

RICHMOND WOODS

RETIREMENT RESIDENCE



WINTER 2011



Manager's Message from Mary Ellen

Christmas 1959

Such an exciting Christmas in my family! I was 3 years old, my older sister Carol was 4 years old, and our brother John was one year old. We had a busy household!

Two weeks before Christmas, on a Saturday, we bundled up and went out to the “tree lot” to pick the perfect evergreen. It was bundled up and loaded on the top of our car with rope, and home we went. We were not permitted to decorate the tree the day we brought home the tree, as my father said we had to let the branches “fall”.

We had a tree stand that bolted into the trunk of the tree and we had to place a small bowl of water under the stump end. This was to prevent the needles falling and upsetting our mother!

Sunday after church my sister Carol and I would help our father to check all the light bulbs on the strings of lights. If one was burnt out my father removed the

continued on page 2

What's Inside ...

Manager's Message from Mary Ellen	1
The View From Here	2
Nursing in 1950	3
Hair Salon Update	3
Message from Food Services	4
Christmas Trivia - 1950	5
Recreation During the 1950's	5
1950's - Christmas Time	6
In Your Corner: Round 1	7
Caught in the Act	8



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bulb and we put in the new one, sometimes with a snowball or “bubbling” glass light, which we loved! The Christmas albums were put on the stereo, and the stepladder was brought out for my father to string the lights on the tree, and then my mother’s job was to place our Angel on the top of the tree.

We then began to decorate the tree. Glass pine cones, bells, wooden miniature ornaments went on first. (Needless to say my sister was a perfectionist and didn’t like me clumping ornaments on one side of the tree.) The silver heavy tinsel went on last – my favorite! Now the tree took on a life of its own!

The tree skirt was white cotton batten sheeting with sparkles, (to look like snow) and it went around the base of the tree. We had a miniature village we set up on the “snow” which awoke our imaginations of Christmas yet to come.

The privileged job in our home was to set up the Nativity Scene. This went on the fireplace mantel – again on the white cotton. My mother and sister did this as it was very fragile. I was fascinated by the “fake” hay for the Manger, tiny baby Jesus, and the proper placement of all the pieces.



Now it was time for home baked Christmas cookies and egg nog! The magic of Christmas was born in the Cook home for another year!

Mary Ellen Renwick
General Manager

The View From Here...

The following quotes were taken from papers written by a class of 8 year olds:

WHAT IS A GRANDPARENT?

Grandparents are a lady and a man who have no little children of their own. They like other people's.

Grandparents don't have to do anything except be there when we come to see them.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the colors of the flowers .

They don't say, 'Hurry up.'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.

They kiss us even when we've acted bad.

Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

and my favourite,

My grandmother lives at the airport and when we want her, we just go get her. Then when we're done having her visit, we take her back to the airport.

Peggy Fox
Assistant General Manager



Nursing in 1950

We have been asked to describe our winter memories in the 1950's. Of course, I am way too young to remember! However, I thought I would depict a nursing role duty of this generation. Oddly enough, some of the tasks I completed in 1978 when I graduated. Here are a few of the thoughts:

- ❖ Temperatures were taken with mercury thermometers which were kept in cups of isopropyl alcohol. Rectal and oral thermometers were kept separate; the rectal thermometers were a red top and the oral were blue. Don't mix them up!
- ❖ Syringes were re-usable glass and the needles were re-sterilized.
- ❖ Glass drinking tubes were used instead of straws.
- ❖ IVs came in glass bottles. The nurse would mark the outside of the bottle with a piece of tape to the level she was to absorb by the end of the shift.
- ❖ Antibiotics primarily consisted of penicillin.
- ❖ Polio vaccine did not come in until the 1950s.
- ❖ Nurses generally wore white dress uniforms with their white nursing caps. My Sunday evening was making sure all of my uniforms were ironed for the week, my nursing cap was starched and my shoes had a fresh coat of white painted shoe polish to cover any scuff marks.
- ❖ The nurses would decorate the nursing station, often with home-made decorations.
- ❖ Carolers would come around the wards to sing Christmas carols.
- ❖ The paediatric floor would be visited by Santa Claus and the babies in the nursery would be put in Christmas Stockings.
- ❖ Windows would be hand-painted by staff.
- ❖ Most patients would be discharged home if able. Those that were there on Christmas, we would all go around to each of their rooms and sing.

