

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Spring 2008

WELCOME

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The Mulberry Leaf.

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Profile

Project Hope

It really does take an entire village to raise a child!

A group of Mulberry residents have been taking part in a program with Morley Elementary School called "Project Hope". Project Hope focuses on building "belonging, attachment, resilience and hope for children" - in particular how to help students "belong" to their school and their neighbourhood. The program hopes to bring together our community while keeping our schools safe.



Some of our Mulberry residents have baked cookies with the kids, visited with them at their school, and hosted events at The Mulberry for them. The children are enjoying being read to, putting together puzzles, and doing arts and crafts while connecting with one another. They have even performed songs for our residents in return! Friendships are blossoming, as are the smiles on the childrens' - and the residents' - faces. Mulberry Resident, George Angus says, "I really enjoy spending time with the kids. They need it, and well, it makes me feel good, too."

Thank you George and the rest of the Mulberrians who are taking part in this wonderful project. And a special thanks to the children and staff at Morley Elementary School. When we have a role to play in helping our youth to be safe we develop our own sense of belonging and hope, too!

-Details from Project Hope Facilitator, Morley Elementary School

"There are only two lasting bequests we can hope to give our children.
One is roots; the other, wings." - Hodding Carter

Events

Hola Amigos!

Our Mulberry residents and staff had a great time celebrating Mexico Week!

Throughout the week, residents were able to experience different parts of Mexican culture - they even learned a daily Spanish phrase!



Edie looking great in that beautiful sombrero

The week started off with a splash of colour as residents and staff showed off their Tacky Tourist clothing.



Our Chef, Stanley, donning a Mexican poncho.

Residents even tasted a part of Mexico . They enjoyed Taco Tuesday and a Chi Chi and cervesa's cocktail hour with musical entertainers, Pancho & Sal.

Other Mexican activities included Mexican bingo, Mexican dance lessons, and even Mexican Art History!

OLÉ!

Upcoming Events

Events:

- May 20 Cribbage Tournament with Bonsor & Century House
- May 30 Bus Trip to Sasamat Outdoor Centre for "Dinner on the Patio"
- June 4 Walking Club
- June 7 Hats Off Parade
- June 11 Bus Trip to Lynden, WA Casino
- June 12 Painter's Corner
- June 20 Utopia Massage Therapy
- June 21 Bus Trip to Arte Vargas' Glass Blowing Studio
- June 28 Pub Night w/ Swing City Band
- June 30 Canada Day Pancake Breakfast
- July 15 Summer BBQ on the Patio
- July 17 Elvis Show w/ "Modern Lounge"

St. Patrick's Day

Residents gathered on the 2nd floor in their green attire for our annual St. Patrick's Day celebration.

Janie and Angie in their green!



"Culture is the widening of the mind and of the spirit." Jawaharlal Nehru

Show & Tell

Our Mulberry residents are sure full of surprises! Many residents showed up at our Show & Tell event with their collections and treasures.



Minnie rings in with her lovely bells next to Tom and his impressive pin collection.

Among the displays were bells, spoons, pins, art, wood work, and much more!

Pacific Arbour's Christmas Card Winner, Marcella, revealed many art pieces - most of which she painted herself! There is so much interest here at The Mulberry that we decided to start an art club called "Painter's Corner".



Christmas card winner, Marcella, displaying her lovely art collection.

Balancing Act



As we know, our bodies change as we age – especially our balance. Approximately nine percent of adults over the age of 65 report having problems with balance.

Having good balance means being able to control and maintain your body's position, whether you are moving or standing still. An intact sense of balance helps you:

- walk without staggering or tripping
- get up from a chair without falling
- climb stairs without tripping

The effects of certain medications on blood pressure as well as disturbances in the inner ear can also cause people to feel unsteady.

Good balance is important to help you get around, stay independent, and carry out daily activities.

In some cases, you can help reduce your risk for certain balance problems. Balance problems due to high blood pressure can be managed by eating less sodium, maintaining a healthy weight, and exercising.

Fortunately, The Mulberry provides residents with a healthy eating Taste Buds™ menu as well as a fantastic fitness program, InStride™.

The InStride™ program includes several fitness options. Residents can do exercises developed specifically for them by our kinesiologist, Alan, who understands the balance system and its relationship with other systems in the body.

Many residents also participate in group balance classes with our Recreation Manager to help them to be steady on their feet!

Quote of the Day

"Life is like riding a bicycle. To keep your balance you must keep moving" - Albert Einstein

Greetings From Management

Happy Birthday to Edmonds Community Centre



The Mulberry, along with Pacific Arbour Retirement Communities, wish their neighbour, Edmonds Community Centre, a very happy 35th birthday!

The Centre welcomed neighbours and friends to celebrate with them on "Move for Health Day". The staff at Edmonds encouraged everyone to get up and get moving, even if it's only for a moment. Guests were even able to join them on a walk to Byrne Creek which followed with hot dogs and treats back at the community centre.

Many of our residents went over to support our neighbour and joined in on the festivities. Some residents attended the Edmonds musical "Piccadilly to Broadway" and had a fantastic time.

Happy Birthday Neighbour!

Good Works

The Mulberry Sponsors Local Events

The Mulberry team continues to be an active participant and proud sponsor of events around the Burnaby community.

The Mulberry has recently teamed up with the South Burnaby Lawn Bowls. Their Opening Day Tea, on May 3rd, attracted quite a crowd including special guests Mayor Derek Corrigan, MLA John Nuraney, and many long time lawn bowlers.

SBLBC welcomes new members to give lawn bowling a try - they even offer lessons. Green lawns, sunny skies... it certainly is a lovely way to spend time! The Mulberry wishes South Burnaby Lawn Bowls Club a successful 2008 season.



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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.