

# SORRENTO SCOOP

May Newsletter

*Welcome to Sorrento!*



# *Life at Sorrento*

*It is about spending time with family, friends (old and new), making new connections and new possibilities. There is always great food and new experiences to enjoy.*

*Here are some fun events and programs that took place at Sorrento.*

## Outing *Pottery painting*



# Art Workshop *Decoupage flower pots*



# Signs of Hearing Loss

There are over 1.3 million Canadians over the age of 15 who are living with hearing loss.<sup>1</sup> As hearing loss can occur gradually over time, it can be difficult for you or your loved ones to recognize the signs.

There are several signs of hearing loss to look out for. Here are seven questions to consider:

- 1 Do you often ask others to repeat themselves?
- 2 In conversation, do you find that others are 'mumbling' or not speaking clearly?
- 3 Do others complain that the volume of your TV or radio is too loud?
- 4 Have you found group conversations difficult to follow?
- 5 Do you have trouble hearing in noisy situations?
- 6 Do you have difficulty knowing where a sound is coming from?
- 7 Are you missing out on the sounds in nature that you love, like birds and leaves rustling?




If you answered 'yes' to any of these questions for yourself or a loved one, it may be time for a hearing evaluation.

## COMPLIMENTARY ON-SITE HEARING HEALTHCARE CLINIC



**EVERY THIRD WEDNESDAY OF THE MONTH**  
FROM THE COMFORT AND SAFETY OF  
SORRENTO RETIREMENT RESIDENCE!

**WE OFFER A VARIETY OF  
COMPLIMENTARY SERVICES INCLUDING:**

-  Hearing assessments\*
-  New product discussions
-  Hearing aid clean & checks

\*Complimentary hearing assessments valid for those over 50. Not applicable on third party claims. Other restrictions apply, please see clinic for details.

References:

1. Statistics Canada (2019). Canadians with a Hearing Disability. Retrieved from: <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2019025-eng.h>



Heather Deighton  
M.Sc., Audiologist

**SPACE IS LIMITED**

**SIGN UP AT CONCIERGE TO  
RESERVE YOUR SPOT WITH OUR  
HEARING CARE PROFESSIONAL**

**Helix Hearing Care**  
Wellness Denture & Hearing Clinic  
200 Queen's Plate Drive, Unit C2  
Etobicoke, ON

[www.helixhearingcare.ca](http://www.helixhearingcare.ca)

# Message from Director of Recreation

## Going Wild

The old nursery rhyme reminds us, “April showers bring May flowers.” What it doesn’t mention is that those flowers will bloom only if you plant them! Wildflowers delight our senses with their colorful blooms and delicate fragrances, but they also play valuable roles in nature. The first full week in May is Wildflower Week, a good reminder to plant wildflowers for all to enjoy.

The term *wildflower* is not scientific but refers to flowers that have evolved to thrive in their native habitats. They require less water and fertilizer than non-native species and are naturally resistant to local pests and diseases. Most importantly, wildflowers make critical contributions to their local ecosystems. They improve soil health, prevent erosion, and improve water quality. The flowers themselves also provide habitat to native insects and wildlife that act as pollinators. Pollinators facilitate the reproduction of 87.5% of the world’s flowering plants, including 35% of the crops that we eat. Non-native species, on the other hand, often disrupt communities of pollinators. Some non-native flower species even out compete local wildflowers, decreasing their habitat and adversely affecting the insect and animal species that rely on native flowers for survival.

World Bee Day on May 20 honors one of the world’s most prolific pollinators. Birds, bats, butterflies, moths, flies, beetles, wasps, and rabbits all make vital contributions to an ecosystem as pollinators. But no animal on Earth is as vital a pollinator as the bee. A 2018 study on pollinating habits conducted by the Royal Society of London concluded that not only do honeybees do the most pollinating, but they are also the most effective and efficient pollinators. Since 2006, colony collapse disorder has decimated honeybee populations around the world. One of the best ways to support honeybees is to plant native wildflowers. These flowers reliably produce the nectar and pollen that honeybees depend on and support the honeybee colonies that we rely on to pollinate so many of our favorite crops.