My personal earliest memory of Christmas, was putting out home-made shortbread and a bottle of Coca Cola on the fireplace mantle. I found out in later years, this was Ted (our babysitter's favourite). Mom would have our hair in pin curls covered with toilet paper and a hair net. This of course kept the curls in for the next day. The morning was excitement of seeing what Santa had brought to our chair and to see if he ate our treats.

Wishing you all a happy holiday season.

Marylu Fulkerson
Wellness Manager



HAIR SALON UPDATE

Just want to update you on what is happening in the hair salon and spa. First of all, the name has been changed to **Hair Connection Salon** and the new number is **519-472-0203**, if you wish to make any appointments.

The salon is keeping very busy with lots of hairdos including, cuts, colors, perms and men's cuts too. We want to continue to have all of you looking great!!

Just a reminder, try to book your appointments ahead to ensure getting your hair done for the holidays, which are fast approaching. We will be happy to serve all your hair and nail needs. Manicures and pedicures are offered right here in the salon. Each manicure includes, filing, cuticle work, massaging and polish/nail hardener, if you wish. Our pedicures are one hour in length which includes filing, scrubs, massage and polish/nail hardener. We also offer waxing for upper lip, chin and brows. See Jennifer, our Certified Esthetician to get those nails and feet looking healthy and great and your face looking radiant!!

We will also offer facials but only once a month, as we need to bring in lots of equipment. Give us a call at **519-472-0203** for booking facials or any of our other services.

Our hours at Richmond Woods are:

Tuesday - starting at 9:00am (Hair)

Every other Wednesday - 9:30am-2:00pm (Nails)

Thursday - starting at 9:00am (Hair)

To book appointments, you may either come into the salon or call **519-472-0203** when we are not in the salon. If we are not available to answer the call, please leave a message and we will get back to you within that day. Please note: Our duration of hours change as we work until we are done our last client of the day.

The staff at **Hair Connection** have several years of experience and will listen to all your styling needs. If you have any questions or concerns, please do not hesitate to ask the staff or contact Mary-Anne, at the number above. Thank you to those residents for your continued dedication and loyalty to our salon throughout the years. It is our pleasure serving all of you. To the new residents, welcome and we look forward to seeing you in our salon.

On behalf of the staff at Hair Connection we wish everyone at Richmond Woods a safe and happy Holiday Season!!

Mary-Anne Haasen – Owner/Stylist

Connie – Stylist Sue – Stylist Mary – Stylist

Jennifer – Certified Esthetician



The 1950's — the domestic ideal was the stay-at-home mom busily cooking and cleaning away in her high heels and pearls.

This was the decade of Tupperware parties, Jell-O molds & spiraled ham. Prepackaged convenience food (cake mixes, condensed soups & frozen foods) have just hit the market, combined with the latest time saving appliances (blenders, mixers). In 1953 the Swanson's famous TV dinner was released to the public. The original box was modeled after a television, which people were beginning to watch as they ate meals. What is considered a last minute, quick-fix for a meal today was a real treat in the 1950's.

In the postwar years cooking took on a new importance. Making food was no longer simply about keeping your family fed—it's now about expressing your love for them. You know what they say "The best way to a man's heart is through his stomach." That is exactly what they celebrated.

The soldiers are bringing back new recipes & traditions from the war, primarily from Hawaii, China and Japan. The household cooks are "Americanizing" them. There were a lot of door to door visitors in this decade, especially at the end of November to early December, just in time for presents. People were selling milk, vegetables, books & bibles.

The holidays were very important in the 1950's; it gave society set traditions in a world that was continuously moving. The "Christmas tree" was a big one. Not only did it smell beautiful, it was a staple in most households. It was decorated and then real wax candles were placed & lit on the thicker branches. Stringed popcorn (or cranberry garland) was a common decoration, as well as glass ornaments, coloured construction paper rings. In the late 1950's bubble lights & tinsel were brought on to the market.

The meal that was commonly served on Christmas was Roasted Turkey or Spiraled Ham (pineapple), cranberry sauce, Jell-O Salad, dressing, mashed potatoes, home-made buns, Christmas pudding, pumpkin pie & shortbread cookies.

