

August 2023

The Ressam Times

Ressam Gardens | 1041 West 5th St, Hamilton, ON | (289) 426-3074



Celebrating August

Start of Chef John's Menu

August 3

Harvest Week

August 3-10

Ressam Gardens Opening Anniversary

August 9

Pet Party Event

August 11

Resident Birthday Party

August 16

All Resident Meeting

August 17

Senior Citizen's Day

August 21

Ressam Gardens Camp Day

August 25

Be Kind to Humankind Week

August 25-31

A Message from Dr. Nafia Al-Mutawaly

Hello everyone,

We would like to celebrate the first anniversary of our retirement home with sincere joy and reflection. This last year has been full of precious moments, warm connections, and the development of a thriving community. We want to express our sincere gratitude to our staff, families, and residents for making our community a place of warmth, joy, and friendship. We are overwhelmed by the support we have received from our residents, their families, and the committed staff members who have grown to be an essential part of our extended family.

As we look back on the past twelve months, your unwavering trust, kind words, and acts of kindness have touched our hearts and reaffirmed our commitment to providing the highest level of care and innovation.

Thank you,
Dr. Nafia Al-Mutawaly



Interim General Manager – Nafia Al-Mutawaly
Clinical Director – Brooke Rioux
Executive Chef – John Millar
Life Enrichment Manager – Jonathan Van Delft
Maintenance Manager – Husam Hameed



Music and Dementia

Music has brought many cultures and people together from all over the world! Many residents at Ressam Gardens love the live piano played weekly at Ressam Gardens. Here are just a few of the many ways music helps people with dementia!

- Even in people with advanced dementia, music can awaken feelings and memories. It can help lift one's spirits, reduce anxiety, and promote relaxation.
- Taking part in music-related activities boosts cognitive abilities concentration and memory. It can stimulate the mind and involve multiple regions of the brain, potentially slowing the development of cognitive decline.
- In people with dementia, playing musical instruments or engaging in rhythmic activities might assist with maintaining and improving their motor abilities and coordination.
- Music has a special capability to prompt memory recall. Even those who suffer from severe memory loss can recall and sing along to old tunes. For people with dementia, music can be soothing and exciting by evoking memories and a sense of familiarity.

Residents enjoying the music played by our volunteer, Youen and Life Enrichment staff, Alice.



Did you know the brain regions responsible for musical processing is not as heavily affected by dementia as other regions?



Alzheimer Society
CANADA

Exercise Fun!

The continued benefits of our partnership with the Alzheimer's Society are regularly felt by our residents. Some of their programs, such as Music for Memory and Minds in Motion which aid with cognitive and physical health.

Here at Ressam Gardens, the Alzheimer Society offers the Sit to be Fit program, a low impact workout for seniors, designed to promote health and fitness. Anyone from the community is now welcome to join in on these sessions!

Welcoming our newest chef: John Millar!



All meals are freshly cooked and presented by our dietary team, led by our talented Executive Chef, John Millar. We feature a 21-day rotating menu based on season that provides our residents

with nutrition, variety, and choice. Part of our menu is inspired by the **Blue Zone** diet, which is largely comprised around plant-based foods. This diet is research-proven to help individuals living with dementia and promote increased longevity. Snacks and drinks are also available at all hours of the day for residents upon request by anyone on the Ressam Gardens team. For those requiring individualized experience, assistance with meals or accommodations for special diets and restrictions can be arranged through our Clinical Director and Executive Chef.

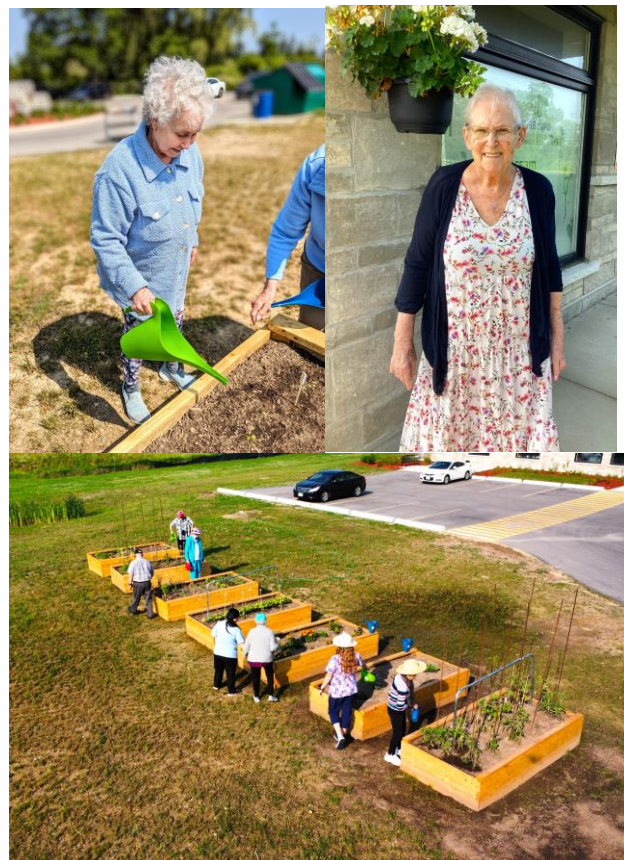


Enjoying the Sunshine!

At Ressam Gardens we always take advantage of the sunshine by planning time outside and having fun with our residents! Here is a small list of activities to consider with your loved ones!

- Go out for a relaxing walk and enjoy the natural landscape
- Bird watching! (you can compete on who can find the most species of birds!)
- Enjoy the gardens!
- Start a new art project! (perhaps paint the geese in the pond)

Make sure to apply sunscreen and drink lots of water!



A Look at Last Month



August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren't afraid to take initiative. Those born from August 23–31 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, thorough, and detail-oriented.

Resident Birthdays:

Olga McElroy

Phyllis Neale

Jean DeSouza

Maria Jorgensen

P. D. James (writer) – August 3, 1920
 Meghan Markle (royal) – August 4, 1981
 Charlize Theron (actress) – August 7, 1975
 Whitney Houston (singer) – August 9, 1963
 Viola Davis (actress) – August 11, 1965
 Magic Johnson (athlete) – August 14, 1959
 Julia Child (chef) – August 15, 1912
 Orville Wright (aviator) – August 19, 1871
 Kobe Bryant (athlete) – August 23, 1978
 Sean Connery (actor) – August 25, 1930
 Maria Montessori (educator) – August 31, 1870

Monthly Poem

August days are hot and still,
 Not a breath on house or hill,
 Not a breath on height or plain,
 Weary travelers cry for rain;
 But the children quickly find
 A shady place quite to their mind;
 And there all quietly they stay,
 Until the sun has gone away, --
 August is too hot for play!