

Victoria Park

PERSONAL CARE COMMUNITY

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

MAY 2020

VICTORIA PARK STAFF

AdministratorJACKIE HARROWER
Assistant Administrator.....BRUCIE MOULDEN
Director of Health Services..... DANIELLA LINDE
Resident Services Coordinator..... APRAJITA (RUBY)
Executive ChefWENDY LAKE
Activity CoordinatorTAMI NAGEL
Activity AssistantJOSIE BUTZ
Administrative AssistantJUNE STANTON
Maintenance TROY JESSOP
Bus DriverRON HARPER

TRANSPORTATION

Monday, Tuesday, Wednesday & Thursday : Medical Appointments

Tuesday, 1-5 p.m.: Resident Outing (Suspended)

Thursday, 1:30-5 p.m.: Resident Outing (Suspended)

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

Victoria Park's Unsung Heroes



RAs, MAs and Housekeeping Staff 02/20



Preparing the meal carts for delivery



Cooked with love by Chefs
Wendy and Mary



Manicures and
hairdos by Josie



Lydia and Simone: Victoria Park's "Golden Girls"

In the spring of 2019, two ladies arrived to take up residence at Victoria Park. As soon as they moved in and got settled, we knew they were sharp as tacks, a little bit irreverent and a whole lot of fun. The amazing story of this duo, as told by Lydia, is a must read! Enjoy!

It was 1975. Harvest Time. Our grain was all in the bins, my husband John left to help a neighbour combine. He always came home after dark, but today he did not, and I was worried. Something was wrong. Finally I saw two cars coming in; it was my brother and his wife. They told me "there has been an accident and John lost a few fingers." When I heard "accident," I immediately saw him dead on the ground, but my brother assured me he was in Regina Hospital and his three sons were with him. His right hand was amputated, the end of farming for John and me.

We moved to Fort Qu'Appelle and lived there 37 years. John had a light stroke and this brought us to a senior's home, a small place in Pilot Butte. Then another move to a larger senior home, where John passed on 2 1/2 years later. Here is where I met Simone. We lived in the same building but not close to each other. Simone's husband, Ernie, died sometime later, and I took a card to Simone and visited about 20 minutes, then I left. A few weeks later, she was wheeling through the kitchen where I was visiting, and I asked her, "Did the two ladies come to your house, too?" "What two ladies?" she asked. I said, "Oh, they were looking for a room to rent!" Simone replied, "Well, they could live with me, I have lots of room now." That was all I said and I thought no more about it. When I went to bed that night, I recalled our conversation. I began to think, that sounds like a great idea, if she really means it. I had been away from home for five years by now and it was getting very expensive. I couldn't fall asleep. "Do I ask her or don't I?" I prayed for a long time, not considering that we really did not know each other very well. But when morning came, I knocked on her door. She said "come in" and was surprised to see it was me. Now my thoughts were, "I need to say what I came to say before I lose my nerve." "Did you mean what you said yesterday, the ladies could live with you? I thought maybe we could share a room." Simone replied, "Thank God for answering my prayers. I could not sleep last night wondering what I should do. Since Ernie passed away, I know that I do not want to pay the price here." Somehow we did not know we were both Christians and decided to take a leap of faith.

We soon realized we had so many similarities. We each had six children, three boys and three girls. Ernie, Simone's husband's, full name was Ernest Arnold; my oldest brother was Ernest and my other brother was Arnold. We were looking through old photos and realized we each had a 1937 4-door Ford for our first car and a Ford Mercury for our last. Our dogs shared the same name also, "Carlo." We both were named after our Godmothers (both our mothers' sister). I had a cousin named Charlotte who died young of a disease; Simone's cousin, Charlotte, also died young of a disease. Simone and I, along with our husbands, all celebrate July birthdays. Although our anniversaries are one month apart, our wedding dates were June 1st and July 1st. There are many more similarities; too bad I don't have them written down and I don't remember right now. Our families found a home better suited in Regina, more space and less money. We were to move April 1st. I found myself thinking, I gave my word and now, I hear my Dad's voice, "Remember! The Bible says a man is only as good as his word." Only now I saw one problem ... we were moving on the day of our singing concert that we were giving for our families. How would I ever pull that off? Simone and I were front row in our chairs, the rest of the choir behind us. All of a sudden a heavy weight came upon me; I am leaving my friends, first of all my sister. Until then, I had not given myself permission to think about all I had in store. Before I fell asleep, I prayed for strength and told myself, "You will go tomorrow and do everything that is required of you, you have no other option."



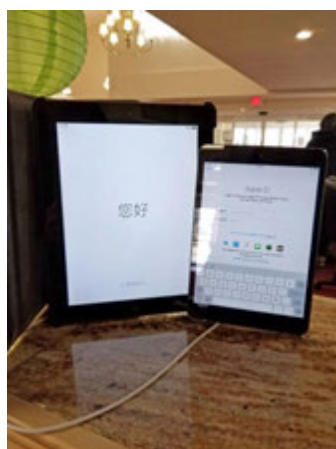
I did not sleep much, but I promised myself, “After tomorrow, you will do whatever you need. You will have moved and slowly this heavy weight will lift from you.” But it was still hard for some time. I had many friends in the other home. Slowly it changed and I have not looked back, because I know this is how things are now — get used to it, and I have. We enjoy our time here, everyone is pleasant and helpful and we hope we will not need to move again.

