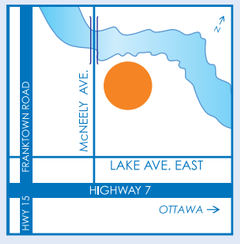
Team Member Spotlight | Hazel Espanol, Wellness Lead

Hazel shares her reflection on gratitude, and her journey to being a Wellness Lead at Waterside

"Start your day with a grateful heart" are words I live by on a daily basis. Growing up in the Philippines, I was surrounded by rice fields, along with the year-round summer heat. Farming was hard work – but there was also a lot of fun: I used to feed and play with our two water buffalos, Rico and Anthony. After a few years, I decided to be a nurse, and eventually ended up nursing in the Intensive Care Unit. When I moved to Canada, I had to start over. First, as a server, and then a Personal Support Worker. With the help of supportive family and friends – especially my husband Alden – I pulled through; and became a nurse once more. Then came another blessing: my son, Archer; my inspiration to keep moving forward. Being a wife, a nurse, and a mother at the same time was fascinating and demanding. In our down time, we visit my in-laws in Beckwith; I really adore the country way of life. Being a full-time mom for Archer, a full-time wife for my husband, and working for Waterside are things I couldn't be more grateful for.

Jazz Day

Waterside's *Paddles* Pub was transported back 1920s, and transformed into a speakeasy! Adorned with black and gold décor, playing some jazz music, and with the bar serving some classic refreshment, Team Members dressed up and served savory treats for everyone to enjoy. To use a theme-appropriate expression: "It was the bee's knees!".



Making Today Great!

Waterside – A V!VA Retirement Community

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THE WAVE

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August 2020

Your V!VA Community Newsletter

O Canada, O "Deer"

Canada Day festivities included live music, laughter, and a surprise visit from our Victory Garden deer! Normally, the deer passes through, but this time she stayed for the music, clapping and dancing! Many of our Community Members wore their red and white, and enjoyed the Canadian Trivia that turned into their own Canadian history story.

Canadian Spirit.

Enjoying the outdoor concert.

Mama and baby deer dropping by for a visit.

"What's the Scoop?" Ice Cream Program

July was National Ice Cream Month – so each Thursday, Waterside scooped up a different flavour of ice cream for our Community Members to try!

Mindful Meditation for Seniors: Benefits & Techniques

Over the last few months, we have all been faced with heightened levels of stress and anxiety in all aspects of life due to the rise of the coronavirus pandemic. While there are many ways to manage stress, one of the most effective methods is through meditation.

For starters, meditation is very personal. The reason it's called "practice" is to emphasize there is no "perfect" way to meditate. Since there are different ways to practice, choosing the one that suits you most will impact the benefits you'll experience

WHAT IS MEDITATION?

Meditation is the mental exercise that involves relaxation, focus and awareness. It is an individual practice, even if it is done in a group setting. Although it is usually practiced with eyes closed and body stillness, this isn't always the case. There are practices that integrate mindfulness in other forms.

THE BENEFITS

While originally an Eastern practice, over the last few years meditation has increased in popularity in Western cultures. When it comes to older adults, meditation provides many benefits. Practicing mindful meditation can improve memory, reduce inflammation, improve circulation, manage chronic pain, strengthen the immune system, alleviate stress, reduce depression, and help with sleeping challenges.

Improve Memory: Meditation helps sharpen and focus the mind. It also aids to store new and old memories and overall brain function.

Manages Chronic Pain: Meditation reduces the risk of certain diseases and psychological disorders associated with chronic inflammation.

Improves Circulation: Deep breathing exercises are conducive to improving circulation and blood oxygen enrichment which provides help to all of the body's organs.

Alleviates Stress: Even if practiced 10 minutes per day, meditation can help control stress , decrease anxiety and improve cardiovascular health.

Reduce Depression: With mindful meditation, we can activate the "happy part" of the brain. Those who suffer from depression can experience heightened feelings of happiness, replacing negative emotions with more positive ones.

