

# The Humber Guardian

## March 2023

### Table of Contents:

Visiting Guidelines	2
Around The Village	3 - 7
New Residents	8
Important Dates	9
Seasonal recipe	10
Entertainment	11-12
February Word search	13 - 14
Elder wisdom	15
Barb Schlegel Volunteer award	16
February Birthdays	17
Resident Forum - RH	18
Resident Forum - LTC	19
Family Council - LTC	20
PAL Program	21-24
Success Award	25-26
Spiritual Corner	27
Community Services	28- 29
Action IPAC	30
Staff Directory	31
Helpful Information	32

RETIREMENT & LONG TERM CARE

VOL. 23 ISSUE 3



### MISSION STATEMENT

Our mission is to provide holistic health care in a home environment located within an internal neighborhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

# Visitor Code of Conduct

The support of family and loved ones is integral to the well-being of our residents.

As the province continues its reopening process, it is important to remind all visitors of their obligations to the safety of all who live in, work at and visit our community. Visitors are required to adhere to the infection prevention and control protocols described within this document and within the visitor policy. **We strongly recommend all visitors to remain up-to-date with their COVID vaccination.**

## Visitor responsibilities



### Be respectful

We are working hard to ensure the health and safety of our residents, team members and visitors. We ask for your patience and support. Visitors have the responsibility to:

- Follow public health measures for the duration of the visit;
- Respect the rights and needs of other residents, families, team members and volunteers and
- Respect the rights of team members to work in an environment that is free from harassment.



### COVID-19 testing and screening

- Active screening is required to be completed prior to visiting your loved one. If you are feeling unwell, please do not visit.
- Surveillance testing is required as part of the screening process for indoor visits. A negative test is required to visit.
- Do not eat or drink while waiting for test results.
- Children under two year of age are not considered visitors and are exempt from testing and masking requirement.
- Individuals who show proof of a confirmed COVID-19 infection in the past 90 days are exempted from surveillance testing.
- A positive rapid test requires visitor to isolate at home and will be unable to visit for 10 days.
- If you develop symptoms or receive a positive test result after visiting, please call the Village.



### Practice hand hygiene

Wash your hands or use hand sanitizer before, during and after visiting the Village.



### Visiting

- Due to capacity and space, please connect with the Village ahead of your visit if the group size is greater than four people.
- During an outbreak or when visiting a resident on isolation precautions, only one essential caregiver may visit at a time.



### Wear a mask

- Medical masks are required to be worn by anyone entering the Village. Masks should fit snug and cover both the nose, mouth and chin.
- When alone in the resident's room (or other designated room), the mask may be removed to support your visit.
- Additional PPE may be required when visiting during an outbreak or when visiting a resident on isolation.



### Maintain physical distancing

- While the requirement to maintain physical distancing has been removed during visits. Activities may be adjusted to optimize and support safe physical distancing. .
- Physical distancing is not required between a resident and their visitor.

**Non-adherence to the visitor code of conduct could result in temporary suspension of visiting privileges.**

Let's keep our Village safe and healthy





# ***Around The Village***



**Dorothy Celebrating 108th Birthday**

## **Pink shirt day at the Village**





## Volunteers with Community Recognition Awards 2022 from Yvan Baker ,MP



## Family Day Carnival at the Village









# Valentines Day At the Village





# Pancake Tuesday Fundraiser Event for Dancing with Parkinson's





# ***New Residents to The Village***

The Village of Humber Heights would like to extend a warm welcome  
to our newest  
residents.

*Welcome to our Village!*

Filomena Bozzelli

Clara Bulloch

Charles Walter Dean

Barbara Antonia Haas

Emilia Katarzyna Hojka

Jacqueline Landridge

Ronald Landridge

Edith Dorea Smith

Dora Tucci

Raffaele Burella

Vincent Calvino

Donna Janes

Elena Le Pera

Arturo Montecinos

Vincenzo Pietroniro

Anna Stegmann

Rita Tomlinson



## ***Important Dates To Remember!***

**March 6-7: Purim**

**March 8: International Women's day**

**March 8: Holi**

**March 12: Day Light saving Time Begins**

**March 17: St Patrick's Day**

**March 20: First Day of Spring**

**March 22: Ramadan**



# Recipe of the Month

## ***G-F Chicken Caesar Salad***



### Ingredients

- |                                  |      |
|----------------------------------|------|
| 1. Lettuce ,Romaine Chopped      | 280g |
| 2. Cheese, parmesan              | 4ml  |
| 3. Dressing, Caesar Creamy       | 6ml  |
| 4. Chicken Strips, Fajita cooked | 120g |

