

Victoria Park

PERSONAL CARE COMMUNITY

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

NOVEMBER 2020

VICTORIA PARK STAFF

AdministratorJACKIE 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 AssistantJOSIE BUTZ
Administrative AssistantCARLI COSSETTE
MaintenanceAARON FRANCIS
Bus DriverRON HARPER
Bus DriverPAUL PONAK

TRANSPORTATION

Monday-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

Remembrance Day

Join us in the Dining Room at 10:45 a.m., on Remembrance Day. So that together we can observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

We acknowledge and thank our resident veterans:

- Mr. John Knubben
- Mr. Ernest Millar
- Mr. Ken Owens
- Mr. Ernie Parkinson

They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.



What Makes You Smile?

How Smiling Affects Your Brain

Did you know that each time you smile, you throw a little feel-good party in your brain? The act of smiling activates neural messaging that benefits your health and happiness.

For starters, smiling activates the release of neuropeptides that work toward fighting off stress. The feel-good neurotransmitters — dopamine, endorphins and serotonin — are all released when a smile flashes across your face as well. This not only relaxes your body, but it can also lower your heart rate and blood pressure; and the serotonin release brought serves as an anti-depressant/mood lifter.

You're actually better-looking when you smile — and I'm not just trying to butter you up. When you smile, people treat you differently. We all know a smile is contagious! The part of your brain that is responsible for your facial expression of smiling when happy or mimicking another's smile resides in the cingulate cortex, an unconscious automatic response area. So if you're smiling at someone, it's likely they can't help but smile back. If they don't, they're making a conscious effort not to.

Your smile is something that should be worn often, so make it a priority to surround yourself with people, places and things that brighten your day. Vow to be the positive, happy person in your group of friends. Watch a funny movie; do something every day that makes you smile.

The world is simply a better place when you smile.



2020 Gingerbread House Contest

Culinary Services and Activities are excited to roll out our Annual Gingerbread Contest and we would love your helping hands and creative ideas!

We are starting a little earlier this year, so mark the date on your calendar and join us in the Activity Room on Wednesday, November 25th at 2 p.m.

Here are the categories entries will be judged on:

- | | |
|--|---------------------------------------|
| 1. Most Creative: Go above and beyond to create a fun and unique gingerbread village, cottage or town! | 2. Best Resident Involvement |
| | 3. Best Village, Cottage or Town Name |



Winners will receive \$250 for their community Activity Fund. Ooh, imagine the things we could do with that!



Vic Park's Crafty Creators



Fall leaf decor



Dried/pressed fall foliage



Halloween door hats



Pen Pal Program

During this time of social distancing, everyone has been feeling a little isolated as we try to keep everyone as safe as possible and restrict general access everywhere. A thoughtful group of students from Luther College here in Regina would like to provide some joy and encouragement through a pen pal program to any of our residents who would be interested.

Now, if you really don't like technology such as emails and texting, the traditional letter-writing format might be perfect for you. Nothing connects people better than a good old handwritten letter — not to mention receiving a letter is always so nice.

The program will also enable you to interact with these young people in a very meaningful way. It's simply a win/win situation.

Let Josie or Tami know if you are interested and if writing is difficult for you, we would be happy to help. The students have offered to deliver their letters weekly to the front desk so you do not have to provide your suite number or any personal information.



NOV 2020

Birthdays

Mildred Petras, 5th
Ernest Kozan, 8th
Harvey Sauve, 11th
Emma Duchcherer, 16th
Flo Hook, 17th
Phillip Debolt, 27th

Locations

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

“Life starts
all over again
when it gets
crisp in the
fall.”