Improves Sleep: Researchers found that among 49 older adults with sleep problems, those who practiced mindfulness meditation started to sleep better within six weeks.

As you can see, mindful meditation offers many benefits for older adults – both physical and psychological.

TECHNIQUES

While a very personal experience, meditation can be practiced individually or in a group setting. Although it is common to meditate with eyes closed and body stillness, there are practices that incorporate other forms. Here are some simple mindfulness techniques to consider while meditating:

Deep Breathing

Deep breathing can improve blood pressure, relieve stress, lower heart rate and manage symptoms of anxiety.

Try this: Deep Breathing Circle

1. Draw a large circle on a piece of paper.
2. Make a small mark at the top and bottom of the circle (12 and 6 on the clock).
3. In a clockwise direction, trace your finger along the circle from the top mark to the bottom mark. Inhale slowly as your finger moves towards the bottom of the circle.
4. When you reach the bottom of the circle, begin to trace your finger back up towards the top, exhaling slowly as you go.
5. Try to maintain a slow, steady pace as you trace the circle.
6. Focus on the movement of air in and out of your lungs.

Raisin Exercise

This simple exercise is a good way to begin practicing mindfulness. It involves centering your attention entirely on one object and can help older adults minimize worry while building focus.

While the exercise's name suggests raisins, any food can be used. An unfamiliar food or one with unusual qualities works best.

The participant should pretend they have never seen the food before. They should then note or describe the following qualities of the food in detail:

- How it looks
- How it feels
- How it smells
- How it tastes

There are many other mindfulness exercises you can practice that are easy and simple to do in your own space. Consider the following as other options:

- Start a gratitude journal
- Meditate in the shower
- Set three daily goals
- Be present in the moment
- Enjoy nature
- Recite positive affirmations
- Focus on the outcome of an action
- Stretch periodically
- Observe changes in mood
- Listen to calming music
- Create daily rituals
- Try therapeutic coloring
- Turn off the television
- Plan the following day
- Keep an evening journal
- Use aromatherapy
- Practice guided sleep meditation

For more information, look for our next blog post at vivalife.ca, which will feature an interview with V!VA Lifestyles Manager, Julie Hunter on how meditation changed her life.

August 2020 — WEEKS 1, 2 & 3 — Waterside – A V!VA Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

LEGEND

Orange	Fitness Class
Purple	Special Event
Green	Excursion
✎	Sign Up
$	Cost Required
🚐	Shuttle
👟	Walking

(PC)	*Perks!* Café
(PP)	Paddles Pub
(S)	Spa
(VP)	V!VA*plex*
(VG)	Victory Garden
(VS)	V!VA*fit* Studio
(L)	Lobby
(ML)	Members Library
(BG)	Brain Gym
(CK)	V!VA*craft* Kitchen
(CR)	Charity Room
(P)	Pool

Almost all garden gnomes have red hats.

It's a little gnome fact.

1
- 9:30 V!VA*fit* Exercise of the Month ~ (L)
- 2:00 BINGO (VP) ✎
- 3:00 Popsicle Treats (L)
- 3:30 Classic TV matinee "M*A*S*H" (VP)
- 7:30 Saturday Night Movie (VP)

2
- 10:30 Crossword Café: Pick up this week's challenge at Concierge (L)
- 2:30 Movie Matinee (VP)
- 7:30 Sunday Night Movie (VP)

3 Civic Holiday
- 9:00 V!VA*fit* Walk & Stroll w/ Sue (L)
- 9:30 V!VA*fit* Sit & Stand w/Michaela (VS)
- 11:30 Think Tank (PP)
- 1:30 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS)
- 2:30 Knit Knacks & Hook Nook Club (ML)
- 3:00 Wheel of Fortune w/ Julie (PP)

4 Orange & Blue Day
- 9:00 Online Shopping (PP) ✎
- 9:30 Mindful Meditation (VP)
- 10:00 Tri-ominos (PP)
- 11:15 TED Talk Tuesday (VP)
- 12:30 Victory Garden Picnic (VG) ✎
- 2:00 Washer Toss (PP)
- 4:00 Tipsy Tuesday (PP)

