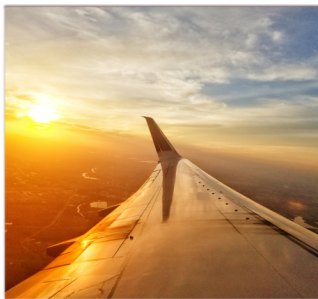


MAY



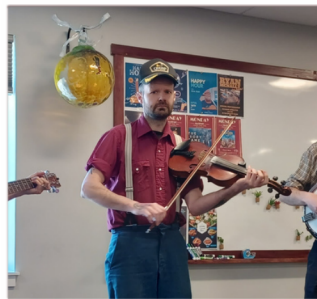
"The month of May is the gateway to summer"

### **Senior Spin**



This edition of Senior spin:  
Retirement Travel: 7 Senior-Friendly Travel Insights Before Hitting the Road

### **Highlights of the Month**



This April we we kicked off the sunny season in style with a trip to swan haven and many great Musicians!

### **Staff Spotlight**



This months spotlight features Ana from the reception team.

# TOWN HALL

## Town Hall

Do you have questions or concerns about something around Normandy Living?

Voice your concerns at the next Town Hall meeting with your fellow residents and Managers.

Town hall will be held on May **18th** at **2:00pm** in the Willow room.

## Special Occasions

Mothers May 12th  
Victoria Day May 20

## Thank you Normandy Living

Thank you for helping me with the year long bottle drive mission I have been on. Absolutely could NOT have done it without each of you helping. Unbeknownst to me, our finance gals were tracking the funds I turned in and it was over \$1000 this year. I got a really nice email and my very own bobble-head!

Sylvia

(to see the full thank you letter please see the front desk)



# RECEPTION

# STAFF SPOTLIGHT

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## ANA

Ana (Ana Rosa is her full first name) is from Baguio, Philippines, a city of about 370,000 people. It's 250 kilometers north of the capital, Manila. Baguio is called the "summer capital" of the country because it's a mountain town with a cool temperate climate and people love to go there to get

away from the heat at sea level. She is from a farming family and has four older brothers. Ana is not fond of physical work, so she says it's fortunate that she was the youngest.

She speaks Tagalog and several dialects of it as well as English. Her educational background is in teaching.

Ana describes herself as a homebody. She arrived in Whitehorse in January. Her husband had already been here for a few years. While here, she wants to continue to learn – her hope is to study early childhood education. "Whitehorse is good. It's not really a BIG city. I think it's good for me. The problem is the temperature."

Do you get the idea that Ana's favorite season is NOT winter? "It's really, really NOT! When I came here it was freezing cold. I don't really like to go out during winter – you need to put everything over

## RECEPTION

# STAFF SPOTLIGHT

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everything, and it's too heavy. When you go inside, you have to remove everything". I assured her that she would get used to it, and that layers are a great way to deal with the cold temperatures. I don't think she was convinced.

On the bright side, Ana did go ice-fishing with her husband at Hidden Lake and caught one fish! She declined to go a second time. She is looking forward to camping this summer. "Everyone says you will forget winter when summer comes."

As for long-term plans, Ana and her husband are looking for somewhere in Canada that's a little warmer than the Yukon in the wintertime - Vancouver, Toronto or Nova Scotia. Maybe after a Yukon summer they'll think about staying here!





# *Retirement Travel: 7 Senior-Friendly Travel Insights Before Hitting the Road*



One of the best things about being retired is having the ability to go where you want, when you want. So if you can't wait to travel, you're not alone! However, it's important to take some sensible precautions to ensure your trip goes smoothly. Here are seven senior-friendly travel insights you should know before hitting the road.

## 1. Be Discrete

No matter how excited you are, don't post about your trip ahead of time. That lets people know you won't be home. Instead, take lots of photos, and share your experience when you get home.

## 2. Be Secure

There is always a chance of being targeted by thieves when you travel. So consider investing in pickpocket-proof clothing, and make copies of

important documents just in case you are targeted. Make use of your hotel safe for documents and valuables. And let someone know where you will be if you are travelling alone.

## 3. Choose Hotels Wisely

Remember, not all hotels have accessible features, particularly if you are travelling internationally. So be sure to choose hotels that can accommodate your needs. If you have mobility challenges, call before booking to ensure the hotel offers accessible options or first-floor rooms.

## 4. Prepare for Air Travel

Travelling by plane allows you to get to your destination quickly, but it does require some special considerations. Always keep important documents and all of your medicines with you on the plane rather than in luggage, where

they can be lost. Drink plenty of fluids before and during your flight so you don't become dehydrated. Ask about any dietary accommodations you need ahead of time. And be sure to stand up and walk the aisles on long flights to prevent blood clots.

#### 5. Take Frequent Breaks

If you are travelling by car, plan to take frequent breaks along your route. Deep vein thrombosis is a serious concern for seniors travelling over long distances. But taking frequent breaks to stretch and walk helps prevent blood clots from occurring. Plus, it gives you time to use the restroom and eat a nutritious snack or meal along the way!

#### 6. Keep Healthy Habits

It's easy to let go of healthy habits when you're travelling. It can be difficult to sleep, particularly in different time zones. And it's often easier to grab convenience foods than eat well. But it's important to stay healthy on your trip, so try to eat healthy meals and snacks to support your immune system. And be sure to get plenty of sleep, especially if you are driving. It's better to take time to rest than have an accident because you're sleepy.

