

The Humber Guardian

SEPTEMBER 2023



The Village of **HUMBER HEIGHTS**

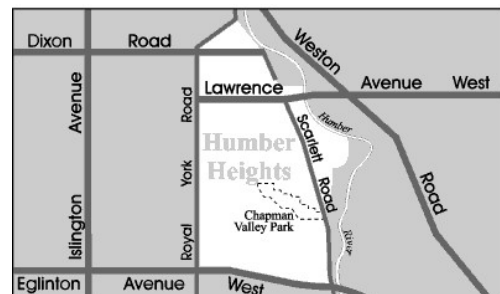
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RETIREMENT & LONG TERM CARE

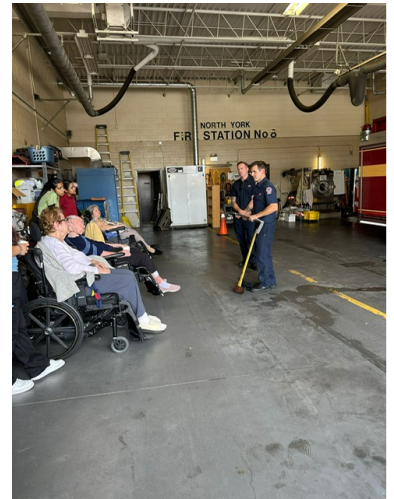
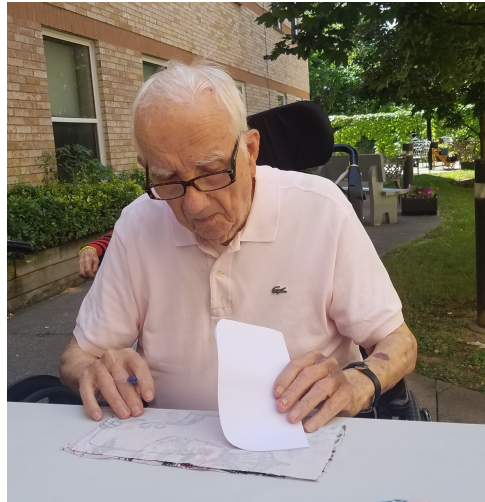
VOL. 25 ISSUE 8

September



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 of each residents.



Wilfred Schlegel Day Giving back to the community.





CARF RECOGNITION



Diversity Lunch





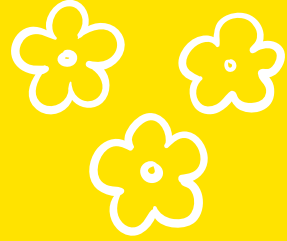
James Gardens Outing LTC



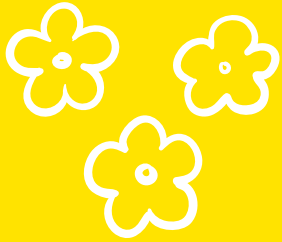
McMichael Canadian Art Collection Outing Retirement



WELCOME



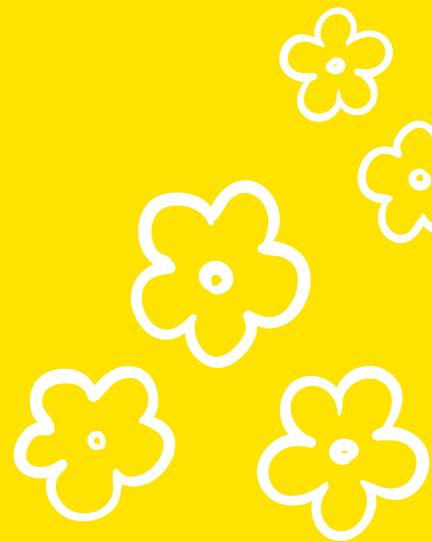
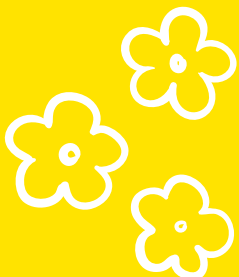
our new residents to our
retirement village



Joan R.
Elizabeth F.
Vera J.

our new residents to our long
term care village

Andreas G.
Susan H.
Domenico M.
Helen N.
Paul T.





Retirement Resident Birthday

September 2 - Sheila L.

September 2 - Claire D.

September 3 - Adam L.

September 4 - Linda M

September 5 - Ona W.

September 7 - Marian M.

September 8 - Allan J.

September 11 - Dorothy B

September 15 - Susan L.

September 17 - Marie R.

September 17 - Lois M.

September 17 - Sylvia Y.

September 17 - Giselda R

September 18 - Nina Z.

September 19 - Eleanor S.

September 20 - Betty H.

September 21 - Claudette F.

September 23 - Rea B.

September 27 - Olive F.

September 29 - Vera J.

September 30 - Sheila W.



Long Term Care Birthdays

September 1 - Viona F.

September 1 - Arturo M.

September 4 - Inge Z.

September 4 - Rosa B.

September 4 - Paul T.

September 9 - Peter M.

September 9 - Vincenzo P.