### Preparation Step

- Wash hands , sanitize surfaces and equipment
- Place romaine into large bowl
- As close to serving as possible ,add cheese and dressing to lettuce and mix gently.
- Maintain Temp <40F/4C
- Prepare chicken as per manufacturers instructions to internal Temperature >
- 165F/74 for 15sec. Chill in Fridge
- Toss Chicken with prepared Salad .Chill until serve.
- Maintain <40F/4C



# March Entertainment

## MARCH 2023 RETIREMENT

### ENTERTAINMENT

Entertainment Timings March 2023-RH

<b>March 8<sup>th</sup></b> <b>International women's day</b> Rebecca Perry	2:30pm-3:00pm Emma	3:10-3:35pm Egerton	3:40-4:30 Townsquare
<b>March 10<sup>th</sup></b> <b>Ron Schlegel Birthday</b> Kelly Davies	3pm Townsquare		
<b>March 17<sup>th</sup></b> <b>St Patrick's day</b> Filipa Sousa	2:30pm-3pm Emma	3:10pm-3:35 Egerton	3:40-4:30 Townsquare
<b>March 27<sup>th</sup></b> <b>Birthday Celebration</b> David S	2:30-3:00 Emma	3:10-3:35 Egerton	3:40-4:30 Townsquare

PLEASE SEE YOUR MONTHLY RECREATION  
CALENDAR AND DAILY ACTIVITY BOARDS  
FOR DATES, TIMES, AND LOCATIONS.



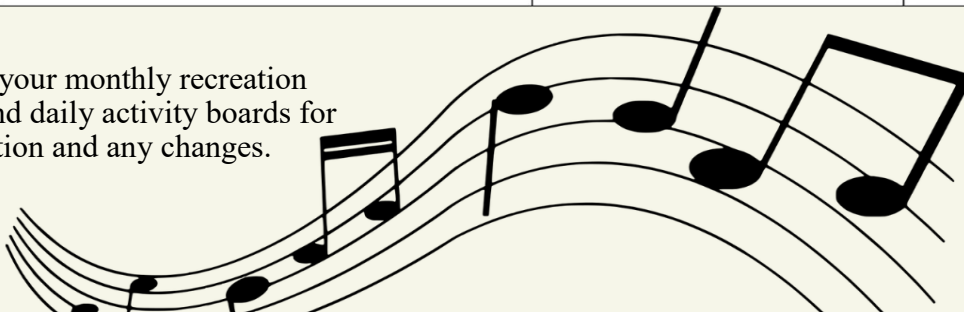
# March Entertainment

## ENTERTAINMENT LTC -MARCH 2023

Entertainment Timings March 2023-LTC

<b>March 3<sup>rd</sup></b> <b>Heart beats</b>	3:00pm Islington	
<b>March 7<sup>th</sup></b> <b>Emilio</b>	2:30pm Alderwood	3:00pm Weston
<b>March 10<sup>th</sup></b> <b>Heart beats</b>	3:00pm Brule	
<b>March 17<sup>th</sup></b> <b>Heartbeats</b>	2:45pm (Lambton and Wadsworth) Main Street-LTC	
<b>March 17<sup>th</sup></b> <b>Beyond Melodies</b>	10:30am Weston	11:00am Brule
<b>March 27<sup>th</sup></b> <b>Emilio</b>	2:30 pm Islington	3:00pm Lambton
<b>March 31<sup>st</sup></b> <b>Heart Beats</b>	3:00 pm Wadsworth	

