

June 2023

# The Ressam Times

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



## Celebrating June

**Men's Health Month**

**Perennial Gardening Month**

**Zumba with Linn**

*June 2, 16, and 30*

**Youen Piano Performances**

*June 3 and 17*

**Go Barefoot Day**

*June 1*

**World Bicycle Day**

*June 3*

**D-Day**

*June 6*

**Worldwide Day of Giving**

*June 15*

**Father's Day**

*June 18*

**World Music Day**

*June 21*

**Leadership Forum**

*June 22*

**Staff and Family BBQ**

*June 30*

## A Message from Dr. Nafia Al-Mutawaly

Hello everyone,

On behalf of Ressam Gardens' team, it is my absolute pleasure to announce that, this year and for the first time, we have participated in the annual Walk for Alzheimer's! This honourable initiative is Canada's largest dementia fundraiser.



Each year, Canadians across the country raise millions of dollars in support of person's living with dementia and their caregivers. Ressam Gardens is thrilled to have been part of such a meaningful event, raising over \$3,000! We believe that our walk will send a message of hope and support to the 564,000 Canadians currently living with dementia, and hundreds of thousands more who care for them.

I would like to thank all our participants, sponsors, and staff for helping us achieve and surpass this admirable goal.

Looking forward to next year's event!

*Thank you,  
Dr. Nafia Al-Mutawaly*

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



*Residents get to reminisce through a curated list of songs, guided discussion topics, and hand-made instruments and tools.*



## Java Music Club

Ressam Gardens has been awarded a New Horizons grant to bring Java Music Club to our community!

The Java Music Club program is a research-based peer support activity group program designed for older adults. The program has been implemented in over 1600 organizations across Canada and the US, including long-term care, assisted living, retirement and independent living communities, as well as adult day centers, hospitals, affordable housing and senior services within residential communities.

Our Life Enrichment team has received thorough training from the creator of the Java Music Program and are ready to implement the program here at Ressam Gardens. The unique focus of Java Music is on peer support – residents helping residents – which adds purpose and meaning to their lives.

The program will run over the course of the year and give our residents a new opportunity to reminisce, learn, and enjoy music with friends.

## The Walk For Alzheimer's

On Saturday May 27<sup>th</sup> the Ressam Gardens community came together to host our own version of the Walk for Alzheimer's, with all donations going to the Alzheimer Society of Brant, Haldimand, Norfolk, Hamilton, and Halton. The sun was shining as our residents, families, staff, and volunteers walked through William Connell Park to raise awareness of Alzheimer's. We are proud to help fund new and existing programs and services to aid those living with dementia and their care partners.

We are thrilled to announce that we have shattered our initial goal of \$1,000 raised as a team and ended our walk with **\$3,076!** Thank you to everyone who donated, walked, and helped behind the scenes. Your help makes this a reality!







## Neighbour to Neighbour Food Drive

Sunday May 28<sup>th</sup> was World Hunger Day, and at this moment there are 2.4 billion people on Earth who do not have their food needs being met. To make sure that we do our part, Ressam Gardens is partnering with Neighbour to Neighbour and starting a food drive for the month of June.

Neighbour to Neighbour works to improve the quality of life in the community by offering access to tutoring programs for children, community kitchen programs, utility subsidy programs, family counselling, emergency food access and a host of other interventions.

All donations are appreciated, however, here is the immediate list of food needs:

Tomato sauce, canned tomatoes, canned vegetables, Kraft Dinner, cereal and oatmeal, crackers, granola bars, and canned fruit.

## The Benefits of Gardening for Seniors

At any age, gardening is one of the best activities we can do outdoors. It stimulates all of the senses, connects us with nature, and rewards us with beautiful flowers or delicious fruits and vegetables. Gardening also has been proven to provide many mental and physical benefits to people with Alzheimer's. With gardening therapy being proven to engage all of the senses, research shows that the activity provides those with Alzheimer's positive emotions which they may no longer experience regularly.

Proven benefits to gardening include allowing loved ones to experience success, raising confidence and self-efficacy, boosting energy levels, creating a sense of community creating a sense of daily purpose, and helping to maintain an existing skill set.

While gardening may seem like a basic activity, there are a few things caregivers can do to ensure the activity is a pleasant experience for everyone:

1. Avoid giving someone with Alzheimer's any sharp gardening tools.
2. Build raised beds so that gardening is more accessible and enjoyable.
3. Create a garden in the shape of a figure eight, as dead end gardens can cause confusion.
4. Ensure all plants are non-toxic.
5. Garden early in the morning to avoid the hottest times of the day.
6. Keep it fun and light-hearted!
7. Provide adequate sunscreen and a hat to protect your loved one from the sun.
8. Try planting a container garden, to make the activity more accessible for a senior.

## A Look At Last Month



## June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming.

### Resident Birthday:

**Ivan Nedelko – June 24, 1945**

Morgan Freeman (actor) – June 1, 1937  
 Angelina Jolie (actress) – June 4, 1975  
 Prince (musician) – June 7, 1958  
 Maya Moore (athlete) – June 11, 1989  
 Anne Frank (diarist) – June 12, 1929  
 Venus Williams (athlete) – June 17, 1980  
 Zoe Saldana (actress) – June 19, 1978  
 Lionel Richie (singer) – June 20, 1949  
 Pearl S. Buck (writer) – June 26, 1892  
 Helen Keller (activist) – June 27, 1880  
 Lena Horne (singer) – June 30, 1917

## Monthly Poem

### June Rain

*By Richard Aldington (1892-1962)*

Hot, a griffin's mouth of flame,  
 The sun rasped with his golden tongue  
 The city streets, till men and walls shrivelled;  
 The dusty air stagnated.

At the third noon a wind rippled,  
 A wide sea silently breaking;  
 A thick veil of rain-drops  
 Hid the sun and the hard blue.

A grey garment of rain,  
 Cold as hoar frost in April,  
 Enwrapped us.