A lot of the traditions back then are still carried through on today's traditions. It was really interesting for me to research and interview family members about the traditions and recipes back in the 1950's. A large number of the staple foods are the same; it's just the method of how they are cooked. Christmas traditions are a strong part of my family, and I do not take any moments for granted. There's nothing better than being together with family & celebrating the holidays. Happy Holidays!

Laura Summerfield
Food Services Manager



For the holidays the Food Service Department are baking:

BUTTER TARTS

6 Tarts for \$9.00

12 Tarts for \$17.00

The tarts come plain or with nuts (you must specify on the form), packaged and ready to take to a holiday party, as a gift or just home to eat.

Tarts will be ready for pick up December 16th

Just place your order at the front desk/ reception.

Cash or Cheque accepted



CHRISTMAS TRIVIA - 1960

The number one song on Christmas Day:
The Tennessee Waltz – Patti Page



Stars of the year included: Ava Gardner, Dorothy Dandridge, Rita Hayworth, Lauren Bacall, Doris Day and Lana Turner



Best Film Oscar winner:
All About Eve, starring Betty Davis

Cost for items for your Christmas dinner:

Potatoes - 35 cents per 5lb

Frozen green beans - 24 cents per 1/2 lb

Cabbage - 6 cents per lb

Onions - 15 cents per lb

Turkeys - 49 cents per lb

Eggs - 45 cents per dozen



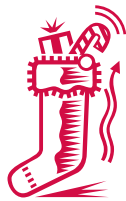
Average income per year: \$3,100

Average cost of a new car: \$1,500

Gas: 18 cents per gallon

David Foley

Environmental Services Manager



Recreation During the 1950's

Recreation during the 1950s tended to be family oriented. Families bowled together, went to ball-games together and watched the latest prize-fight on television together with Mom's home-cooked meal or latest Swanson & Sons TV dinner on their individual tin trays in front of them. It was a time when dads would play baseball or chess with their sons, weaning them on the basic principles of competition, so that they could apply what they learned to the corporate world.

Sport watching was especially popular at this time because the television networks were in their nascent states and had just started to broadcast on a regular basis and therefore needed programming. Sports needed no scripts, actors, directors or stage. All that was needed was a cameraman and a broadcaster to interpret the subtleties of the game for the home or bar bound audience.

Unlike today, athletes had a relatively clean image, untainted by greedy salary mongering, corporate product pushing, drug addiction scandals, or regular unruly behavior. Like everyone else, athletes were highly concerned about their public image and therefore behaved and groomed accordingly.

In 1954 Americans spent \$13 billion on recreational activities and \$224 million on spectator sports.

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The Most Popular Activities:

Baseball, Basketball, Billiards, Bowling, Boxing, Bullfighting, Canasta, Car Racing, Checkers, Chess, Fishing, Football, Gambling, Golf Greyhound Racing, Horse Racing Hunting, Roller Derbies, Table Tennis, Tennis, Wrestling, and Hockey.

Canada's National Sport

In the 1950s the National Hockey League (NHL) simply stayed put. There were no franchise changes, few television contracts, and for most people in the United States the NHL remained invisible. There were only six franchises, with four in the United States: Boston, New York, Detroit, and Chicago. The only Canadian teams were Toronto and Montreal. Americans outside of the Northeast paid little attention to hockey.

To the dismay of Canadians an American team, the Detroit Red Wings, dominated the sport from the late 1940s through the middle of the 1950s, and Red Wing offensive star Gordie Howe was the league's preeminent player. Howe may have played for an American team, but he was, like every other player in the NHL, a Canadian. Tommy Williams of Minnesota joined the Boston Bruins in the later part of the decade and was, for a long time, the only American in the league.

Jennifer Lightfoot, Recreation Manager





1950's - Christmas Time



Imagine a world without Computers, Mobile Phones, Game Consoles, a world where only half of the population have a TV Set, about the same amount with Cars, a Telephone and you're somewhere near the mark of the 1950's. Then you have, for the first few years, a Nation still buying rationed food. It sounds centuries ago doesn't it - and for some, it feels it!

For families, Christmas time was much the same as now, except your Aunty and Uncle arrived on a Train rather than a car. Christmas Cards were sent not like now, just to make a gesture that you remember someone, but it was for many the only form of communication; a note would often be attached and rest assured it was not the only note you received during the year.