#### 7. Protect Your Health

Planning ahead to protect your

health is vital when you are travelling. Always make sure you have enough medicine to last your entire trip, and check whether your immunizations and vision prescriptions are up to date. Bring along antibacterial wipes to disinfect surfaces, and consider masking in crowded places. And always carry identification, emergency contacts, and medical information with you so you can get help quickly in an emergency.

Travelling is one of the great joys of life. Be sure your next trip is amazing by following these seven senior-friendly travel insights before hitting the road.

Can't wait until your next trip? Join us for virtual reality, and take a trip anywhere in the world without leaving the comfort of Normandy Living!

#### Check for All Available Benefits

The first step savvy caregivers take in navigating healthcare for their beloved seniors is checking for all available benefits. When you're responsible for your loved one's medical care, every benefit helps relieve the physical and financial burden you're facing. So check whether your senior loved one is eligible for benefits like home care, chronic disease and disability, and palliative care.



# Kitchen News

## **DAYS TO REMEMBER**

**May 1st Truffle Day**

**May 4th Pizza Dinner and a movie Willow Room**

**May 5th Cinco De Mayo**

**May 8th Happy Meal Day**

**May 9th Mexican Food Day**

**May 10th Shrimp Day**

**May 12th Mothers Day Lunch / Open House**

**May 22nd Vanilla Pudding**

**May 26th Hamburger Day**

## **FOOD FACT**

**Chickpeas and almonds contain almost as much protein as  
steak**

In a recent chat with EatFirst about plant-based diets, Greg McFarlane, a director at Vegan Australia, mention that it's a common myth that you're not able to become strong on a vegan diet and this is a great example of busting that myth.

According to Better Health, "If you follow a vegetarian or vegan diet, as long as you eat a wide variety of foods, you can usually get the protein you need."

While eating 100g of steak could contain up to 25g of protein, the same amount of chick peas contains 21g and almonds a whopping 28g!

And if that's an excuse to eat even more hummus, we'll take it!



# RECREATION

May

## Happy Hour

May 3rd Trivia  
May 10th Ed McLean  
May 17th Cate Innish  
May 24th Mikkel Andersen

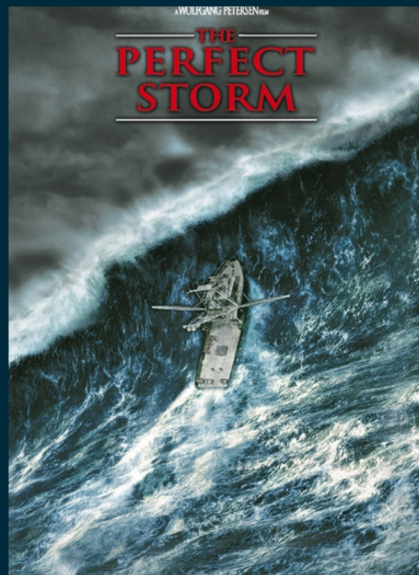


## MONDAY MATINEES 1:30 WILLOW ROOM



### TRUE SPIRIT MAY 6TH

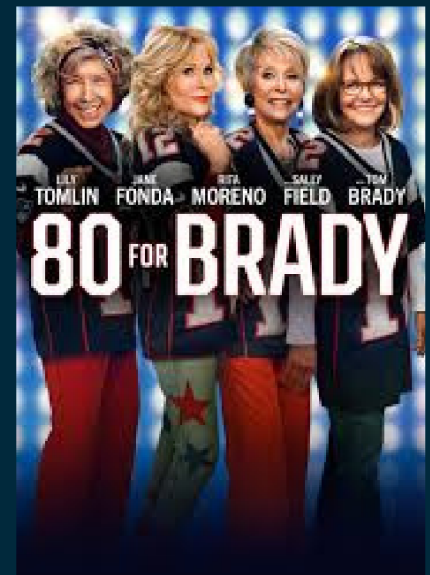
The story of Australian teenager, Jessica Watson, the youngest person ever to sail solo nonstop around the world.



### THE PERFECT STORM

MAY 13TH

An unusually intense storm pattern catches some commercial fishermen unaware and puts them in mortal danger.



### 80 FOR BRADY

MAY 20TH

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

# RECREATION

»»» MAY 27TH THE SCOOP

How the BBC obtained the bombshell interview with Prince Andrew about his friendship with convicted sex offender Jeffrey Epstein.



## PIZZA PARTY AND A MOVIE



**FRIDAY MAY 3**

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis

## SCAVENGER HUNT

Beginning May 1st ending May 22nd

All you need is a camera (or phone with one) and to take pictures of your adventures when you are out and about this spring and summer. A list of scavenger hunt items will be available at the front desk







# HOUSE KEEPING



**"House work cant kill you but why take a chance? "**

**-Phyllis Diller**



**OUR HOUSEKEEPING TEAM WITH THE NEWEST MEMBER PETER**

## **NEW SIGNAGE IN THE LAUNDRY ROOMS**

### **>>> READ MORE**

You may have noticed new signage in the laundry rooms requesting that unwanted items not be left on the tables. We are working toward a solution for the free/give away table that keeps the common spaces tidy.



# QUESTIONS OR CONCERNS?

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