—F. Scott
Fitzgerald

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS 1</div> <div>10:00 Gentle Exercise, DR 11:00 Wheel of Fortune, DR 2:00 Cribbage & Whist, AR 3:00 Tea & Coffee Social, DR 7:00 Baptist Church, DR</div>	<div>2</div> <div>10:00 Stretch Fitness, DR 10:45 Your Views on the News, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR</div>	<div>3</div> <div>10:00 Aerobic Exercise, AR 10:45 Newsletter Committee, AR 2:00 Games Hour, AR 3:00 Cranberry Social, DR 4:00 Wii Bowling, AR</div>	<div>4</div> <div>10:00 Gentle Exercise, DR 10:45 Choir, DR 2:00 Armchair Travel, AR 3:00 Tea & Coffee Social, DR 4:00 Bingo, DR</div>	<div>5</div> <div>10:00 Stretch Fitness, DR 10:30 Library Exchange, DR 10:45 Wheel of Fortune, DR 1:45 Afternoon Bus Ride, O 3:00 Ice Cream Social, DR 4:00 Cribbage & Whist, AR</div>	<div>6</div> <div>10:00 Aerobic Exercise, DR 10:45 Wii Bowling, AR 2:00 Name That Tune, AR 3:00 Tea & Coffee Social, DR</div>	<div>7</div> <div>10:00 Gentle Exercise, DR 10:45 Manicures: Polish Only, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR 7:00 Polkarama, AR</div>
<div>8</div> <div>10:00 Gentle Exercise, DR 11:00 Wheel of Fortune, DR 2:00 Cribbage & Whist, AR 3:00 Tea & Coffee Social, DR 7:00 Baptist Church, DR</div>	<div>9</div> <div>10:00 Stretch Fitness, DR 10:45 Your Views on the News, AR 2:00 Movie, AR 3:00 Tea & Coffee Social, DR</div>	<div>10</div> <div>10:00 Aerobic Exercise, AR 10:45 Crafty Creations, AR 2:00 Coloring & Puzzles, AR 3:00 Mocktail Social, DR 4:00 Wii Bowling, AR</div>	<div>REMEMBRANCE DAY 11</div> <div>10:00 Gentle Exercise, DR 11:00 Remembrance Day Ceremony, DR 2:00 Choir, DR 3:00 Tea & Coffee Social, DR 4:00 Bingo, DR</div>	<div>12</div> <div>10:00 Stretch Fitness, DR 10:30 Library Exchange, DR 10:45 Wheel of Fortune, DR 1:45 Afternoon Bus Ride, O 3:00 Ice Cream Social, DR 4:00 Cribbage & Whist, AR</div>	<div>13</div> <div>10:00 Aerobic Exercise, DR 10:45 Wii Bowling, AR 2:00 Horse Race Card Game, AR 3:00 Tea & Coffee Social, DR</div>	<div>14</div> <div>10:00 Gentle Exercise, DR 10:45 Manicures: Polish Only, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR 7:00 Polkarama, AR</div>
<div>15</div> <div>10:00 Gentle Exercise, DR 11:00 Wheel of Fortune, DR 2:00 Cribbage & Whist, AR 3:00 Tea & Coffee Social, DR 7:00 Baptist Church, DR</div>	<div>16</div> <div>10:00 Stretch Fitness, DR 10:45 Your Views on the News, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR</div>	<div>17</div> <div>10:00 Aerobic Exercise, AR 10:45 Documentary, AR 2:00 Games Hour, AR 3:00 Nutty Social, DR 4:00 Wii Bowling, AR</div>	<div>18</div> <div>10:00 Gentle Exercise, DR 10:45 Choir, DR 2:00 Charity Committee, AR 3:00 Tea & Coffee Social, DR 4:00 Bingo, DR</div>	<div>19</div> <div>10:00 Stretch Fitness, DR 10:30 Library Exchange, DR 10:45 Wheel of Fortune, DR 1:45 Afternoon Bus Ride, O 3:00 Ice Cream Social, DR 4:00 Cribbage & Whist, AR</div>	<div>20</div> <div>10:00 Aerobic Exercise, DR 10:45 Wii Bowling, AR 2:00 Name that Tune, AR 3:00 Tea & Coffee Social, DR</div>	<div>21</div> <div>10:00 Gentle Exercise, DR 10:45 Manicures: Polish Only, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR 7:00 Polkarama, AR</div>
<div>22</div> <div>10:00 Gentle Exercise, DR 11:00 Wheel of Fortune, DR 2:00 Cribbage & Whist, AR 3:00 Tea & Coffee Social, DR 7:00 Baptist Church, DR</div>	<div>23</div> <div>10:00 Stretch Fitness, DR 10:45 Your Views on the News, AR 2:00 Movie, AR 3:00 Tea & Coffee Social, DR</div>	<div>24</div> <div>10:00 Aerobic Exercise, AR 10:45 Crafty Creations, AR 2:00 Coloring & Puzzles, AR 3:00 Puttin’ On the Ritz Social, DR 4:00 Wii Bowling, AR</div>	<div>25</div> <div>10:00 Gentle Exercise, DR 10:45 Choir, DR 2:00 Gingerbread Houses, AR 3:00 Tea & Coffee Social, DR 4:00 Bingo, DR</div>	<div>26</div> <div>10:00 Stretch Fitness, DR 10:30 Library Exchange, DR 10:45 Wheel of Fortune, DR 2:00 Resident Council, DR 3:00 Ice Cream Social, DR 4:00 Cribbage & Whist, AR</div>	<div>27</div> <div>10:00 Aerobic Exercise, DR 10:45 Wii Bowling, AR 2:00 Gingerbread Houses, AR 3:00 Tea & Coffee Social, DR</div>	<div>28</div> <div>10:00 Gentle Exercise, DR 10:45 Manicures: Polish Only, AR 2:00 Bingo, DR 3:00 Tea & Coffee Social, DR 7:00 Polkarama, AR</div>
<div>29</div> <div>10:00 Gentle Exercise, DR 11:00 Wheel of Fortune, DR 2:00 Cribbage & Whist, AR 3:00 Tea & Coffee Social, DR 7:00 Baptist Church, DR</div>	<div>30</div> <div>10:00 Stretch Fitness, DR 10:45 Your Views on the News, AR 2:00 Bingo, DR 3:00 Welcome/Birthday Social, DR</div>					



