

TRINITY LODGE

RESIDENTS' NEWSLETTER

ISSUE NO. 28 MAY 2023

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It's history and an invitation for
all to join us every Friday
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A presentation by our chaplain
Bart Dailley, plus The value of a
smile. Something to think
about.
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WE ENCOURAGE RESIDENTS AND
FAMILY MEMBERS TO CONTRIBUTE
TO THE NEWSLETTER. ITS
EXISTENCE IS DEPENDANT ON
YOUR PARTICIPATION.

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**It's been a long wait but we're finally here.
Gardening season. We'll see the landscaping guys and gals
doing their Spring clean-up in the courtyards and outside
perimeter. Iris and Kim will soon be visiting the garden
centres, selecting all the flowers, tomato plants and the
hanging baskets that help make our home so inviting.
Sarah and Nancy will be planning the Gardening Club
activities. I'm sure they will welcome new members. I have
some of the dahlias started. My living room will soon look
like a jungle.
And, to answer the question that lots of residents are
asking, the 'Adopt a Dahlia' fundraiser for Alzheimer
Calgary will start soon.**

Remembering and Reviving our 'Happy Memories' Program

Prior to Covid, every Tuesday morning at ten-fifteen, a group of residents would gather around a large table in the Chinook Room for about forty-five minutes. We had coffee and cookies and spoke of the happy memories we had of our younger years. Our meetings were always 'drop in,' everyone welcome. There was no agenda. Just one rule, each memory had to be a happy memory. No pressure to talk. Residents could just sit and enjoy the coffee and listen to the stories from the other residents. No set topic of the day. We just talked and laughed. I usually got the ball rolling with a story from my days of growing up as a child in wartime England or I'd talk of one of the early chapters of my memoir. Quite often, a resident's tale would trigger a memory from another resident. Pretty soon, residents were competing to tell their favourite happy memory. The meetings always finished on time, but the conversations usually continued on. One constant factor was that everyone left the room happy. My feeling was that our "Happy Memories" were extremely therapeutic for all of us.

In a recent newsletter, I wrote of one resident's happy memory of her 'home made' swimsuit falling off when she was with her friends. The same resident talked at a later meeting about a wonderful experience she had on VE Day in her hometown of St Johns, Newfoundland, at the end of the Second World War. She was swept into a wild 'Conga Dance' around the town square. Another resident told us about when growing up on the family farm, she would often walk out to the middle of one of the pastures and sing her heart out, imagining she was on a Broadway show. Our good friend, Nina Smith had so many stories. I remember her talking of when she was a very young child. She loved to draw. She promised her parents that she wouldn't want any birthday or Christmas presents if they would pay for her to have art lessons. Nina went on to be one of the foremost painting on porcelain artists in North America. She taught her craft for many years. A resident told us a wonderful story of her two young sons surprising their dad on Fathers Day. They gifted him with a very lively puppy that would later become a valued family member.

I remember one special meeting, I invited Michele Cameron Coulter, a friend, and an Olympic aquatics medalist to join us. Michele brought her medal. She spoke of her favourite happy memory. It was not when she was on the podium receiving an Olympic medal for Canada, it was about receiving a tiny trophy when she was very young and learning to swim. That trophy is still front and centre in her trophy case.

Post-Covid, when things were returning to 'normal', we tried to revive 'Happy Memories.' There was a marked lack of interest. Residents did not seem eager to participate in group activities. Covid had left us with a feeling of indolence. Thankfully that feeling has left us quickly and Trinity Lodge is back on track.

At one of our Friday afternoon 'Happy Hour' sessions, one of the residents, suggested that we combine the two programs into 'Happy Memories Hour.' We tried it and it's working!

The 'Happy Memories' are flooding back. The one issue we have, is that because of its location and wine and beer are served, some residents think we're a private group of residents. That is so, not true! **Everyone is welcome. The more the merrier. We will always find a seat for you.**

‘The History of Canada.’

I remember, I think it was seven years ago, our Chaplain and a wonderful storyteller, Bart Dailley, gave a very insightful talk titled ‘The History of Canada’ in our Chinook Room. I was amazed that he was able to pack so much information into a twenty-five-minute presentation.

He will be making the same presentation at **1-30 pm Wednesday May 31st in the Chinook Room.** Be sure to mark your calendar.

Bart, who is celebrating his thirty-seventh year as Chaplain of Trinity Lodge, conducts chapel services every week-day morning at 8.45 am and Sunday evening 7-00 pm The services are open for residents and family members of all faiths to attend.



The Value of a Smile.

It costs nothing but creates much.

It enriches those who receive it without diminishing the wealth of those that give it.

It happens in a flash and the memory of it can last a lifetime.

None are so rich that they can get along without it and none are so poor but are richer for a smile.

It creates happiness in the home, fosters good will in business and is the countersign in friends.

A smile cannot be bought, begged, borrowed or stolen. It is no earthly good to anyone until it is given away.

If someone is too tired to give you a smile, give them one of yours.

Nobody needs a smile so much as one who has none to give.

Anonymous.... Submitted by a resident.

Smiling Is Contagious.

How many times have you heard that a smile has the power to light up the room?

While it is certainly a beautiful sentiment, it carries a hint of truth. Smiling not only can elevate *your* mood, but it can also change the moods of others for the better.

Research suggests that smiles are actually contagious. Your brain automatically notices and interprets other people's facial expressions—and sometimes, you may even mimic them. That means you might spot someone else's smile and unconsciously smile yourself.

It's Springtime at Trinity

It will soon be time for green-thumbed residents to join Sarah and Nancy in the Gardening Club

I hope last year's robin family will come back. They nest in the tree near the foyer window,



close to the door of the main

courtyard. A couple of residents have told me that they saw our ducks back in the pond courtyard. I hope they are nesting again. The ducks, not the residents!



On the left, Crocus. We saw them on our walk to the reservoir on the last day of April, plus our first daffodil. It's in the border outside the Chinook Room. Below, a photo (taken on Mothers Day, a couple of years ago.) It's the beautiful little park at the southwest corner of Trinity Lodge.



