

The Mulberry Leaf

A newsletter from
The Mulberry
Retirement
Residence

Winter 2007- 2008

WELCOME

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Winter Edition of
The Mulberry Leaf.

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Profile

Mulberry's Volunteer of the Year Lillian Burge

The Mulberry has many devoted residents who continue to volunteer their time and efforts to make this a truly remarkable community.

Among these residents is Lillian Burge, who is our 2007 Volunteer of the Year!

Lillian always lends a helping hand around The Mulberry. Whether it's arranging flowers for the dining room tables, setting up for special events, or chatting with a guest, she is eager to make a positive difference.

With her warm and embracing heart she takes part in our Welcome Committee where she touches base with new residents to ensure that they feel at home. She also took it upon herself to connect with birthday residents to welcome them to our monthly birthday party. She always jumps in to help Carol, our Recreation Manager, serve everyone a scrumptious piece of cake!

"From the first day Lillian moved into the Mulberry, she was such a gift! She helps out wherever she can. We always know when Lillian is around from her cheerful chuckle!"

- Carol, Recreation Manager

Lillian, we are so grateful to have you here at The Mulberry.
Thank you for everything you do!



Lillian with her beautiful roses presented by The Mulberry's owner, Rainer Muller.

Quote of the Day

"Gratitude is not only the greatest of virtues, but the parent of all the others." Cicero

Events

Christmas Brunch

This year's Christmas Brunch was bigger and better than ever! Santa Claus paid us another visit - everyone jumped at the chance to have their photos taken. The meal was scrumptious!



Art & Dorothy with Santa

Residents and their families also enjoyed the surprise reindeer parade through the dining room and the giant ice sculpture of Santa!

Red Hatter's Tea

The Edmonds Red Hatters joined our Mulberry Red Hatters, the "Nutty Acorns", for tea, card-making, and hat-pin decorating.



Upcoming Events

Events:

- Feb 14 Valentine's Dinner w/ the Doe Bender Trio
- Feb 22 Gourmet Baking w/ Monica Mueller
- Feb 25 "Project Hope" at Morley Elementary School
- March 10 Walking Club to the Quay for Coffee
- March 13 Charter Bus to Tea & Trumpets VSO - Beethoven
- March 15 Annual Easter Brunch
- March 17 Shamrock ShinDig Social
- March 22 Scenic Drive to see the Daffodils in Abbotsford
- March 25 Hawaiian Armchair Travels

Bus Trip to Sasamat

Our residents enjoyed a beautiful day at the Sasamat Outdoor Centre located on Sasamat Lake. What a breathtaking view!



"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked." - Bernard Meltzer.

Ring in 2008

Mulberry residents started off their New Year's celebration with a delicious barbeque rib dinner in our festive dining room.

After dinner, residents headed up to the Second Floor to ring in the New Year with their neighbours.

They had a blast kicking up their heels to some great music!



Dancing the night away.

Singing Valentines

Is your heart singing with love? Mulberrians received singing Valentines from friends, sweethearts and family. All of the proceeds raised were donated to the Heart & Stroke Foundation.



Lloyd, Sandy, Marlene and Carol serenading Tom with "My Funny Valentine".

Nutrition News

Looking for a little color in your life? Try adding colourful fruits and vegetables to your dinner plate.

Over time, our nutrition needs change. It's important to be conscious of the foods you eat to ensure you are maintaining a balanced diet. Foods that contain enough calcium, fiber, iron, protein, and the vitamins A, B9, C, and D are vital. As different nutrients are found in different foods, variety is very important but is often lacking in the diets of seniors.



In November, many Mulberry residents attended a nutrition seminar with dietician, Shalene Reimer. Shalene provided our residents with up-to-date information regarding the nutrition needs of seniors.

Our Chef, Stanley Leung, has modified our TasteBuds™ menu to ensure that our residents are obtaining a variety of nutrient-dense foods. One of the latest additions is "Activia" probiotic yogurt. Probiotics are living organisms that promote healthy bacterial balance in the gut. They help with digestion so they are a beneficial part to anyone's diet.

*"[The Mulberry has] by far the best healthy eating program I've seen in the industry."
Shalene Reimer, Dietitian*

Did you know? We have four basic tastes. The salt and sweet taste buds are at the tip of the tongue, bitter at the base, and sour along the sides.

Greetings From Management

Christmas Card Winner

Pacific Arbour would like to congratulate The Mulberry's own, Marcella Kapsta, as this year's Christmas card winner!



Marcella was born in Estonia, Eastern Europe. She began painting after retirement at the age of 65 as a hobby. Her beautiful artwork, pictured here, is of a time gone by: a distinguished couple strolling down a snowy bank in their wintery attire!



Congratulations Marcella!

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 Westminister, The Mulberry is proud to be a member of the community.

The Mulberry is proud to host monthly meetings for the Burnaby Fall Prevention Society, on the fourth Monday of every month, from 1:30 pm - 4:30 pm.

The Mulberry also hosts meetings on the third Thursday of every month for Network of Burnaby Seniors. The meetings are held from 1:30 pm - 3:30 pm.

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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.