

# The Mulberry Leaf

A newsletter from  
The Mulberry  
Retirement  
Residence

**June 2007**

## WELCOME

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Summer Edition of  
The Mulberry Leaf.

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## Profile

### June Doan

What do teddy-bears, gardening, fitness classes, piano playing and a kitty-cat all have in common? Why, June Doan, of course! June is one of many active residents at The Mulberry Retirement Residence.

Before moving to The Mulberry, June volunteered a few times a week. Now she says she is “ten times more active”! She participates in Mulberry InStride moderate fitness classes, baking activities, movie nights, Bible Study, bingo, and book club. She helped out with the Greenhouse Planning Committee, leads June’s Sing-a-long’s, and really enjoys all of the bus-trips. She has even jumped in at the last minute to play the piano for special events. What has been the biggest stretch?



*“Crafts are one thing I’ve never done before. My friend Helen helps me. We have a riot.”*

One of the reasons June moved to The Mulberry was so that she could be closer to her daughter. But it was difficult at first. Moving meant giving away over one hundred of her dear teddy-bears! “It was hard. They were each a gift to me. But it helped knowing that they were going to people who could use them.”



*Lillian, June and Dene baking some Valentine’s Day treats in The Mulberry kitchen*

June has found clever ways to display her ninety-six remaining teddy bears in her apartment. When visiting you must look closely at her impressive collection. One of them...purrs! Her most precious furry friend, Sass, is a real cat she received as a Christmas present last year!

Quote of the Day:

“Kindness is the language which the deaf can hear and the blind can see.” Mark Twain

## Events

### The Hats Off Parade!

The Mulberry was a proud sponsor of the Burnaby Seniors Outreach Services Society in the Hats Off Parade on June 2nd!



The Mulberry's own Red Hatters, along with our Recreation Manager, Carol, cruised down the streets in a red Mustang convertible, and waved to thousands of on-lookers.

### Tulips Galore!

Residents of The Mulberry and The Summerhill teamed up on a wonderful chartered bus trip to the Skagit Valley Tulip Festival!



*Mulberry and Summerhill residents taking a break while breathing in the beautiful tulip aromas.*

### Upcoming Events

If you thought our Spring events were great, check out what's coming up next for Summer!

#### Summer Events:

- |         |  |
|---------|--|
| July 2  | Walking at Rocky Point Park/<br>Fish & Chips at Pajos          |
| July 12 | Michael J. Fox Theatre Fashion Show                            |
| July 18 | Hawaiian Baking & Hula Dance Lessons                           |
| July 21 | Hawaiian Luau Pub Night w/<br>Metro Seniors Band               |
| July 24 | Charter Bus Trip - Picnic at<br>Stanley Park w/ The Summerhill |
| July 28 | Train & Ship Museum Trip-<br>Granville Island                  |
| Aug 15  | Annual Family BBQ  |
| Aug 25  | Mardi Gras BBQ Celebration                                     |

### Green Thumbs

The Greenhouse Planning Committee did a lot of planning - and planting - and it looks like it has paid off. Tomatoes, cucumbers, peppers, and strawberries are taking root in the residents' new greenhouse! On the patio, lush greenery has shot up several inches now that the sun is shining more. Flowers are blooming, lemonade and lounge chairs are beckoning.

"The best way to garden is to put on a wide-brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig."

## Events

### Talent Show

Extra! Extra! Read all about it! The Mulberry's got talent! No doubt about it! The Talent Show started off with a bang - The Mulberry management and staff surprised the residents with an interactive skit, complete with costumes!



*Mulberry management and staff getting ready to perform their surprise skit for our residents.*

The residents also surprised everyone with their talents. Almost 100 residents attended the talent show to see their neighbours sing, dance, play musical instruments, recite poetry and even perform a comedy act!



*Audrey and Alf performed a lovely rendition of "La Vie en Rose"*

### Strawberry Tea

Mulberry residents enjoyed hosting the Gadabouts for a strawberry social! Our Chef, Stanley prepared a special treat for everyone: homemade strawberry shortcake!

## Health & Wellness

### Feeling InStride Again!

Many Mulberry residents have signed up for InStride, our personal exercise program conducted by qualified kinesiologist Alan.

Once Alan identifies areas that are out of balance, then the work(out) begins! There are a variety of activities to choose from to suit participants' needs and abilities - aerobics classes, body stretching sessions, or strength training routines in the Rumble Room fitness centre!



Residents enjoy sun or shade while joining in patio fitness classes. Everyone - from active people to those who are feeling less confident about their fitness ability - can experience improvements. Most importantly, InStride enables residents to move at their own pace. Every person is unique and Alan works closely with each resident to increase their strength, stability, and even decrease pain in many cases! Now that feels good!

It's never too late to start exercising! No matter what your current level of fitness is, you can start an exercise routine and become fitter and healthier.

## Greetings From Management

# Posit Science™ Launch at The Summerhill

Pacific Arbour Retirement Communities has recently launched MindWorks at The Mulberry's sister residence, The Summerhill! MindWorks delivers an easy-to-use brain fitness program called Posit Science™. This computer-based program involves exercises that are proven to prevent and reverse the effects of our aging brains with no medication or invasive techniques. As the brain's ability to process information improves, you are able to think clearer and faster as well as retain more information and for longer periods of time.

*“Brain training is as important as body training. Posit Science™ is scientifically validated, easy for our residents to use, and customized for each resident to keep it challenging and ensure its success.”*

*Adena Waffle, General Manager, The Summerhill*

Pacific Arbour continues to search for innovative ways to contribute to their residents' well-being. We are very proud to be the first retirement residence in Canada to implement the Posit Science™ program.

## Good Works

# The 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 Tea with honoured guests, such as Burnaby's Mayor Derek Corrigan, federal MPs and our own municipal MLAs; or being the lead sponsor for The Mayor's Annual Lawn Bowling Tournament with Mayor Wayne Wright in New Westminster, The Mulberry is proud to be a member of the community.

Published by



7230 Acorn Avenue, Burnaby, BC V5E 4N9  
Tel 604.526.2248 Fax 604.526.2278  
Web [www.themulberry.ca](http://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.pacificarbournroup.ca](http://www.pacificarbournroup.ca)

### Did you Know?

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