

GUELPH LAKE COMMONS

Gracious Retirement Living

520 Victoria Road North • Guelph, Ontario N1E 0E6
Phone (519) 780-5253 • Fax (519) 780-5065 • www.seniorlivinginstyle.com

MAY 2020

GUELPH LAKE COMMONS STAFF

Managers..... BRIAN TABB & KATE HUTT
Assistant Managers DAN & STEPHANIE OLSEN
Executive ChefDON RALPH
Community SalesKARL BRAUN
Activity CoordinatorSARAH SHARINA
MaintenanceRICK WALLACE
Bus DriverVICTORIA DERHAK

TRANSPORTATION

**Monday, Wednesday & Friday,
8:30 a.m.-noon and 2-4 p.m.:**

Errands and Shopping

**Tuesday & Thursday,
8:30 a.m.-noon and 2-4 p.m.:**

Medical Appointments Only

HAWTHORN
SENIOR LIVING

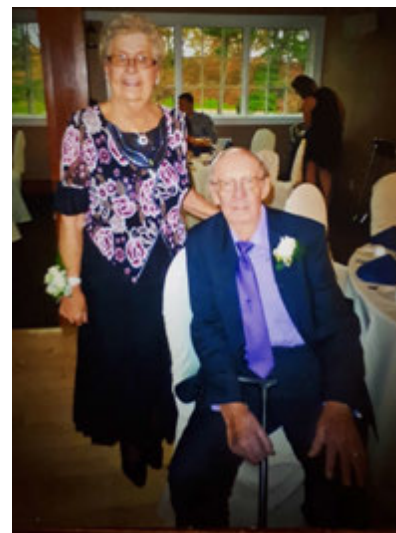
Resident Spotlight

Bill was born in Guelph on January 16th, 1928, and Margaret (Valiquette) was born in Toronto on January 25th, 1931. We met at a Knights of Columbus dance in October 1952. We were engaged in January 1953 and married in July 1953. We had six children, four girls and two boys. We both loved to travel and borrowed a pop-up camper and travelled right up to the Thunder Bay. We loved this, and bought an 18-foot travel trailer and travelled all over Canada and some U.S.

states. After 14 years travelling, we decided to permanently camp at Sauble Beach. We camped in a 40-foot trailer for 35 years, spending all our summers here, and wintering in Barbados for two months, for 27 years.

All was well, until lighting the stove for supper, it exploded and I (Margaret) was caught in it with second and third degree burns. Airlifted to Sunnybrook in Toronto, I was not expected to live. As all systems broke down, it was a very difficult time, and I survived with injuries not curable, so I live in pain 24/7.

Due to medical bills, cancer and failing health, we decided to sell and come to Guelph Lake Commons. We moved in July of 2018 into a 2-bedroom. In February 2019, Bill had to go into long-term care at Riverside Glen. I moved to a one-bedroom, but found it too big and now I am in a studio, which I love. We celebrate our 67th wedding anniversary on July 4th this year. Even though we are living apart, we still feel very lucky.





Did You Know?

- The oldest woman to deliver a baby was recorded on April 9, 2003. Her name is Satyabhama Mahapatra, and is a 65-year-old retired schoolteacher in India. She gave birth to a baby boy, which was her first child after 50 years of marriage. However, the eggs were donated by her 26-year-old niece.
- Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday, and studies and research now show that giving a bouquet of flowers has many positive health and psychological benefits. Flowers are also one of the easiest gifts to send. You can place your order online or by phone with Grower Direct, and they will look after the rest!
- Approximately 122 million phone calls are made to moms on Mother's Day.

Mother's Day is steeped in tradition. Although we may view it as "just another Hallmark holiday," it is one of those days that we should all stop and take notice of the special woman or women in our lives who have been there for us through thick and thin.

Some Discussion Starters:

- If you are a mom, what do you love most about motherhood?
- What do you find the most difficult?
- What do you remember most about your mom and what made her special?
- Do you remember any of your mother's recipes?
- Are you a lot like your mom? What positive qualities did you get from her?
- If you are a mom, do you think your kids get any qualities from you?
- What contributions did you make to their lives of which you are most proud?



