

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

**Winter / Spring
2009**

WELCOME

You are reading
the Winter / Spring
Edition of The
Mulberry Leaf.

INSIDE

Profile

- Minnie Inglis

Events

- Casino Fundraiser
- Upcoming Events
- Bake It Up a Notch
- Squamish Bus Trip
- Mini Golf Tournament

Health & Wellness

- Hearing Loss

Greetings From Management

- New Workshop Open

Good Works

- Sponsorships

Profile

Minnie Inglis, Fitness Guru

What does ninety-four year old, Minnie attribute to her health? Exercise, exercise, exercise!

Minnie is one of the biggest advocates for fitness, especially here at The Mulberry. "Everyone should participate in our InStride™ fitness programs - they're excellent and people would feel so much better!" she says.

Minnie participates in both of our InStride™ fitness programs to keep her body moving. She is involved with InStride Plus™ three days per week with our qualified kinesiologist, Alan. He assesses each participant and creates a personal exercise regime for them. Minnie also joins other residents in group chair exercises with our Recreation Manager, Wayne, two days per week. She believes that being fit means staying physically active.



Minnie with her fitness friends - Hank and Dorothy.



Minnie finishing up her squats in our fitness centre, The Rumble Room.

"I can't say enough praise for the opportunity I have to do fitness here...it's in my home, it's fun, and it's healthy! Anyone can do it - all you need is a good pair of shoes!"

That's why our InStride™ fitness program gives you options to move at your own pace. InStride™ is suitable for all fitness levels and you can join in whenever you like!

True enjoyment comes from activity of the mind and exercise of the body; the two are united.
- Alexander von Humboldt

Events

Casino Fundraiser

The Mulberry invited residents and their families and friends to join us for a Night in Monte Carlo! All donations went towards making Christmas hampers for seniors in our neighbourhood.



Residents, family, and friends gathering around the Roulette table.

Everyone dressed up in their black and white attire and enjoyed the evening of roulette, blackjack and poker with a bundle of play money. There was plenty of food, drinks, prizes and entertainment for all.

The evening was a huge success as we were able to make fifty Christmas hampers for our neighbours.



A group of residents carefully putting together the Christmas hampers.

Upcoming Events

- Mar 5 Charter Bus to Tea & Trumpets at The Orpheum Theatre
- Mar 6 Current Events
- Mar 13 Spring Arts & Crafts
- Mar 16 St. Patrick's Day Decorating
- Mar 17 St. Patrick's Day Trivia and Pub Night
- Mar 19 Flower Arranging
- Mar 20 Open House & Spring Fashion Show with TanJay Fashions
- Mar 21 Books Out Loud
- Mar 21 Bus to Richmond Olympic Oval
- Mar 23 Woodworking Project
- Mar 26 Wii - Virtual Reality Bowling

Bake It Up a Notch

The residents joined Monica Mueller for some Valentine's Day baking in our Boundary Bistro. They had a great time as they carefully decorated heart-shaped cookies for our Valentine's Party!



Quote of the Day

Baking is like washing - the results are equally temporary. ~ Patricia Briggs

Squamish Bus Trip

The residents enjoyed the beautiful surroundings on a scenic drive up to Squamish. Everyone was amazed at how much HWY 99 has changed!



The residents stretched their legs at a pit-stop in Porteau Cove.

Mini Golf Tournament

The Mulberry's sister residence, The Summerhill, joined our residents for a mini golf tournament in our Fraser Room. Our very own Mulberry resident, Dorothy, was the winner!



Dorothy displaying her winner's trophy with the mini golf crowd.

Hearing Loss

According to the Public Health Agency of Canada, hearing loss is the most common sensory impairment in adults over the age of 65. Hearing loss not only affects the physical sense of hearing, it also affects a person's overall well-being. As it creates communication difficulties, hearing loss can lead to withdrawal from family, friends and social situations.

Signs of Hearing Loss:

- speaking louder than necessary in a conversation
- constantly asking for words to be repeated
- straining to hear
- misunderstanding conversations
- favouring one ear
- thinking that people always mumble
- turning the television or radio up louder
- having difficulty hearing on the telephone
- withdrawing from social contact
- ringing or buzzing in the ears

Don't lose out on communication and contact because you can't hear well. Many seniors have improved their lifestyle by using assistive devices, such as hearing aids, to improve the volume of sound in the particular pitches that they miss hearing. Today's hearing aids are improved and provide clear, comfortable sound. Most people with hearing loss can benefit from a binaural system - a hearing aid in each ear. It provides better directionality, better clarity, and better ability to separate sounds in noise.

~ Public Health Agency of Canada

Did you know?

Seventy-five percent of people who could benefit from hearing aids are not using them.

Greetings From Management

The Mulberry's New Workshop Now Open

After much anticipation The Mulberry's woodworking and tinkering room is now open for action! Our Building Services Manager was hard at work to get the room ready for our residents.

Our resident, Norm, is an avid woodworker and couldn't be happier! Norm is planning to volunteer his time to teach his fellow residents a few of his woodworking techniques. Keep your eyes open for upcoming woodworking projects on our activity calendar!



*We will be unveiling our new workshop at our
Open House event on Friday March 20th
from 1:00 p.m. - 4:00 p.m.
So come by and have a look around!*

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? Whether it's hosting the Burnaby Fall Prevention Volunteer Appreciation Lunch; or being the lead sponsor for The Mayor's Annual Lawn Bowling Tournament, The Mulberry is proud to be a member of the community.

The Mulberry is proud to sponsor the following upcoming events:

- | | |
|-------|---|
| March | Fall Prevention Meeting |
| April | Burnaby Family & Friends Caregivers Fair at Bonsor Community Centre |

Published by



7230 Acorn Avenue, Burnaby, BC V5E 4N9
Tel 604.526.2248 Fax 604.526.2278
Web www.themulberry.ca

The Mulberry is part of



790 - 1500 W Georgia, Vancouver, BC V6G 2Z6
Tel 604.408.5811 Fax 604.669.5813
Web www.pacificarbour.ca

Did you Know?

Tours of The Mulberry are offered daily from 10 am - 6 pm. Please call to arrange your personal tour.