

Abbeyfield

House ~ High River

Abbeyfield House Society of High River.
 Box 12, 708-2ND Street SE., High River, Alberta. T1V 0C6
 Charitable Registration # 89119 9028 RR0001



At Home

The Abbeyfield House Fundraising committee would like to thank **Vera, Lloyd** and **Mavis** for their donation to our silent auction. A great night was had by all.

Remembering Aleda

We are very sorry to hear about the passing of Aleda. We will miss your smiling face at meals and really funny stories. And the way you always trying to get one on Linda.

Abbeyfield Staff - Ella

I was born in Edmonton and raised for a time in the Coal mining community of Nordegg, Alberta and later moved to a prairie town in Kindersley, Saskatchewan.

Our first few years of young married life was spent in the oil patch travelling across three provinces.

As a young married couple with three children ages 6, 7, and 9, we left for Oran, Algeria where we lived for seven years and later Jakarta, Indonesia. We travelled extensively throughout Europe, Indonesia, Singapore; also Egypt and Bali which were the highlights.



Living in Algeria was definitely a challenging learning experience - a complete change of life style. Shopping for food which was not packaged or frozen, (very few conveniences). Fresh vegetables and fruits in season, meat hanging in open markets (beef, sheep, goat, horse meat, chickens) and plenty of seafood. We ate well! I learned the French language; new ways of cooking, volunteered, entertained, and painted. I had to learn a new way of communicating 'without' talking politics and religion (believe it or not) and how to begin a conversation with the local people. Indonesia was an easier adjustment for me except for the humid air and heavy seasonal rains.

My middle years were dealing with the return to Canada, my children leaving the nest after finishing their final schooling, and the family home sold. I travelled to Asia for five months, and United States before settling in Alberta.



In the fall of 1984 I decided nursing was my goal. Why nursing after being out of school for 29 years? My daughter told me why not, you talked of nursing for many years, as long as she could remember. I upgraded my 10, 11, and 12 for a year then entered a three year program in Edmonton, graduating in May 1988 as a RN. My nursing career ended after 2 ½ years due to a car accident. What a great loss to me.

Dealing with the death of my mother and husband was difficult. I returned to my painting and sculpturing roses and become known as "fingerprints of the soul" an expression of love for family and friends, which later sold on the market.



I have been truly blessed with a great family, grand children and the opportunities to bring all my passion in life together. For the past 4 summers, I spent my time in Eastend, Sask. as the curator of an art gallery that my son, partner, and myself own.

Presently, working with the residents and fellow staff at Abbeyfield House is a rewarding experience - once again giving me a cherished gift of new friends.

Abbeyfield House

What's Happening Around Town

To find the sixth mural, go north on Macleod Trail, turn right (east) on 4th Avenue. You will see the mural on your left.

Mural 6. Cattle Drive at the 'D' Ranch on Pekisko Creek

Jack Rigaux, 1990

High River's first mural was inspired by a photograph taken by Mary Cartwright on the D Ranch near Longview. Moving large herds of cattle through open country was a huge undertaking and required special skills and patience.



Chuckle Corner

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh



Your Annual Checkup



Blood Pressure: Your blood pressure should be checked during every visit to your doctor.

Height: Significant loss of height can indicate the acceleration of osteoporosis. Height is lost as a result of compression of the spinal cord.

Weight: Significant weight loss or gain can signify serious health problems. Weight gain can mean fluid retention or heart, liver or kidney disease. Weight loss could indicate infection or cancer.

Blood Work: Yearly blood work should include a blood count to rule out any bleeding problems, glucose levels to detect diabetes, thyroid function tests, and blood electrolyte counts. Fecal Occult Blood Test should also be done yearly.

EKG: It is recommended that a baseline EKG be done around age 50, then every 2 to 3 years.

Flexible Sigmoidoscopy/Colonoscopy: The recommendation is that a sigmoidoscopy be done every four years or a colonoscopy every two years for anyone with a higher risk of colorectal cancer.

Men

Prostate Exam: Starting at age 50, a man should have a digital exam of his prostate. **(PSA)** Prostate Specific Antigen is a blood test that can indicate prostate cancer. If the level is high, a biopsy of the prostate may be needed.

Women

Mammogram: Women over 50 should have regular screening, which you should discuss with their doctors. Monthly self breast exams should also be done.

Pap Smear and Pelvic Exam: This test should be done every three years, or yearly if at higher risk for cervical or vaginal cancer.

Measurement of Bone Mass: There is no standard for frequency of this exam. Women with a family or personal history that puts them at higher risk of osteoporosis should have this test.



A great living choice for seniors in High River

Abbeyfield House



Abbeyfield Gala

Abbeyfield House held it's annual fundraising Gala Dinner on Saturday March 26 at the Highwood Golf Club. The theme was a Medieval Dinner, and guests were encouraged to dress as lords, ladies, monks



and wenches and any other character they could think of. The menu was based on a real medieval feast, with Chef Chris at the Highwood serving authentic soup, main dishes of haunch of beef (donated by Ralph and Jackie Nelson) and half game hens (Jason and Sobey's) and traditional vegetables, all topped off with tarts and puddings for desert and real Mead served at the tables. Entertainment was provided by the Lord High Chancellor Gery Schubert who had the guests laughing all evening. But the real stars were the head table of Emile Blokland (King Emile the Mayoral), George Groeneveld (Lord George of the Legislature), Les Rempel (The Earl of Les Ismore) and their wives, and Eldon Couey (Sir Eldon of Couey). In particular Lord George gave a tremendously funny performance as the star in a Tale of Knights. The fundraising exceeded even last year, with Jay Macloed the winning bidder on one of the star attractions – an evening at Carlson's on Maclead – guest Danielle Smith (Wild Rose Alliance) and husband Dave being co-winners of the Kimberley Condo from Bob Delanoy and Brenda and Glenn Springsteel, along with other co-winners Ron and Donna Abramson of High River. President Brenda Sawers thanked all for coming and gave some background on the importance of Abbeyfield House in the Foothills community and the evening wrapped up with special awards being given to Cathie Johnson and Lee Amblin for their remarkable service to Abbeyfield, with an award to Eileen Malberg to be presented at the AGM.



Special thank you to our wonderful sponsors (see Friday High River Times), silent auction donors, Pat Orritt and her "Wenches" from Servus Credit Union, and the many volunteers who worked so well as a team to put on what one guest said on leaving was "the best charity dinner of the year".

