

# 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

## JANUARY 2021

### 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      |
| Marketing.....                     | KEN HICKS       |
| Activity Coordinator .....         | TAMI NAGEL      |
| Activity Assistant .....           | JOSIE BUTZ      |
| Administrative Assistant .....     | CARLI COSSETTE  |
| Maintenance .....                  | AARON FRANCIS   |
| Bus Driver .....                   | RON HARPER      |
| Bus Driver .....                   | PAUL PONAOK     |

### 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

## All Aboard for the 2021 Hawthorn Adventure!

We're having a heat wave! Swaying palms, powder-fine beaches and clear blue waters – get ready, Victoria Park, for a tropical getaway you



won't soon forget! Beginning the week of January 17th through February 6th, Vic Park will be embarking on an island-hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii (did you know surfing was invented here?)
- Fiji (did you know Fiji consists of 333 islands?)
- New Zealand (did you know that New Zealand was the first country to give women the vote?)

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 14th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guides, Josie and Tami, for all the details!



# Deck the Halls, Christmas Crafts & Gingerbread Houses

It was beginning to look a lot like Christmas early in December.

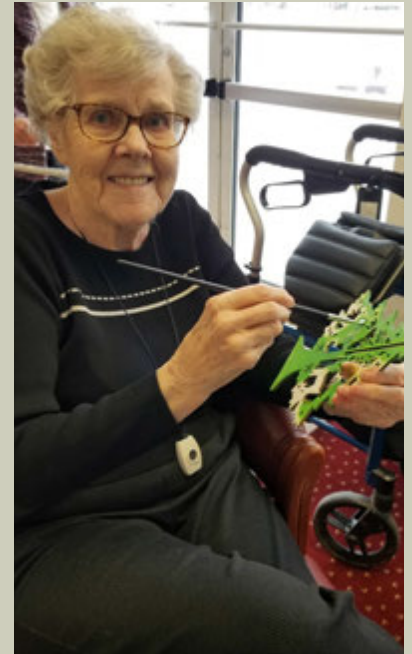
What a great turn out to help us decorate our Victoria Park tree and deck the halls!

Everyone had fun decorating the gingerbread houses and, yes, taste testing much of their decor.

Once again, Ron mapped out the best decorated homes in the city for the Sparkle Tour. Special thanks to our drivers, Ron and Paul, and the many residents of Regina who decorate their own homes and yards for special events like this.



*John's Christmas candy sleigh*



*Bernice adding the finishing touches to her Christmas tree.*



*Simone and Gayle decking the halls.*



*Nora should you be on that ladder? Nora was immediately asked to dismount, which she graciously agreed to. Whew!*



*Chef Wendy and Josie get started on a gingerbread house.*



*Margaret's start on a gingerbread cabin*



## A New Year Arrives

It's 2021, and we are all ecstatic to say goodbye to 2020. What a year! We have all been amazed at the resilience and stoicism of the residents here at Victoria Park. You have taken this pandemic in stride and continued on under the restrictions enforced on us in order to stay healthy.

You have been an amazing example for all of us on how to power through tough times. You have shown us that complaining is useless and a complete waste of time. Thanks to all of you. You have taught us valuable life lessons about patience, kindness, making the best of things and finding the silver lining in everything.

So 2021, bring it on. We are up for whatever you throw at us. 2020 proved how tough we are!

On particularly rough days, when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good

## Healthy Island Fruits

We could not possibly venture through the Pacific Islands and not stop to taste some of fruits native to each island.

Who knew so many amazing health benefits could come from something so delicious?

We've listed just three fruits here, but watch the Activity Calendar and join us for some delicious beverages and snacks along the way. We'll also learn more about the health benefits the island fruits provide.

Pineapple (halakahiki) is more than just a delicious tropical fruit. In addition to its natural sweetness, pineapple shines because it offers calcium, manganese and vitamin C, among other nutrients.

It is a great source of vitamin C, B vitamins, fiber and minerals like manganese.

