



# The Acorn

SPRING 2013 Shannon Oaks - A Seniors Living Community

## A NEW YEAR WITH NEW TEAM MEMBERS!



*New life is springing up in the Shannon Oaks garden!*

Over six years ago when I began working at Shannon Oaks, there was a quarterly newsletter that we published called the Acorn. It was amusing, informative and an opportunity to highlight some events of the previous months. However, it eventually became too work intensive and unfortunately met its demise. But this Easter, we are resurrecting the Acorn!

We have had many changes since the start of this year. So to kick off the Acorn, we thought we would share some fun and interesting facts about our newest Team members. You'll soon discover that they are a lot more than just a bunch of new faces. We also have some great pictures to share from our Wellness Fair. Hope you enjoy it!

Beth Brubacher  
Marketing Manager

### SHAWN WILSON

*Administrator*



**Bio:** I am from Orangeville, Ontario. My parents are from Scotland and I have two brothers and one sister. I've been married for seven years and have one son, Marcus, who is six months old. I attend Reality Vancouver Church (MB Church) and am quite active there. I love soccer, kayaking and am a Sherlock Holmes literary buff.

**When can we expect to see you around?** Monday-Friday, 8 am- 4 pm.

**Favourite way to spend a day off?** Soccer or walking the dogs with my wife, Jacqueline and Marcus.

**Guiltiest pleasure?**

Watching soccer and coffee.

**Current book you are reading?** The Lord of the Flies.

**Favourite food?** Everything! Especially Vietnamese.

**Things that drive you crazy?** Technology not working.

**Finish this sentence:** I can't live without God, family and soccer.

### KELSEY JEAN AMES

*Activities Coordinator*



**Bio:** I was born in Port Alberni. I lived all over Vancouver Island until our family

moved to Coquitlam when I was 9. I have three sisters and two brothers! I fit right in the middle. I love my family and we all play our own roles. I am the "planner"; birthdays, Thanksgiving, Christmas...you name it! I also love art, painting, drawing and my new favourite, painting pottery! I love all kinds of activities, if you have any suggestions or ideas I would love to hear from you!

**When can we expect to see you around?** Monday afternoons, Tuesday mornings and Thursdays.

**Favourite way to spend a day off?** Hanging out with friends.

**Guiltiest pleasure?** Chips!

**Current book you are reading?** Not any at the moment, but I'm up for suggestions.

**Favourite food?** Mashed potatoes and bacon!

**Things that drive you crazy?** Being late.

**Finish this sentence:** I can't live without friends and family.

## GEORGE ONTAL

*Resident Services Assistant*



**Bio:** I was born and raised in Balibago, Angeles City in the Philippines. I am married with two boys, Jethro (5 yrs old) and Jeremiah (17 mos). I came to Canada in February 2004. I have been working here at Shannon Oaks for 9 years now. I love to play drums and piano. I am a frustrated singer. I love, love, love music!

**When can we expect to see you around?** Wednesday and Thursday, 4 pm- midnight. Overnight shift on Saturday, Sunday and Monday.

**Favourite way to spend a day off?** With my wife, kids, in-laws and parents.

**Guiltiest pleasure?** Eating too much ice-cream at home in one sitting.

**Current book you are reading?**

"The Purpose Driven Life" by Rick Warren.

**Favourite food?** My wife's "Chicken Adobo".

**Things that drive you crazy?** Being late for work, mass, or band rehearsal.

**Finish this sentence:** I can't live without music, piano and ice cream.

## DHEZ HUGO

*Resident Services Assistant*



**Bio:** I am an only child. I am married and have a five year old son. Both my husband and my son are still in the Philippines. I

came to Canada to work as a live-in caregiver and after two years I began work as an Assistant Educator (teacher) at my aunt's daycare center. My mom lives here in Vancouver, while my dad is still in the Philippines

**When can we expect to see you around?** Monday 6:30 am - 2:30 pm, Tuesdays 4 pm- Midnight, and Fridays 8 pm- Midnight.

**Favourite way to spend a day off?** Read the Bible, read Manga ( Japanese comic books), watch Anime ( Japanese cartoons) and write fictional stories.

