



Spring Valley News!

VOLUME 1 ISSUE 2

SPRING 2017

SPECIAL POINTS OF INTEREST:

- **Music and Dance is Every Thursday**
- **Hymn Sing on Mondays**
- **Bingo is on Wednesday!**

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A Lady with a Huge Heart

Par has been with us at Spring Valley for 2 months. The fact that she is here is due to a couple of medical miracles. When just one month old, her sister brought her to the roof of their house in India, hoping to find a cool reprieve from the heat. Being such a tiny baby, the cool was too much and the chill led to a very bad cold that almost claimed her life. An uncle, who was a doctor, was finally able to reverse the symptoms and she slowly regained her health. Then, when she was about 5 years old she contacted a severe case of typhoid. About the time she was finally starting to recover, she had a relapse and once again almost died. The same uncle worked furiously to pull her through and was rewarded when she began the

journey to full recovery.

In her late teens/early twenties Par earned a Bachelor of Science degree in Bombay. She was a science teacher at school and also taught Biology, Botany and geology at college. She chose to leave a well paid career to dedicate her life to making changes for the many destitute woman and children in India. Par worked in a home for poverty stricken women. One of the many things she did with them was to teach work skills. She taught many how to sew, embroider and do mirror work (on fabric). The women began to make clothes and tablecloths. Par then brought them to a

work depot where the items were sold and the proceeds given to the women. The lives of many women were changed due to her care and compassion.

Par moved to Calcutta after marrying her husband in 1957. There, they worked together to help others. Her husband wrote drama scripts and then directed local children in performing the plays. Richer people paid to watch these performances and the proceeds were all used for welfare work in the area. Par actively assisted her husband in this venture.

To be continued on page 2....



“Art with Donna”

Pam Marquardt Hair-

Hours of Operation

Tuesday
7:00—2:00
Wednesday
7:00 – 2:00

Prices:

Set \$18.00
Cut \$ 16.00-
Perm \$ 50.00
*includes cut and set**
Men’s Cut \$12.00
Color \$ 24.00
(with own color)
\$16.00



A Lady with a Huge Heart...continued

They were in the process of setting up an organization to teach children their native language when her husband passed away in 2000.

Par had one daughter who followed in her great uncle’s footsteps by becoming a doctor and specializing in oncology. She had moved to

California several years before Par’s husband passed away. In 2002, Par moved to North America to be with her daughter. They later moved and settled in Kelowna.

Par, who has given her life to help others, remains deeply grateful to God for all the blessings in her life. She feels, not that she has given, but she has been given to, abundantly throughout her life. She is a beautiful example of a humble, gracious lady and we are honored to have her here.

~ Jenny Reink

We Want you!!! Resident/Family Council Meeting

A Resident/Family Council is a group of Residents, family members or friends of Residents living in Spring Valley Care. This meeting offers support to each other, shares information and provides

education of life in our home. The meeting is a forum to raise concerns, issues of the Home, and work with care staff to resolve any concerns. This meeting is to advocate for our Resi-

dents to improve overall care!

Meetings are held on the last Monday of the month in the Vintage small dining room.

Everyone Welcome!!

Wanting to Donate?

Spring Valley Seniors Society was established in 2008. The Society was developed to provide financial assistance to continue programs that increase quality of life in the community. This is a

NOT FOR Profit organization that is responsible for all funds raised through donations, fundraising and grants. If you are interested in donating to any programs, please see re-

ception. A **tax deductible receipt** will be issued.

Thanks you so very much for your kind donations and support to our Home!

What is a Resident Day?

A Resident Day is a document that is standardized through out Park Place homes. It is a piece of paper that ensures the Residents and families are involved in all aspects care. The Resident day is a tool that personalizes the Resident's wishes and choices. For example, if

the Resident would like to attend the weekly Music and Dance program, the interdisciplinary team writes the time and date of the program on the document. This alerts care staff to ensure the Resident will be ready and offered to attend the program. The Resident day is always changing,

as the needs and wants of the Resident changes. The Resident day starts on the day of admission, and the Resident and staff will be interviewed by the Care team. Any questions and concerns, please see your Care Team!

**MOTHER'S
DAY TEA ON
MAY 10TH
AT 2:00 IN
VINTAGE
DINING
ROOM!
MUSIC BY
ROLAND!
EVERYONE
WELCOME!**

Alzheimer's Communication!

1. *Never* **ARGUE**, instead **AGREE**
2. *Never* **REASON**, instead **DIVERT**
3. *Never* **SHAME**, instead **DISTRACT**
4. *Never* **LECTURE**, instead **REASSURE**
5. *Never* say "**REMEMBER**," instead **REMINSICE**
6. *Never* say "**I TOLD YOU**," instead **REPEAT/REGROUP**
7. *Never* say "**You CAN'T**," instead **do what they CAN**
8. *Never* **COMMAND/DEMAND**, instead **ASK/MODEL**
9. *Never* **CONDESCEND**, instead **ENCOURAGE**
10. *Never* **FORCE**, instead **REINFORCE**



FATHER'S DAY BBQ FUNDRAISER

Spring Valley will be hosting their second annual Father's Day Rib Dinner.