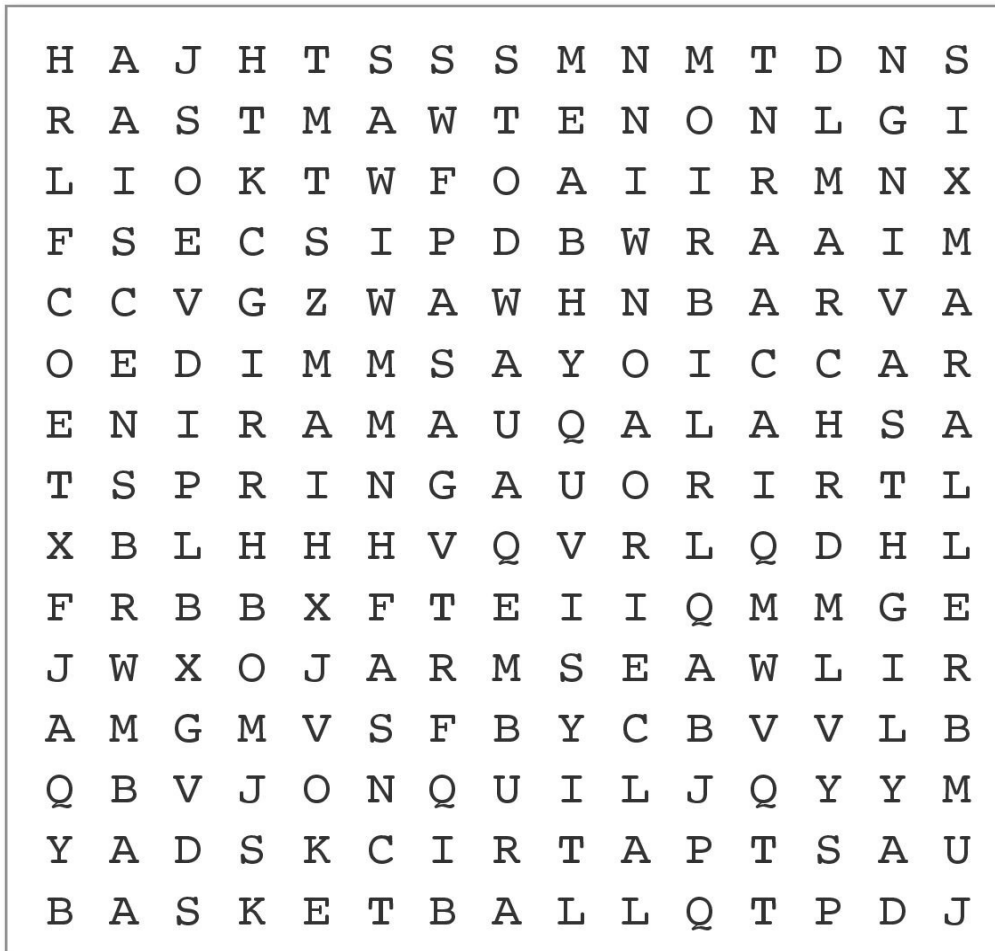
Please see your monthly recreation calendar and daily activity boards for dates, location and any changes.





# Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AQUAMARINE

ARIES

BASKETBALL

CLOVERS

DAYLIGHT SAVING

FISH (Pisces)

HOLI

JONQUIL

MARCH

PISCES

RAINBOWS

RAM (Aries)

