

A P R I L 2016



THE Revera Happenings

Official Newsletter of Revera – Pine Villa



Happy April Fool's Day

April Fools' Day began in the year 1582, according to one legend, when Pope Gregory XIII (after whom the Gregorian calendar is named) moved the start of the new year from the end of March to the beginning of January. The change was not greatly communicated, and those who didn't know about the change continued to celebrate New Year's Day on April 1 and were laughed at. "Because they were seen as foolish, [they were] called April Fools," medieval historian Ginger Smoak has explained, according to the Huffington Post.

April Fools: A Celebration Day of Wellness and Happiness for Seniors

The first of April is an annual day for jokes, pranks, and laughs. Laughing stimulates brain activity and relieves stress and anxiety. Laughing is also good for our heart to maintain blood pressure and heart rate. April 1 is also celebrated as National Humor Month, a month-long celebration of laughter and happiness. Please go ahead and smile in April all month long and laugh until your abs hurt. It's worth it!

In this issue:

Happy Spring Days

Discover the exciting outings planned for the month of April

Short Biography of Resident

George Brown Student Recreational Initiatives

Senior's Jokes

Happy Birth Days





Happy Spring!

Winter is over, but spring is ringing April in with humour and happiness. Welcome to warm-weather, flowers-growing, summer-on-its-way spring. Enjoy the beauty of spring.

Senior Scene: Change of season brings spring fever. We always have *feelings* about spring. In fact, spring renews the earth and people celebrate this fresh beginning. Spring is one of the most awaited seasons for seniors. It appears as though “Mother Nature” is graduating to a whole new level of beauty in Spring.

Happy Birthdays of Residents in April



Youth is the gift of nature, but age is a work of art. It seems like such a great day to say that you’re a real masterpiece! You are never too old to set another goal or to dream a new dream. Happy Birthday! Have a great day and a great year ahead!

Happy Birthday to Elizabeth, Bunny and Ida

Old age is always ten years older than you are. So say cheers to life and have a Happy Birthday.

Spring

BY WILLIAM SHAKESPEARE

When daisies pied and violets blue

And lady-smocks all silver-white

And cuckoo-buds of yellow hue

Do paint the meadows with delight,

The cuckoo then, on every tree,

Mocks married men; for thus sings he,

Cuckoo;

Cuckoo, cuckoo: Oh word of fear,

Unpleasing to a married ear!

When shepherds pipe on oaten
straws,

And merry larks are plowmen’s
clocks,

When turtles tread, and rooks, and
daws,

And maidens bleach their summer
smocks.

Friday, April 1st

Cora's Breakfast

Cost: \$15-20

Departing at 9:15am Returning at 11:30am

Tuesday, April 5th

Yorkdale Shopping Mall

Cost: Spending Money \$\$ Departing at 1:00pm Returning at 4:00pm

Monday, April 11th

Museum of Inuit Art

Cost: \$6 Departing at 1:15pm Returning at 4:00pm

Friday, April 15th

Chocolate Charm and Chocolate Moose

Cost: Spending Money \$\$ Departing at 9:30am Returning at 11:30am

Wednesday, April 20th

Wal-Mart

Cost: Spending Money \$\$ Departing at 9:15am Returning at 11:45am

Thursday, April 21st

Swiss Chalet Outing

Cost: \$15-20 Departing at 1:00pm Returning at 3:30pm

Monday, April 25th

IMAX Theatre Humpback Whales

Cost: \$9 (Senior Price) Departing at 1:15pm Returning at 4:00pm

Friday, April 29th

Scarborough Bluffs Scenic Drive

Cost: N/A Departing at 9:15am Returning at 12:00pm

Seniors' Jokes

"Write It Down"

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks. "Some vanilla ice cream," his wife replies. "Okay." "Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget." "Well," she says. "A few raspberries on top would be great. You want to write that down?" "I've got it, honey. A bowl of vanilla ice cream with raspberries on top." "And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?" A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, "You forgot my toast."



