

# The Mulberry Leaf

A newsletter from  
The Mulberry  
Retirement  
Residence

**October 2007**

## WELCOME

You are reading the  
Fall Edition of The  
Mulberry Leaf.

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## Profile

### Irene Lawrence

The Canadian National Institute for the Blind (CNIB) is supported by many dedicated volunteers. One of their volunteers is especially important to The Mulberry, our resident, Irene Lawrence.

Irene was recently given a beautiful plaque for her 10 years of volunteer service with the CNIB as a peer counselor. As a peer counselor, she talks to other seniors who have recently been diagnosed with a form of vision loss. It is often difficult for people to adjust to a form of blindness as they may become despondent however, Irene is there with a shoulder to lean on. Other seniors can easily relate to Irene because she also lives with an eye condition, which was passed down genetically by her mother.



*Irene with her CNIB award acknowledging 10 years of Volunteer Service.*

*"It's rewarding knowing you're helping somebody."*

Irene has adjusted her lifestyle accordingly. She enjoys using talking books about nature, mysteries, and pioneers. The Mulberry has taken steps to support our residents with vision loss as we have recently installed enunciators in all three of our elevators. Irene also has support from her husband, Jim, who reads the newspaper and The Mulberry activities calendar to her.

Irene finds lots to do here at The Mulberry. From a personalized exercise program with The Mulberry's own kinesiologist, Alan, to bus trips, to a refresher course on how to play cribbage - Irene is an active resident in our community.

"With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity." Keshavan Nair

## Events

### African Night

This summer, The Mulberry residents enjoyed a cultural experience of Africa!

Residents gathered in the Fraser Room to participate in dancing and drumming with the Masabo Drumming Company.



*Diane, Minnie, and Katie showing off their drumming skills.*

Later on, residents dressed up in costume and attended our African BBQ. The delicious menu consisted of humus, pita bread, piri piri chicken, corn on the cob, roasted nugget potatoes, and Moroccan coconut cream pie for dessert!



*Lila and June in their African costumes for the BBQ*

### Upcoming Events

Fall has arrived! Don't fall back into old habits, try a new activity or hobby - you may surprise yourself!

#### Fall Events:

- Oct 6 Charter Bus Trip to Harrison Hot Springs Sandcastle Competition
- Oct 11 Seniors' Fair at Edmonds Centre
- Oct 31 Halloween Bash with Gracie & The Guys
- Nov 1 Bus Trip VSO's Tea & Trumpets "A Grieg Celebration"
- Nov 3 Veteran's Concert
- Nov 13 Flu Clinic at Edmonds Seniors' Centre
- Dec 6 Bus Trip VSO's Tea & Trumpets "An Italian Serenade"
- Dec 9 Christmas Brunch
- Dec 19 Bus Trip to Ladysmith & Chemainus

### Bowen Island Bus Trip

Our Mulberry residents enjoyed a beautiful summer day on Bowen Island. They had a wonderful



lunch at Doc Morgan's Pub and then did some sightseeing around the town.

Did you know? Music can influence your behaviour and promote better mental, physical, emotional, and spiritual health.

## Staff Olympics

Management and staff entertained residents for an afternoon of olympic events.

The relay race stirred up a lot of laughter. There were hula hoops, puzzles, and watermelon eating involved!



*Patti and Earl team up for the watermelon eating portion of the olympic relay.*

Stay tuned for the next staff event...you never know when they're going to pop up!

## Billiard Tournament

A few Mulberry residents teamed up for a Billiard Tournament hosted by our sister residence in North Vancouver, The Summerhill.



## Protect Those Eyes

Just because Summer is over doesn't mean you should pack away those hats and sunglasses that protect your eyes from sun exposure. Sun



exposure happens even on moderately bright or overcast days, and in the Winter. This

is one of the main contributing factors that form a type of Age-Related Macular Degeneration (AMD).

AMD is a progressive condition that attacks central vision. "In Canada, an estimated one million of us have some form of AMD, the leading cause of severe vision loss in people over 50. That's about equivalent to the number of Canadians with diabetes or breast cancer." (Canadian National Institute for the Blind, CNIB).

Here are some preventative measures to consider:

- Maintain a low-fat diet
- Eat brightly coloured vegetables and fish such as tuna and salmon
- Wear hats and protective eyewear when outdoors
- Maintain low blood pressure
- Keep physically active - a healthy heart contributes to healthy eyes

Fortunately, the CNIB provides a lot of information about preventing AMD and living a satisfying life even if you have the disease.

Please visit [www.CNIB.ca](http://www.CNIB.ca) for more information.

Researchers found that people who ate two or more servings of fish (which is high in Omega 3 fatty acids) per week had a lower risk for developing Age-Related Macular Degeneration.

## Greetings From Management

# Happy Movin' On Maureen!

In August, The Mulberry threw a Happy Movin' On party for Pacific Arbour's Director of Marketing, Maureen Maclachlan.

Maureen has been involved with Pacific Arbour for five years ensuring that The Mulberry is well recognized as an exceptional retirement residence throughout our community. Her community relations efforts with the government, local businesses, media, and the general public, has created a buzz that continues to grow.

Maureen is one of the main reasons why The Mulberry is what it is today - a warm and wonderful community that continues to be fully occupied with remarkable seniors.

The Mulberry would like to thank Maureen for all of her hard work and wish her all the best in her retirement!



*Maureen with Mulberry residents - Kae, Lillian, Joyce, Lois and Mary*

## Good Works

# The Mulberry Sponsors Local Events

The Mulberry team continues to be an active participant and proud sponsor of local events around the Burnaby community. To acknowledge our community outreach, the Burnaby Board of Trade has recently announced that The Mulberry is a finalist for the "Community Spirit Award" at the Burnaby Business Excellence Awards luncheon. The winner will be declared at the Burnaby Board of Trade Gala Dinner on November 1st, 2007. We're looking forward to it!

The Mulberry team would like to congratulate our neighbours that were also announced as finalists for other award categories - Save-on-Foods at HighGate Village Mall, Burnaby Hospice Society, and MDS Metro Labs.

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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.