

# Keeping Connected

Saint Vincent's Nursing Home Resident Newsletter

July 2020 Vol 1 Issue 3

Whew! It's already the end of July! How time flies! Residents and staff have kept a close eye on the tomatoes, beans, peas and various herbs we planted. We celebrated all our "superhero fathers" with Father's Day flowers and "hero chocolate." We also celebrated the provincial "Long Term Care Proud Day" and had a BBQ for staff! Second floor partnered remotely with local musician Joel Plaskett, and made an AMAZING music video for Plaksett's "Going Nowhere with You" (check it out on YouTube!). We welcomed back our hairdresser, Katherine, and everyone is looking better than ever! And, of course, we were overjoyed to welcome back families and friends! It may look and feel different, but it has been great seeing everyone again! We continue to take steps forward in supporting resident overall health and wellness, while keeping everyone safe!



Larkspurs, July's flower



Long Term Care Proud!

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# June Highlights!



**Garden Picnics!**



**Long Term Care Proud BBQ!**



**Celebrating all our "Super Hero" men, who are fathers to us all!**





Looking good ladies! Loving all the beautiful hair cuts!



Planting our vegetables!



Welcome back friends and family!



# July Birthdays!

*Happy Birthday:*

**July 2: Robert (5)**

**July 6: John (2)**

**July 9: Anne (2)**

**July 12: Shirley (6)**

**July 14: Norma (4)**

**July 17: Doris (6)**

**July 24: Dennis (4) &  
Verna (6)**

**July 25: Lorraine (3)**

**July 28: Stanislaw (4)  
& Maureen (6)**

**July 26: Claire (2)**



**July Birthstone: Ruby!**

**Other Significant  
Dates:**

- **July 1: Canada Day**
- **July 7: World  
Chocolate Day**
- **July 9: Nunavut Day**
- **July 23: Gorgeous  
Grandma Day**
- **July 31: Eid al Adha**

## *July's Resident of the Month: Doris! (6th Floor)!*

"No Fools, No Fun!" Said Doris when asked if she had any advice for us.

Doris was born in Musquodoboit Harbour on July 17, 1925. She turned 95 years old this year, and fun she has had!

She grew up on a farm in West Petpeswick with her 6 siblings (with Doris, there were 7 children). They had several animals: horses, cats, dogs, cows, chickens, and Doris carried a love of animals with her wherever she went! She had a dog named Chester, and currently enjoys her "cat," Sandy. Doris left Musquodoboit Harbour and moved to Halifax for work. Doris worked at the dockyard as a telephone operator and decoder. She also worked and retired as an operator with Sears. Doris was one to keep busy! On top of her full-time job, she also worked part time as an exercise teacher at various health centres, and was an active volunteer. She volunteered with Twin Oaks Hospital, helping them to computerize all their files. Not one to stop there, Doris is also an accomplished musician! She has played piano from a very young age, sings and taught herself how to play guitar. She joined a band called the "East Coasters," and they played locally. She would often return to Petpeswick to spend time at her camp. Doris also traveled abroad. She has been to Florida, around Europe (England, Holland, France), and jetted to various places in Canada, including Montreal and all the way over to Victoria, BC. She also visited Hawaii, which was her favourite, and she went twice. Doris still has her guitar here at Saint Vincent's, and if you're lucky, you might just be able to hear her play and sing!

She otherwise currently enjoys spending time in her room with Sandy and reading the newspaper.

Keeping with her motto of fun, Doris also offered this piece of advice: "Enjoy every day that you can, life can be short sometimes."

Hope you continue to have lots of fun and live life to the fullest, Doris!

Happy Birthday!





As he finished painting this Tibetan Monk, Robert “Bob” Milne was closing the door on a 56-year journey. Another, however, was about to begin!

Bob has been painting his whole life! He would have liked to be a commercial painter, but he did not feel talented enough. So he became a merchant mariner. He often painted while at sea, and with his new wife, Jinty, at his side, Bob picked up a paint brush and started his 5 decade journey with this Tibetan Monk. He had the painting finished, except for the hand. Then life kept him busy! He and Jinty immigrated to Canada, had 3 children, and Bob had 4 different careers. Through it all, Bob never forgot about his unfinished painting. He would look at it, and think he should finish that hand! But, he no longer felt confident. The painting would be put away for another day. Before he knew it, Jinty joined us here at Saint Vincent’s, Bob came down with a bad cold, Covid-19 hit and he found himself in lockdown, home alone. So he turned his attention back to painting. He did some watercolours, and with a few paintings under his belt, Bob now felt confident to finish his 56-year old Tibetan Monk. He finally finished that hand! His daughter-in-law posted the completed work on Facebook, and it received over 100 likes in one day! As they posted more of his paintings, people began asking to buy them. Bob was now a commercial painter! Except he donates all of the proceeds! As of July 13, he has sold over 20 paintings with profits being split between Saint Vincent’s Nursing Home and the Alzheimer’s Society!

Prior to Covid-19, Bob was at Saint Vincent’s every day to visit and support his wife. With lockdowns and social distancing, his painting keeps him busy. They are also another way he continues to support his wife and all of us at Saint Vincent’s. Painting, he says, “keeps me out of mischief!”

Thank you so much Bob and congratulations!! Please check out Bob’s paintings on his “Giving Back by Painting,” Facebook page: Robert Milne (link also on the SVNHCares Facebook page) or by sending him an e-mail [marinpio@ns.sympatico.ca](mailto:marinpio@ns.sympatico.ca)!



# Welcome Summer Students!



We are very happy to introduce our recreation summer students!

**Katie (L), Pastoral Care Assistant**, is working alongside our Chaplain, Debbie! She's bringing joy to our Units with beautiful hymn sings and has been working hard on a virtual memorial service! She'll be with us until mid-August. Katie will then begin music studies at Dalhousie!

**Emily (M), Recreation Programmer**, may be a familiar face to some! She was a summer student with us last year, and has volunteered throughout the year! She started with us in June and will be here for another week. She's then heading to Calgary to complete a Master's in English Literature!

**Neve (L), Recreation Assistant**, will be lending her helpful hands to our recreation programming throughout August. In September she'll be returning to Kings College to complete her third year of Law, Justice and Society, and Contemporary Studies.

**Harrison (Not Pictured), Music Therapy Assistant**, is liven' things up and bringing some live Elvis, Johnny Cash and other classic tunes to everyone. He's around throughout August, then heads to Acadia to study Music Therapy.

Thank you Katie, Emily, Neve and Harrison! Be sure to say "hi" if you see them out and about. We wish all our students the best in their future endeavors!

We would like to hear from you!

Please send us any feedback, news, or submission ideas for next month's issue!

Contact Recreation at:

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Or let your Recreation staff member know!

2nd: Marisa

3rd: Lindsay

4th: Emily

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