



# Newsletter

Fall 2016

## TALENT IN ACTION



On September 14 and 15 we celebrated the diversity of Grandview Towers. As you may know, our residence is unique because our Residents come from different backgrounds.

Every two years, we celebrate this event and this makes our Residents excited as they voluntarily share their culture, talent, and cuisine from the country they were originally from. I saw groups of Residents who showcased their valuable possessions, costumes, and paintings just to express how beautiful their culture is. Some Team Members also contributed personal items to represent their country. One of the highlights of the event was the Talent Show – we have Residents who spent their time and enthusiastic attitude to show their one-of-a-kind talents like singing and dancing.

This event inspires me to envision my life in later years. When I become older I hope to be active and to participate.

•Arrabelle Gonzales | Activity Manager | Grandview Towers

## HONOURING HEROES



We can't acknowledge Remembrance Day without honouring our own Baptist Housing heroes.

Please join us in congratulating our Village at Mill Creek Resident, J. Arthur Ruddock who was awarded the rank of Knight of the French National Order of the Legion of Honour for his personal involvement in the liberation of France during World War II. A wonderful honour for a wonderful man!

•Kate Dusik | Marketing Manager  
Kelowna

## UPCOMING EVENTS

### Seniors' Fall Prevention Awareness

1st Week of November

The goal of this week is to raise awareness about the importance of reducing falls and related injuries.

Take the self-assessment quiz "Are you at risk of falling?", or contact your health authority to find out more information

[visit SeniorsBC.ca](http://visit SeniorsBC.ca)

## PHOTOBOOTH



Village at Smith Creek Residents visit Arion Therapeutic Farm.



Sun Pointe Village Residents get out on the pontoon boat with Pastor Bruce several times in the summer thanks to the Therapeutic Lake Cruises Society.



Golf Tournament at Shannon Oaks Vancouver.

## ED & ALBERT STEPPED UP TO THE CHALLENGE



Green Valley has had a pretty rough October with a car crashing into the building and a broken down elevator, so to say the least my plate was full. During this time I received a new sign for the building but I didn't know how I was going to find the time to put it up.

I was concerned that the ground was going to freeze before I was able to get started. That's when Ed and Albert stepped up to the challenge; these guys are always looking for a project to do. I have had the privilege of working with these guys and they love to get their hands dirty and give each other a rough time.

They helped me out again this fall. They removed the old sign, dug new holes and put up new posts that they painted. It may not look like I have a big team from the outside, but I do, they just don't get paid! I am so blessed.

• [Troy de Vries | Administrator | Green Valley Estates](#)

## EVER CLICK YOUR HEELS AND WANT TO GO HOME?

Dorothy was a residential care Resident on Douglas Community at The Heights in Victoria. I say was, because Dorothy was able to set her mind to something that makes her the envy of many of our Residents. Dorothy came back to The Heights this week to drop off some keys and bring a card and chocolates for our Care Team. She won't be seeing them much anymore.

You see Dorothy started talking with Team Members and her Doctor about her wishes to move back to her condominium after her health had improved some months ago. She is capable to speak to her wishes/needs, and she had been doing all of her own personal care, with only some assistance needed for bathing. Sharp of mind and quick of wit, being in Dorothy's presence is a real delight. And she wanted to do the unthinkable. The impossible. Many people see residential care as a one-way ticket. "You can check out anytime you like," the Eagles sang, "But can never leave."

Dorothy didn't believe that. After a trial of living at home with some private home supports twice daily, everyone agreed; Dorothy didn't need residential care any longer. She loves her beautiful condominium and wants to live out her remaining days there.

There was an unmistakable twinkle in her eye and big smile when she said her final good byes. Thanks to the Team at The Heights for advocating for Dorothy, for cheering on her wellness, and celebrating her example. I am inspired!

• [Marc Kinna | VP of Operations](#)

## ANOTHER WIN FOR HOWARD!



Another win for Baptist Housing's very own Howard Pole. He recently won the 800m race at the 55+ BC Games in Coquitlam while his wife of 54 years and his daughter cheered him on proudly.