**Guiltiest pleasure?** Listening to Japanese rock songs and sleeping for over 12 hours!

**Current book you are reading?** Genesis in the Bible and "Sun Stand Still".

**Favourite food?** Anything Japanese and pork buns.

**Things that drive you crazy?** When lots of things don't turn out the way I expected them to.

**Finish this sentence:** I can't live without prayer.

## JOELLE GEBHARDT

*Marketing Assistant*



**Bio:** I grew up in Kelowna, BC and am the oldest of three children. My dad was a pastor of an Mennonite Brethren church my whole life, so I've always been really involved with church. In 2008, I moved to Vancouver to study Fine Art and Design at Emily Carr University. Last year, I graduated with my degree and got married to my wonderful German husband, Johannes. Now, we live in Vancouver and Joe works at our church as a pastoral intern.

**When can we expect to see you around?** Thursday, Friday and Saturday, 9 am- 5 pm.

**Favourite way to spend a day off?** Sleeping in and making art!

**Guiltiest pleasure?** Eating a whole bowl of popcorn by myself and watching cartoons.

**Current book you are reading?** "The Hobbit" by J.R. Tolkien.

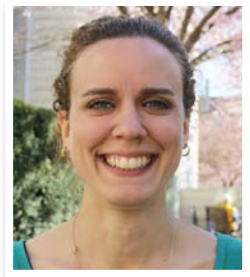
**Favourite food?** Cheese and crackers.

**Things that drive you crazy?** Losing my socks in the washing machine, Vancouver drivers and the crows outside my window.

**Finish this sentence:** I can't live without faith, love and laughter.

## STEPHANIE RATCLIFF

*Resident Services Assistant*



**Bio:** I was born and raised in Porcupine, Ontario (way up in the North). I went to University in Georgia to get away from the cold and came to British Columbia in 2004 to further my education. Once I got here, I didn't want to leave! I currently live with my sister in South Vancouver; where I love spending time outdoors, playing sports, making music and staying involved at my church. I am also working on writing a book.

**When can we expect to see you around?** Friday to Monday after 4 pm.

**Favourite way to spend a day off?** Playing music with friends.

**Guiltiest pleasure?** Eating an entire bag of "Miss Vickie's Balsamic Vinegar and Sweet Onion" chips in one sitting.

**Current book you are reading?**

"Compassion" by Henri Nouwen.

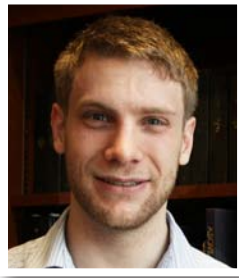
**Favourite food?** Hamburgers (and cheese).

**Things that drive you crazy?** When pictures are hanging crooked on a wall.

**Finish this sentence:** I can't live without music! And sunshine. And chocolate chip cookies.

## JORDAN SHARPE

Resident Services Assistant



**Bio:** I was born and raised in Barrie, Ontario. I studied English Literature at Dalhousie University in Halifax, Nova Scotia. Longing for adventure, I moved to Vancouver two years ago. My passions are rock climbing, hiking, writing and playing the cello.

**When can we expect to see you around?** Sunday mornings.

**Favourite way to spend a day off?** Being outside with a good book.

**Guiltiest pleasure?** Sleeping in.

**Current book you are reading?**

"Orthodoxy" by G.K. Chesterton

**Favourite food?** Sushi!

**Things that drive you crazy?** Being late for a movie.

**Finish this sentence:** I can't live without chocolate.

## SUMMER AT SHANNON OAKS

What do you love about summer? Do you like the flowers in the courtyard, the sunshine through the trees, outdoor activities? For the next Acorn, we would love hear the top three or four things you look forward to at Shannon Oaks in the summer time. Answers can be submitted to Beth or Joelle in the box by the Marketing Office in the library.

