

TRINITY LODGE

RESIDENTS' NEWSLETTER

ISSUE NO. 26 MARCH 2023

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PG 2 and 3. Ron Freckleton writes of his life at Trinity Lodge.

PG 4. Cruise Week is coming soon. Lots of fun on board SS Trinity!



WE ENCOURAGE RESIDENTS AND FAMILY MEMBERS TO CONTRIBUTE TO THE NEWSLETTER. ITS EXISTENCE IS DEPENDANT ON YOUR PARTICIPATION.

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It's so good to see so many new residents making their home here at Trinity Lodge.

Welcome!

I hope you've had the opportunity to visit our hidden gem, the Anne Gregg Library on the fourth floor. You won't get lost looking for it. It's very close to the elevator. You could get lost in one of the many excellent books available on unrestricted loan. We also have a large selection of large print books on loan from the Calgary Public Library. Refer to the notice on the bookshelf.

The newest item we have added to the library, is a binder containing the first twenty-five editions of our Trinity Lodge Residents Newsletter. Enjoy.

I have been asked to write of my life since I moved to Trinity Lodge in September 2014.

Okay, I'll give it a go. I need my narrative to be somewhere between braggadocios and extreme modesty. It's not going to be easy. How do I tell of writing and publishing a book in my first year here, without appearing pompous?

On my first day, I made the decision that I would not spend my time sitting in my recliner 'Waiting for God'. I would put myself out there and introduce myself. In the first week, I met or said 'Hello,' to just about everyone in the building. I quickly learned that Trinity Lodge residents and staff are family, and I have become a privileged member of the family.

I'm the guy who grows the dahlias. That also started on the first week. Our GM, Kim, visited me and saw pictures of my Joanie with the dahlias from my garden in Acadia. She asked if I would grow them here. You bet I would! I ordered some tubers from PEI for delivery in the spring. I started the tubers in the garage in small pots in early May. then into my suite as soon as they showed signs of growth. When there was no danger from frost, I transferred the plants into large planters in our three beautiful courtyards. I'm still doing that same routine each year. I became a member of the Residents Council at the invitation of Anne Gregg after joining her library committee. They needed a guy to lift the heavy boxes of books.

What other fun things have I done at Trinity Lodge? I was the only guy in the exercise classes for months. I felt like Billy Elliot. I put my hip out trying to keep up with the Zumba instructor.

Something I loved was our Happy Memories program. The resident's childhood memories were priceless. One resident recalled, as a twelve-year-old, making her own two-piece bathing suit. The first time she jumped into the swimming hole, her swimsuit fell off.

Another memory from the early days. Genelly, our Dining Room Team Leader, asked me to help with Happy Hour. I showed up in the Elbow Room, (The small bistro) to find two gents, each had four drink tickets. One gent had two double scotches, the other, two double vodkas. Hardly any conversation. With a little persuasion, Genelly and I increased the attendance, and we soon had a lively group. I'm not sure that the two gents appreciated the intrusion, but they never complained.

The monthly newsletter has been my most rewarding challenge. Having family members contribute to stories of their loved ones and hearing favourable comments on the content of the newsletter from different family members, is always uplifting.

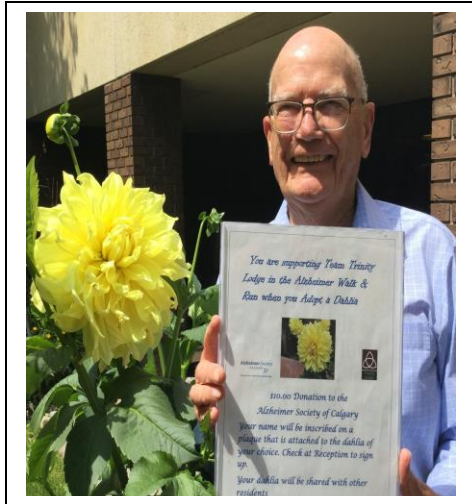
Publishing the book, 'Our Time to Say Goodbye' opened up a whole new world for me. I realized that, as I chatted with the people that purchased the book, mostly residents and family members, I was able to connect with them because of our mutual circumstances. I learned the true meaning of the word 'empathy.'

I have developed a strong bond and working relationship with the Alzheimer Society of Calgary. They are the recipients of all proceeds from book sales and the other fundraisers we organize each year. Through the years, that relationship has broadened my horizons and enabled me to contribute more to our community.

I can put my hand on my heart and say that I am blessed to have met so many wonderful people and made so many friends here at Trinity Lodge. I hope I can continue to do the things that I do for a few more years.

I had a lot of fun when I helped Val Bracey, our, now retired, Marketing Manager. We used to attend community events promoting Trinity Lodge. Now that Covid has diminished, Edlyn, Paolo and I will get back to those fun times soon.

Below. Our Annual 'Adopt a Dahlia' fundraiser is always well supported by residents and staff.



Below. We have published our 'Dahlias of Trinity Lodge' calendar every year since 2017. It's another fundraiser for the Alzheimer Society of Calgary.



Below. Our Team Trinity Lodge, Walkers Walk for Alzheimer's is an event we have in late September. Be sure to join us for lots of fun as we walk around our building.



Decisions.

In my 90 years on this planet.

I have made lots of decisions, both good and bad.

The best decisions I've ever made.

- Number one. Asking my Joanie to marry me.**
- Number two. Emigrating to Canada in 1973.**
- Number three. Deciding to live in Trinity Lodge.**

Cruise Week starts on Friday 24th March.

We're off to the Caribbean again. Jamaica, Barbados, Trinidad, wherever our boat floats. Dig out the sunglasses and the summer wear. Our Life Enrichment team, Sarah, Melanie, and Jeff will help us get rid of the winter blahs as we step into spring. Be sure to pop into the bistro each afternoon, there may be someone pouring pina colodas or dispensing daiquiris. You'll surely hear some calypso music, a Bob Marley classic or the Beach Boys singing 'Kokomo.' Maybe one of the staff will teach us how to limbo!

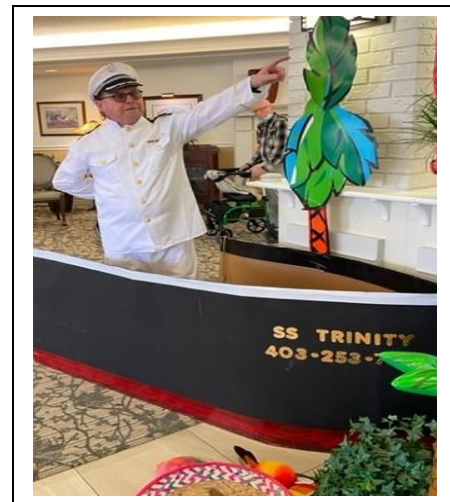


Jeff getting information on the best place to

take his passengers on our next port of call. I'm sure he'll take us to Sandy Beach or Chestermere Lake.



All Aboard the SS Trinity. We're off on a weeklong fun cruise.



It might not be the Santa Rosa racetrack in

Trinidad, but Jeff has found us a place to have fun and win some money at the horse racing. Is that our Bistro?

