

# Victoria Park

## PERSONAL CARE COMMUNITY

2400 E. Arens Road • Regina, SK S4V 3G6 • Phone (306) 522-4300 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)  
Facility License Number 8221

## FEBRUARY 2020

### VICTORIA PARK STAFF

Administrator.....JACKIE HARROWER  
Assistant Administrator.....BRUCIE MOULDEN  
Director of Health Services.....DANIELLA LINDE  
Resident Services Coordinator.....APRAJITA (RUBY)  
Executive Chef.....WENDY LAKE  
Activity Coordinator.....TAMI NAGEL  
Activity Assistant.....JOSIE BUTZ  
Administrative Assistant.....JUNE STANTON  
Maintenance.....TROY JESSOP  
Bus Driver.....RON HARPER

### TRANSPORTATION

**Monday, 8:30 a.m.-4:30 p.m.:** Medical Appointments  
**Tuesday, 8:30 a.m.-Noon:** Medical Appointments  
**Tuesday, 1-5 p.m.:** Resident Outing  
**Wednesday, 8:30 a.m.-5 p.m.:** Medical Appointments  
**Thursday, 8:30 a.m.-Noon:** Medical Appointments  
**Thursday, 1:30-5 p.m.:** Resident Outing  
**Friday-Sunday:** No Bus

### MISSION STATEMENT

At Victoria Park Personal Care Community, our caring concern for our residents is the foundation that leads to outstanding resident services. As contributing members of the communities we serve, what is most important is that "We Love Our Residents."

**HAWTHORN**  
SENIOR LIVING

## New Year's Eve Party

New Year's Eve at Victoria Park may not look like a typical New Year's party — it usually is a lot earlier in the evening, for one, and involves a lot more food and fewer drinks. However, that doesn't stop our residents from having a great time.

Geri and Al were on-hand to provide old-time music (with some Elvis thrown in). And you can't tell it from the pictures, but there was a lot of dancing that went on. Who knows, there may have been a few after-parties as well!







## Christmas Party at Victoria Park

Christmas is always a special time for our residents and their families. It's a time full of memories of past gatherings, with friends, family and laughter.

On Wednesday, December 11th, residents and families started Christmas festivities with food, drink and music in our gaily decorated Dining Room.

The Notables sang Christmas carols and joked with the crowd, which delighted everyone.

Part of the evening was devoted to a Christmas Gift Exchange, a.k.a. Secret Santa. This resulted in lots of laughs and sighs of appreciation. Lots of residents participated and we suspect the shopping in secret was as much fun as opening the presents.

A special thanks to our culinary team for the delicious sweets and treats. Like the elves, they had been working for many months making and freezing the most delicious goodies.



Our favorite  
reindeer Helena



*Enjoying the Notables*



*The Notables*



*... and more goodies!*





*Ethel must love gingerbread.*

## Hawthorn's Annual Gingerbread Contest

Once again, the residents at Victoria Park worked tirelessly to come up with a design that we hope will be a "winner" for this year's Gingerbread Contest.

However, we must confess that the final result was not exactly the same as the design, but we think it's spectacular.

Thanks to Executive Chef Wendy for cutting and baking all the pieces and helping assemble the buildings.

Decorating is always the most fun, but only about half of the edible decorations end up on the house, the rest is in bellies.

Watch the next newsletter for news on the winning entry.



*Teresa and Troy mixing batter*



*Putting it all together*



*Our official entry*



FEBRUARY 2020

Birthdays

Edith Bardutz, 1st  
Teresa Montanini, 3rd  
Vivian Millar, 11th  
Don Willerth, 14th  
Beulah Bakken, 20th  
Wilfred Riffel, 20th

Locations

Activity Room, AR  
Chapel, CH  
Dining Room, DR  
Library, LB  
Outing, O  
Patio/Outdoors, P/O  
Pool Room, PR  
TV Room, TV

