



# The Acorn

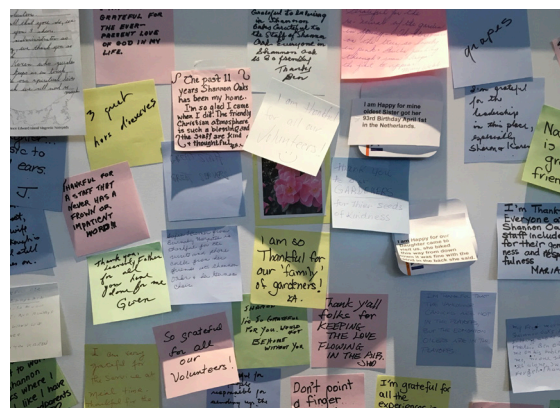
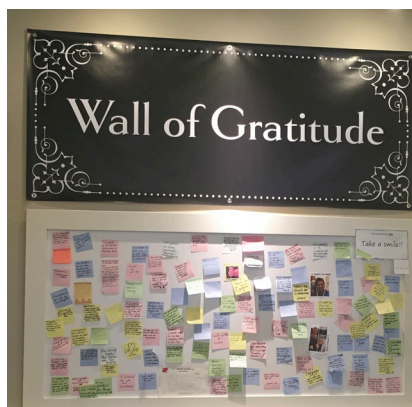
SPRING 2017

Shannon Oaks - A Seniors Living Community  
Welcome Home, We're Glad You're Here

## SPRING AT LAST

The end of a long winter is here, and boy did we ever have a truly Canadian winter this year! With snowfall records being broken across the entire province, I think it's safe to say we are all ready to put our snow boots in storage for a while. It has been a fun filled winter none the less from our "Winter Wonderland Party" to the "Health Arts Society Concert Series" and everything in between; there is simply never a dull moment at Shannon Oaks. The bare branches outside are turning into beautiful blossoms and we are looking forward to the spring and summer seasons ahead of us. Did you know that spring is scientifically proven to be, by far the most favored season? "International Happiness Day" is also the first day of spring because people naturally associate spring with joy and happiness. We started off the season by celebrating a month of gratitude and focusing on all the positive things in our lives. It was wonderful to watch all of the sticky notes being posted on the wall outside the dining room. A thankful heart is certainly a happy heart!

"It's not happy people who are thankful. It is thankful people who are happy."



## VOLUNTEER APPRECIATION

A special thanks to all of our amazing volunteers for their tireless efforts and their dedication to making our lives better here at Shannon Oaks. Our volunteers help us in so many ways: working in the garden, running our mobile library, helping during hymn sing evenings, serving and preparing food for large events, computer assistance, and so much more. This year's theme was "You're a Lifesaver" and you truly are. Volunteering kindles kindness and it takes a special heart to give the most precious thing away to others - our time. We are grateful to you, and you are an integral part of our community. Check out a few photos of our amazing volunteers below at our 2017 Volunteer Appreciation Event.



## COPING WITH CHANGE

Change is a difficult thing for most of us at any stage in life. As we age though, change can become increasingly difficult to deal with. Most often when we initiate change ourselves, we view it as a positive thing. However, when change enters our life beyond our control or choice we tend to view it as a negative, even if the change is beneficial. Throughout most of our lives we are faced with countless changes that we didn't ask or prepare for. The world around us changes rapidly every minute of every day; new inventions and new modalities sprout up all the time. We all enjoy and appreciate many of these 'evolutionary' changes; television, radio, telephones, cars, and modern medicine to name a few. The truth remains, change elicits fear in most of our minds. There are certainly those times in life when we must embrace change and the benefits that change brings but there are also times in our life when change is difficult and it brings difficult things into our lives.

How can we deal with change and embrace it's positive effects and/or manage it's negative implications? Here are a few tips and tricks from a gathering of experts:

**Acknowledge the change-** don't resist it or embrace it but merely acknowledge it first without labelling it as good or bad. Fact based statements are good for this: *"I am moving to a new neighborhood"*.

**Ask yourself how it makes you feel-** It's important to acknowledge your feelings whether or not you believe your feelings are right or wrong. If you are upset but feel that you should not be upset, it's still important to acknowledge the emotion so that

you don't run from it. Feeling based statements are good for this *"I am sad and scared to leave my home of so many years"*.