This 83-year-old athlete runs the track in Oak Bay every morning and he also participates in a Thursday morning running group. Racing for over 25 years is hard work, but Howard will simply tell you that he runs because God enables him and he wins because he feels God pushing him.

Running on purpose is an ageless mission and Howard proves it every year. The Baptist Housing Team offers heartfelt congratulations to Howard for winning over 25 medals during his racing career and for inspiring the rest of us to live on purpose.

## THE SCIENCE OF BEING GRATEFUL

Researchers found reason to believe it may be easier to feel grateful as we grow older. The Globe and Mail recently wrote about 'The science of gratitude: As we age, our brains get better at feeling thankful. Numerous studies have also shown that people become progressively happier from their 20's onward, and are, on average, at their most positive in their senior years.'

Try investing in your emotional health and enjoy this mental health tip: journal grateful thoughts; choose your words carefully and model gratitude with friends and family.

## BACK TO SCHOOL

The Third Age Learning or ElderCollege is an international movement whose aims are to provide education opportunities to retired members of the community. In British Columbia there are currently 18 organizations located throughout the province providing programs.

For more information visit online at [lifetimelearningcentre.org](http://lifetimelearningcentre.org) and in the mean time here are some examples:

TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, and help organize events in Surrey, Langley, Delta, and Richmond.

Join VIU ElderCollege and challenge your mind in an informal atmosphere.

ElderCollege offers 6-week courses in Nanaimo and Parksville on stimulating topics for those 50 or better. Make new friends and learn something new!

SFU's Liberal Arts and 55+ Program has been offering university-level non-credit courses to older adult learners since the 1970s. Classes cover a diverse topics!

Learning in Retirement (LIR) via Selkirk College offers our 50+ community the opportunity to explore old and new interests in a relaxed and stimulating learning environment. LIR began in 2009 with 18 members, and by March 2016 had grown to a membership of 312!

## CONCERTS IN CARE



Residents at The Heights of Mt. View, Shannon Oaks Oak Bay and Shannon Oaks Vancouver had the pleasure of hosting local BC Artists this fall.

Since 2006 Health Arts Society has delivered over 7,000 professional music and theatre performances to audiences in health care residences and independent living communities via Concerts in Care Program. Concerts in Care is a wonderful opportunity to enjoy the performing arts right at home. Health Arts Society offers a variety of music genres. For instance Kathryn Wiebe and Tyson Doknjas played a violin concerto in Victoria and Tiller's Folly performed with a celtic twist in Vancouver. The turnout for these performances was so successful that future concerts are in the works, stay tuned! "Thank you Shannon Oaks Vancouver for having us perform today. A good time was had by all! Great Audience! Looking forward to next time" •Tiller's Folly

## DRIVER SERVICE GETS PERSONAL

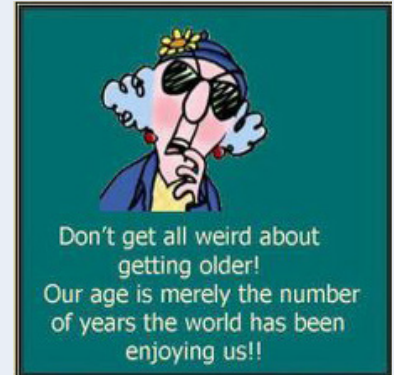


We have a great service provided by our local South Vancouver Neighbourhood House and supported by United Way – they have volunteers who pick up and drive our Residents to doctor appointments etc. They also wait with them at the doctor's office and then drive them back home. It's a very personal service and it is far cheaper than other available options. Our Residents that use it, love it and I don't hesitate to recommend it to our new Residents.

•Gillian Fullerton | Shannon Oaks Vancouver

## JOKE CORNER

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."



Don't get all weird about getting older!  
Our age is merely the number of years the world has been enjoying us!!



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### Volunteering & Employment

[baptisthousing.org/join-our-team](http://baptisthousing.org/join-our-team)

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