RAMADAN

SPRING

ST. PATRICK'S DAY

THIRD

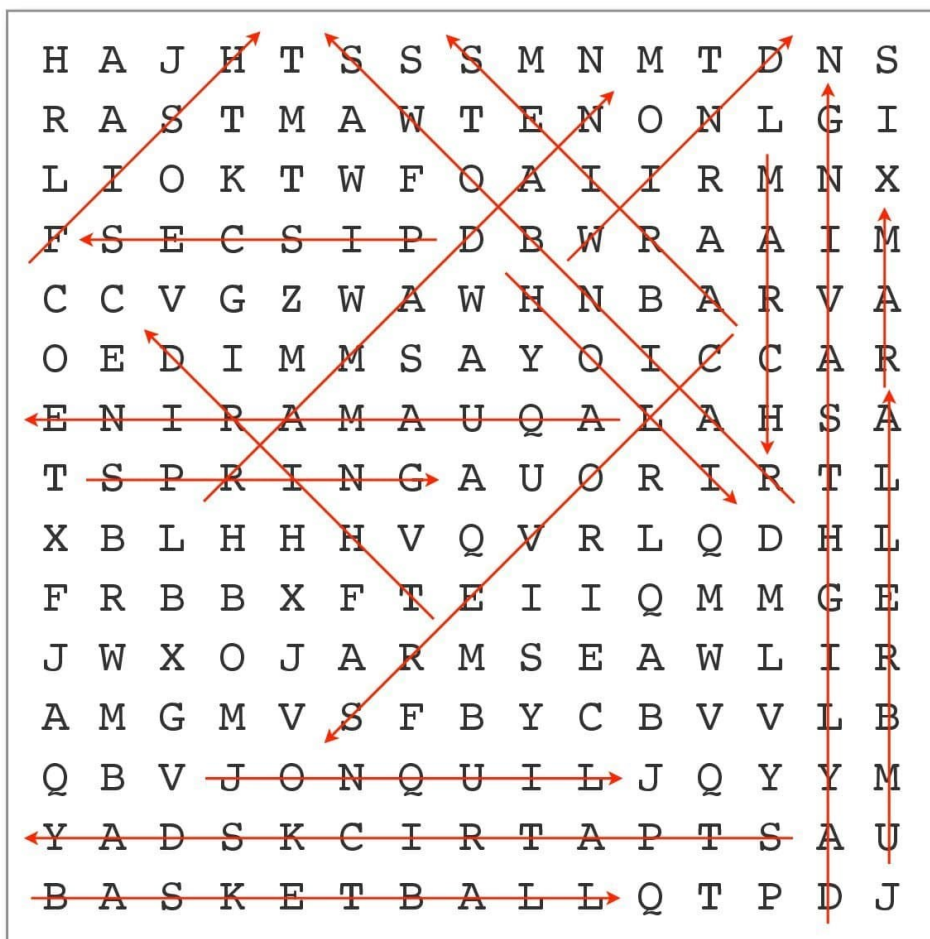
UMBRELLA

WIND



# Searching for March

(solution)





# *Stories* from the **GREEN BENCH** Podcast



## SUBSCRIBE



[ElderWisdom.ca](http://ElderWisdom.ca)





Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**





# BIRTHDAYS THIS MONTH

ERIC APPIAH	Mar 01
NICKETPAL KA BHASIN	Mar 24
MARY BLACK	Mar 30
MABEL CHOW	Mar 15
LUIS DIAZ	Mar 19,
CECILE DUPUIS	Mar 19
JOAN GARTH	Mar 12,
SHARON RUTH HALE	Mar 12,
LORETTA HICKEY	Mar 29,
JONGHO KIM	Mar 18,
NEVIO LENAR- DON	Mar 25,
YING LI	Mar 29,
GIOVANNA MEZ- ZAVILLA	Mar 23,
REGINALD PYNN	Mar 07,
DIMITRIOS SFYRIDIS	Mar 30,
SHOOK, LAW- RENCE MICH	MAR 26

**Long Term Care**

MARIE BROWN	Mar 01
AUDREY ZALUDEK	Mar 02
FILOMENA BOZZELLI	Mar 07
PATRICIA ANN CRONYN	Mar 09
DIEDRA BOBBE LUS- SOW	Mar 09
KAREN ETHEL SNESON	Mar 09
RUBY FUKUMOTO	Mar 12
RICHARD NYTKO	Mar 12
EDWARD WEBSTER	Mar 13
PATRICIA ANNE HILL	Mar 17
PAMELA ROBERTS	Mar 17
WILLIS MCALLISTER	Mar 17
JEAN IDA MA PRASKEY	Mar 20
MARY MAD MAN- GANELLI	Mar 21
WINNIFRED JU CLARKE	Mar 24
SHEILA OSBORNE	Mar 24
ROBERT WHALE	Mar 28
MARY MACARTHUR	Mar 31
VIVIAN YOUNG	Mar 31

**Retirement**





# ***Resident Forum - RH***

## **RESIDENT FORUM MEETING**

### **DATE**

---

15th March 2023

### **PLACE**

---

Townhall

3:00PM



# RESIDENT COUNCIL MEETING -LTC

Join Resident Council Meeting

---

**DATE | TIME**

Next Meeting:

**Thursday, March 16 2023**

**3:00PM**

**Community Centre**

***All LTC Residents welcome!***



THE VILLAGE OF HUMBER HEIGHTS

# FAMILY COUNCIL

---

**Come join our  
Family Council**

All families  
and friends of  
Humber  
Heights LTC  
Residents are  
welcome to  
join the family  
council