The kiwi has been famously cultivated in New Zealand. High in Vitamin C and dietary fiber, it provides a variety of health benefits. This tart fruit can support heart health, digestive health and immunity. The kiwi is a healthy choice of fruit and is rich with vitamins and antioxidants. Its tart flavor, pleasing texture and low calorie count make it a delicious and healthy option for snacking, sides or a unique dessert.

Coconuts are in abundance in Fiji, and the fruit-nut-seed comes in various forms, like oil, milk and water. Coconuts are especially high in manganese, which is essential for bone health and the metabolism of carbohydrates, proteins and cholesterol. They're also rich in copper and iron, which help form red blood cells, as well as selenium, an important antioxidant that protects your cells.



# JAN 2021

## Birthdays

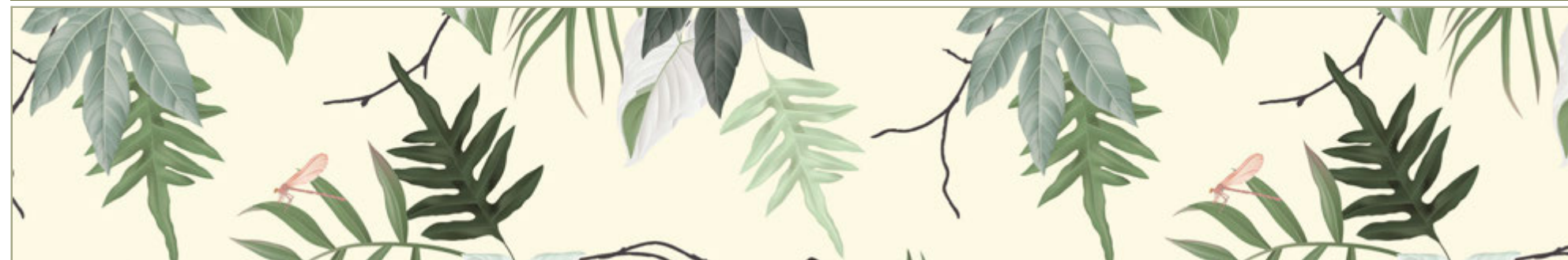




Rose Neumann, 27th  
John Knubben, 29th  
Frances Richards, 30th

## Locations

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

**“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”**

**—Daniel Kahneman**

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|---|---|--|--|--|
|   |  |   |   |  | <b>NEW YEAR'S DAY</b> 1<br>10:00 Aerobic Exercise, DR<br>10:45 Reminiscing 2020, AR<br>2:00 Afternoon Movie, AR<br>3:00 Social Hour, DR  | 2<br>10:00 Gentle Exercise, DR<br>10:45 Manicures: Polish Only, AR<br>2:00 Wheel of Fortune, DR<br>3:00 Social Hour, DR<br>7:00 Polkarama, AR  |
|   |  |   |   |  | 3<br>10:00 Gentle Exercise, DR<br>11:00 Wii Bowling, AR<br>2:00 Bingo, DR<br>3:00 Social Hour, DR  | 4<br>10:00 Stretch Fitness, DR<br>11:00 Your View on the News, AR<br>2:00 Wheel of Fortune, DR<br>3:00 Social Hour, DR   |
| 10<br>10:00 Gentle Exercise, DR<br>11:00 Wheel of Fortune, DR<br>2:00 Afternoon Movie, AR<br>3:00 Social Hour, DR                               | 11<br>10:00 Stretch Fitness, DR<br>11:00 Your View on the News, AR<br>2:00 Bingo, DR<br>3:00 Social Hour, DR                   | 12<br>10:00 Aerobic Exercise, AR<br>11:00 Wii Bowling, AR<br>2:00 Charity Committee, AR<br>3:00 Social Hour, DR<br>4:00 Cribbage & Whist, DR                        | 13<br>10:00 Gentle Exercise, DR<br>10:45 Choir, DR<br>2:00 Sun, Sand & Surf – Wheel of Fortune, DR<br><b>3:00 Island Hopping Kick Off Social, DR</b><br>4:00 Bingo, DR  | 14<br>10:00 Stretch Fitness, DR<br>10:30 Library Exchange, DR<br>11:00 Wii Bowling, AR<br>3:00 Ice Cream Social, DR<br>4:00 Cribbage & Whist, AR   | 15<br>10:00 Aerobic Exercise, DR<br>10:45 Beading with Josie, AR<br>2:00 Name That Tune, AR<br>3:00 Social Hour, DR  | 16<br>10:00 Gentle Exercise, DR<br>10:45 Manicures: Polish Only, AR<br>2:00 Wheel of Fortune, DR<br>3:00 Social Hour, DR<br>7:00 Polkarama, AR   |
