



A newsletter from
The Summerhill
Retirement
Residence

Winter 2009

WELCOME

You're reading the
Winter edition of
The Breeze.

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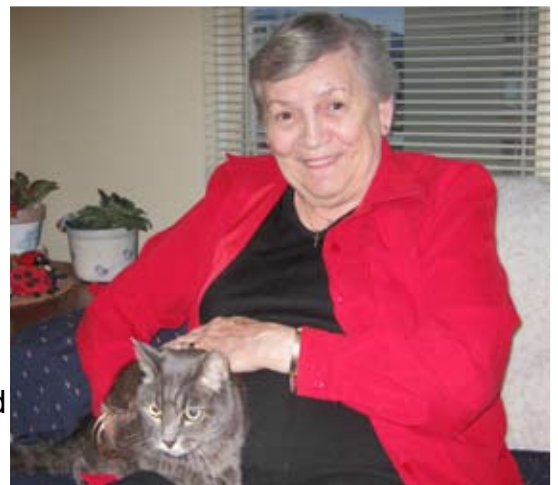
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Profile

At Home With Charles

We normally associate the name Charles with a gentleman, but that is not the case with our very own Charlie. She was born in Vancouver to French parents and raised in that language at home. Consequently, Charlie is fluent in both English and French.

Following the war, Charlie went to Paris to stay with relatives and her bilingualism landed her some very interesting work assignments. While employed by the American government, she wrote captions for pictures used in promoting the Marshall Plan. Her talents also landed her a job as interpreter for journalist Ladisla Ferrago when he needed to obtain information from Interpol for an article about Martin Bormann, the notorious Nazi official. Charlie also translated for the world famous travel writer 'Fodor' when he was in Paris.



Charlie and Shadow

After returning to Vancouver, Charlie married Frank and together they raised three sons. Not one to be idle, Charlie's penchant for helping others led to her involvement with the Vancouver Crisis Centre's Flying Squad, a group involved with locating and helping troubled street youth. She then went on to become the Director of Volunteers for Lions Gate Hospital.

A Summerhill resident since 2002, Charlie's love of animals led to her adoption of "Shadow," a lovely cat she found through a cat rescue organization last year. Shadow is one very lucky feline to have landed a home with Charlie!

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel. " - Maya Angelou

Marlowe Entertains Boogie-Woogie Style



Marlowe at the keyboard in his soccer uniform and his cleats

Twelve-year-old Marlowe stunned the residents at The Summerhill when he came to play for them and launched into a collection of energetic boogie-woogie piano arrangements. This talented young man managed to fit his performances into his soccer practice schedule. Nobody can stop their feet from tapping when Marlowe hits those ivory keys!

Winter Memories



Staff members Lucy and Prescy took advantage a very white Christmas season and built The Summerhill's "Frosty!"

Winter Memories



Bill and Joan enjoy a dance together New Years Eve.



June and the dining room staff await the haggis to be bagpiped into the dining room.



The Summerhill thanked its generous group of volunteers at a special luncheon in their honour.

Did You Know?

Dark chocolate: a nibble a day may lower blood pressure.

Upcoming Events

• O'Connor Irish Dancers	March 17
• Irish Social with Linda	March 17
• VSO Tea and Trumpets	April 2
• Easter Egg Decorating	April 9
• Mike's Easter Critters	April 11
• Easter Family Brunch	April 12
• Wii Bowling Tournament	April 17
• "Fat Chants" Choral Fundraiser	April 18
• Bowen Island Trip	April 16
• The Londoners Choir	April 27

Health and Wellness

Shedding Light on Vitamin D

It is Winter in the northern hemisphere and sunshine can often be in short supply. Studies have shown that our vitamin D levels are lower today than 15 to 20 years ago. Our bones need vitamin D to absorb calcium, which is important for prevention or reducing the effects of osteoporosis.

So what can we do about it?

- 10-15 minutes of daily sun during non-peak hours can provide adequate vitamin D, although those using sunscreen need to look for other sources as well.
- Fatty fish, egg yolks and fortified foods are good sources of Vitamin D.
- Take vitamin D supplements.

Recommended daily intake: 400-800 IU.

Top 10 Immunity Boosters

1. Green tea - reduces most types of cancer risks and promotes growth of healthy bacteria in the intestine.
2. Chili peppers - stimulate metabolism, act as a blood thinner and help release endorphins.
3. Ginger - effective as a cancer suppressor, especially colon cancer.
4. Blueberries - High in antioxidants and help in the prevention of diseases from cancer to heart disease.
5. Cinnamon - rich in antioxidants that inhibit blood clotting and bacterial growth (including the bad breath type).
6. Sweet potatoes - enhance nutrient metabolism and immune system health, as well as protect against Alzheimers, Parkinson's, liver disease, cancer, heart attack and stroke.
7. Tomatoes - help protect against degenerative diseases.
8. Figs - packed with potassium, manganese, and antioxidants, figs help support proper pH levels in the body as well as lowering insulin and blood sugar levels.
9. Mushrooms (Reiki, shiitake, maitake)- Protects cells from abnormal growth and replication.
10. Pomegranates - Help reduce cancer risks. Recent studies at UCLA found that pomegranate juice slows the growth of prostate cancer by a factor of six.

Health tip:

Strong leg muscles reduce pain caused by arthritis.

Greetings From Management

Pacific Arbour Retirement Communities Welcomes A New President

In January, 2009, Rainer Müller, founder of Pacific Arbour Retirement Communities, announced the appointment of Peter Gaskill as President. Peter has been involved in the design and operation of numerous retirement homes and long-term care facilities across Canada. He is passionate about the role of good design and programming can have on the well-being of senior residents. One of the founding directors of British Columbia Retirement Communities Association, he currently sits on the board of BC Care Providers. Pacific Arbour is poised to develop several new retirement residences in the Greater Vancouver area, and Peter's appointment will help facilitate new growth for the company!



Peter Gaskill

Good Works

Tea and Trumpets

Pacific Arbour Retirement Communities continues to be very proud to be the corporate sponsor of the Vancouver Symphony's Tea and Trumpets series. Continuing in its seventh consecutive season this sponsorship represents the ongoing commitment to the arts and culture of the community. Residents of both The Summerhill and The Mulberry are treated monthly during the symphony season with a trip to the beautiful Orpheum Theater in downtown Vancouver to enjoy the music of this renowned symphonic orchestra.

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"Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant." - Horace