One gentleman recalled; On Christmas Eve his family would go to their grandmother's house in the country. They would arrive to the smell of burning logs and their grandfather's pipe. The walls would be decorated solely with Holly and the real Christmas Tree stood aloud lit by candles. In the evening they would sit around the piano with the candelabra and their grandmother would lead in festive music. Whilst this was happening, the Yule Log would gentle glow itself away.

Presents were strewn across the floor near the tree and the children would look on inquisitively at the shapes wondering what they'd find the following morning. The morning would come and here starts more of the differences. If children were very lucky, they may get 6 presents just one each from immediate family. One gentleman recalled the biggest present of all during the 50's was probably a Brownie Camera - in a Gift pack don't you know!

His sister would get the usual dolls, Girls Own Annual and other girlie things like Hair Grooming sets and pretend Cosmetics. For weeks after, you would go to bed and neatly stack your new things next to your bed, always putting things back in boxes and in constant fear of a burglary!

Christmas Day has remained much the same as in the food you ate etc., the big difference being that the vegetables would always come from your own Garden. Even the Milkman called on Christmas morning and you would be surprised that he saw the end of his Round, it was quite normal for him to have a tippie at every house.

Although there was TV, it was only in the late 1950's that 'Christmas Specials' started, these being mainly imports from the USA such as the Perry Como Show, Andy Williams etc. Even then, TV was a minor part of Christmas. Parents were usually busying themselves with domestic duties whilst the children immersed themselves in their new toys and books.

Another factor was that Christmas did seem a special day. It didn't start in late September as it seems to now; it started just a few days before the event which made the actual day itself exciting and memorable. The only thing to start early was baking the Cake usually sometime in November and searching for a Yule Log.

I wonder how many families now get through a Christmas Day without 24/7 TV, text messages, some time on the PC and iPods!



Chris Hepburn
Business Services Manager



In Your Corner: Round 1



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Happy birthday, Earth Citizen Number 7 billion!

According to the United Nations Population Fund (UNPF), sometime this month the world will welcome a newborn who will be the 7 billionth person living on our fair Earth! As amazing as that number may seem, imagine this: the Earth is expected to accommodate 9.3 billion people by 2050, and 10+ billion by the year 2100! This compares to an estimated global population of 1 billion in 1800, 3 billion in 1960 and 6 billion in 1999. To me, these numbers suggest two things. First, that all those people will need “things” (e.g. food, homes, transportation, consumer goods, etc.), which drives long-term growth in demand and consumption. Second, that many of these future “things” will need to be invented, designed, manufactured, distributed and serviced, creating exciting new jobs, products, solutions, industries and businesses that don’t even exist today. Ultimately, this helps to put our present day economic challenges into perspective, and gives hope for the future. Yes, I said future!! Many Canadian seniors live their lives for today, however they still need their capital making money for the future. I have dealt with many senior clients who have aspirations to leave an inheritance to their loved ones or maybe a large donation to their favourite charity. The world is growing and your money should too, if it’s not, your aspirations are going to be hard to accomplish.

Houston, we have a problem!

Short-term rates are expected to remain low for the next 12-24 months, providing a “base” for investment and growth. In addition, with The Fed’s recent bond market machinations (i.e. Operation Twist) are also likely to keep long-term rates low for the foreseeable future. Houston, we have a problem! With low rates, how do seniors make monthly income to pay for those bills? How do you have your capital appreciate for the future? I find most traditional senior investors GIC centric and zero tolerance for risk. That’s not a bad thing and with GIC rates at 19% in 1981 who wouldn’t be a GIC investor? With today’s average of 1.4% interest on a 1 year GIC, your money is not even keeping up with inflation and in turn you are losing buying power as time progresses! See the problem, Houston?



With the markets and the economy tripping over its feet, an opportune time might be presenting itself for zero risk to very conservative investors. There are multiple options being offered today which might suit your needs. For example: Canadian Market-Linked GICs offer the best of both worlds – the security of a GIC and the growth potential of the equity markets. If you require income, Bond funds which contain a high degree of Canadian government short term bonds might be a viable option for some of your capital. When your next GIC comes up for renewal, ask your financial advisor for some alternatives which best suit your needs and your goals.



TRIVIA QUESTION:

- What year did man land on the moon?

Find the answer in volume two or you can always email me!



Caught in the Act

