

Welcome To The Family The Forest

You may notice some new faces in the hallways of Harmony Hill. Finally, after a long wait, we welcome the residents moving into the Forest. Beginning November, the first of the new residents move in.

Remember what it was like when you were new at Harmony Hill? Didn't know where to go or how to find your way around? These folks will feel the same way.

If you are a new Forest resident, we welcome you. If you are wondering where to find things, we have a welcome committee. Just ask Luke or Christian Anne and they will put you in touch with one of the members. If you are interested in programs, you are welcome to call or stop by the Recreation Department. If you are interested in any of our outings, we suggest that you look into carpooling where ever possible. But keep in mind that for any restaurant outings, the department needs to know for reservation purposes. If you are interested in fitness classes, we ask that you contact the Recreation Department. We have several options and we are expecting to add other fitness classes as more residents join us.

We do have a monthly calendar of events that you are welcome to attend. Most of our events are free to residents however, we do have a \$5.00 Guest Fee. From time to time we do charge residents for very special events and numbers may be limited. Our Sign-Up book is located in the Activity Room. Outings and Special events require a sign-up. If you can drive then we suggest that you carpool and sign in that way.

During November we have scheduled a few small "Welcome Neighbour" teas that are hosted by the Recreation Department and will be held in the Forest Multipurpose Room.

Flu Clinic

Don't forget, our annual flu clinic is on Monday November 11th in the Library. To avoid long line ups, you will receive a notice with your personal time closer to the event. If you are getting your flu shot from an outside source, please bring proof of the vaccine to the Wellness Center.

We all have a responsibility to keep our home Flu Free.

- ✓ Wash hands and sanitize frequently, especially after touching several surfaces.
- ✓ If you are feeling under the weather or have sudden cold or flu symptoms, stay in your room and let the Wellness Centre know.
- ✓ If your family or friends have any cold symptoms suggest they stay away until they are feeling better.

Presenting Mr. Don White

Don White, raised in Oshawa, served during the Second World War.

He and his family operated White's Hardware on Simcoe St. Don enlisted in 1941 and was discharged in 1946. He started his service in Saskatchewan and was then shipped to England. From there, he served in Italy, Germany and the Netherlands. He will share his experiences during and after the war. Everyone is welcome to attend on Friday November 15, in the Theatre at 2:30.

Retirement Community – 1335 Benson St – Oshawa ON – L1K 0W6

Harmony Hill



November Events

November 4th
The History of Quilting

November 11th
Remembrance Day

November 12th
Food Meeting

November 15th
World War II Veteran
Don White

November 21st
Resident Meeting

November 22nd
Falls Prevention Party

November 28th
Psychic Insight

*Refer to the calendar for
more details*

Senior's Health

Older adults who lead sedentary lifestyles and consume a lot of sodium in their diet may be putting themselves at risk for more than just heart disease.

This is the finding of a recent study by researchers out of Baycrest, Toronto in collaboration with colleagues at the Institut Universitaire de Gériatrie de Montréal, McGill University and the Université de Sherbrooke.

The research found evidence that high-salt diets coupled with low physical activity can be detrimental to cognitive health in older adults.

The study followed the sodium consumption and physical activity levels of 1,262 healthy older men and women (ages 67 - 84) residing in Quebec, Canada, over three years.

While low sodium intake is associated with reduced blood pressure and risk of heart disease, this is believed to be the first study to extend the benefits of a low sodium diet to brain health in healthy older adults.

"The results of our study showed that a diet high in sodium, combined with little exercise, was especially detrimental to the cognitive performance of older adults," said Dr. Fiocco.

"But the good news is that sedentary older adults showed no cognitive decline over the three years that we followed them if they had low sodium intake."

"These data are especially relevant as we know that munching on high-salt processed snacks when engaged in sedentary activities, such as watching TV or playing in front of the computer, is a frequent pastime for many adults," said Dr. Carol Greenwood, a senior author on the study and internationally-renowned scientist in the field of nutrition and cognitive function in late life.

