

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

June 2006

WELCOME

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

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Profile

Mayor Salutes Residents

Want to see some beautiful
Hawaiian sunsets or
breathtaking British landscapes?
Head up to The Mulberry
resident Jim Lawrence's suite
and check out his personal
slide collection – one which he
has been voluntarily showing to
communities for 40 years.

Having spent nearly half his lifetime showcasing his adventures to captive audiences, Jim was recently presented with an Award of Appreciation at the Burnaby Volunteer Appreciation Luncheon in April. "You get back more than you put



Marie Paquin holding one of
her many volunteer awards.



Mayor Derek Corrigan (left), Jim Lawrence
(center) and a local Mountie at the Burnaby
Volunteer Appreciation Luncheon.

*"I enjoy every minute
of volunteering."*

in", Jim says of his time volunteering, "I enjoy every minute of it."

Another Mulberry resident recognized at the luncheon was Marie Paquin. A volunteer at IGA, Marie works as a shopper for seniors who can't buy groceries for themselves. "At first I was doing the shopping, but now I just write the bills - the easy job," she laughs.

Twenty-four years later, she is still volunteering at the same IGA and says she won't quit anytime soon. When asked what the best part of the job is, she says, "it's meeting people. It's a great way to get out and make new friends."

Thought For the Day

"Success is getting what you want. Happiness is wanting what you get." (Anonymous)

Events

Giant Bunny Hops on The Mulberry

The Mulberry's first Easter Brunch was a bang this year, when residents spent the morning with friends, family and a giant Easter bunny.



Eva Corbett catches the Easter Bunny's tail.

Local singer, Rosario, performed and a fantastic meal was laid on by the now famous Mulberry culinary staff, to create a warm environment for

"It was an absolute success!"

*-Carol Wittal,
Recreation Manager*

socializing and fun. There was lots of laughter as the bright pink Easter bunny – Adena Waffle,



Richard Gray gets a kiss from the Easter Bunny.

who is now the new General Manager of sister residence, The Summerhill – hopped about the dining room handing out candy.

If you missed it this year, be sure to attend next year's Easter Brunch.

Summer Events at The Mulberry

There are all sorts of events planned for the summer and everyone's welcome. To attend call Carol Wittal at 604.526.2248 or email carol@themulberry.ca.

Upcoming Events:

July 12: Fashion Show by Tan Jay from Brentwood Mall.

July 13: Charter Winery Tour through the Fraser Valley.

July 18: "Journey Through Polynesia" show.

July 26: Buchart Gardens and Parliament Buildings Tour in Victoria, BC.

July 27: BBQ with Telus Swing Band.

Mulberrians Itching to Travel

Kicking off the travel season was June's trip to the quaint town of Chemainus, to see "My Fair Lady" and a second trip is planned, in July, to the city of Victoria.

However, if this isn't enough travel, there's a third trip planned in August, when The Mulberry residents will go to Salt Spring Island, best known for its arts, crafts, and farmers' market - the Salt Spring Saturday Market in the Park.



Apples at the farmers' market.

Life Lines

People ages 50 and older can add 3 years to their lives by exercising.

On Stage in Chemainus Keeping Cool when it's Hot Hot Hot!

What famous actress said this: "The difference between a lady and a flower girl is not how she behaves, but how she is treated"? If you



Crossing Georgia Strait.

answered Audrey Hepburn, you may have attended the on stage production of "My Fair Lady" during The Mulberry's trip to Chemainus, on June 20th.

Twenty Mulberry residents joined residents from The Summerhill in North Vancouver and ferried across the Georgia Strait to Chemainus, on Vancouver Island. Once there, they were served a beautiful dinner before being swept away to watch a wonderful stage rendition of "My Fair Lady".

The next day, everyone was treated to a hearty breakfast, followed by a tour of the town's famous murals and time to poke around the shops – all this before heading back to Vancouver.



Ferry trip to Vancouver Island.

With summer heat waves just around the corner, now's the time to think about preventing dehydration. Here are some tips on how to avoid being overcome by the sun's rays this summer.

Don't wait until you're thirsty to drink that water!

Slowly acclimatize yourself to the heat. This takes about 10 -14 days. While you acclimatize to the heat, it's important to keep hydrated.

Tips for staying cool:

1. *Acclimatize to the heat.*
2. *Stay hydrated.*
3. *Wear light-coloured and loose-fitting clothing.*
4. *Take breaks in the shade.*

Don't wait until your mouth is dry to reach for a drink - by that time you're already dehydrated.

Instead, drink regularly throughout the day. Stay away from caffeine and alcohol while in the sun - this promotes dehydration. Instead, choose water or a sports drink, such as Gatorade.



Stay cool.

Boost Your Brain

Walking helps you think more clearly, make better decisions, solve problems and concentrate.

Greetings From Management

Ninety Percent Full and Climbing

It's been 7 months since The Mulberry opened its doors to its very first residents and already the building is approaching capacity. The marketing team has been busy renting the last available suites. From the moment the rental sign went up, the suites have been going like hotcakes. Right now, The Mulberry is a whopping 90% rented and filling fast. If you want to live in The Mulberry you should hurry in now.

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 events:

June 25: The Mayor's Annual Community Lawn Bowls, New Westminster Lawn Bowling Club.

June 26: Burnaby Fall Prevention Society Volunteer Tea, The Mulberry Retirement Residence.

August 4-7: Annual Royal City Men's Pairs Tournament, New Westminster Lawn Bowling Club.

September 4: "A Taste of Edmonds", Southside Community Church

September 17: Edmonds Fair in the City, Richmond Park.

September 18: Golf Fore Seniors Tournament, Surrey Golf Club.



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The Mulberry is part of



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Get Your ZZZs

Exposure to external light during the daytime results in better night time sleep.