



Newsletter

Winter 2017

MEMORY TREE



Our Spiritual Care Team set up our Nativity Scene and a Memory Tree to honour Residents who passed away. Many visitors had an opportunity to find comfort and encouragement through this display at The Heights at Mt. View.

SENIOR ELVES SHOP FOR SENIORS



On December 15th at 1PM, a bus load of Elves flooded London Drugs at Market Crossing to do some shopping for seniors in need. Fifteen of our Shannon Oaks Residents chose to participate in London Drug's Stocking Stuffers for Seniors program. Each Elf selected a name card and shopped for gifts that matched the wish list.

The shopping was a great success, our Elves enjoyed spreading Christmas cheer across the aisles and Shannon Oaks was able to donate over \$600 to the program. Amazingly enough many of the items are things that are so easy to purchase and provide a basic need for seniors. We are so thankful to our Team and London Drugs employees for facilitating this event!

MERRY CHRISTMAS

For
unto
you is
born this
day in the
city of David
a Saviour who
is Christ the Lord
Luke
2:11

"On behalf of our Board of Directors and Baptist Housing Family I wish you a very Merry Christmas and a Happy New Year."

Howard Johnson | CEO

SUN POINTE SHINES

BC Seniors Advocate report surveyed Senior Communities and Sun Pointe Village shined. It had the highest percentage of Residents in Kelowna who said the overall quality of care was either excellent or very good -- 68 per cent, compared to the provincial average of 50 per cent. Elizabeth Harris, senior clinical director of operations with Baptist Housing, the operator of Sun Pointe Village, credits the Team. "There is some extraordinary leadership at Sun Pointe," she said, singling out administrator Rachel Lewis. "She's got a lot of energy and she is a very resident-focused person. She's constantly challenging her Team to ensure wellness of the Residents and that all our decisions are based on what makes our care best practice."

Andrea Peacock

Kelowna Daily Courier



A NUTRITIOUS NEW YEAR'S RESOLUTION

With the holiday season upon us, many people look to set goals for the New Year. Often resolutions have a focus on nutrition and you commonly hear things like “eat less,” “use smaller plates” or “drink a glass of water before a meal to help you feel full”. Rather than going without, let’s think about ways to **add** more nutrition to our New Year’s resolution. This time of year is full of **delicious foods**; it would be a shame to fill up on a cold glass of water rather than a steaming bowl of stew! Comfort foods such as homemade chili, thick **and** hearty soups, and slow-cooked pot roasts — that are fall-off-the-bone tender— are not only satisfying, they can also be superbly nutritious.

We pack a nutritious punch by choosing: soups, stews, roasts and chili. Winter vegetables are easily featured—or hidden—in such dishes and bring with them great **health benefits**. Vegetables like sweet potatoes, pumpkins, beets and broccoli are all high in fiber, as well as **vitamins** A and C, which helps build up our **immune** system to help ward off winter illness. Add some garlic to any of these dishes and you will benefit from its anti-bacterial **properties** to further help you stave off that cold!

We also incorporate beans, lentils and other pulses into our winter staples. These foods are all high in fiber, low in fat and a great source of vegetarian **protein**. Not to mention they are loaded with a plethora of vitamins and **minerals**. Beans and lentils tend to lend that soul-quenching sustenance to our dishes. This not only helps to make sure that every bite hits the spot, but will also keep us feeling full for a longer period of time.

This winter season let’s enjoy with good conscience the tasty, home-cooked meals we offer at our Baptist Housing Communities. Our recipes are designed **with health in mind** and aim to maximize the opportunity for healthy eating. How’s that for a New Year’s resolution!

Jessica Stewart RD, BSc. | Baptist Housing Kelowna

VOLUNTEERS ROCK

In the midst of donations, dinner planning and decorating, our Grandview Towers Team took a moment to recognize our amazing volunteers this season by throwing a Christmas Social!



A PUZZLING TREE

This year our Maple Towers Residents wanted to decorate their large windows with a Christmas tree. Carol Ann, Chaplain Noels’ home group and Residents chose a puzzle theme. Every puzzle piece celebrates our faith, our Maple Towers Community or Maple Ridge; and the words “Be His Light” are written **over** the tree. A cheerful reflection of what **Christmas** is all about.



THAT’S A WRAP

The annual **wrap** party at Shannon Oaks kicks off a **flurry** of gift-giving across Greater Victoria.

Volunteers at the Oak Bay residence prettied up the final packages for the Be a Santa to a Senior program. Adaptable clothing, comfy pyjamas and stuffed animals are among the items the Be a Santa to a Senior program will deliver ahead of the holiday.

“The seniors here love to be able to participate,” says Hancyk, Head Elf of the program, “We do somewhere in the neighbourhood of **600** gifts throughout the season.”

It’s an important event for the local seniors as well, says Chaplain Keith Johnson of Shannon Oaks. “It’s seniors helping seniors and giving a little bit of love to others.”

Christine Van Reeuyk
Goldstream Gazette

HOME FOR THE HOLIDAYS

Our amazing Activity Coordinators interviewed Residents to find out what they treasure most during the holidays. Take a peak at what they shared:



Audrey at Hallmark

What are you most thankful for? The love of my family and thankful for the Lord.

Favourite thing to do with family during the holidays? I love to spend time with family enjoying all our traditions.

Favourite holiday dish to eat or make? Turkey and all the trimmings.