---



If you are interested to join please contact: Rebecca Thomas  
[Rebecca.Thomas@schlegelvillages.com](mailto:Rebecca.Thomas@schlegelvillages.com)  
4162350201 ext 6837

# PAL PROGRAM

## Nutrition Month and International Women's Day

By: Emma Donnelly (R.Kin) – Program for Active Living  
Coordinator (Retirement)



The theme for 2023 is “Unlock the Potential of Food.” Food has many benefits for our overall health. More resources are available at [unlockfood.ca](https://unlockfood.ca)

Healthy eating helps you feel your best each day and can prevent and / or manage diabetes, heart disease, osteoporosis and some types of cancer.

### Some Nutrition Tips for Older Adults/ Seniors:

- Maintain a healthy weight by making wise food choices and staying active
- Eat nutritious foods and balanced meals in regular intervals throughout the day
- Eat meals with family and friends if possible
- Fruits and vegetables provide lots of nutrients and vitamins, so aim to have 7 servings every day
- Eat calcium-rich foods, such as milk and alternatives for strong bones
- Limit foods high in sugar, salt and saturated fat.
- If you find chewing difficult, choose softer foods or use different preparation methods to make it easier to swallow
- Refer to the Canada's Food Guide sheet to “Eat Well and Live Well.”

International Women's Day is March 8<sup>th</sup>. Heart disease affects women differently compared to men across the lifespan. 1 in 3 women are affected by heart disease. The good news is, 80% of a woman's risk factors are within her control, and heart disease is largely preventable!



### Things you can do to prevent heart disease:

- Move more, sit less - aim to do 30 minutes of physical activity daily (walking counts!)
- Eat heart-healthy (consume fruits/vegetables, protein and whole grains)
- Quit smoking
- Take medication as prescribed
- Know your ABC's (A1C and fasting glucose, Blood pressure, Cholesterol)



# Humber Heights Scavenger Hunt

Fill in the CORRECT answers and hand in at **Main office** by **Mar 10<sup>th</sup>** for a chance to win a prize!!

1. What is the name of the boat near the elevator that goes up to Egerton and Becker?	
2. Who developed Kingsway Colonnade?	
3. "Believe you can and you're halfway there" is a quote by whom? (HINT: On a door in Williamsburg East)	
4. What type of flowers are on the door of 1187?	
5. Who organized the Humber Heights School Drum and Bugle Band?	
6. What year did the Humber Heights school open?	
7. What colour are the frogs' coats at the fishpond?	
8. What instrument is the figure playing on Rm 1151?	
9. What was the mill known as in the Humber River?	
10. Fill in the Blank: "Life is _____, handle with prayer." (HINT: Stone beside Rm 1102)	
11. What colour are the bells on 1116 door? And how many are there?	
12. How many cats are there in the photo on 1148 door?	
13. What is the game that is on top of the fridge in the Hobby Shop?	
14. What colour is the clothing donation bin near the LTC doors?	

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

**Canada.ca/FoodGuide**



# Eat well. Live well.

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

Discover your food guide at

**Canada.ca/FoodGuide**



# Success Awards

Every success we experience in the Village is the result of exceptional team members and their dedication to delivering on a memorable customer experience.

**Residents, families and team members** recognize these wonderful people through one of five CONNECT the Dots Success Awards.

Grab a ballot and tell us which team member lives these credo values and has made a positive impact.

## Credo values – award categories



### Know Me

A truly authentic relationship begins with connection and the discovery of what brings another person joy in life. When we get to know someone as a unique human being, we learn to anticipate their needs and can support their well-being to exceed all expectations. To 'WOW' your customer is to know them well, making things personally meaningful and special.

This **team member** demonstrates the meaning of true connection and takes the time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work and visit.



### Walk in My Shoes

To walk in the shoes of others is to gain a deeper understanding of their experiences with intent to acknowledge and empathize with their feelings. Empathy fuels connection because it means feeling 'with' another person. We connect with others in meaningful ways when we hear what they hear, see what they see and feel what they feel, which is the essence of empathy.

This **team member** practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.



### Be Present

To be present is to give another your undivided attention with respect, interest and sincerity. A person feels valued when they are heard by another who believes what they have to say is important. When we listen actively, patiently and intently; let another guide a conversation and share their hopes and expectations, focusing entirely on them in that moment, we are truly present.

