



Summer Edition 2015

Parkview's Senior Scene

Serving Residents, Families, Staff and Friends of Parkview Home & Village July 2015

Greetings from the Executive Director

"Summer is a period of luxurious growth. To be in harmony with the atmosphere of summer, awaken early in the morning and reach to the sun for nourishment to flourish as the gardens do. Work, play, travel, be joyful, and grow into selfless service. The bounty of the outside world enters and enlivens us."

Paul Pitchford

What a blessing it is to have sunny days and blue skies to enjoy after what has been a long, dreary spring! We look forward to the delicious fresh fruits and vegetables of summer and enjoying the beautiful grounds of Parkview to visit with friends and family. It is a time of relaxation and yet at the same time we are energized to spend more time with old and new acquaintances. May each one of us enjoy the beauty of our surroundings and be filled with thankfulness for our memories of pleasant summers past and anticipation of joyful times to come.



Parkview's 2015 Spring Dinner Celebration

Featured Residents were Robert and Shirley McKay.



Ratcliff Scholarship Award

The successful applicants this year for the Ratcliff Scholarship tuition awards were:

Jasmine Carlton who is employed at Parkview on a full-time basis as a cook. She is enrolled in the Food Service and Nutrition Management.

Dennis Van Zevenbergen who is employed as a full-time maintenance worker and works both at the Home and Village. He is taking courses at Seneca on Building Environmental Systems.

Congratulation to them both on their career growth.

Our Annual "Celebration of Spring" fundraising dinner was a great success. Approximately \$40,000 was raised through donations and the silent auction proceeds. We wish to thank those who contributed and supported this event. All funds raised will be used to purchase special items that will enhance the quality of care and services that we give to our residents. Thank you again!





Staff Pacings



Welcome to the new team members who joined the Parkview family:

Programs: Linda Weir and Colleen Smith, Activity Aides; and Zalika McDermott, Summer Student

Client Service Clerks: Stephanie Bowa and Andrea Sonnenberg

Village Programs: Danielle Hawkins, Summer Student

To the nursing team: Staci Sanderson and Anne-Gro Arboine, RNs; Bobby Duan, Michelle Mercier and Jennifer Martin, RPNs; Rohinee Balmick, Julia Owens, Bethany Stephens, Billy Giang, Sarah Stone, PSWs; Cindy Thai, Nurse Aide; and Christine O'Connor, Staffing Coordinator.

Farewell to: Edith Lewis, Staffing Coordinator, after many years of faithful service at Parkview Home. We also wish the best in the future to Michele Assinck, Sarah Brasseur, Natalie Britton, Celine Podur, Kayla McDowell, and Kimberley Mota.

Our Sympathy goes to: Carmen Dollete-Cosep on the passing of her father-in-law, Jackquelyn Villaneuva on the passing of her grandmother, and Saif Syed on the passing of his grandfather.

Congratulations to: Mandy and Dan Clark and big sister Emma on the birth of a baby girl, Genesis, on May 1st.



• Did you know.....

Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with some 200 of them. No wonder it only takes one bite to get seeds stuck in your teeth.

Strawberries contain high levels of nitrate. This has been shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercising have greater endurance and burn more calories.

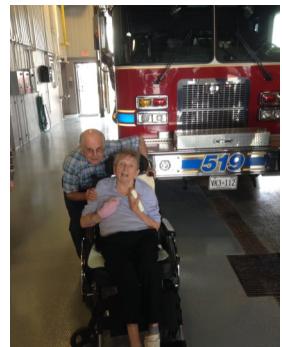
Strawberries are believed to help reduce the risk of heart disease and certain cancers. They are low in calories and high in vitamins C, B6, K, fiber, folic acid, potassium and amino acids.



Left photo: Members of "100 Women Who Care Stouffville Chapter" present a cheque to Parkview Home to be used for an Art Therapy program.



Residents at the Home, having a good time participating in various programs.