When:
June 14, 2017
Where:
Generation Gardens
Time: 5:00
Cost:
\$20.00 per plate

Space is Limited so please sign up at Reception!

Entertainment by Vic!!

For more information call Amy Gordon at (250) 979-6000 ext.111



Upcoming Events

With Spring arrived with many April showers, we are looking forward to sunnier, brighter days filled with planting and other Events!

Please watch the calendar for some highlights!

April 29: Mexican Dancers Perform!

May 2: Legion Outing

May 8: Flag Day Ceremony

May 10: Mother's Day Tea

May 16: Spring Valley Elementary Visits

May 25: Monthly Birthday Party

May 31: Volunteer Appreciation/Strawberry Tea!

June 6: Legion Outing

June 7: Ellison Elementary visits! BINGO!!

June 12: Celebration of Life with the Trinity Baptist Hymn Singers

June 14: FATHER'S DAY FUNDRAISER! Rib Dinner with Vic

June 29: Canada Day Celebration

Please read the monthly calendars for more programs. Everyone is welcome to attend! For more information please call Amy at 250-979-6000 ext. 111

Meet Baloo....

Every two weeks, you may notice a visit from a beautiful black Portuguese Water dog. This beautiful dog is Baloo... and let us not forget her owner Caroline. Baloo is a six year old Portuguese Water dog. He was a breeders sire until Caroline and her family got him at three years old. Baloo has such a gentle nature, causing Caro-

line to go through the St. John's Dog Therapy program with Baloo. Spring Valley has been lucky to welcome the dynamic duo for close to two years now! Some of Baloo's favorite things to do is run in the snow at Big White, and he loves to swim at the lake at the

Lakeshore doggy park.!



From Jen's Pen.....Gratitude

Last week at our *Health and Wellness Fair* I prepared a table of education and activities revolving around the subject of gratitude. In recent years psychology has been changing its focus from mainly the study of mental health disorders, to more research on positive psychology. This is the study of good mental health, of the strengths that enable people and communities to thrive? It looks at what contributes to living meaningful, fulfilling lives which brings out the best in individuals, relationships and families whether at work, play or just dealing with everyday life. In a nutshell, how can people be happy? One of the findings is that gratitude is not just a pathway, but more like an

express highway to being happy. At my health fair table I had each person write 1 person, 1 place, 1 food, and 1 thing for which he/she was thankful. Numerous studies have shown that a regular practice of recalling things for which you are grateful leads to an increase in the overall sense of well being. The act of keeping a gratitude journal, writing 3 things you are thankful for at the end of each day has been popularized in the 21st century. Research has shown that doing this just 3 times a week, rather than every day, has greater benefit. If it seems hard to come up with 3 things consider a variety of topics: past, present, future, something physical about yourself or something nonphysical (trait, personality), nature, the world, work, hobbies, recreational pursuits, a friend, a family member, a professional, or your commu-

nity. This does not mean that we brush aside the unhappy, painful aspects. In fact, again, studies have shown that those who acknowledge the negatives as they write about the positive have the biggest shift in feelings of happiness, because they have an extra dose of gratitude for the good, in the midst of the bad. These are the people who choose to concentrate on the bright stars shining in the darkest sky. We all have this same choice. We can grumble about the negatives (like the rainy day) or be thankful for the green hills and colourful flowers that follow, or a day to stay inside and read a favourite book. Are you giving thanks?

White Hair Is No Joking Matter....

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of yours hairs white, Mom?" Her mother replied, "Well every time you do something wrong and make me cry or unhappy, one of my hairs turns white. "The little girl thought about this revelation for a while and then asked, "Momma, how come all of Grandma's hairs are white?" ~~

Spring Valley Care Centre

Complex Care Centre Located at:
355 Terai Court
Kelowna, British Columbia
V1X 5X6



Park Place takes pride in providing exceptional care at Spring Valley. When we measure our performance and resident satisfaction surveys against other institutions in B.C. and across Canada*, we know we provide the best care and service available.

Our success is built on our staff. We are able to attract and retain the best and most dedicated caregivers in the industry, who share our desire to enrich the lives of seniors.

*Based on our quarterly performance indicator reports to the local health authority and on our Canadian Council on Health Services Accreditation reviews.

Sherry's Not So Secret Recipe- Rhubarb Muffins

1/2 c. sour cream
1/4 c. Oil
1 Egg
1 1/3 c. Flour
1 c. Rhubarb
1/2 tsp. Baking Soda
1/4 tsp. Salt
2/3 c Brown Sugar
Topping:
1/4 c Brown Sugar
1/2 tsp Cinnamon
1/4 c Chopped nuts
2 tsp melted butter

In a small bowl, blend together sour cream, oil and egg; set aside.
In another bowl, stir together flour, rhubarb, sugar, baking soda and salt. Stir in sour cream mixture, just until moistened.

Drop by spoonful into 12 greased muffin cups. In custard cup or small bowl, combine topping ingredients.

Spoon a little topping onto each muffin.
Bake at 350 F for 25-30 minutes or until firm to touch.

Enjoy!!!

Sherry Mattock
Kitchen and Laundry
Manager.
250-979-6000 ext 110