| 17<br>10:00 Gentle Exercise, DR<br>11:00 Coloring & Puzzles, AR<br>2:00 Hawaiian Bingo, DR<br>3:00 Social Hour, DR                              | 18<br>10:00 Stretch Fitness, DR<br>11:00 Your View on the News, AR<br>2:00 Touring Hawaii, AR<br>3:00 Social Hour, DR          | 19<br>10:00 Beach Ball Aerobics, DR<br>10:45 Create a Tiki Totem Pole, AR<br>2:00 Learn 5 Hawaiian Phrases, AR<br>3:00 Social Hour, DR<br>4:00 Cribbage & Whist, DR | 20<br>10:00 Gentle Exercise, DR<br>10:45 Choir, DR<br>2:00 Dole Plantation Tour, AR<br>3:00 Pineapple Dole Whip Social, DR<br>4:00 Bingo, DR  | 21<br>10:00 Stretch Fitness, DR<br>10:30 Library Exchange, DR<br>11:00 Language of the Hula Dance, AR<br>2:00 Maui Seaside Craft, AR<br>3:00 Mai Tai Social, DR<br>4:00 Cribbage & Whist, AR | 22<br>10:00 Aerobic Exercise, DR<br>11:00 Design a Hawaiian Headdress, AR<br>2:00 Movie: Blue Hawaii, AR<br>3:00 Social Hour, DR   | 23<br>10:00 Gentle Exercise, DR<br>11:00 Aloha Hawaii – Trivia, AR<br>2:00 Bingo, DR<br>3:00 Social Hour, DR<br>7:00 Hawaii's Musical Legend Israel Kamakawiwo'ole, AR   |
| 24<br>10:00 Gentle Exercise, DR<br>11:00 Tropical Wheel of Fortune, DR<br>3:00 Social Hour, DR  | 25<br>10:00 Stretch Fitness, DR<br>10:45 Grandma's Kitchen Coconut Balls, AR<br>2:00 Discover Fiji, AR<br>3:00 Social Hour, DR | 26<br>10:00 Aerobic Exercise, AR<br>11:00 Relaxing Hand Reflexology & Massage, AR<br>3:00 A Fiji Mud Pie Social, AR<br>4:00 Cribbage & Whist, DR                    | 27<br>10:00 Tai Chi Exercise, AR<br>10:45 Choir, DR<br>2:00 Talk Like the Fiji Locals. Must Know Phrases!, AR<br>3:00 Social Hour, DR <br>4:00 Bingo, DR | 28<br>10:00 Stretch Fitness, DR<br>10:30 Library Exchange, DR<br>11:00 Mineral Foot Soak – Towel & Flip Flops Required, AR<br>2:00 Movie: Cast Away, AR<br>4:00 Cribbage & Whist, AR         | 29<br>10:00 Aerobic Exercise, DR<br>11:00 Fiji Culture Documentary, AR<br>2:00 Create a Zen Garden, AR <br>3:00 Social Hour, DR | 30<br>10:00 Gentle Exercise, DR<br>10:45 Manicures: Polish Only, AR<br>2:00 Ni Sa Moce Fiji – Trivia, AR<br>3:00 Social Hour, DR <br>7:00 Polkarama, AR |
| 31<br>10:00 Gentle Exercise, DR<br>11:00 Coconut Water Taste Test, AR<br>2:00 Fiji's Rainbow Reef & Coral Gardening, AR<br>3:00 Social Hour, DR |    |   |   |  |  |  |