Sincerely,

Teresa Harrington, Director of Recreation

## *Dog of the Month – Chihuahua*

The chihuahua is a breed of dog native to Mexico that traces its lineage back thousands of years to pre-Columbian times. These adorable pups are named after the Mexican state of the same name. Chihuahuas are small, peppy dogs known for their vibrant personalities. In fact, they are one of the smallest breeds. They have large, expressive eyes and sweet faces. One of their defining features is an apple-shaped head. Chihuahuas come in a variety of colors, including tan, white, black, fawn, chocolate, red, and cream. Some even have coats in blue or lilac! These charming dogs make popular pets, beloved for their unique spunk and playful nature. Affectionately known as purse dogs at under 10 inches long and just four to six pounds, they can actually be carried around in a handbag. They tend to live between 12 and 15 years, but have been known to survive up to 20 years.





## Writer's Corner

### NATURE'S GARDEN

'Tis Nature's gift to ease  
Life's stress. Springtime's  
promise, Summer's  
dress.

Loaned for tender love  
and care. Our's to  
nurture, then to share.

What hidden beauty lies  
beneath Each swelling  
bud and greening leaf.  
Countless blossoms to  
erupt, Veiling all that is  
corrupt.

No place on Earth can 'er  
compare To Nature's  
Garden, here nor there.  
For in each flower, one  
can see Creator's hand at  
work for Thee.

Written by  
Maurice Walker, June 22, 2014.



# Upcoming Events

*May 2nd* Resident Information Meeting @ 1:30pm

*May 4th* LIVE TOUR: Amsterdam-Millions of Flowers Keukenhof Gardens @ 11:00 am

*May 5th:* A History of Hygiene Presentation w/ Lianne Harris @ 11:00am

*May 6th* Fifth Avenue Jewellery Vendor from 11am to 2pm

*May 6th* Make Organic Creams @ 2:00pm **\*\*Sign up\*\***

*May 6th* Happy Fridays: Aperol Spritz @ 2:30pm **\*\*Sign up\*\***

*May 8th* Mother's Day Buffet Brunch @ 11:00am **\*\*Sign up\*\***

*May 9th* Art workshop: Jewellery Making w/ Merav @ 2:00pm **\*\*Sign up\*\***

*May 11th* Afternoon Performance w/ Marcus @ 2:00pm

*May 13th* Food Demo: DIY Lunchables @ 2:00pm **\*\*Sign up\*\***

*May 13th* Happy Fridays: White Wine Sangria @ 2:30pm **\*\*Sign up\*\***

*May 17th* Visiting Library Service w/ Caledon Public Library @ 10:30am

*May 17th* LIVE TOUR: Salvador Bahian~ Welcome to Salvador @ 2:00pm

*May 18th* Financial Planning & Meet & Greet w/ CIBC @2:00pm

*May 18th* Craft Workshop: Make your own Fastenators @3:00pm **\*\*Sign up\*\***

*May 19th* High Tea Event @ 1:30pm **\*\*Sign up\*\***

*May 20th* Food Demo: Baked Oats w/ Berries @ 2:00pm **\*\*Sign up\*\***

*May 20th* Happy Fridays: Berry Vodka Cocktail@ 2:30pm **\*\*Sign up\*\***

*May 24th* Afternoon Cello Performance w/ Xinya @ 2:00pm

*May 25h* Outing: Ripley's Aquarium @ 9:30am **\*\*Sign up\*\***

*May 27th* Food Demo: Easy Cinnamon Apple Crumble @ 2:00pm **\*\*Sign up\*\***

*May 27th* Happy Fridays: Mimosas @ 2:30pm

*May 29th* Sorrento Open House from 2:00pm to 4:00pm

*May 31st* Fraud prevention & security presentation w/ OPP Officer Constable Joe @ 2:00pm

***\*\*Sign up required for all events  
listed\*\****

***For more information, please contact Teresa, Director of Recreation***