

Victoria Park

PERSONAL CARE COMMUNITY

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

JULY 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
MaintenanceARRON FRANCIS
Bus DriverRON HARPER

TRANSPORTATION

Monday - Thursday: Medical Appointments
Tuesday, 1-5 p.m.: Resident Outing (Suspended)
Thursday, 1:30-5 p.m.: Resident Outing (Suspended)
Friday - Sunday, 0:00: No Bus

MISSION STATEMENT

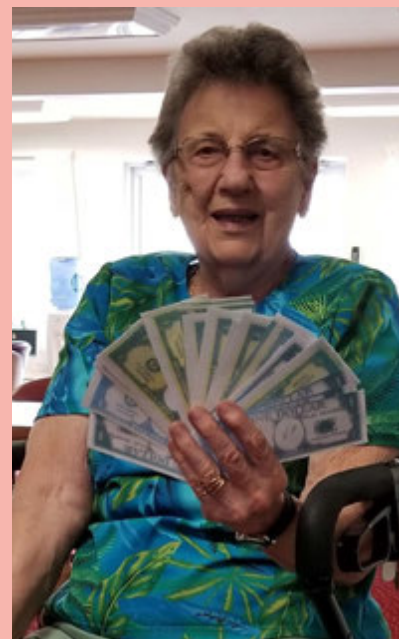
At Victoria Park Personal Care Community, our caring concern for our residents is the foundation that leads to outstanding resident services. As contributing members of the communities we serve, what is most important is that "We Love Our Residents."

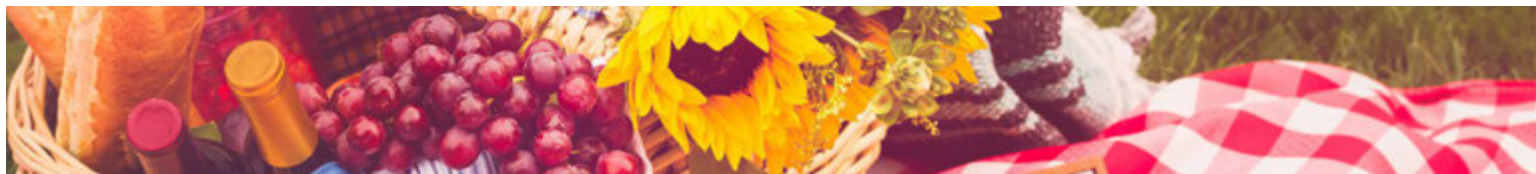
HAWTHORN
SENIOR LIVING

Tuck Buck Hunt

Many envelopes of Tuck Bucks were hidden throughout the building and only two were not found during the one-hour search for dollars.

We had a great turnout, a lot of fun and everyone who participated certainly got your steps in for the day!





Canada Day 2020

Canada Day is a day we put aside our political differences, and celebrate the things we love about Canada; and there are many reasons to celebrate. Freedom and opportunity, safe communities, friendly and welcoming citizens, unmatched beauty and landscape, cultural diversity and our resilience — boy oh boy, we do know how to brave the cold!



Have some fun and test your knowledge on just a few Canadian facts.

1. What Is Canada's national sport?
2. Canada is the largest exporter of what sweet little fruit?
3. What is Canada's oldest city?
4. How many oceans border Canada?
5. Which province is home to Canada's tallest mountain?
6. How many points does the maple leaf on the flag have?
7. Which region covers more than one third of Canada?
8. Which Country in Canada is the smallest in land size?
9. How many time zones are in Canada?
10. Which animal is an official symbol of Canada?

(Answers can be found on page 7.)

As you reflect on your own personal ideas about our wonderful Country, enjoy a few quotes from some well-known people about Canada and being a Canadian;

"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."

— *John G. Diefenbaker*, former Canadian prime minister

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent."

— *Tommy Douglas*, former Saskatchewan premier, 'Father of Medicare'

"In a world darkened by ethnic conflicts that tear nations apart, Canada stands as a model of how people of different cultures can live and work together in peace, prosperity and mutual respect."

— *Bill Clinton*, former American president

Puppy Love

Jean met her grandson's pup (Freddy) for the first time and isn't he a cutie? Looks like they're going to be real pals.

His visit put a smile on many faces!



New Resident

Welcome to the Vic Park family, Wally!

We look forward to getting to know you better.



Walter Huber



A Morning With the Geese

We have been taking every advantage to get out and enjoy the long-awaited warm weather and sunshine. Thanks to the help from our many experienced gardeners, the flowers are planted and thriving.

We've enjoyed getting outdoors to walk and most recently we packed a bag of corn for everyone and set out to feed the geese and welcome the new goslings. We're not sure who enjoyed the outing more, our residents or the recipients of the corn.

Well ... someone else also enjoyed the corn, but we won't mention any names, right Jack?



July Birthdays

Wishing each one of you much happiness on your special day.

Mary Vass, July 1st

Lydia Lingelbach, July 5th

Simone Jelinski, July 7th

Keith Jeal, July 10th

Olive Koytlak, July 11th

Dr. Alvin Horeak, July 12th

Joan Ferguson, July 22nd

Ervin Dahlman, July 22nd

Grace Deiana, July 28th

Eileen Chapman, July 30th



Fruits and Berries

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	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

APPLE

APRICOT

BANANA

BLUEBERRY

CHERRY

GRAPEFRUIT

LEMON

MANGO

ORANGE

PEACH

PEAR

PINEAPPLE

PLUM

RASPBERRY

WATERMELON



Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

Logic Problem:
And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

9		1			7			3
		4	2		5		6	
6				1				
8				6		5		4
	4						7	
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

..... Matchstick Math

In every row replace just one matchstick to make the equation correct.