## Combating the Winter Blues

Seasonal Affective Disorder (also known as SAD) is a kind of depression that happens at the same time every year. SAD is believed to be caused by lack of sunlight, serotonin and melatonin fluctuations, changes in body temperature and disruptions to the body's circadian rhythms. For most people, the symptoms of Seasonal Affective Disorder start in the late fall and carry on into the winter months.

Most of us experience some kind of seasonal changes in energy, eating and sleep patterns and feelings of well-being. The winter blues are common amongst Canadians, but there are ways to combat these blues.

### **Bring more light inside:**

Open the curtains and blinds, move any furniture that blocks light.

### **Get outside:**

If possible, get outside on sunny days, even when it is cold. Outdoor light, even on overcast days, is still often brighter than light from a light box.

### **Exercise:**

Physical activity can help relieve stress, anxiety and fatigue. As a proven mood lifter, regular exercise can be very helpful in managing SAD. (ps. we exercise daily in the dining room at 10 a.m.)

### **Stay Connected:**

Keeping our minds and social connections active is every bit as important as caring for our physical well-being. Keep in touch with loved ones and choose to participate daily in an activity that is of interest to you.

### **Combat Unhealthy Habits:**

It can be easy to rely on unhealthy coping mechanisms during winter. Activities like drinking or overeating may feel good in the moment but can lead to feeling more anxious and depressed later on.

### **Write It Out:**

No matter the season, having a personal journal can be an effective tool to help combat depression. Writing your thoughts and feelings down is a good way to keep those positive things in mind. Start each journal entry with three things you're grateful for, before writing down your emotions for the day.

### **Meditate:**

Meditation can have a positive impact on your mood because it boosts serotonin levels. Through meditation, you can calm your mind and move your attention away from anxious or negative thoughts.

### **Take a Vacation:**

If cold, gloomy winter days are getting you down, plan a vacation to a sunny location! Pack a swimsuit, grab a good read and come with us on a three-week virtual island hopping adventure without leaving home.





## Winter Weather Talk

As Canadians, one of our favourite pastimes is to talk about the weather, especially winter weather. So, I checked out the Farmers' Almanac to see what they were predicting for the winter months in 2021.

Now, I'm not a farmer so maybe those of you who are or were are familiar with the term, "snow shower." I know too, that in Canada, we have lots of terms to describe snow and snowy weather, but I have never heard "snow shower."

Upon investigation of this term, I came across the following definition, "a snow shower is a short duration of moderate snowfall. Some accumulation is possible." Just sounds like a snowfall to me. We would have just said, "it's snowing" or "it's going to snow." If I hear "shower," I think it's going to rain.

I'd be interested to know if any of you used the term "snow shower."



## It's Hard to Be the "New Kid"

We would like to extend a warm welcome to our newest residents, Carl and Nettie Folk. When you see them in passing, take a moment to introduce yourself. As you know, it's especially important right now to act as family for each other. Until the pandemic restrictions lift and we can have visitors again, we need to be there for each other.



## The Best Laid Plans

We thought we had an amazing and fun solution to the refusal on the part of most of our residents to have their pictures taken. We have been advised that they are on "photo" strike until the hairdressers return.



The solution was for them to pick a cartoon avatar to represent them. It was lots of fun to see what character they chose. But, alas, due to digital limitations, we are unable to get their characters into the newsletter. As a result this edition may be a bit wordy.

# Victoria Park

PERSONAL CARE COMMUNITY

2400 E. Arens Road  
Regina, SK S4V 3G6



*It's always Warm at*

## Victoria Park

PERSONAL CARE COMMUNITY

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**306-522-4300**