With brain failure rates expected to rise significantly as Canada's large boomer demographic ages, educating the public about changes that can help delay or prevent normal, age-related cognitive decline -- including adopting a healthier diet -- is a way to give people some control over how their brain health will hold up in later years, said Dr. Greenwood.

Ocala Winery Lunch

Back by popular demand, we have planned a lunch outing to Ocala Winery on Tuesday November 5th. The cost of the lunch including taxes and gratuities is \$32.00 payable at the time you sign up. The sign-up sheet for this event is in the Recreation office. The cost is non-refundable. Sign up before Saturday November 2nd.



Durham Chamber Orchestra presents

Joy to the World

On Sunday December 8th at 2:30 in the afternoon. The program includes Christmas music from a variety of composers, sung by the Resound Choir with musical director Carlos Bastidas. If you are interested in attending, the tickets are \$20.00 each. We will purchase tickets as long as we have enough interest. Please sign-up before November 22nd



Tim Horton's Day

We're bringing the great taste of Tim Horton's to you right here at home. You can order your favourite Tim Horton's donut then enjoy it right here with your friends in the Bar area.

Just place your order here in the Sign-up book before November 6th and we'll pick it up and serve it to you here on November 8th.

Total cost is \$2.00.



Calling all Oshawa General Fans

We have been asked to organize a trip to an Oshawa Generals game. For those interested, we are planning to attend on Sunday January 12 at 6:05pm for a game against the Peterborough Petes. If you are interested in a ticket please take your payment to the Recreation office before November 30. We need 20 people to get a group rate. We can invite family and staff to get in on this offer. The timing is good if you think a family member might want to give or get a ticket for a Christmas gift.

Psychic Insight – Thursday November 28 at 2:30

If you are interested at all in psychic experiences or encounters, you won't want to miss our Psychic Insight program. We have two experts in their fields who will guide you through these experiences. Carolyn is a gifted Psychic and Tarot reader who has been doing readings for over 20 yrs..she's made appearances on TV and Internet Radio.

Sharon has over 25 years as a professional Psychic..she is a radio and television personality. She is a Psychic, Clairvoyant, Medium, Reiki Master and trained in Soul Genesis.

A Bit of This and That

If you are a quilter, you will enjoy listening to Gail Gordon as she talks about the history of quilting in North American moving through to modern quilting. She will have some lovely heirloom quilts to show and share their history. Join us in the theatre at 3:00 on Monday November 4th.

For the first time, on November 11, at 9:30 we are hosting a Veteran's Breakfast. All of our veterans are invited to attend free of charge. Other residents are welcome to attend for a fee of \$10.00. This will be a buffet style breakfast with, bacon, sausages, eggs, French toast, fruits, juice, tea and coffee. Sign-up is limited for this event. Our Remembrance Day Service will commence at 10:45 in the Chapel.

We welcome the Durham Storytellers back this month. They will be here Thursday the 14th to perform a few short stories. Durham Storytellers is a dedicated group of avid tellers, who love to continue the oral tradition of storytelling. We tell myths, legends, folktales, fairy tales, as well as personal and family stories, inspirational messages, and historical accounts.

The Lakeshore Show Band will be here for a performance on Monday November 18th at 2:30. This program will be followed by a tea social.

On November 21st we have the opportunity to travel to Calvary Baptist Church to attend the Beulah Buchwald Puppet Ministries. The cost for the program is \$5.00 which includes lunch. Bus leaves at 10:30.

The Wellness Team will present a "Falls Prevention Party" on Friday November 22nd. The program includes: medications and how they affect your balance, tips to help keep you on your feet, exercises to make you stronger and some healthy snack to enjoy.

And finally, we are once again hosting a Christmas Craft and Gift Show and Sale. Our building will become a shopping mall on Saturday November 30. We are looking for resident volunteers to help with serving chili and sell raffle tickets during the show. and sale.