In every interaction, this **team member** gives others their full attention and understands what it means to be present in that moment making every connection meaningful.



### Earn Trust

We earn trust when we are clear, genuine and transparent in all interactions, taking responsibility when necessary and committing to be honest in our every interaction. We treat others with respect by actively listening and clarifying expectations. We always assume the best of intentions in others and by doing this, we demonstrate our trust and genuine sense of caring.

This **team member** creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued.



### Follow Through

Looping back around to ensure the right actions have taken place to resolve concerns shows our dedication to an exceptional customer experience. We follow through by paying close attention to detail, we believe in going above and beyond by showing simple acts of kindness and we always express our appreciation by thanking our customers.

This **team member** follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.

## Instructions

- **Grab a nomination ballot and review award categories.**
- **Fill in nominee's name and select the award category.**
- **Share examples of how this team member demonstrates the credo value.**
- **Submit your ballot at the Village Office.**

Thank you  
for your  
nomination!





# Success Awards

Every success we experience in the Village is the result of exceptional team members and their dedication to delivering on a memorable customer experience.



## Residents, families and team members

recognize these wonderful people through one of five CONNECT the Dots Success Awards.

Grab a ballot and tell us which team member lives these credo values and has made a positive impact.

### Credo values – award categories

**Know Me**

**Be Present**

**Walk in My Shoes**

**Earn Trust**

**Follow Through**

Ballot due Sunday March 12th

Contact a **leader** if you have any questions.

# Spiritual Corner



## I THOUGHT OF YOU WITH LOVE TODAY

I thought of you with love today,  
but that is nothing new.  
I thought about you yesterday,  
and days before that too.  
I think of you in silence,  
I often speak your name.  
All I have are memories  
and a picture in a frame.  
Your memory is a keepsake,  
with which I'll never part.  
God has you in His keeping,  
I have you in my heart.

- Author Unknown



## In Memoriam

With great sadness, we  
remember our friends who  
are no longer with us:

Eulalia Harkness

John O'Connor

Gabrijela Seber

Emma Bracciale

Shirley Jean Bull

Mafalda Liotti

Peter Oakes

Anna Stegmann

Anna Zambri

### Village Chaplain Kirk Grant

Phone Ext: **6890**

Availability:

Monday 8:00am-12:00pm  
Tuesday 12:00pm-8:00pm  
Wednesday 8:00am-4:00pm  
Friday 8:00am-4:00pm  
Sunday 8:00am-12:00pm



If you would like to connect with the  
Chaplain please feel free to connect  
with him to chat on the phone or call  
to request a visit. Ext. **6890**



## Services at Humber Heights

### ***Clips & Curls on Retirement Eleanor***

Men's Cut	\$25.00
Ladies Cut	\$30.00
Set (no shampoo)	\$25.00
Shampoo/ roller set	\$30.00
Shampoo / set (curling iron)	\$30.00
Shampoo / cut / set	\$45.00
Color / set	\$65.00
Color cut / set	\$85.00
Perm	\$85.00

***Please book all appointments with the hair dresser's / And  
see salon for Pricing***

**VISIT OUR  
GENERAL** *store*

OPEN  
MONDAY - FRIDAY  
10:00AM - 2PM



COME CHECK OUT THE GENERAL STORE  
AS WE HAVE A VARIETY OF GREAT ITEMS.  
WE REALLY HAVE SOMETHING FOR EVERYONE, SO  
STOP BY AND SAY HELLO!



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Humber Heights, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)

  
**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



## Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



# *Humber Heights*

## **(LTC - 416-235-2782 • RH - 416-235-0201)**

**Email Example: *Firstname.lastname@schlegelvillages.com***

Paula Stephenson	Main Office Retirement	6801
Mona Mazaheri	Long Term Care – Office	6844
Mercy Bermeo	Administrative Coordinator (Billing)	6892

### **Neighbourhood Coordinators LTC:**

Sangita Adhikari	Brule and Weston	6840
Lotoya Francis	Alderwood & Islington Neighbourhood	6843
Yashmini Ramdial	Lambton & Wadsworth Neighbourhood	6834