The Generation Gap Irish Show

Davy and Sarah call themselves "The Generation Gap." Sarah, our Activity Coordinator, is 35 years old, and Davy, a resident, is 96 years old. A 60-year gap, an unlikely duo. What do we both have in common? A love of music and the pleasure of entertaining the residents of the Commons. Sarah plays guitar, trumpet and sings. Davy plays harmonica, bagpipes and sings. Over the past two years, we have enjoyed entertaining our residents and hope to continue in the future. Our last performance of Irish music celebrating St. Patrick's Day was greatly appreciated by our residents, and hopefully our next performances will be likewise.

We are unable to project when our next show will take place, due to the coronavirus, but in the meantime, keep your physical distance and wash your hands.



May Birthdays

Fred Boycott, 3rd
Craig Otto, 4th
Bill Sutton, 8th
Eva Boycott, 14th
Terry Johnson, 19th
Dan Olsen, 24th
(Employee)

Emma Hohenadel, 29th
Pauline Roddenaubut, 29th
Stephanie Olsen, 31st (Employee)
Mavis Omoto, 31st

Anniversaries

Alan & Bette Taylor, 5/17/2002



Meet Stephanie and Dan, New Assistant Managers!

Stephanie was born May 31st, 1967, one week after Dan was born. She believes God knew Dan would need her. She was born in New Bedford, Massachusetts, and her family moved to Phoenix, Arizona, when she was eight years old. She lived in Phoenix until she was 25 years old, then she moved to California. She attended Arizona State University and had her daughter, Jacquelin, when she was 21.

She has always been entrepreneurial and involved in numerous charities and ministry projects over the years. She is passionate about empowering people to find their passion and to excel in life.

Her best friend was her Grandmother, who lived with her for most of her life. Her “Meme” was her mentor and greatest teacher. She taught her how to love unconditionally and how to put the needs of others before your own. Together, they raised Jacquelin and took care of many family members, as well as strangers in need. They also enjoyed traveling the world and playing Bingo as often as possible.

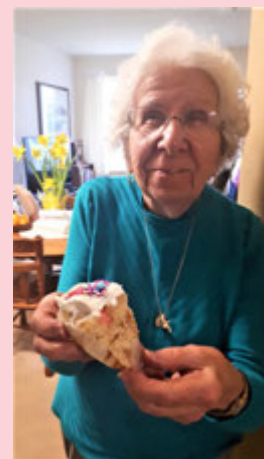
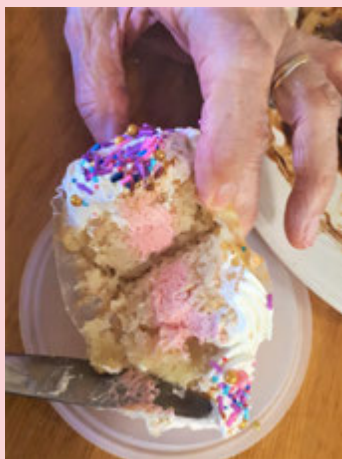
Stephanie married Dan in 2015. He is the best “first” husband she has ever had. Together they lived in Edmonton, Alberta, and Stephanie worked in property management, as well as the senior housing industry. While working for the largest senior housing company in Edmonton, she found her passion for empowering and nurturing seniors. She shared her passion with Dan, and when they found the opportunity to work together here at Guelph Lake Commons, they knew this was the perfect opportunity to serve seniors and work with their best friend.

They moved from Alberta to Guelph in late February 2020, and joined the Guelph Lake Commons management team in March. She is enjoying meeting all the residents and learning about their passions. Please take a moment to meet her and share your story with her. You can find her teaching online and alternative shopping options on Saturday mornings in the Activity Room. Shopping is her favorite indoor sport, and she is excited to be able to help everyone learn how to get the things they need in this time of restricted options.



It's a Girl!