$X - IV + I = V$

$I + X = VI - V$

$V + V - X = X$

$X + X = X - X$

$V = I + I - V$

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Matchstick Math

$X - V + I = VI$; $I + X - VI = V$; $V - V + X = X$; $X + X - X = X$; $V - I + I = V$

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

9	1	7	2	5	8	3	6	4
2	3	4	6	9	7	8	1	5
5	8	9	3	4	7	6	2	1
8	6	3	7	9	5	1	4	2
6	7	1	8	2	5	4	3	9
4	9	5	6	3	1	7	2	8
7	4	2	1	6	3	5	8	9
1	6	5	8	2	4	3	7	9
3	8	7	4	1	6	2	9	5

Fruits and Berries

1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9

Secret
Superheroes

Match these superheroes to their alter egos.

Superhero

1. Captain America
2. Superman
3. Wonder Woman
4. The Green Hornet
5. Daredevil
6. Supergirl

Name

- A. Britt Reid
B. Diana Prince
C. Steve Rogers
D. Clark Kent
E. Linda Danvers
F. Matt Murdock



Celebrating an Anniversary “Social Distance” Style

Happy Anniversary and congratulations to Donna and Steven Lindskog.

This is surely one anniversary you won't forget!



Six feet apart, but close to the heart!



Covid-19 Survival Kits

Covid-19 has impacted us all and changed the way we live. While it poses a risk for everyone, those in the vulnerable sector (i.e., seniors, people with underlying health conditions, etc.) are at a higher risk of developing serious health complications.

During this time of unease and so much uncertainty, we have been forced to slow down and take a look around us. We know that here, at Victoria Park Personal Care Community we have much to be thankful for.

We wanted to reach out to other seniors and let them know we are thinking of them; and we hope the baskets brightened their day.

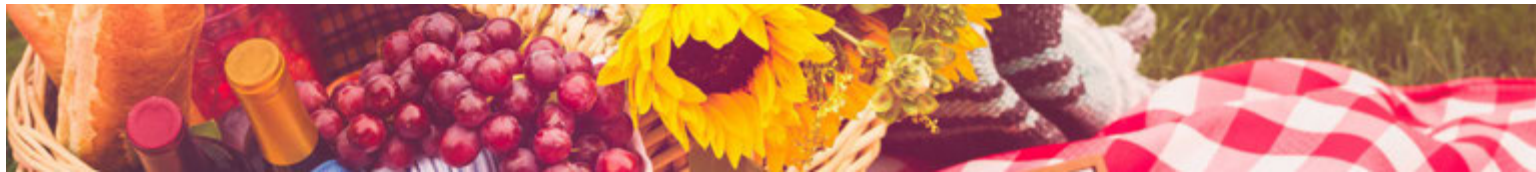


Guess Who

Be the first to correctly guess who this lovely young lady is and win \$25 in Tuck Bucks.

Here's a hint ... the picture was taken in 1945.





Hydration, Hydration, Hydration!

The coronavirus pandemic has changed how we live. What was ordinary just a couple of months ago, seems almost unrecognizable.

Taking group pictures of our residents while they were participating in activities was so simple before we had to come to terms with social distancing. But we have been keeping busy with some of the favorite activities such as Wheel of Fortune, Bingo, Daily Exercises, Outdoor Walks, Crafts, etc.

We know everyone misses the 3 p.m. Social Hour and the weekly entertainment, the in-house hairdressers, the shopping trips and outings, and the socializing during meals in the Dining Room. You have all been great sports and taken the restrictions in stride. Best of all, you have remained healthy.

With that being said, we want to gently remind everyone that it is especially important to keep hydrated now that the warmer weather is here. Every cell, tissue and organ in your body needs water to work properly. Your body uses water to maintain its temperature, remove waste, and lubricate your joints. For seniors, it is especially harder for our bodies to retain water. On average seniors have 10 per cent less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to drink enough liquids.

We'll continue to come around with our daily hydration cart and do our best to shake things up and get creative while thinking outside the faucet to ensure there is something for everyone.



Canada Day Quiz Answers

1. Trick question — Hockey and lacrosse, as declared by the National Sports of Canada Act.
2. The answer is blueberries! With Canada exporting tens of millions of pounds of the sweet treat, it is the world's second largest producer of the berry.
3. Established 520 years ago in 1497, St. Johns, Newfoundland, takes on this accomplishment!
4. There are three oceans total — the Pacific, the Atlantic and the Arctic.
5. Mount Logan is Canada's highest peak at 5,959 meters, and it stands tall in the Yukon!
6. It's got 11 points in all!
7. Northern Territories
8. Prince Edward Island
9. Six time zones. From West to East they are: Pacific, Mountain, Central, Eastern, Atlantic and Newfoundland.
10. The beaver was given official status as an emblem of Canada on March 24, 1975.

Out of the Past, Lilacs

The eternal perfume of
lilacs
Has entered my soul and
become a part of it.
Subtle, mysterious,
hauntingly sweet;
I would bathe in this pool
of fragrance
In the dewy dawn
of morning,
In the cool of the
evening, or wet
With the damp of a
gentle rain.
Out of the past I have
lived with it,



Out of the days and years
gone by when
Every May brought
memories of lilac beauty,
The beloved flowers
of old homesteads
and loves,
Supreme it reigns, the
wonder gift of May.

By *Edna Green Hines*

Submitted by Simone Jelinski

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When the world
is staying apart,
we are coming
together.

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