**Ask yourself how much control you have-** When we are operating out of strong emotions like fear or anxiety it can be difficult to manage big life changes logically, so get out your pen and paper and make a list of what you can control and what you can't. This is an important step because it's easy to get stuck in your own head with repeat negative thoughts. This step will give you some fresh perspective and allows you to identify what areas you have control over. *"I can pack neatly, I can make my new home beautiful, I can explore a new neighborhood"*. *"I can't live here anymore, I can't move the sofa"* Once you have identified what you can control and what you can't, you can start to manage the situation. You will realize that you actually have more control than you think- even if it's taking control of letting go and moving forward.

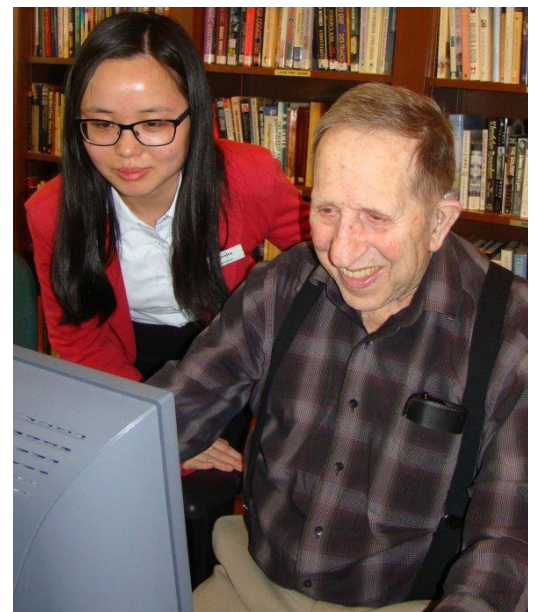
**Celebrate the positives-** Make another list of all the positive things you can think of and keep it posted where you can see it!

**Acceptance-** Choosing to accept difficult changes and move forward with a positive outlook is not easy so reach out for support. Talk to friends or family members or seek professional help if you don't have someone you feel you can be honest with. It's important to understand that you don't have to manage it all alone.

## NEW WEBSITE - RESOURCES FOR YOU

Baptist Housing has launched a new online community created for seniors to discover new interests, share hobbies and connect with each other. Seniorslifetoday.org provides links to a variety of topics from health and safety to housing and education.

Ask questions, join online discussions and play games; a great resource to share with family and friends. Take a look and send us your feedback! If you would like some assistance learning how to use this website, please see one of our computer assistance volunteers as they are always happy to help. Check your weekly activity schedule to find out when they are here next!



## FRIENDSHIP

### POEM- A FRIEND

A person who will listen and not condemn  
Someone on whom you can depend  
They will not flee when bad times are here  
Instead they will be there to lend an ear  
They will think of ways to make you smile  
So you can be happy for a while  
When times are good and happy there after  
They will be there to share the laughter  
Do not forget your friends at all  
For they pick you up when you fall  
Do not expect to just take and hold  
Give friendship back, it is pure gold.

- Gillian Jones



*Friends that laugh together, stay together!*



*Always willing to lend a helping hand!*



*Relaxing after dinner enjoying some sunshine.*

---

Studies have proven that having close friends means **you are less likely to develop physical sickness!**  
One study at Harvard Medical School shows that not connecting with friends can be as detrimental to **health as being a smoker or being overweight!**

### **FRIENDSHIP TRIGGERS EMPATHY IN HUMANS**

Best friends are not the ones you see the most, they are the ones you think of the most!

*Animals form life long friendships amongst other species.*

**"Marriages last due to deep friendship"**

**Only 1 in 12 friendships will stand the test of time!**

**There is always a friend or listening ear at Shannon Oaks, don't hesitate to strike up a conversation and make a new friend.**



*St. Patrick's Day fun!*



*High Tea at London Heritage Farm*



*Flower arranging*



*Conversation Cafe and Paska (traditional Easter Bread)*



*Braving the rain for some exercise!*

**Do you know someone who is interested in moving to Shannon Oaks? Please ask them to contact us and we would be happy to help!**



**Shannon Oaks**

2526 Waverly Ave, Vancouver, BC

604-324-6257

[info@shannonoaks.com](mailto:info@shannonoaks.com)



*A magical tour of Charlie's Chocolate Factory!*