

RICHMOND WOODS REFLECTIONS

FALL 2019



AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER

Over 50 residents and staff joined in our 2019 Walk-It for Parkinsons where we celebrated with a wonderful BBQ. We raised \$1,059 which was matched by The Sifton Foundation giving us a total of \$2,118! Our goal for 2019 was to raise over \$1,000 and we succeeded.

For fun this year we challenged our sister properties: Longworth, Dorchester Terrace and The Westhill to also Walk-It for Parkinsons. They participated with great enthusiasm! We won the challenge, but the best part is that our grand total raised by Sifton Retirement Living and The Sifton Foundation was \$4,562!

Thank you to all residents and staff that participated!

General Manager – Cheryl Clause

WALK-IT FOR PARKINSON'S WE RAISED \$1,059!!!



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HELLO FROM THE FOOD SERVICES DEPARTMENT!

We are heading into the Fall and Winter months and our rotating menu will soon be changing to feature more comfort foods. We have been spoiled with local produce and fruit over the season, with foods like asparagus, corn on the cob, tomatoes, strawberries, peaches, nectarines and plums. In the Fall months, the Richmond Woods kitchen is still able to get local products from Southwestern Ontario and surrounding areas, so stay tuned for them on the menu. We are also fortunate enough to grow and utilize some of our own crops like little gem tomatoes, parsley, chives, peppers, mint, dill, spinach. We're looking forward to starting again next Spring.

Laura Summerfield – Food Services Manager

SIX FOODS THAT CAN HELP REDUCE ANXIETY

Anxiety is a disorder characterized by constant worry and nervousness which is sometimes related to poor brain health. Medication is often required as treatment. Aside from medication there are several strategies you can use to help reduce anxiety symptoms such as exercising and deep breathing. Additionally there are some foods you can eat that may help lower the severity of your symptoms as a result of their brain boosting properties.

Here are six science based foods and beverages that may provide anxiety relief:

- 1) Salmon** is high in omega-3 fatty acids and vitamin D, which may assist in anxiety relief by promoting brain health. Additionally, consuming adequate amounts of fatty acid may also promote your brain's ability to adapt to changes which allows you to better handle stressors that trigger anxiety symptoms.
- 2) Chamomile** is an herb that may help reduce anxiety due to its antioxidant content and anti-inflammatory effects. Studies have shown that those diagnosed with anxiety disorder experience a significantly greater reduction in symptoms after consuming chamomile compared to those who did not.
- 3) Turmeric** is a spice that contains curcumin, a compound with antioxidant and anti-inflammatory properties that may alleviate anxiety symptoms and prevent damage to brain cells. Additionally, curcumin consumption has been shown to increase blood antioxidant levels, which tends to be low in individuals with anxiety.
- 4) Dark Chocolate** may be helpful for improving anxiety due to its stress-reducing antioxidants and ability to increase serotonin levels. Dark chocolate contains flavanols, which are antioxidants that may benefit brain function. Eating dark chocolate has also been shown to increase levels of the neurotransmitter serotonin, which may help to reduce the stress that leads to anxiety. However, dark chocolate is best consumed in moderation, as it is high in calories and easy to overeat. 1-1.5 ounces is a reasonable serving size.
- 5) Yogurt** contains probiotics, which may have a positive effect on brain health and anxiety levels. Probiotic foods like yogurt may promote mental and brain functioning by inhibiting free radicals and neurotoxins, which can damage nerve tissue in the brain and lead to anxiety. Studies have shown that anxious individuals who consumed probiotic yogurt daily were better able to cope with stress than those who consumed yogurt without probiotics.
- 6) Green Tea** contains L-theanine and EGCG (epigallocatechin), which may promote brain health and anxiety reduction. Studies have shown that people who consumed L-theanine experienced a reduction in psychological stress responses that are commonly associated with anxiety, such as increased heart rate. These effects may be due to L-theanine's potential to prevent nerves from becoming overexcited.

(Monarch Magazine-Official Publication of the Brain Injury of London and Region)

Karon Facey-Resident Wellness Manager



GETTING PERSONAL

MARY FINKBEINER

How long have you lived at Richmond Woods?

I spent five and a half years living in the Richmond Woods Apartments, and have been on the Retirement side for a year and a half.

What is your favourite thing about Richmond Woods?

The friendliness of the people that both live and work here.

What was your first job and how did your working career progress?

I started working at the notions counter in a department store selling thread, needles, and such. After that I worked at Mutual Life Insurance, and then landed a job at the local library. It was my favourite job, and I stayed there for 15 years.

Where were you born? What interesting places have you lived/vacationed?

I was born in the small town of St. Thomas. Every year I'd go on a cruise with a close friend and the most interesting places we sailed were to Venice, Istanbul, New Zealand, and Australia.

What are some of the happiest days of your life to date?

Meeting my husband was the happiest and most memorable day.

If you won the lottery, what is the first thing you would do?

First I would give most of it to my children, then the rest to charity.

What is the hardest thing you've ever done?

The hardest day of my life was losing my husband.

What did you do growing up that got you in trouble?

One day after school I was supposed to go straight home to do ironing for my mother. When the school day was over, a friend invited me to go get a 5 cent sundae and I completely forgot about the ironing. My parents were quite strict and mother was not happy when I got home. I felt so badly about it that I got up early the next morning to do the ironing!

What would people be surprised to learn about you?

Most would be surprised to learn that I'm tech-savvy. Back when working at the library in the 1980s, they were switching everything over from paper to computers so that was a good learning experience. Now I own an iPad which I use every day.