What do you like about your home? I just love it and everything about it. I love having the decision of privacy and socializing.



Barb at Shannon Oaks Oak Bay

What are you most thankful for? At 102 years old, my health!

Favourite thing to do with family during the holidays? Visiting with friends and going to the Buchart Gardens to see the lights.

Favourite holiday dish to eat or make? Turkey with a glass of scotch!

What do you like about your home? It's comfortable, safe, and the handsome servers!



Beryl at Shannon Oak Oak Bay

What are you most thankful for? Having a nice place to stay.

Favourite thing to do with family during the holidays? I enjoy being at Shannon Oaks Oak Bay and hanging out with my wonderful friends.

Favourite holiday dish to eat or make? Real English pudding with white sauce.

What do you like about your home? I'm lucky to have such a nice space to live in.



Clara from Village at Smith Creek

What are you most thankful for? My family.

Favourite thing to do with family during the holidays? I love it most if my family can all come home and most of them do.

Favourite holiday dish to eat or make? I often had prime rib at Thanksgiving and the kids loved it!

What do you like about your home? What I like most about my home is the people who work here.



Dixie from Shannon Oaks Vancouver

What are you most thankful for? Good health, being at Shannon Oaks, that my eyesight isn't worse than it already is. Ultimately, I am thankful that God is so good to me.

Favourite thing to do with family during the holidays? Getting together for a special dinner. I miss making the dinners, but the time spent with family during a meal is extremely important to me.

Favourite holiday dish to eat or make? I enjoy making and eating prime rib or rum ribs.

What do you like about your home? The fellowship with staff and friends; also the confidence of feeling safe and secure that living here brings me.



George from Hallmark

What are you most thankful for? Most thankful my wife Ramona is still with me and married for 68 years. We are thankful we have our independence and can still drive a car.

Favourite thing to do with family during the holidays? I look forward to visiting and reminiscing.

Favourite holiday dish to eat or make? Turkey.

What do you like about your home? It's a very positive atmosphere and food service is good. We have a sense of security with having wellness. I also love the library.



Henry from Marrion Village

What are you most thankful for? Spending time with our pet birds and talking to them every day.

Favourite thing to do with family during the holidays? Decorating.

Favourite holiday dish to eat or make? Turkey.

What do you like about your home? The community and friends.



Jackie from Marrion Village

What are you most thankful for? That I live in Marrion Village, and am truly blessed.

Favourite thing to do with family during the holidays? Celebrating Hanukkah with family and lighting the candles on the Menorah.

Favourite holiday dish to eat or make? Potato pancakes.

What do you like about your home? The people here are friendly.



Jeff from Village at Mill Creek

What are you most thankful for? A healthier and happier lifestyle.

Favourite thing to do with family during the holidays? I enjoy visiting my whole family over the holidays.

Favourite holiday dish to eat or make? My favourite thing to eat is poultry.

What do you like about your home? I enjoy that it feels like a family here at Village at Mill Creek.



Lois from Shannon Oaks Oak Bay

What are you most thankful for? My family, especially my lovely daughter!

Favourite thing to do with family during the holidays? Spending time with loved ones and all getting together for the holidays.

Favourite holiday dish to eat or make? Nothing beats a good trifle.

What do you like about your home? I don't have to cook or clean here. Life is good!



Mary Lou from Village at Smith Creek

What are you most thankful for? I am most thankful for the beautiful Okanagan weather.

Favourite thing to do with family during the holidays? My family is "scattered" so I like to send them things in the mail that they can reminisce about when they were little.

Favourite holiday dish to eat or make? My favourite holiday dish is turkey.

What do you like about your home? What I like most about my home here at Village at Smith Creek is the atmosphere and camaraderie that people show.



Pat from Village at Mill Creek

What are you most thankful for? Family and good friends.

Favourite thing to do with family during the holidays? Camping.

Favourite holiday dish to eat or make? Cabbage rolls.

What do you like about your home? Friends and Team Members.



Pat from Shannon Oaks Oak Bay

What are you most thankful for? Decorating and participating in fun activities.

Favourite thing to do with family during the holidays? Sharing a meal with loved ones.

Favourite holiday dish to eat or make? Turkey, sweets, and Christmas pudding.

What do you like about your home? I'm excited to celebrate my first Christmas here at Shannon Oaks Oak Bay!



Patti from Shannon Oaks Vancouver

What are you most thankful for? There is so much to be thankful for! I really enjoy being here at Shannon Oaks.

Favourite thing to do with family during the holidays? I don't spend much time with family over the holidays specifically, but my son from Edmonton calls me every day at 4:00 PM to chat and I really enjoy that.

Favourite holiday dish to eat or make? Turkey with cranberries and gravy. I don't make it anymore but I sure do love to eat it!

What do you like about your home? Everything!



Silvio from Shannon Oaks Oak Bay

What are you most thankful for? That I'm around and can enjoy spending time with loved ones.

Favourite thing to do with family during the holidays? To be together and create memories.

Favourite holiday dish to eat or make? Turkey, pumpkin pie with coconut in it, lemon meringue pie and apple pie with soft cheese. Yum!

What do you like about your home? The wonderful community we have here at Shannon Oaks. I love it here and couldn't ask for anything more!



Sue from Hallmark

What are you most thankful for? Most thankful for being Canadian.

Favourite thing to do with family during the holidays? Spending quality time together.

Favourite holiday dish to eat or make? Roast leg of lamb.

What do you like about your home? The staff.