### **Neighbourhood Coordinators RH:**

Anup Sengupta	Wellness Coordinator	6833
Adelina Oliveira	Emma's & Egerton Neighborhood's	6830
Tenzin Kyizom	Williamsburg Neighbourhood	6803
Ravkiran Sandhu	Director of Nursing Care - LTC	6835
Zankhana (Zi) Patel	Assistant Director of Nursing	1074
Ladonia Bonner	Assistant Director of Nursing Care - LTC	1075
Leo Chow	Assistant Director of Nursing Care - I PAC Lead -	6828
Neelu Kisiju	Nurse Practitioner	6826
Charge Nurse	Retirement Home	5400
Charge Nurse	Long Term care	5505
Beauty Albanum	Assistant Director of Nursing Care/ BSO	6840
Mithila Vidwans	Director of Quality & Innovation	6805
Rebecca Thomas	Director of Recreation	6837
Asha Poonai	Volunteer Coordinator	1842
Julian Butler	Director of Hospitality	6847
Ruxien Aclaracion	Food Services Manager	6846
Diana Kania	Asst. Food Services Manager	6846
Lukesh Sharma	Dining Room Supervisor	1849
Denis Collier	Registered Dietician	6846
Tanya Bradbury	Director of Environment Services	6974
Nathan Turnah	Assistant Director of Environment Services	6974
Dagmara Klisz	Director of PAL	6877
Emma Donnelly	PAL Co-Ordinator	6877
Rachel Hawton	PAL Co-Ordinator	6877
Kirk Grant	Village Chaplain	6890
Karen Burt	Director of Life Style Options	6858
Eric Jaffary	Director of Life Style Options	6858
Sheral Christian	Neighbourhood Coordinator - RH	1078
Joanne Hernandez	Resident Support Coordinator - LTC	5410
Charles Maraikan	Social Worker	5410
Abiodun Bello	Assistant General Manager-RH	6876
Renay Gallimore	Assistant General Manager-LTC	6851
Pauline Dell'Oso	General Manager	6802
Laurie Wolf	General Manager Apprentice	1077
Eleanor Sese	Salon	1814
Naveen Kelgangath	Physiotherapist	6809
Karen Parsons	Registered Foot Care Nurse	647-405-7928

# Helpful Information

## Room Bookings:

To book a room for breakfast, lunch, dinner or any other private function, please call or see the administrative assistant at the Front Desk in the Retirement Village Office. If you need catering services for the function, please contact Julian Butler, at ext. 6847.

## General Information:

Newsletters and calendars are always delivered by the 1st of each month. They are also available in the Village Offices or through the Recreation team.

Letters can be mailed in the Village Office mailbox, and is taken out daily. RH & LTC residents can purchase postage stamp from the RH - General Stores .

The General Stores located on Retirement Home is open from Monday-Friday from 10 AM to 2 PM for both RH & LTC residents. Large print calendars are available for the visually impaired residents

## Contacting Residents by phone externally and internally:

Our residents' **DEDICATED** phone lines enable you to make a quick and easy call with your loved ones and friends. By dialing the respective resident line below and the resident's room number as the extension, you can avoid delays when contacting our main Humber Heights line.

## Simply dial:

For Long-term Care: 416.235.2782 + Extension\* (resident's room number)

For Retirement: 416.235.2819 + Extension\* (resident's room number)

If Residents would like to call each other from inside the village  
all you need to do is dial the residents room #

(For example: if the resident lives in room # 1115 you would dial 1115 on the phone)

## How to Contact Charge Nurse: 416 235 0201

LTC, EXT. 5505

RET, EXT 5400

## Gibson Dry Cleaners Services:

Gibson Dry Cleaners offer an array of services, including dry and wet cleaning and alterations and repairs. With a one time fee of \$5.00, residents can set up their account and receive a reusable garment bag for their clothing to be picked up in. The clothing will be picked up on Tuesdays or Fridays, and returned the following Tuesday or Friday. The clothing will be returned cleaned and pressed on a hanger covered in a plastic bag. The reusable bag will be returned alongside the clean clothes.

You can drop off & pick up your dry cleaning in the Retirement Main Office. If you would like more information, please contact Retirement Main Office **Extn: 6801**

## Used Batteries

If you have any used batteries, you can bring them to the Retirement village office to be properly disposed of. There is a box at the front desk where batteries can be dropped into.