Meet your neighbors



Frank Lopes

Frank Lopes was born in Guyana, South America. He was born after Guyana became an independent nation with white sandy beaches, rainforest and lots of tigers and jaguars which he was lucky enough not to encounter. He grew up in Mackenzie where he worked for a subsidiary of Alcan. Frank came to Canada in January of 1970 and lived in Toronto. Some of his family lives nearby, while others still live back home. He has a large family and is the second oldest of 12 children. He travelled all over Guyana playing the clarinet in the Harry Mirrors Band. He enjoys playing military music and some jazz too. He doesn't play the clarinet anymore, but does like to hum or sing to the music. He was a mechanic at a Volvo dealership in Toronto and his wife Helen was a nurse. He likes to play dominoes and card games, especially gin rummy. Frank was quite active playing darts and bingo which he still enjoys. He likes to watch people playing billiards and would like to learn how to play. He doesn't read much anymore, but if he had a spy novel he would definitely have read it he said. Frank used to enjoy hunting and fishing and the outdoors. He would take his boat out on Cameron Lake to fish. He also really enjoyed camping in his trailer in Fenelon Falls. Fenelon Falls holds many fond memories for him. Frank likes going to the movies. His favourite movies are James Bond and other spy movies.

Gladys McGarrell was born in "Ballywalter" in County Down, Northern Ireland. She attended elementary school there, until she was eight years old, when the family moved to Belfast. She met her husband-to-be, John, at High School. Gladys enrolled in the College of Nursing, and John attended Belfast University. Her first job was nursing in a Home for disadvantaged children. John and Gladys were married in 1951 and decided to immigrate to Canada in 1954.

In 1968, they sold their home and travelled to Rhodesia. John did accounting work and coached the boy's sport teams. Gladys taught English, Health and Hygiene to the girls attending the college.

Gladys' life changed drastically in 1971-72 when terrorizing began in the area. John was asked to do an audit in the field; when traveling, terrorists struck and John was shot and died on the way to the hospital. It is impossible to imagine how Gladys and her four young children coped with their tragic situation. She says she could not have done it on her own without the help of the Lord and many dear friends. The family returned to Canada. Gladys took a course in accounting and for the next fifteen years worked at TD Bank and later Scotia Bank.

In 1985, Gladys returned to Rhodesia. Over seven years, she travelled and worked in 25 countries, mostly in Africa but also Japan and South Korea. She often was asked to speak about her life, as she composed a testimonial called "Tragedy, Trial, and Triumph," and continued to counsel and speak in Belgium, England, Lebanon, and the Arctic. Gladys returned home then joined 100 Huntley Street as a volunteer counsellor then worked at the Toronto office for ten years. Later she worked at Shepherd Village as the Assistant to the Chaplain. Gladys spent three months in Japan speaking in several cities. When she returned back home, in 2009, Gladys moved into Parkview Village.



Gladys McGarrell

Written by Audrey Johnson

A word from our Chaplain

*"Seek the Eternal and His power; look to His face constantly.
Remember the wonderful things He has done..." ~ Psalm 105:4,5a*



Summer brings with it many different activities depending on where we are in life. When we are children we experience the joy and freedom of finally being out of school. After a long school year with all of its tasks, deadlines, tests and expectations we can experience days of total freedom. I remember well the feeling of waking up on summer mornings when I was little, knowing that the day was mine. I could ride my bike, play dolls with friends, or maybe get out my plastic toy gardening tools and pretend to help my mom!

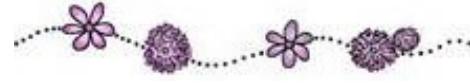
As parents of young children summers are full of chaos and activity. We have to somehow harness all that enthusiasm and energy and find ways to keep those young ones busy and happy. Trips to pools, to the park, to the lake, to the cottage, to summer camp, or farther afield on a family vacation are all good possibilities. We attempt to carve out time for rest in the midst of our parenting duties.

These years of childhood and parenting are full of God's blessings. So much challenge but even more love and more fun than we can imagine!

Then suddenly (it seems) we are older and the children are grown. We experience summertime in a new way, as a time of rest and relaxation. We enjoy the colors and sounds of summer, the flowers, the birds, the butterflies, damselflies, and dragonflies. We are able to sit outside and feel the summer breezes, smell the flowers and new cut grass. We can relax and hear the music of nature all around us, and the sound of those happy children free of school expectations, having fun.

Here's to enjoying summer in our later years! Through our enjoyment of nature God brings us to a place of rest and healing. Life flows on at a peaceful pace. Our treasured memories of a lifetime keep us thinking and we are blessed in so many ways. May you enjoy the warm days ahead and may God bless you richly!

Chaplain Liz



Village Residents enjoying the company of others during programs and events.



Alzheimer Society Support Group

will resume on September 22nd at Parkview Home in the meeting room. In partnership with Parkview Home, the Alzheimer Society of York Region offers a family support group which provides information on coping with and caring for people with Alzheimer's disease and related disorders. For further information please contact: Andrea Ubell at 905- 731-6611 Ext 22