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”  
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:15 Stretch Fitness, AR 2 10:00 Roman Catholic Church, DR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Baptist Church, DR	9:15 Aerobic Exercise, AR 3 11:00 Tour the Serengeti, AR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Dean Martin Show, AR 	9:15 Gentle Exercise, AR 4 10:00 Discover the Kuza Caves, AR 1:30 Victoria Square Mall, O 2:00 Experience Maasai, Songs/Dance & Culture, AR 3:00 Social Hour, AR 4:00 Bingo, AR	9:15 Stretch Fitness, AR 5 10:00 Making Soup: “No One Eats Alone” Day, AR 2:00 Music & Puzzles, AR 3:00 Social Hour, AR 4:00 Cards & Colouring, AR 7:00 Cribbage & Whist, AR	9:15 Aerobic Exercise, AR 6 9:45 Library Exchange, TV 10:30 Safari Royalty, Meet the Big 5, AR 2:00 Dementia Seminar 3:00 Social Hour, AR 4:00 Cards & Yahtzee, AR	9:15 Gentle Exercise, AR 7 10:00 Spices of Zanzibar, AR 11:00 Climbing Mt. Kilimanjaro, AR 2:00 Entertainment, DR 3:00 Social Hour, AR 4:00 Cards & Board Games, AR 7:00 Card Games, AR	9:15 Stretch Fitness, AR 8 10:00 Tanzania’s Beautiful Birds, AR 11:00 Tanzania Trivia, AR 2:00 Horse Races, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Polkarama, AR
9:15 Aerobic Exercise, AR 9 10:00 Roman Catholic Church, DR 2:00 Wii Bowling, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Baptist Church, DR	9:15 Gentle Exercise, AR 10 11:00 Wheel of Fortune, AR 2:00 Board Games, AR 3:00 Social Hour, AR 4:00 Cards & Colouring, AR 7:00 Cribbage & Whist, AR	9:15 Stretch Fitness, AR 11 10:30 Crafty Creations, AR 1:30 Northgate Mall, O 2:00 Music & Puzzles, AR 3:00 Social Hour, AR 4:00 Bingo, AR 7:00 Cribbage & Whist, AR 	9:15 Aerobic Exercise, AR 12 10:00 1 on 1 Visits 2:00 Tuck Shop, AR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Cribbage & Whist, AR	9:15 Gentle Exercise, AR 13 10:00 Resident Council, AR 1:30 Regina Armouries Tour, O 2:00 Horse Races, AR 3:00 Social Hour, AR 4:00 Cards & Board Games, AR 7:00 Cribbage & Whist, AR	VALENTINE’S DAY 14 9:15 Stretch Fitness, AR 10:00 Granny’s Kitchen, AR 2:00 Entertainment, DR 3:00 Social Hour, AR 4:00 Cards & Colouring, AR 7:00 Card Games, AR 	9:15 Aerobic Exercise, AR 15 10:00 Manicures, AR 11:00 Wheel of Fortune, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Polkarama, AR
9:15 Gentle Exercise, AR 16 10:00 Roman Catholic Church, DR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Baptist Church, DR	9:15 Stretch Fitness, AR 17 11:00 Wii Bowling, AR 2:00 Horse Races, AR 3:00 Social Hour, AR 4:00 Cards & Colouring, AR 7:00 Carol Burnett Show, AR 7:00 Cribbage & Whist, AR	9:15 Aerobic Exercise, AR 18 11:00 Wheel of Fortune, AR 1:30 Walmart, O 2:00 Crafty Creations, AR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Movie, TV	9:15 Gentle Exercise, AR 19 10:00 Charity Committee, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cards & Board Games, AR 7:00 Cribbage & Whist, AR	9:15 Stretch Fitness, AR 20 9:45 Library Exchange, AR 10:30 Communion, CH 11:00 Armchair Travel, AR 1:30 Regina Floral Conservatory Visit, O 2:00 Dementia Seminar 3:00 Social Hour, AR 4:00 Cards & Yahtzee, AR 	9:15 Aerobic Exercise, AR 21 11:00 Wheel of Fortune, AR 2:00 Entertainment, DR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Cribbage & Whist, AR	9:15 Gentle Exercise, AR 22 11:00 Wii Bowling, AR 2:00 Horse Races, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Polkarama, AR
9:15 Stretch Fitness, AR 23 10:00 Roman Catholic Church, DR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 7:00 Baptist Church, DR	9:15 Aerobic Exercise, AR 24 11:00 Wheel of Fortune, AR 2:00 Granny’s Kitchen, AR 3:00 Social Hour, AR 4:00 Cards & Board Games, AR 7:00 I Love Lucy Show, AR	9:15 Gentle Exercise, AR 25 1:30 Southland Mall, O 2:00 Horse Races, AR 3:00 Social Hour, AR 4:00 Cards & Colouring, AR 7:00 Cribbage & Whist, AR	ASH WEDNESDAY 26 9:15 Stretch Fitness, AR 10:00 Acrylic Paint Lesson with Artist Dave, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Cribbage & Whist, AR	9:15 Aerobic Exercise, AR 27 9:45 Library Exchange, TV 12:15 \$ Dutch Lunch, Applebee’s, O 2:00 Wii Bowling, AR 3:00 Social Hour, AR 4:00 Cards & Yahtzee, AR 7:00 Cribbage & Whist, AR	9:15 Gentle Exercise, AR 28 11:00 Wheel of Fortune, AR 2:00 Entertainment, DR 3:00 Social Hour, AR 4:00 Music & Puzzles, AR 7:00 Card Games, AR	9:15 Stretch Fitness, AR 29 10:00 Leap Year Trivia, AR 11:00 Wii Bowling, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cards & Puzzles, AR 7:00 Polkarama, AR





