



## MEET OUR RESIDENT - IRENE BROWN

Irene was born in Edmonton in 1922, and lived there for 23 years until marrying and moving Calgary, where she has lived ever since. She has always been very active in volunteering and helping out where needed. She volunteered for Foothills Hospital for 25 years, and made many crafts for their bazaars. For example, Irene has also been very active in whatever community she found herself living in, making curtains for neighbours, helping out in the community hall, and just being an overall wonderful neighbour. She finds her help is still wanted, but considers herself to be a resident of Whitehorn Village now, and devotes her time to helping out around here.

Irene has also had an exciting life! During World War II in 1943, Irene joined the Air Force for a couple of years. After her children had grown, she went to Africa with her husband for 2 years when his job sent them there. In Africa, she was unable to work so once again,

she became involved in her community. Irene and some other ladies would get together at each others homes to knit and talk and plan community events. When their time in Africa came to an end, they returned to Calgary.

Since coming to Whitehorn Village, Irene has been a great inspiration and joy to be around, always being very patient and considerate to other residents and staff. She has contributed many ideas for craft projects, and has also enjoyed partaking in our activities. Irene has also helped other residents find the confidence in themselves to participate in things they weren't sure they could do by demonstrating how to do it. Her wonderful smile and infectious laughter help to make life at Whitehorn Village great. We here are glad to have her, and look forward to many more good times with Irene.

## COMING SOON !

Here's what's ahead this Spring & Summer at Whitehorn.

**APRIL** - Monte Carlo Night

**MAY** - Spring Craft Sale

**JUNE** - First Annual Health Fair

**JULY** - Third Annual Stampede Family BBQ

# Whitehorn Village News



*Chronicles for Family and Friends of Whitehorn Village*

*Volume 2 Winter/Spring 2005*

## MESSAGE FROM THE PRESIDENT OF ORIGIN KAREN SHAND, GENERAL MANAGER & NEW MANAGEMENT TEAM

Dear Residents of Whitehorn Village,

Karen Shand's last day as General Manager of Whitehorn Village was March 28th, 2005. Karen's recent health challenges and her family's decision to move to Invermere have prompted her to resign her position with Origin.

It goes without saying that we will miss her dearly. Karen was the key person who helped to create a Team at Whitehorn that has become the industry's leader in Calgary. Karen was the very first Whitehorn employee and she is in no small part responsible for what Whitehorn is today. We wish her nothing but the best of health and success in her future endeavours and will always remember her as the "fearless leader" at Whitehorn Village.

While Karen's departure is indeed difficult for the team, Origin's employee relations' philosophy is to first seek to promote from within. We are fortunate to have such a wealth of great staff here at Whitehorn and I am pleased to announce that Cindy Rota, Director of Care and Assistant General Manager will be promoted to General Manager. Gurleen Gill, LPN and Team Leader will be promoted to Supervisor of Health Services. Melissa Kahl will now add Payroll Assistant to her title as Dietician and Dining Room Supervisor. Derek Stewart, Origin's VP of Operations Support & Development, will continue to be available on a regular basis to help support the new management Team during the transition period.

Please wish Cindy and her staff all the best in their new roles and we look forward to continuing to provide you and your families with the best customer service we possibly can.

Sincerely,

Neil Prashad

President & CEO  
Origin Retirement Communities Inc.

## IN THIS ISSUE.....

Find out more about who is behind these crafty snowmen!



## Full-Service Rental Retirement Living

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## GOOD TIMES ABOUND AT WHITEHORN



### LOOK AT WHAT WE'VE BEEN UP TO.....

During the fall and winter months we have had so much to do; Harvest drives out to Canmore, Oktoberfest Dance in October, a trip to the Devonian Gardens and Calgary Hitmen Hockey Games all winter long. For Remembrance Day Whitehorn had an emotional program with stories, a brief overview of the war, poems and a guest speaker. December included drives out to Airdie for the Festival of Lights, lots of entertainment, schools concerts, carollers, and our volunteer thank-you night and our residents Christmas dance. We hope you all were able to come out and enjoy!

