

# TRINITY LODGE

## RESIDENTS' NEWSLETTER

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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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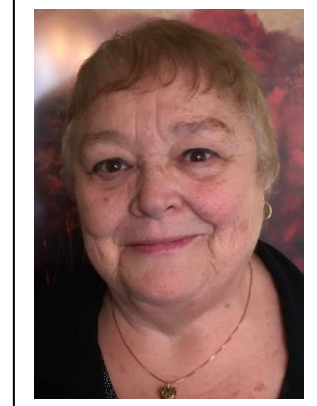
### **Shine up your dancing shoes, we're having a party.**

Clear your calendar for Thursday 18<sup>th</sup> August. Our Annual Garden Party, missing for two years because of Covid, is back. Our favorite pianist, Chance Devlin will be here with Arlene, a wonderful singer to provide non-stop entertainment.

Chef Allan and his chefs will ensure that we have some very special party snacks. Dining Room supervisor, Demis, will have some very fine wines and cocktails, alcoholic and non-alcoholic, and I'm sure that the department managers will serve us with a smile. So come dance like there's nobody watching, or just sit and sing along with Chance and Arlene.

## Resident Dinny (Virginia) Payne. Her Story,

I had to ask my first question. Why Dinny? Dinny, born in 1946 to John and Catherine Hicks in Barrancabermeja, Colombia, South America, explained to me that she was the third child of thirteen. Her older siblings had problems calling her Ginny so it was Dinny for evermore.



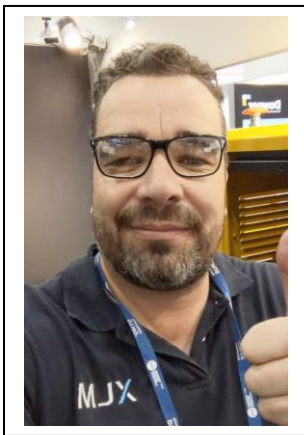
Dad took up a position with Imperial Esso when he retired from the Royal Canadian Air Force. After two years in Columbia, his job took him and his family to Vancouver Island. Dinny attended grade school in Duncan and later became a live-in student at a boarding school in Vancouver. After grade twelve, Dinny went on to the University of Victoria where she studied English and Psychology, attaining a Bachelor of Education in both subjects. It was while Dinny was in university that she met and married Boyd, her husband for twenty-eight years.

I asked Dinny, "Aside from getting pregnant eight months before graduation, do you have any other special memories of your university days?" She told me that she sang and wrote songs. She added that every time she hears the song "Summertime," it reminds her of the time she sang with Valdi. Canadian singer and composer, Ann Mortifee was Dinny's idol and let her sing with her at University of Victoria. At the age of fifty, her three children having matured into strong independent adults, Dinny enrolled at Gonzaga University and attained her Masters in both, English and Psychology. She told me that she was able to work, do classes and write papers and be a volunteer at the Calgary Distress Centre to achieve the hours necessary to be accepted at the Calgary Counselling Centre. Dinny was a member of the Psychological Association of Alberta and the College of Alberta Psychologists for more than twenty-five years until she retired earlier this year. She loved helping clients with depression, anxiety and grief especially.

Dinny has an immense pride in Dan, Josh and Catherine. her children, each of them doing wonderful things with their lives. The oldest is Dan. After a career as a professional volleyball player in Europe and, after spending some time in Australia with Josh, where he performed in short films they created, he moved to the UK. He was approached to appear in a TV commercial for a prominent UK bank. Dan's performance produced such remarkable results that he quickly became sought after by the leading advertising agencies. He later moved back to the film industry and has appeared, mostly in principle roles, in twenty-four movies that include ten Hallmark films. Dan and his wife Daylon, gifted Dinny with two of her four amazing grandsons, Elijah and Grayson. Next, came Josh, who never married, and has lived in Europe, Australia, the Americas plus other parts of the world. He has, through the years, had great success in commercial, environmental, and philanthropic fields.

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Dinny's third child, Catherine (Cathy) and her husband, Brett gifted her the other two treasures, Zachary, and Carter. Cathy is passionate about sports and helping people 'Be the best that they can be.' Before gaining a commerce degree at the University of Calgary, her love of basketball took her to the University of Idaho where she competed with great success in the National Collegiate Athletic Association's competition which features ten of the USA's finest University basketball teams. She coaches basketball and minor soccer and usually manages both the hockey teams that her boys play in. Cathy was an Educational and Accreditation Director for an international business management company, where she worked for twenty years. She's now super excited to be part of the team Power Play with Cathy Anderson, a values driven, coaching and consulting organization



**Josh**



**Dinny's four grandchildren Zachary, Carter, Grayson and Elija with both sets of parents. Brett, Cathy, Daylon and Dan.**

I wish I had more time and space to write all that Dinny has told me. I'm not sure that I've been able to adequately describe the endless love she has for her family. The joy of her life.

Who's the old dude on the left?

It's Ferdinand de Lesseps, a French diplomat who built the Suez Canal.

He just happens to be Dinny's great grandfather!



This month, I'm celebrating the start of my ninth year as a resident of Trinity Lodge. Yes, it is something to celebrate. Can you imagine how many new friends I've made in all of those years? I wonder how many times I've said, "Hi, I'm Ron." I love meeting new people. I love making new friends. They all add something to my life.

Of course, in the last eight years, too many of our Trinity Lodge friends have left us. That's the world we live in. I don't mourn their passing as much as I celebrate the fact that they were my friends and I'm grateful that they came into my life.

If I can offer just one suggestion to our new residents, I suggest you read the notice boards. If you see something you would like to do, do it. Something new you want to try, try it. You'll find your new friends more quickly. I love our Thursday afternoon country drives. I've lived in Calgary for almost fifty years, but, Jeff, our driver always manages to show us something new. Bingo has become another activity I enjoy. I never played the game when I was out in the real world. Now, I never miss a game. The truth is that I enjoy spending an hour in the company of my friends, but it is fun to shout "BINGO" when I win. My favourite programs are Friday afternoon Happy Hour and Thursday evening musical entertainment. Try them both. I'll guarantee you will meet more new friends,

For four years prior to Covid, I hosted a forty-five minute, "Happy Memories" program every Tuesday morning in the Chinook Room. We're bringing it back in September. We would love to have you join us. Hey, you can just listen if you don't want to talk. I'll bet you will be sharing your favourite memories within minutes.

A note to family members. On your visits to your loved ones, always spend a couple of minutes reading the notice boards with your loved one. Suggest that they sign up for one or more of the activities and please be aware that you are always welcome to accompany your loved one at our Thursday evening musical entertainment or Bingo.