Simone and I have gotten into a routine that suits us both. We talk and laugh a lot! No day has ever been boring. Simone loves to play her keyboard and paint pictures. I love reading books (large print), colouring and writing. Of course most important ... our families visit a lot more and we enjoy every visit!

Sharing our Hearts

Of course, by now, most know the meaning of the thousands of hearts seen in residential and business windows. We joined in on the thoughtful initiative to show our gratitude and support to all the healthcare workers, grocery and pharmacy employees, first responders, and all the other dedicated front-line workers who are cheerfully helping us get through this lengthy period of isolation.

There have been so many random acts of kindness happening everywhere, and the staff at Victoria Park want to send a heartfelt thank you to the residents' families who have dropped off chocolates, brought delicious homemade meals, sent thank you cards, encouraging messages and flowers.



iPads from Russ



A gift from Safeway (Victoria Square Mall)



iPhones from Bolt Mobile

We also received a few surprise gifts for our residents that have been very helpful and brought some cheer and colour to every resident's room. Special thanks to Bolt Mobile for donating six iPhones that have made it easier for FaceTime conversations, and to Russ for his donation of two iPads, and Safeway (Victoria Square Mall) for sending three pails of beautiful flowers to ensure each resident received an arrangement.

We really are in this together, and there are simply no words to express our gratitude for the support and kindness that has been shown in so many wonderful ways.

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.

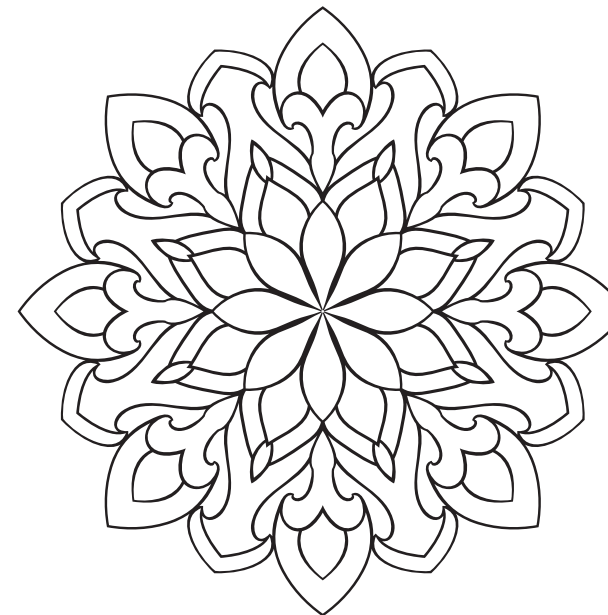


Simple Ways To Practice Mindfulness

- 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.

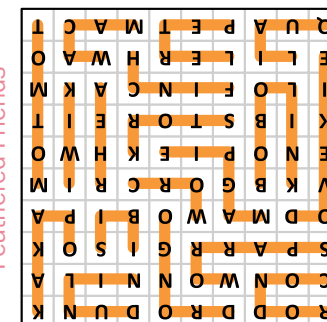
Take a Closer Look

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

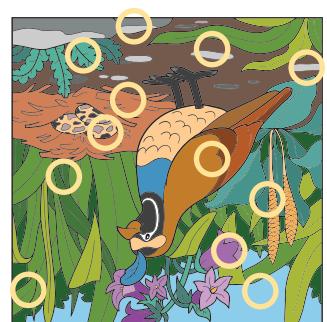
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Outdoor Entertainment

Nora Stewart's family celebrated her birthday by providing outdoor entertainment on a chilly afternoon. Some residents joined outside and enjoyed a singalong, while maintaining social distance; others listened from their windows.

One thing is for sure, everyone had a great time!

Special thanks and big hugs to Nora's family.



Carmelle



Emma



Jack



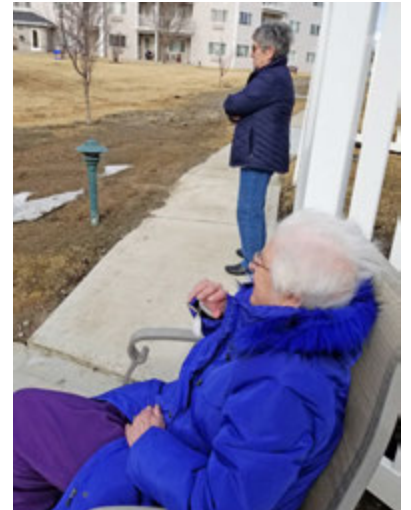
Rose



Nora



Olive



Margaret and Carmelle



May Birthdays

John Wilbraham, 3rd
 Gayle Krattenthaler, 6th
 Bernice Pritchard, 9th
 Flo Carter, 11th
 Margaret Sauve, 13th
 James McMillian, 23rd
 Donna Henderson, 25th
 Cornelius Sawatsky, 26th

Happy Mother's Day

Happy Mother's Day to all you beautiful and wonderful moms out there! We wouldn't know life without you.
 May your day be filled with love.



Keeping in Touch

Families have found creative ways to keep in touch and visit their loved ones during this challenging time. Window visits (we captured a few), sharing FaceTime and telephone calls are just some of the ways families are staying connected.



Elizabeth's friends celebrating her 101st birthday



Simone's daughter and family



Bernice's daughters



Flo's nieces



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Regina, SK S4V 3G6



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.



306-522-4300

