

# The Mulberry Leaf

A newsletter from  
The Mulberry  
Retirement  
Residence

**November 2006**

## WELCOME

You're reading the  
Fall edition of The  
Mulberry Leaf.

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## Profile

# BCRCA LEAP AWARD 2006 Recipient Tom Mark



*Tom accepting his LEAP Award at the  
BCRCA conference in Victoria, BC*

The BC Retirement Communities Association has awarded The Mulberry's own, Tom Mark, the 2006 LEAP (Let's Embrace Aging Passionately) Award. This award acknowledges outstanding volunteer efforts within an individuals' retirement residence, and also in their community. The Mulberry is very proud to have Tom as the very first recipient of this award!

Tom was born in New Westminster. Once known as "The Bird Man of 14th Ave", he welcomed children and school field trips to his backyard aviary where he told stories and taught about the 100 or so canaries, finches and budgies who lived there. He became a volunteer with the Burnaby Health Department Volunteer Services – Friendly Visitor Program for Seniors and in 1995 he was awarded Burnaby Citizen of the Year. Tom helps create a friendly feel wherever he goes. He is a member of our Welcome Committee and is quick to make people feel right at home. He also organizes our Cribbage games every week.



*Tom travels to the conference in style!*

**Congratulations Tom!**

### Thought for the Day:

"We make a living by what we get, but we make a life by what we give." (Winston Churchill)

## Events

### Taste of Edmonds & Edmonds City Fair

On Labour Day weekend, The Mulberry was giving out treats at The Taste of Edmonds. This block party offered a huge variety of tasty ethnic foods served up by Burnaby locals.



The Mulberry also joined the neighbourhood a few weeks later at the Edmonds City Fair around the corner at Richmond Park. This is The Mulberry's third year as a sponsor for this event. The Fall Fair is the place to be for food, entertainment, and great family fun.

### Keeping Our Residents On Their Toes

This summer the staff at The Mulberry surprised residents with a spontaneous Beach Party on our Crazy Hat Day. The Mulberry ladies and gents relaxed and had a laugh at the hat competition, while they sipped lemonade and cooled their feet in wading pools on our Highgate Terrace. You never know when more spontaneous fun will appear!

### Fall Events at The Mulberry

There are all sorts of events planned for the Fall and everyone's welcome. To attend, call our Marketing team at 604.526.2248 or email [info@themulberry.ca](mailto:info@themulberry.ca).

#### Upcoming Events:

- Nov 1: The Mulberry's First Anniversary Dinner
- Nov 7: Flu Clinic at Edmonds Community Centre
- Nov 9: Vancouver Symphony Orchestra Tea & Trumpets "A Tribute to the Music of the War Years"
- Nov 22: Flu Clinic at Edmonds Community Centre
- Nov 29: Art History w/ Barry Goodman
- Dec 9: Ballet BC's "A Christmas Carol"
- Dec 20: Bus Trip to North Vancouver - Christmas Lights & Social at The Summerhill
- Dec 17: Annual Christmas Brunch
- Dec 29: Bus Trip - Ballet BC's "Nutcracker"



*The staff with their beach costumes for the surprise Beach Party!*

#### Health & Wellness

A harmonious relationship with one you love can enhance your work, health and entire well-being.

## Events

### Open Doors Event at The Mulberry

On October 1st, over 100 guests joined The Mulberry in celebrating the International Day of the Older Persons.



*Our General Manager, Earl, with two of our residents*



Guests were able to tour the residence while enjoying delicious appetizers, desserts, and refreshments. Many guests also joined our residents for fitness demonstrations with our Recreation Manager, and our Kineisiologist, Alan.

### Happy Anniversary to The Mulberry

On November 1st, The Mulberry will be celebrating its one year anniversary!



Thank you to our residents and staff for making this such a fun and exciting year!

### Remembrance Day at The Mulberry



November is poppy month, the time of the year when by the wearing of a simple emblem, a red poppy, we salute the memory of those who sacrificed their health, their strength, even their lives, that we might live in a free country.

The Mulberry residents will be attending a special service on November 5th, next door at the Edmonds Community Centre.

## Health & Wellness

### Flu Season is Around the Corner

Just because summer is over, doesn't mean you should stop drinking lots of fluids! Fighting a virus is exhausting, and your body needs to stay hydrated to win the battle.

As flu season comes out of the shadows, it is time to take the necessary precautions to prevent infection.

The most effective way to protect yourself from the flu is to be vaccinated each year in the fall. Regular hand washing is another way to help minimize your risk. By washing your hands often, you will reduce your chance of becoming infected. Healthy eating, adequate sleep and physical activity are essential to your health, but won't protect you completely from the influenza virus.



### Fight off the Cold & Flu Season:

Eating raw garlic has the same effect on cold viruses as it does on potential dates: it keeps them away.

## Greetings From Management

# Record Breaking Occupancy

Ten months after The Mulberry opened its doors to its very first residents, the building has reached full occupancy! But not to worry, we have started a waitlist for our prospective residents. If you are interested in going on our waitlist, or would like more information, please contact our marketing team at 604.526.2248 or email [info@themulberry.ca](mailto:info@themulberry.ca).

A special thank you to The Mulberry's Welcome Committee for looking out for our new residents and making the adjustment to their new home that much easier.

## Good Works

# The Mulberry Sponsors Local Events

The Mulberry and Pacific Arbour Group believe in getting involved and giving back to the community. They are pleased to sponsor these upcoming events:

### Edmonds Santa Claus Parade

Every year, the Santa Claus Parade gets better and better. The Mulberry is pleased to be part of this Edmonds event and help kick off the Christmas season. Coming up in late November, you won't want to miss it.

### Vancouver Symphony Orchestra Tea & Trumpets Series

For 4 years, Pacific Arbour Group, owner of both The Summerhill and The Mulberry, has sponsored the Vancouver Symphony Orchestra's Tea and Trumpets series, at the Orpheum Theatre. Residents at The Mulberry receive complimentary tickets and enjoy an afternoon of delicious tea, cookies, and fabulous music performed by the Vancouver Symphony Orchestra.



Published by



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*Retirement Residence*

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The Mulberry is part of



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### Inspiration:

“Do what you can, with what you have, where you are.” (Theodore Roosevelt)