentist!



"Along with a regular checkup, brushing and flossing are the most important things you can do for your dental health."

Problems with Brushing and Flossing?

If you find holding your toothbrush difficult because you have arthritis or some other health condition, try enlarging the handle with a sponge, or several layers of aluminum foil.

If flossing feels awkward or if your fingers always seem to get tangled, try using a plastic floss holder - your dentist or hygienist can recommend one. Or try dental tape instead. It's wider and easier to grasp than floss.

Brush your teeth at least twice a day. Regular and thorough brushing removes the plaque that causes gum disease and decay.

As you get older, you may have dentures or dental implants. These dentures and implants need to be checked by your dentist. If you take medicine that makes your mouth dry, or makes your gums grow, you need to have a dentist take a close look.

Regular preventive dental care and maintenance are always less expensive than treatment. A regular check up, along with daily brushing and flossing, is the most important thing you can do to preserve your dental health.

~ Source: The Canadian Dental Association

Did You Know?

The only natural substance harder than the enamel on your teeth are diamonds.

Greetings From Management

A New Bus for Pacific Arbour

Pacific Arbour's owner, Rainer Müller, and President, Peter Gaskill, surprised Mulberry and Summerhill residents with a brand new bus! Pacific Arbour is the first retirement residence company in B.C. to operate a kneeling bus. This state-of-the-art vehicle lowers to curb level, so residents with wheelchairs or walkers can easily enter and exit the bus. And with no stairs to navigate, it's the best way for residents to get around on our Out&About™ program.



“We don't have to worry about walking up any steps - the bus kneels right to the ground!”

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 Burnaby Seniors' Interagency Society "First Annual Healthy Aging Fair."

Where: Brentwood Town Centre, Burnaby When: Wednesday, October 7th | 10 am - 7 pm

This event will bring together a variety of services available to seniors in our community. There will be over 25 booths with information on products and services, speakers on healthy aging, and prize draws and free give-aways. The Mulberry is also sponsoring a prize draw for a brand new flat screen TV! We hope to see you all there!

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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.