HONORING OUR RESIDENT




GENTLE HAND MASSAGE









A Gentle Touch: Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.
Charles Dickens





Welcome

INVITATION

GENTLE HAND
MASSAGE

EVERY FRIDAY

MORNING
11 TO 11.30
AT
**Oasis Lounge
and Theatre**

PINE VILLA
1035 Eglinton Av. W.
York ON M6E 3J6
Phone: (416) 797-8626

http://www.reveraliving.com/retirement-living/locations/pine-villa

Relaxing and having fun after visiting Canada Blooms Exhibition. March 2016.

Short Biography of Resident Life in War and Death (The story of a Holocaust Survivor Resident)

Mr. Karol Abramowicz is a versatile, dynamo virtual and one of the Holocaust survivor residents at Pine Villa. Earlier, Karol had a meeting with the high-school students in Pine Villa to share his Holocaust life history graciously.

In addition, he was a contributor to the Crestwood Oral History Project to shed light on his life experiences during the war. He has given a series of lectures which are posted on the website of Crestwood School (www.crestwood.on.ca/ohp/abramowicz-karol/).



Karol was born on October 10, 1923 in the small town Silesia, Poland. His family was big, having a father, mother, and 8 siblings; six brothers and two younger sisters. He is the youngest son in family. Karol's ancestors were Jewish, originating from Poland. He finished high school at the age of 16. He was passionate about his studies in school. His father was well-educated and sent him to an optical training course. The optician profession was respectable in the society at that time.

After one year, the war began, and as a result, his optical training discontinued. During the war, Poland was divided into two zones, i.e., Russian zone and German zone as occupied by Russia and German together. Karol and his family moved to the Russian zone in Uzbekistan to be safe from German Nazis. During the move from Poland to Russia, they first arrived in Stalingrad under miserable circumstances and then moved to Tashkent. They lived there with hardship and had a miserable lifestyle. He was forced to work with the Russian Working Army to clear the forests. During that time, the Russian army took him as a prisoner of war and sent him to Siberia, near to Omsk; he lived as a prisoner in Gulag almost three years until the age of 20.

Due to life-threatening illness, he was transferred to hospital for treatment. Fortunately, he had good treatment from a kind-hearted German doctor in the hospital and he got a new life. Due to the Amnesty's intervention in Russia after ending the war, he was released from the prison in Russia. It was a great day for him, feeling free like a bird in the sky. It was here that Karol started his journey to the western world and entered Montreal, in Quebec, Canada. He has been struggling for almost 50 years to achieve respect and pride in his Canadian life. He loves to play Bingo and wins the game frequently, which makes him happy and joyful.



Vibrant Spiritual Lecture in Pine Villa

Honorary Guest Speaker Revered Swami Kripamayananda is an evergreen spiritual scholar, philosopher and advocate. He has dedicated his entire life to spreading the universal message of harmony of religion, divinity of love and peace, and spiritual humanism around the world. His rare lecture vibrated hearts and souls with divinity. The lecture was focused on love, peace, happiness and immortal soul of spirited human fellows through spiritual practices and healings.



PLEASE JOIN VIBRANT LECTURE
"BEING CENTERED IN SPIRITUAL LIFE"
REVERED SWAMI KRIPAMAYANANDA
HONORARY GUEST SPEAKER

DATE: MARCH 11, 2016, FRIDAY
TIME: AFTERNOON 2 TO 3 PM
VENUE: OASIS LOUNGE & THEATRE - PINE VILLA

REVERED SWAMI KRIPAMAYANANDA IS THE PRESIDENT AND MINISTER OF THE VEDANTA SOCIETY OF TORONTO SINCE 2003; DELIVERED OVER 1,000 SPIRITUAL LECTURES AND RETREATS; TRAVELED TO MANY CITIES IN CANADA, USA AND UK; AND ALSO TRAVELED TO JERUSALEM, BETHLEHEM AND SACRED MOUNT KAILASH IN TIBET (CHINA).



The Recreation Department at Pine Villa is looking for residents with special talents to be shared on March 10th, 2016 from 2:00 p.m. to 3:30 p.m. Please contact Laura or Rachel before February 26th. Ask us how!

Talent Show

by Laura

March 10, 2016

With the help of other students and Rachel, the Director of Recreation, the talent show was a success. It gave residents the opportunity to showcase their abilities and at the same time engage socially with each other.