5
- 9:15 Zen Coloring (CK)
- 10:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS)
- 10:00 Smoothies w/Julie (PP)
- 11:00 Waterside Online Worship (VP)
- 2:00 V!VA*fit* Walk & Stroll w/Sue (L)
- 2:30 Things I learned on the Web (VP)
- 7:30 BINGO (VP) ✎

6
- 9:30 Mindful Meditation (VP)
- 10:00 Truthful Trivia (PP)
- 11:00 Knit Wits (ML)
- 11:30 Game of Possibilities (PP)
- 2:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS)
- 2:30 Musical Entertainment w/ Peter (VG)
- 7:30 Movie Night (VP)

7
- 9:30 V!VA*fit* Walk & Stroll w/Julie (L)
- 11:00 Brain Boosters
- 2:00 Root Beer Floats w/ Julie (PP)
- 4:00 Friendly Friday (PP)
- 7:30 Movie Night (VP)

8
- 9:30 V!VA*fit* Exercise of the Month ~ (L)
- 2:00 BINGO (VP) ✎
- Musical Entertainment w/ Hermann (VG)
- 3:00 Popsicle Treats (L)
- 3:30 Classic TV matinee "M*A*S*H" (VP)
- 7:30 Saturday Night Movie (VP)

9 Guessing Jar
- 10:00 Guess How Many! Guess the number of candies to win it all! (L)
- 10:30 Crossword Café: Pick up this week's challenge at Concierge (L)
- 2:30 Movie Matinee (VP)
- 7:30 Sunday Night Movie (VP)

10
- 9:00 V!VA*fit* Walk & Stroll w/ Sue (L)
- 9:30 V!VA*fit* Sit & Stand w/Michaela (VS)
- 11:30 Think Tank (PP)
- 1:30 V!VA*fit* Strength w/Michaela*(VS)
- 2:15 Jam Workshop Test & Take-home jams (CK) ✎
- 2:30 Knit Knacks & Hook Nook Club (ML)
- 7:30 Cards: Player's Choice (ML)

11
- 9:00 Online Shopping (PP) ✎
- 9:30 Mindful Meditation (VP)
- 10:00 Tri-ominos (PP)
- 11:15 TED Talk Tuesday (VP)
- 2:30 Musical Entertainment (PP)
- 4:00 Tipsy Tuesday (PP)

12 National Vinyl Record Day
- 9:15 Zen Coloring (CK)
- 10:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS)
- 10:30 Vinyl Facts! (PP)
- 11:00 Waterside Online Worship (VP)
- 2:00 V!VA*fit* Walk & Stroll w/Sue (L)
- 2:30 Vinyl Shop Enjoy music, tea and treats (VP)
- 7:30 BINGO (VP) ✎

13
- 9:30 Mindful Meditation (VP)
- 10:00 Think Tank (PP)
- 11:00 Knit Wits (ML)
- 11:30 Game of Possibilities (PP)
- 2:00 V!VA*fit* Strength (VS)
- 3:00 Ladder Ball (VG)
- 6:45 Radio BINGO $3 for 3 cards $6 for 6 cards MUST pay by Aug 9th ✎ $
- 7:30 Movie Night (VP)

14
- 9:30 V!VA*fit* Sit & Stand (VS)
- 10:30 What is That?! Game w/Michaela (PP)
- 2:30 Derby Day Horse Racing Game w/ Michaela (PP)
- 4:00 Friendly Friday (PP)
- 7:30 Movie Night (VP)

15
- 9:30 V!VA*fit* Exercise of the Month ~ (L)
- 2:00 BINGO (VP) ✎
- 3:00 Popsicle Treats (L)
- 3:30 Classic TV matinee "M*A*S*H" (VP)
- 7:30 Saturday Night Movie (VP)