## Dementia Seminar

We all forget as we get older. Many people have a slight loss of memory that does not affect their daily lives. But memory loss that gets worse may mean that you have dementia. Dementia is a loss of mental skills that affects your daily life. It can cause problems with memory, problem-solving, and learning. It also can cause problems with thinking and planning. Dementia usually gets worse over time. But how quickly it gets worse is different for each person. Changes can happen over a long period of time, from months to years. Your chances of having dementia rise as you get older. But this doesn't mean that everyone will get it. Come to Victoria Park to learn more about the different stages and about treatments to slow down the effects of dementia.



*Dementia Seminar*

Dementia Seminar:  
February 6th and 20th  
Time: 2-4 p.m.  
Snacks and coffee provided.

## Children Make Everything Special

We were very fortunate to have lots of groups come to visit residents this Christmas season. They did art projects with us, they sang for us and some just visited. Kids always make everything feel special. Thanks to everyone who made the trek to Victoria Park to share some love and laughter.



## Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:

**Take a walk** — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

**Treat your hands and feet** — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

**Make time for hobbies** — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

**Eat well** — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

**Keep your health a priority** — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.



## Valentines for Veterans Project

Each year, Veterans Affairs Canada (VAC) invites Canadian schools, individuals and organizations to make Valentines for Vets. VAC then distributes the valentines to veterans in long-term care facilities across the country by February 14th.

Valentines for Vets began in 1989 when the late newspaper columnist Ann Landers encouraged her readers to create special valentines for veterans in care facilities throughout Canada and the United States. Every year, Landers's special "Valentines for Vets" column asked her readers to remember the sacrifices of their nations' veterans by making them personal hand-crafted valentines.

We invite Canadians, young and old, to send valentines to our Head Office. Your continued participation is what makes the Valentines for Vets program such a huge success. If you would like to participate in this project, please join us in the Activity Room on Monday, February 3rd at 2 p.m.



## New Year's Millinery

Josie and residents took some time on New Year's Eve Day to pull out the glitter and some creativity and create hats worthy of ringing in 2020.

Isn't it amazing what a little glue and a lot of sparkle can accomplish?



## Happy Leap Year, Everybody!

Did you happen to notice an extra day your February calendar this year? That's no mistake! This is a Leap Year and here are some fun facts about Leap Years and that extra day, February 29th (also known as Leap Day) below!

### What Is a Leap Day?

In four-year cycles, an extra day is added to our calendar, making that year a Leap Year. Adjustments are needed to ensure our calendar is always in sync with the time it takes for Earth to orbit the sun. To be precise, the Earth's orbit of the sun takes place over 365 days, five hours, 48 minutes and 46 seconds. Those five-plus extra hours compound over time, so after four years, another day is added — Leap Day — to realign our calendar with the sun.

### When Is Leap Day?

Leap Day is February 29th. Why February? Because one of the goals of having a calendar based on the solar year is to keep the Easter holiday in spring. To accomplish this, the calendar is adjusted so the vernal equinox is always on or near March 21st.

### Why Isn't There a Leap Day Every Four Years?

Well, Leap Year does happen every four years ... nearly. Even adding a day every four years doesn't keep Earth on track efficiently. In order to be in sync with the sun, the calendar must skip Leap Years a few times in each 400-year cycle. How is this determined? Well, one simply omits February 29th in century years not precisely divisible by 400. For example, 2000 and 2400 are Leap Years. 2100, 2200 and 2300 are not. Make sense? It can be a fun math game for those interested. Not into numbers? No worries, simply enjoy the extra day when it comes around. The calendar will always let you know when there is a Leap Day.





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## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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