We had a very busy day going door to door. Victoria (Bus Driver) and Sarah (Activities) went around to make sure everyone got their votes in, whether they think Sarah is having a boy or girl. We handed out baby-themed crosswords, scratch tickets (get a baby poop to win!), and handed out updates and newsletters. The second round was the Dessert Gender Reveal, by biting into cupcakes made by our lovely Manager, Kate Hutt, who filled the middle with pink! It was a very special kind of day for all us. It turns out 52 percent of you voted for a girl and 48 percent voted a boy.



Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

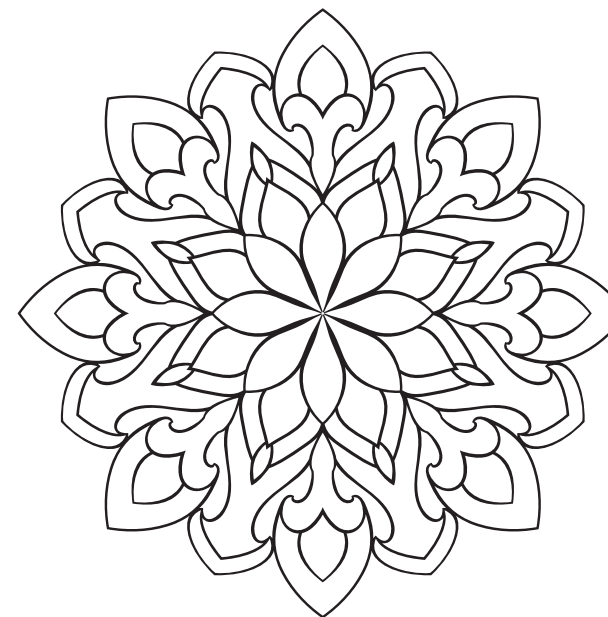


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

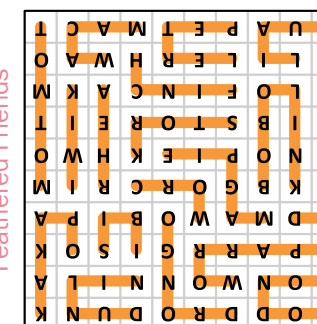
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

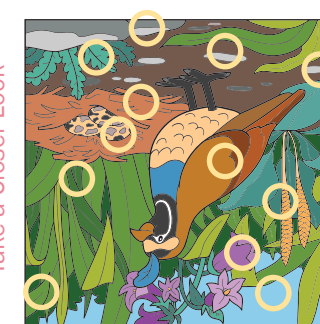
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Thinking Positive In Times Of Crisis

The world is obsessed with “can’t.” The one thing the world is focused on, besides obsessively reading the news, is all the things we can’t do. We can’t go to restaurants, the gym, or the movies. Nearly half the world’s children can’t go to their schools or have playdates with their friends. In many parts of the world, we also can’t leave our homes.

So what can you do? What simple, powerful, and positive things are in your control?

Change Your Perspective

What if staying home wasn’t a hardship (yes, it can still be rough)? By staying home, you are helping your family stay healthy and the community, too. Grandparents, people with chronic conditions and those who are immunocompromised will all benefit from your commitment to staying home as much as possible. You save on gas and contribute to saving lives at the same time. Talk about a win-win!

Learn Something Daily

It doesn’t have to be fancy or smart or life-changing, just new to you.

Remember Your Mental Health

Take early morning or evening walks, read a book, meditate, cook something delicious, exercise, or whatever is going to help you.

Be Kind

Thank the people who work at your grocery store, and don’t forget your pharmacist — people working hard to serve you while you’re safe at home.



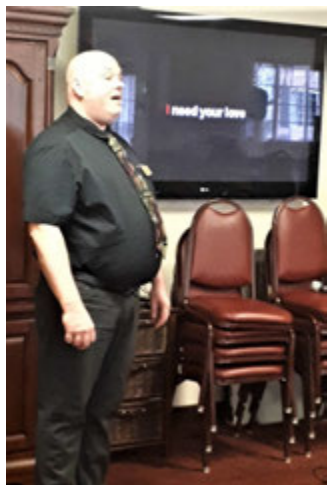
Sarah and Victoria’s walker wash!