An Attitude of Gratitude

A thankful heart is a happy heart — it may sound clichéd, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

Most recently, our Home Office challenged each community to create a "The Heart that Gives Gathers" wreath and donate it to one of our local first responders as a thank-you, for all they have done in our community.

The wreath was presented on behalf of our residents here at Vic Park to our neighborhood fire hall by Jackie.

Thanks also to the residents who participated in creating the wreath. Giving back, getting involved for the good and expressing gratitude should be on everyone's daily "To-Do List."



Crazy for Cranberries

Cranberries are small, hard, round, red fruits with a flavor that many describe as both bitter and sour. They grow on vines in freshwater bogs, mostly in the northern United States and southern Canada. They're related to blueberries and wintergreen.

When you think of the holiday season, lots of special foods come to mind, but one fruit stands out — the colorful cranberry. Why do cranberries have a monopoly on the holidays? My guess is that it's because their peak harvest season is November (with December being the last part of the season). Of course, the cranberry's festive red color doesn't hurt!

The North American variety (*Vaccinium macrocarpon*) is one of the only commercial fruits native to North America. Native Americans first used them for food, fabric dye, and medicine. Sailors used to eat them to prevent scurvy while at sea. In fact, a sea captain was the first person to successfully grow them. Today, they grow on about 40,000 acres in the U.S. each year.

Nutritionally, cranberries are known for being a good source of vitamin C. One-half cup of fresh cranberries contains 11 percent of the daily recommended amount of vitamin C, along with 1.6 grams of fiber — all for only 23 calories. But the real nutritional story behind



this berry has to do with its powerful phytochemicals. That's what ranks it in the nutritional hall of fame for fruits.

4 Reasons to Eat Cranberries Year-Round

1. Cranberries are an excellent source of two types of powerful phytochemicals:
 - flavonoids (anthocyanins, flavonols, proanthocyanidins)
 - phenolic acids

Recent lab study results suggest that the three flavonoid phytochemicals work together for maximum effect on suppressing the growth of various human cancer cells.



2. Research indicates that foods containing the phytochemical grouping — flavonoids — may decrease the risk of atherosclerosis (hardening of the arteries). Guess what's loaded with three different flavonoids — cranberries!
3. When researchers from Cornell University analyzed common fruits, they found that cranberries had the most antioxidant activity, the strongest effect on inhibiting human cancer cells, and the most powerful phytochemicals.
4. Cranberries contain two compounds that seem to help keep certain bacteria (like *E. coli*) from attaching to the urinary tract wall. Studies offer evidence that women who drink cranberry juice may suffer fewer symptomatic urinary tract infections.

So, skip dried cranberries and opt for fresh or frozen to reap all the nutrition. Perfect as a snack or a main dish, cranberries are a low-key nutrient powerhouse. With just 50 calories and only 4 grams of sugar per cup, these berries are low in calories and sugar, especially when compared to other fruits.

Try some of these ways to add fresh or frozen cranberries to you diet:

- Include a small handful in a fruit smoothie.
- Add to oatmeal or whole-grain cereal.
- Toss into a muffin or cookie recipe.
- Add chopped cranberries as a salad topping

When You Shouldn't Eat or Drink Cranberries

www.webmd.com

Doctors say that cranberries are safe to eat. There are a few exceptions, though. Talk to your doctor about eating them if:

1. You take warfarin. Cranberries contain a good amount of vitamin K. This nutrient can interfere with a prescription blood thinner called warfarin. If you take warfarin, doctors say that you should only eat or drink small amounts of the berries or their juice.
2. You get kidney stones. If you drink a lot of cranberry juice over time, you are more likely to get kidney stones.

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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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