August 2020 — WEEKS 4, 5 & 6 — Waterside – A V!VA Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	**17** 9:00 V!VA*fit* Walk & Stroll w/ Sue (L) 9:30 V!VA*fit* Sit & Stand w/Michaela (VS) 12:30 Lunch & Movie "Cool Runnings" (VP) 1:30 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 2:30 Knit Knacks & Hook Nook Club (ML)	**18 Hawaiian Day** 9:00 Online Shopping (PP) 9:30 Mindful Meditation (VP) 11:15 TED Talk Tuesday (VP) 2:30 The Waterside Palms Treats, beach games and Bar is open (PP) 4:00 Tipsy Tuesday (PP)	**19** 9:15 Zen Coloring (CK) 10:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 10:00 Smoothies w/Julie (PP) 11:00 Waterside Online Worship (VP) 12:30 Victory Garden Picnic (VG) 2:00 V!VA*fit* Walk & Stroll w/Sue (L) 2:30 Things I learned on the Web (VP) 7:30 BINGO (VP)	**20** 9:30 Mindful Meditation (VP) 10:00 Guess Who! (PP) 11:00 Knit Wits (ML) 11:30 Game of Possibilities (PP) 2:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 2:30 Musical Entertainment (VG) 7:30 Movie Night (VP)	**21** 9:30 V!VA*fit* Sit & Stand (VS) 10:30 Brain Boosters (PP) 12:30 BBQ Grilled Lunch Picnic (VG) 2:30 Jeopardy (VP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	**22** 9:30 V!VA*fit* Exercise of the Month ~ (L) 2:00 BINGO (VP) 2:30 Classic TV matinee "M*A*S*H" (VP) 3:00 Derby Day Horse Racing Game w/ Michaela (PP) & Popsicle treats 7:30 Saturday Night Movie (VP)
23 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	**24** 9:00 V!VA*fit* Walk & Stroll w/ Sue (L) 9:30 V!VA*fit* Sit & Stand w/Michaela (VS) 11:30 Think Tank (PP) 1:30 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 2:15 Julie's Game Show (PP) 2:30 Knit Knacks & Hook Nook Club (ML)	**25 Hat Day** 9:00 Online Shopping (PP) 9:30 Mindful Meditation (VP) 10:00 Tri-ominos (PP) 11:15 TED Talk Tuesday (VP) 2:30 Homemade Cookies w/Lifestyles (CK) 4:00 Tipsy Tuesday (PP)	**26 Corn Roast** 9:15 Zen Coloring (CK) 10:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 10:00 Corn Facts! (PP) 11:00 Waterside Online Worship (VP) 2:00 V!VA*fit* Walk & Stroll w/Sue (L) 2:30 Things I learned on the Web (VP) 7:30 BINGO (VP)	**27** 9:30 Meditation (VP) 10:00 Truthful Trivia (PP) 11:00 Knit Wits (ML) 11:30 Game of Possibilities (PP) 2:00 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 3:00 Washer Toss (VG) 6:30 Elvis Presley Party Bar Night Bar is open & snacks (PP)	**28** 9:15 Juice Bar (PP) 10:00 V!VA*fit* Walk & Stroll w/Julie (L) 11:00 Tri-ominos (PP) 2:30 Birthday Party Friday (VG) 3:00 Friendly Friday (PP) 7:30 Movie Night (VP)	**29** 9:30 V!VA*fit* Exercise of the Month ~ (L) 10:00 Think Tank w/Julie 11:00 V!VA*fit* Walk & Stroll w/Julie (L) 2:00 BINGO (VP) 3:00 Popsicle Treats (L) 3:30 Classic TV matinee (VP) 7:30 Saturday Night Movie (VP)
30 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	**31** 9:00 V!VA*fit* Walk & Stroll w/ Sue (L) 9:30 V!VA*fit* Sit & Stand w/Michaela (VS) 11:30 Think Tank (PP) 1:30 V!VA*fit* Strength *pre-booked apt w/ Michaela*(VS) 2:15 Summer Games (VG) 2:30 Knit Knacks & Hook Nook Club (ML)	What happened after scientists watched the earth turn for 24 hours?		They got bored and called it a day.		

*Calendars are subject to change.