What is one of your favourite foods?

Cheesecake is my absolute favourite.

In your own words what are the most important things that you learned while working/volunteering with others?

Cooperation is very important.

What are words to live by?

Do the best you can every day.

CENTERFOLD GALLERY

RICHMOND WOODS





HERE'S WHAT'S HAPPENING

ALL THINGS SEWING & ALTERATIONS

Do you need your pants hemmed? Join us in welcoming our new seamstress, Many Anne who will be here twice a month, every month in the Great Hall for any of your sewing or alterations needs. Many Anne is excited to offer affordable services to our residents and tenants at Richmond Woods!

Service	Prices
Pant Hems	\$10
Skirt/Top Hems	\$10-15
Shorten Sleeves	\$10-20
Adjust Waist	\$18
Taper Pants	\$18-22
Jacket Zip	\$40
Buttons	\$5
Mend Seam	\$5

VOTING AT RICHMOND WOODS

Richmond Woods will be hosting a federal election polling station on October 21st 2019 from 9:00am-9:00pm in the Great Hall. Come out to exercise your right to vote!

RICHMOND WOODS CHRISTMAS BAZAAR

Come shop to your heart's desire at Richmond Woods annual Christmas Bazaar on Saturday November 23rd 2019 from 10:00am-2:00pm. This year, vendors featured will have home decor, dog apparel, jewelry, and much more. This event is a perfect opportunity to pick up those beautiful gifts for the holiday season!

A REALLY RETRO CROONER CHRISTMAS

They're back! On December 3rd, LINK Theatre will once again be performing their "Really Retro Crooner Christmas" in house. This show brings together Crooners Rick Kish & Connor Boa, those fabulous "Croonettes" and a 3 piece band led by Nevin Campbell for a cool afternoon/evening with lots of surprises, great stories and swingin' tunes. The show features 2 hours of popular standards of the era as well as a whole lot of Christmas music. This special performance is not one to be missed!

THE JOURNAL CAFE IS BACK!

We are excited to have Third Age Outreach return to offer "The Journal Cafe" here at Richmond Woods. The Journal Cafe is an 8 week course of self-expression and journaling.

Fall Program

Tuesdays, October 1 to November 19

9:30 - 11:30 am

Private Dining Room

Where self-expression becomes self-discovery. This program is designed to use various writing techniques that will empower the emotional, spiritual, mental, physical and social self and enhance your ability to harness the magic of pen to paper.

Each week new creative ways will be explored to discover the world of journaling – dialogue, list making, gratitude, vision boards, colouring, self-improvement and more.

This program is available to residents, tenants and the community.

Registration is required for this program.

To learn more about The Journal Cafe or to RSVP for the next session, please call (519) 850-5060.

Third Age Outreach is run through St. Joseph's Health Care London.



BEHIND THE SERVICE

LYNNE GIRLING

PSW/MAC

Where & when were you born? I was born in Welland, Ontario in 1965. I moved to London when I was 20 years old.

How long have you been with Richmond Woods? 11 wonderful years!

What is your favourite meal? Pizza.

A food that you cannot stand? It's a tie between coconut and brussel sprouts.

Favourite movie? Princess Bride.

What are you passionate about? My family.

Where would you want to go travel in the world? I would love to see this beautiful country of ours.

What is your life dream? To eventually live in a lovely cabin in the woods.

If you were stuck on a deserted island forever what are three things you would bring? A wind up radio, a pillow, and a jar of peanut butter.

If you could change your job and do anything what would it be? I would be a police officer.

If you could learn to do anything, what would it be? To play a musical instrument.

What is one of your embarrassing secrets? I do not know how to wink or whistle.

What are three things people may not know about you? I have a diploma in Fashion Design, I'm bilingual, and I love scary movies.

What is something you want to improve about yourself? There is always room for improvement but generally I am very happy with myself.



Share in \$1,000!

Introduce a friend or family member to Richmond Woods and if they become a resident within six months of the referral, both parties will be given \$500! Please collect your form at the reception desk.

SPOTLIGHT



ELVIS ENTERTAINMENT

It's the King's birthday!! The King of Rock 'n Roll that is! On January 8th we will be hosting an Elvis Presley entertainer at 3:00pm, so be sure to come check him out. Look forward to hearing all of your favourite Elvis Presley tunes!

STORE TO DOOR!



Grocery Shopping Service

Introducing a new, weekly delivery service of food staples right to your suite! A variety of food items will be available to order. Great for quick in-suite snacking, diabetic snacks, lazy days and light breakfasts. Get your form at reception today!



Pick up your order form at Reception and select the items you would like to purchase.



We will shop for and deliver the food items you choose, right to your suite!



Order deadline at Reception:
Each Monday by 2:00 p.m.



Order delivery to your suite:
Each Thursday 1 – 4:00 p.m.

This service is available to all residents, all orders are charged to your individual accounts ONLY.

519.850.6247

Richmond Woods
BY SIFTON



MARK YOUR CALENDAR

This London Life – Wednesday, October 30

Mary Poppins – Wednesday, December 11

Fully Committed – Wednesday, January 22

Honour Beat – Wednesday, February 19

Room – Wednesday, March 18

Grow – Wednesday, April 29

Check your Monthly Events Calendar for more great events and activities!

Be sure to share your email address so we can communicate timely news and updates! Simply send your email address to us at info@richmondwoods.sifton.com.

 **LIKE US ON FACEBOOK!**