The residents Bea, Ida, David W., Nancy, Anne, as well as staff like April and Molly as well as others, presented their unique talent which was a memorable

Baking Program

By

Angela



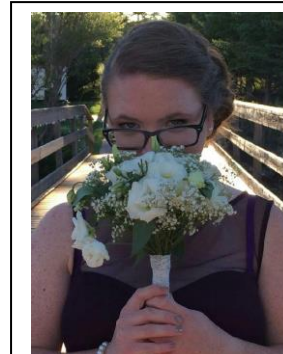


Welcome to New Residents

Pine Villa graciously welcome Greta Deeluw and Joseph Tripodias our new residents at Pine Villa.

Congratulations and Welcome to Rachel Garrett

Rachel Garrett, who recently joined Pine Villa, has been appointed as the new Director of Recreation from February 2016. She was a student under Hayley Stewart between September 2015 and April 2015. Rachel graduated from George Brown Collegewith a diploma in Activation Coordination-Gerontology. We wish all the best for Hayley and her new career.



Pine Villa Team

Pine Villa includes a team of highly skilled, caring and friendly professionals, led by executive director Hartini Kumar who has been with Revera for more than 25 years. Our dedicated staff know the residents and their families very well. All staff focus on providing residents with exceptional services, outstanding experiences, and a warm and supporting environment. See you soon!

Executive Director

Haritini Kumar
416-787-5626 ext 2003

Director of Health & Wellness

Liam Murphy
416-787-5626 ext 2009

Director of Recreation

Rachel Garrett
416-787-5626 ext 2005

Director of Administrative Services

Mimoza Xheka
416-787-5626 ext 2002

Director of Culinary Services

Robert Tarca
416-787-5626 ext 2010

Mailing Address

Pine Villa
1035 Eglinton Ave. West
Toronto, ON M6C 2C8



George Brown College Activation Coordinator/Gerontology Field Placement Team



Laura



Angela



Hom



BURA JANKO : AN OLD AGE CULTURE IN NEPAL SOUTH ASIA

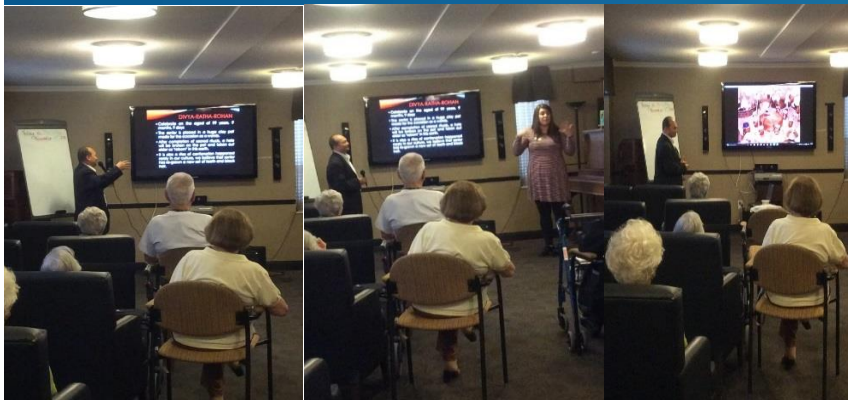
Hom Shrestha
 Activation Coordinator/Gerontology
 George Brown College

SPECIAL EVENT on “BuraJanko: An Old Age Culture in Nepal” held in Pine Villa on November 17, 2015 through presentation, YouTube Video and Live Cultural Dance. All residents enjoyed.

GBC student Hom organized the event and presented a YouTube video about the BuraJanko culture and ritual procession of father-in-law and mother-in-law who turn to 77-year-7-month-7day-7hour in September 1998. BuraJanko is a unique and rare ceremony to worship and honor elderly people in both Buddhist and Hindu *Newar* societies to promote joyful, leisure and spiritual life. After BuraJanko, seniors are considered living gods (or goddess) which has tied-up the social threads for dignified well-being and glory of life.

During the presentation, Lucy (Hom’s daughter) performed a dance to revive the memory of her 91-year old grandmother who sang and danced to traditional love songs during her teens. She was diagnosed with vascular dementia.

An 82-year American senior couple also performed a BuraJanko ceremony with an American inspired Adaptation in



BURA JANKO: AN AMERICAN ADAPTATION

