

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Fall 2008

WELCOME

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Fall Edition of The
Mulberry Leaf.

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Profile

Christmas Blessings

It was about 8:20 a.m. on a mid-December day when I arrived to volunteer at the Christmas Bureau. I was directed to my station in the hallway where I was to retain a semblance of order among the people who would be coming during the next three days. People of all ages and backgrounds were there.

There appeared to be a commotion down the line so I moved to see what was happening. A middle aged man had arrived pushing a brand new bike. He had been the recipient of a bike from the Christmas Bureau years before and wanted to return the blessing. His gift was graciously received.

Days passed and people came and went. I often chatted with the waiting people. Some of them made a deep impression upon me. Back in the line I got talking to a lady who spoke little English. She told me that she, her husband and children had been refugees from a Central American dictatorship and had fled to Canada with only the clothing they wore. Her husband had found work but although he worked long hours he was paid only minimum wages. After paying for rent and essentials there was very little left over. She was nearly in tears when I summoned all my Spanish and said, "Feliz Navidad." Her face broke into a glorious smile. Soon it was her turn to go to the toy room. As she left she made a detour by me. She smiled and cheerfully called out, "Feliz Navidad. Merry Christmas." The days passed and before I knew it my time of volunteering was over. My heart had been warmed by the generosity of the community as it had been about sixty years earlier when I too had been the recipient of special gifts from unknown others in the community. "Feliz Navidad, Merry Christmas and God Bless."



Bill posing with Santa at last year's Christmas Brunch.

~Bill Hilliard, Mulberry Resident

"The need is great and will likely be more so this year. Please help in whatever way you can."

~Bill Hilliard

Events

Mulberry Olympics

Everyone enjoyed watching the Beijing Summer Olympics so much that Wayne, Recreation Manager, created Mulberry's own Olympics!



Hank and Minnie shoot off for the gold medal.

Throughout the week residents participated in modified events. Bowling, shotput, pistol shooting, volleyball, decathlon, obstacle course, cycling, fencing and relay race events were such fun. Many medals were won!

Mulberrians Vote

Residents enjoyed the convenience of having their very own polling station in our front lobby.

Elections Canada set up their mobile polling station and within hours they had over 100 Mulberry residents come by to cast their vote.



Kae and Jeannine prepared to cast their ballot.

Upcoming Events

- Nov 4 New Resident Orientation
- Nov 8 Mulberry's own Mini Golf
- Nov 10 Bus Trip to Taylor Park School for Remembrance Day Celebration
- Nov 11 Mulberry Remembers
- Nov 14 Current Events & Social Hour
- Nov 20 Bus trip to Tea & Trumpets at The Orpheum Theatre
- Nov 21 Mulberry Casino Fundraiser
- Nov 28 Baking Christmas Treats
- Dec 2 Deck the Halls Day - Mulberry Christmas Decorating Party
- Dec 3 Mulberry Christmas Craft Fair
- Dec 14 Annual Christmas Brunch

Lest We Forget

"Their sacrifice preserved for all of us the right to be free, the right to choose, the right to speak, and yes, even the right to forget. Their right to be remembered however far outweighs our right to forget. With rights come obligations. We have the obligation never to forget, ever."



By L. Col M. Bourduas CD

The legacy of heroes is the memory of a great name and the inheritance of a great example.
~ Benjamin Disraeli

Halloween Howl

Mulberry residents were honored to have the King and Queen grace them with their presence on Halloween.

George and Jean showed off their incredible costumes and took home the top prize!

Many other residents also dressed up and took part in Halloween activities.



George and Jean as the Royal King and Queen.



A display of pumpkins in the Bistro, all carved by our residents.

Residents got together with our Recreation Manager to carve pumpkins which are displayed in the Bistro.

They also cheered each other on during the team pumpkin pie eating competition. Sheila was the fastest, by far!



Dorothy, Joyce and Sheila getting ready for the team pumpkin pie eating contest.

Flu Season Back Again

It's that time of year again - the 2008-2009 flu vaccination campaign is now under way. The best time to receive the influenza vaccine each year is in the fall, but it's still effective even if you receive the shot later in the season.

According to the Public Health Agency of Canada, the influenza virus strains circulating the globe change on a regular basis. "In February of each year, the World Health Organization (WHO) makes recommendations on the strains to be included in the influenza vaccine for the northern hemisphere. The

How to protect yourself from the flu:

- Get vaccinated
- Wash your hands regularly
- Cover your mouth when coughing or sneezing
- Avoid contact with those who are sick
- Maintain a healthy, balanced diet
- Drink plenty of water

selected strains are used to produce the influenza vaccine for the following fall and winter influenza season. Continual change of the circulating influenza virus means that a new influenza vaccine is reformulated each year to protect against new infections."

The effectiveness of influenza vaccination depends on several factors, including the similarity between the viral strains used in the vaccine and the actual strains in circulation during influenza season.

The Flu Clinic at Edmonds Seniors' Centre will be open on the following days:
November 12th from 10am - 3pm November 26th from 10am - 1pm

Greetings From Management

Happy Third Anniversary to The Mulberry

Time flies when you're having fun! Pacific Arbour along with Mulberry Management and staff joined our residents in celebrating The Mulberry's third anniversary. Residents enjoyed beautiful flowers, an ice sculpture, live music and a delicious roasted veal dinner. An ice cream cake for dessert was the perfect finish!

Pacific Arbour's President, Rainer Müller, made a special trip from Zurich, Switzerland with his daughter to celebrate the occasion.

"I have so many fun memories from the past three years at The Mulberry and there will be plenty more to follow!"

- Jacqueline, Resident Services Manager



President, Rainer Müller and his daughter, Cornelia, celebrate with residents.

Good Works

Mulberry Sponsors Local Events

The Mulberry is proud to sponsor the following upcoming events:

November 20	Vancouver Symphony Orchestra Tea & Trumpets at the Orpheum Theatre
November 21	Mulberry Good Works Monte Carlo Fundraiser
November 22	Santa Claus Parade
November	Fall Prevention Calendars sponsored by The Mulberry and distributed at various Seniors' Centre Flu Clinics

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.