## MEET OUR STAFF

### ANITA KATHLER COORDINATOR OF RESIDENT SERVICES

Anita comes to Whitehorn Village with over 20 years of experience in management and administration. Her maturity, natural interpersonal skills and disciplined administrative talents make her an ideal Coordinator of Resident Services. She is our official liaison with residents and families to address any concerns or issues. Anita is committed to working with the staff as a team effort to help our residents improve their quality of life and maintain their independence.

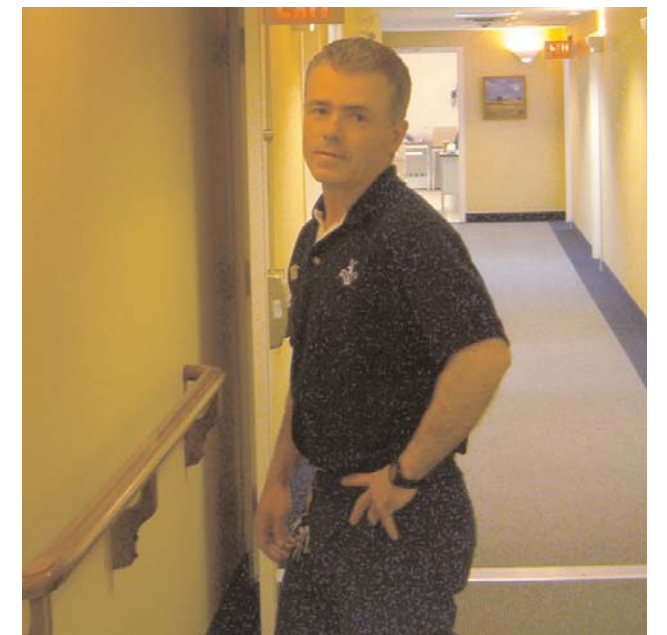
Anita and her family moved to Calgary 10 years ago from the Northwest Coast of BC. When they arrived here, her children announced they could not live here as it is way too 'flat' and the mountains were too far away. They now all consider Calgary their home and have enjoyed the many opportunities a city like Calgary can offer.



### SHAWN SNOW MAINTENANCE MANAGER

Originally from Cape Breton Island, Shawn now resides in Calgary with his fiancée, Stephanie and his 14 month old son, Patrick Dylan. As Maintenance Manager of the entire Whitehorn Village complex, Shawn is a man constantly on the move. Whether it is changing a lightbulb for a resident, or coordinating the maintenance and smooth functioning of the buildings fire and life safety systems, Shawn has it all under control.

Shawn is a highly experienced facilities maintenance professional and we're fortunate to have him in charge of Whitehorn Village's physical plant. Mostly though Shawn is easy to get along with and has a good down easterner's sense of humour.



### A SAMPLE OF OUR ONGOING SCHEDULE OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• Fun &amp; Fitness</li> <li>• Chicken Soup for the Soul</li> <li>• Hearing Clinic</li> <li>• Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>• Energetic Exercise</li> <li>• Crafty Corner</li> <li>• Cribbage with Cam</li> </ul>	<ul style="list-style-type: none"> <li>• Sit &amp; Be Fit</li> <li>• Knitting with Sheila</li> <li>• Entertainment</li> <li>• Bingo</li> </ul>	<ul style="list-style-type: none"> <li>• Sit &amp; Be Fit</li> <li>• Shopper's Run</li> <li>• Pampering Hands</li> <li>• Supper Outing</li> <li>• Pool</li> </ul>	<ul style="list-style-type: none"> <li>• Morning walks outside</li> <li>• Cribbage</li> <li>• Wine &amp; Cheese</li> <li>• Popcorn &amp; a Movie</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Stretches</li> <li>• Library Time</li> <li>• Games Night - Poker</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Stretches</li> <li>• Enjoy a walk outside</li> <li>• Worship Service</li> <li>• Flavoured Coffee</li> </ul>