

# ABERDONIAN

Aberdeen Gardens Retirement Residence, 330 Dundurn St. S 905-529-3163

## Jay's Book Review

The waters of Eternal Youth  
by Donna Leon

Commissario Guido Brunetti is a series, this being the 25<sup>th</sup> set in Venice; it is the first one I've read.

In this novel, Brunetti finds himself drawn into a case that may not be a case at all. Fifteen years ago, a teenage girl fell into a canal late at night. Unable to swim, she went under and started to drown, only surviving thanks to a nearby man, an alcoholic, who heard her splashes and pulled her out, though not before she suffered irreparable brain damage that left her in a state of permanent childhood, unable to learn or mature. The drunk man claimed he saw her thrown into the canal by another man, but the following day he couldn't remember a thing.

Now, at a fundraising dinner for a Venetian charity, a wealthy and aristocratic patroness—the girl's grandmother—asks Brunetti if he will investigate. Brunetti's not sure what to do. If a crime was committed, it would surely have passed the statute of limitations. But out of a mixture of curiosity, pity, and a willingness to fulfill the wishes of a guilt-wracked older woman, who happens to be his mother-in-law's best friend, he agrees.

Brunetti soon finds himself unable to let the case rest. Awash in the rhythms and concerns of contemporary Venetian life, from historical preservation, to housing, to new waves of African migrants, and the haunting story of a woman trapped in a damaged perpetual childhood, the ending is surprising and the final scene – a tear jerker.

## New Years Past

The bells of New Year ring so bold  
Stirring the hearts of young and old  
Another year, passing swiftly is done  
And what have I done?  
Have I righted any wrongs  
Or reconciled with someone who did me  
wrong?  
Am I strong enough to finally admit  
That I may have been the cause  
Of inflicting on others anxiety or pain  
Being critical of what they do or say?  
Did I ignore anyone in need  
Of a comforting word or hug?  
Did I fail to reach my goals because I  
didn't try  
Or perhaps I could have been more  
astute  
And tried a little harder?  
So clear my conscience Oh Lord  
You've given me another year  
One day at a time to reach my goals  
I know I can rely on You, if only I ask  
So help me dear Lord and I'll do my  
best  
So Happy New Year to all!  
May 2017 bring you good health, much  
love  
And an abundance of joy and peace

Written by Margaret Gumbert



## January Highlights

- Jan 4 Activity Planning meeting
  - Jan. 6 Relaxation and movement with Naomi
  - Jan. 7 Town Hall Meeting
  - Jan. 10 Lunch Critics-Wimpy's
  - Jan. 14 Hamilton Hoppers Dance group
  - Jan. 18 New resident lunch
  - Jan. 22 Monthly birthday party
  - Jan. 24 Taste and Tour of Scotland
  - Jan. 25 Robbie Burns day
  - Jan. 29 Food Matters – Scottish Food
  - Jan. 30 Lyongate Montessori show & tell
- Movie Series  
Saturdays -Shirley Temple  
Sundays - Clint Eastwood

## Letter from your Executive Director - Maddi

Change is in the AIR!  
It was sad to say goodbye to Moira, our marketing director. She was an integral part of our community and will be missed. Rachel has been chosen to take on the role of marketing director, and yes she is still assistant executive director. You will see her out and about on tours, we will have to purchase some hair mousse

and bright makeup and loud clothing to fill Moira's shoes!! In the office manager department, Melissa is stepping up to the plate. She has been a loyal and dedicated concierge over the past 2 years and was a natural choice for this move. Yeah Team! Projects for the year are almost done! We finished the basement carpet, and the outside parking lights are getting a facelift. I am looking forward to Christmas, my kids are super excited and are waiting for Santa. I am also looking forward to a new year full of new and exciting adventures!

Happy Holidays and all the best in 2019

## Message from the Activity Director – Barb

It's hard to believe Christmas has come and gone so quickly. I want to thank residents and their families that gave so generously to our "Baby its Cold Outside" collection of scarves, mitts, socks etc for the 541 Eatery and Exchange to have available free to those in need. Thanks also to Jan Uchida for connecting us with them. Our knitters were very busy this and we had a total of scarves to donate to the Fire Dept. to be distributed at the homeless shelters Christmas Eve.

I wish everyone a happy, healthy and active New Year.

## New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope



## Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don’t apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn’t need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

## Burst Out Laughing



## Down Memory Lane

### Winter Fun

I remember as a child we couldn’t afford expensive things like a sleigh, so we rode on things like pieces of board or roofing tin.

Wyn

I remember building snowmen, snow forts, snowball fights, playing hockey And going sledding at princess Point

Doug

The first new years we were in Canada we spent in Owen Sound at my grandmothers house all the neighbours came by and brought gifts for us like mittens and scarves, things to keep us warm.

Being from England, I had never seen so much snow, It just sparkled. We travel by sleighes which were pulled by horses, the snow was so deep. To keep us warm we had bricks from the fire to keep our feet warm. It was a magical time.

Brenda

We lived where there was lots of snow. Sundays when we went to go to church we had to crawl through the snow it was so deep. Our cheeks were frozen by the time we arrived.

Hilda

## It’s Coming, Watch for it..... It’s Coming.....

### Fit Minds & Minds in Motion Programs

The brain can continue to grow and improve with Cognitive Simulation Therapy. Brain exercises stimulate different areas of the brain which have a positive effect on brain health. It reduces the risk of developing dementia and improves cognitive function.

Just as physical exercise can improve your physical health, mental exercise can do the same for your brain health through specifically targeted exercises and activities in the following four areas

1. Visual and Spatial
2. Memory and Critical Thinking
3. Computation
4. Language and Music

These engaging and challenging activities promote social interaction, engagement and builds self-esteem with the opportunity to meet new friends and have fun while doing something good for you.

## New Year’s Prayers

God Grant me the senility to forget the people I never liked, the good fortune to run into the ones that I do, and the eyesight to tell the difference. Submitted by Peggy