## FROM THE ADMINISTRATOR'S DESK

Welcome back to the Acorn!

We're happy to bring back this informative and fun guide to all things Shannon Oaks related.

I first wish to thank each of you for your warm welcome of me, my wife Jacqueline and our little son Marcus. This is indeed a special place filled with tremendous people.

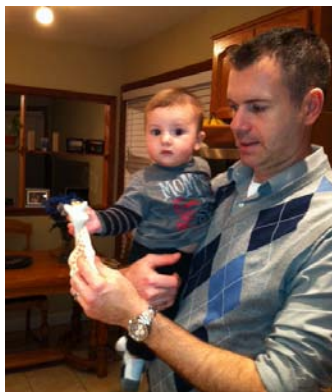
I am excited for 2013 and am especially looking forward to seeing the wonderful flowers that will soon begin to reveal themselves. Having started my time here in November, I have yet to see the flowers and plants in person...only in the brochures!

This New Year has brought much change and vibrancy to Shannon Oaks including the addition of several new faces to our Team. But each person, whether new or familiar, is an amazing asset here to help you live life to the fullest. I am thrilled to move forward with such an amazing and dedicated Team. Every day I am encouraged by the many acts of kindness demonstrated by this Team as we continue to place a "Residents first" approach at the

top of our many priorities.

While we work hard to ensure that you each enjoy your home here at Shannon Oaks we are always open to your thoughts, ideas and suggestions. Please come by my office should you wish to discuss any subject. And if my favourite topic "soccer" comes to mind, we'll talk for hours!

God bless you,  
Shawn Wilson



Shawn with Marcus

## NEW RESIDENTS

The doors of Shannon Oaks have seen many new faces in the past few months! Among these faces, are some wonderful new Residents. We would like to extend a very special welcome to all of you. We are so glad to have you a part of our family! Join us in welcoming:

Lloyd and Marjorie Fox

Bob and Sylvia Paris

Neva Bailo

Ken Lee

Ben and Lena Schuchardt

Eva and Linda Miller

## ACORN POETRY CHALLENGE



The front entrance table at Shannon Oaks.

Do you recognize this table? Last month it disappeared for three days, causing a lot of confusion. But now that it is back, we would like to celebrate it's return with poetry.

If you would like to participate, write a short, humorous poem about the three day journey our front entrance table took.

Your poem can be submitted in the box by the Marketing office in the library. We will publish a few poems in the summer edition of the Acorn.

# CELEBRATING AGING & WELLNESS FAIR



In mid-March, Shannon Oaks had a three-day event called "Celebrating Aging". Some highlights were watching the documentary *Age of Champions*, lively discussions, healthy snacks and especially, the Wellness Fair. A number of practitioners and health-related businesses visited us. We also had some fabulous speakers talk about the importance of keeping a healthy brain. Thank you to everyone who participated!



This year's Shannon Oaks ambassadors, Norris Bainbridge and Betty Farmen with our student nurses Raj and Nav.



Tony Booker inspecting the contents of his wellness gift bag.



Kay Pearson visiting the Pacific Pharmacy booth.



Joan Redfern giving Norris Bainbridge a demonstration of Shiatsu Massage Therapy.



Laura Craig made these healthy bran muffins for the Wellness Fair.



Leato Wetherald filling out a survey to get a \$5 Starbucks card!

## UPCOMING EVENTS

### Old-fashioned Garden Party and Strawberry Social

*Family, friends and guests are invited to join us for food and music in our beautiful courtyard!*

Date goes here

### Ballroom Dancing

April 5th & 19th  
May 3rd, 17th & 31st  
June 14th & 28th

### Nights of Music

*Suede Dogs*  
April 5th at 7pm

### Allison & Her Choirs

May 21st at 7pm

### Vancouver City Singers

June 3rd at 7pm

### Bass & Sax

June 11th at 7pm

### Sunday Night by the Fireside

*An inspirational evening of music and stories.*

April 28th, May 19th  
June 23rd



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