

Upcoming Events at Legacy

June is our **Health & Wellness** focused month at Legacy. Keep an eye out for our seminars listed on your calendar. These include:

Free Hearing Checks with Connect Hearing—Wednesday, June 1st beginning at 1:30pm

'Foods & Nutrients for Glowing Skin' with Mandy King— Tuesday, June 7th at 2:00pm

Bone Density Health with Medical Pharmacies— Friday, June 10th beginning at 2:30pm

Falls Prevention with Julie— Thursday, June 16th at 2:00pm

'It's Never too Late to Feel Better' with Naturopathic Doctor Reuben Dinsmore— Tuesday, June 21st at 2:00pm

Health and Wellness Fair— Saturday, June 25th from 1:00-4:00pm

We have the pleasure of doing another tour with Mick Short on **Wednesday, June 8th for a 'Historical Tour of North Vancouver.'** We will be leaving at 11:15am and will be making a special stop at Honey's Donuts in Deep Cove. Be sure to sign up your name ahead of time!

The **BCSLA** launched its **Seal of Approval** program in 2009, which assesses their member communities for the highest quality of standards within the Senior Living Communities. Their goal is to assure the senior and their family the very best quality of services and care. We are extremely pleased to have the BCSLA will be coming to Legacy on **Tuesday, June 14th** for our first assessment. There will be a meet and greet for the residents scheduled for 2:00pm on the date.



On **Wednesday, June 15th from 11:00am-3:00pm** **Fifth Avenue Jewelers Collection** will be at Legacy to showcase their beautiful jewelry line in our Bistro.

On **Tuesday, June 28th** Malcolm & Linda will be coming to display their jewelry collection from their travels around the world at **11:30am**. Afterwards, they will be doing a special **'Travel Series'** in our **Theatre Room at 2:00pm** featuring Egypt.

The following day, **June 29th, CoCo's Clothing** will be setting up from **11:00am-3:00pm in the Theatre Room** displaying the latest ladies fashions and accessories.

PERK CORNER

Why do we need to be more observant?

By being observant, we are focusing on the world around us which allows us to be more engaged with it. Observation helps us to get off automatic pilot, being in our heads, and instead lets us be more in the present moment. We are *developing our awareness* by paying attention to what we see, hear, taste, touch and smell in our daily routines.

Like everything, we need to practice being observant. While you are sitting in your favourite spot look around closely and try to notice something new. It doesn't matter what it is as long as you are using a sharp eye and observation skills of a detective.

How many of us listen? There is a difference between hearing and really listening according to Seth Horowitz, an auditory neuroscientist at Brown University. The difference is attention. He states that listening opposed to hearing is more difficult because it requires us to pay attention. We need to listen to help stay mentally sharp. When you go out for a walk, stop and listen. Ask yourself, "What sounds do I hear?" How many can you identify? The same holds true for engaging all our other senses; smell, taste and touch to help us be more observant as we go through our day.

Our brains require challenges. Observation is a great brain-stimulating activity that can improve cognitive health but also gives us quality to our lives.

At the start of each day, ask yourself "How am I going to challenge my brain today?"



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

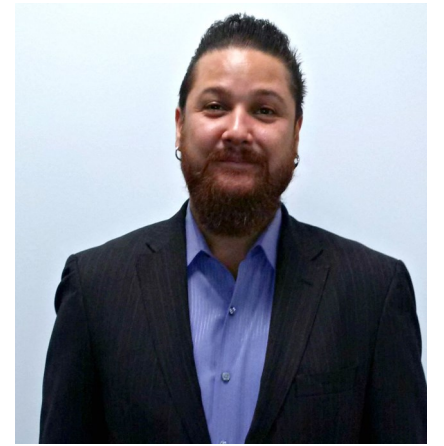
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SUMMER IS EARLY

We have been very fortunate to have wonderful weather lately, it feels as though summer has arrived early. The Legacy gardening group has been working very hard at transforming our 3rd floor terraces into beautiful flower, herb and vegetable gardens.

If you have not had the chance already, be sure to check out the blooming plants. The terraces are communal spaces for all residents to enjoy.

On a sunny day feel free to grab a book and sit up there in the sunshine— or pick a few tomatoes to snack on. Fabulous job by the hardworking residents!



Jason Wertman
Vice President



"I hope everyone is having a wonderful month!

As mentioned at our last Fireside Chat, we have revamped the housekeeping schedule to feature one floor each day. We are confident that this change will help allot time more effectively and to allow residents a more concrete time and day of when their cleaning will be. The changes will begin on Monday, June 27th. If you have any questions regarding housekeeping, please do not hesitate to see Rob or Julie.

I would like to thank everyone for their valued input on the Resident Survey; your feedback is very important to us. We have worked to put together an action plan or areas requiring the most attention.

Thank-you for your continued help at making Legacy a better home for you."

-Jason Wertman