Thelma and Marg making milk bag mats.



Darlene staying at home doing puzzles.



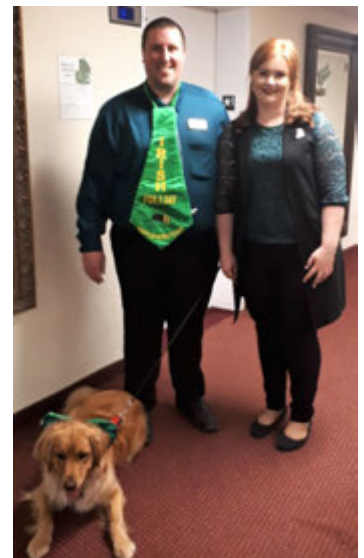
Dan (Asst manager) sings karaoke.



Celebrating birthdays, including Victoria's



Fred playing the piano.





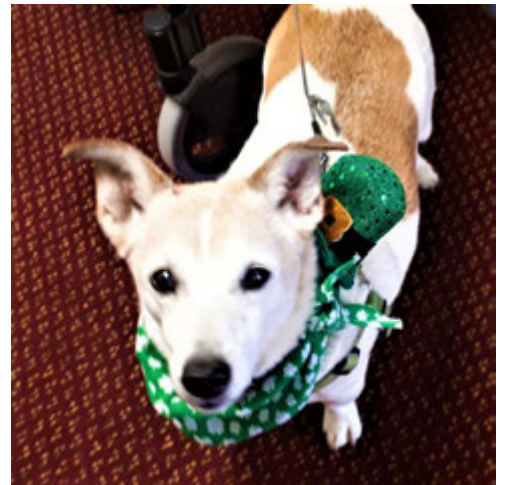
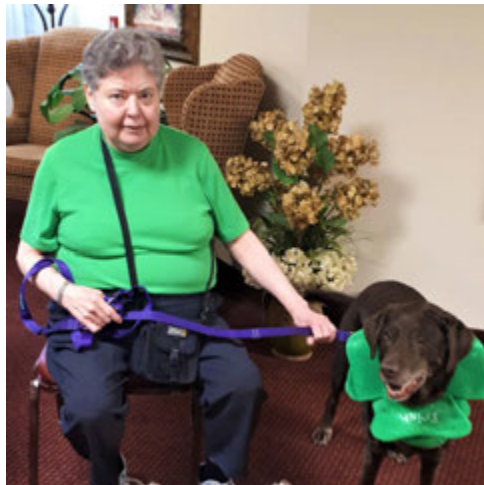
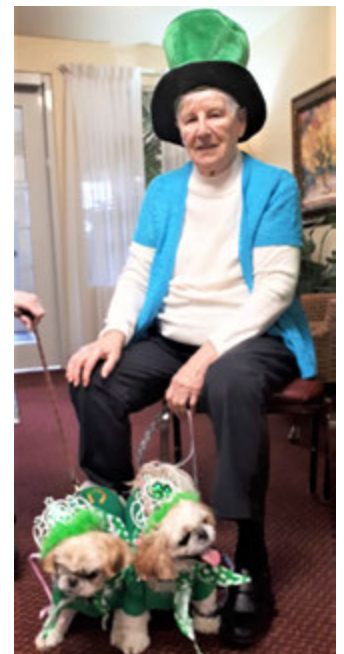
Spring Poem

Birds' songs, building nests for new birds' eggs
Fresh air flows, it's time for Spring cleaning
Not of my home, but of my mind
Winter's cobwebs, life's tangled thoughts
Swept clear and blown away
Now, walking lighter with winter boots off
The hard rocks of winter's despair

Rolled away like the rock at Jesus' tomb
It is not magic, it is life's pure energy
For it is the time, the time for Spring
For renewal, because through life's death
comes life's life,
Through winter, comes Spring
And I see friends smiling back at me.

—Written by Darlene Atkinson Lamb (resident)

St. Patrick's Day Dog Show



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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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