September 19 -Ilda D. S.

September 21 - Francesco V.

September 21 - Kevin B.

September 23 - Leilith M. N.

September 23 - Tulip H.

September 23 - Atze G.

September 29 - Julia B.

Long Term Care Resident Council

**Join Resident Council Meeting
Long Term Care**

**Date | Time
Next Meeting:
Thursday September 21, 2023**

**3:00 pm
Community Centre**

All LTC Residents Welcome!

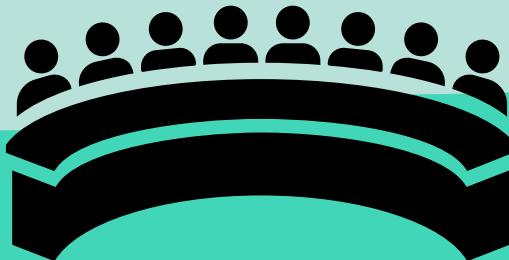


Retirement Resident Council

Join Retirement Resident Council Meeting

**Date | Time
Next Meeting:
Wednesday September 20th, 2023**

**3:00 pm
Town Hall**



OUTINGS

Dear Residents, family & friends,

We are happy to have outings again, however, we have limited seating and we want everyone to have an opportunity to sign up at least once.

Thank you

Retirement

Walmart Shopping Trip

Thursday September 7th
Time: 10:00 am

Sign up at Retirement Office

Retirement

Blue Jays Game

Sunday, September 17th
Time: 12:00 pm

Cost of Ticket:
\$75.00

Sign up at Retirement Office

Retirement

Royal Ontario Museum & Lunch

Thursday, September 28th
Time: 10:00 am

Cost of Ticket: \$21.00

Sign up at Retirement Office

Long Term Care

Picnic Lunch

Thursday September 7th
Etobicoke Valley
Time: 11:00

Sign up at LTC Office
Main Street

Long Term Care

Chudleigh's Apple Farm

Friday, September 15th
Time: 1:00pm

Ticket cost: \$15.50

Sign up at LTC Office
Main Street

Long Term Care

Blue Jays Game

Sunday September 17th
Time: 12:00pm

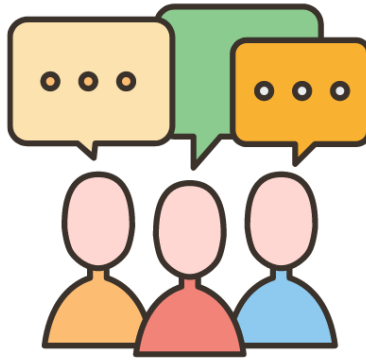
Ticket Cost:
\$27.00 for wheelchair
\$75.00 for ambulatory
Sign up at LTC Office

Long Term Care

Shoppers Drug Mart

Thursday September 28th
Time: 9:30am

Sign up at LTC Office
Main Street



FAMILY COUNCIL

LONG TERM CARE

**IF INTERESTED IN JOINING
PLEASE EMAIL:**

**DIRECTOR OF RECREATION
ADRIANA.CAROLA@SCHLEGELVILLAGES.COM**





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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Message from Isaac

Hello everyone. My name is Isaac. You might have seen me around the village helping with 1:1 exercises or leading group exercise classes. For the past 8 months, I have been working at the village of Humber Heights as a Kinesiology co-op student for the Program of Active Living. As it's almost approaching fall season, I am saddened to inform that I am nearing the end of my term working here with the Village of Humber Heights.

From the start, I had a goal to make exercise enjoyable and for everyone to feel healthy. From 1:1 exercise to group exercise classes, From Nustep to Motomed. I hope it made you feel little healthier and I hope you found them fun! I thank everyone for your participation in exercising.

It's been a great pleasure meeting everyone here. All the things that I have learned will help me in my studies and ahead in life. I will always cherish the amazing memories of being here. I hope to see everyone again soon 😊 Keep up the good work and keep exercising!

Program for Active Living (PAL)



Message from Rachael

Hi everyone! My name is Rachael and I am the Program for Active Living (PAL) Coordinator on Long-Term Care. I had the privilege of joining the team at the Village of Humber Heights in September 2022, and have made some amazing friends along the way!

After a wonderful year here at Humber Heights, I have decided to pursue my passions further and return to school to study Occupational Therapy at Queen's University. I am so grateful for everything I have learned here, and for the people I have met. The team members, residents, and families coming together are what makes our village so special, and I am so thankful to have been a part of it!

To all our residents on the PAL and physio programs, keep working hard like you always do; your perseverance is inspiring! Thank you for the memories, I will be back to visit before you know it. I wish everyone health and happiness in the future!

SPECIAL EVENTS

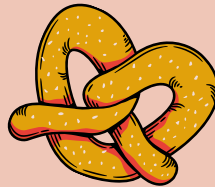


Centenarian Birthday Part:
Monday September 25th 2023 at 2:30 - 4pm

This month we will be celebrating our Centenarian birthdays! Join us on Monday September 25th to celebrate September birthdays and all our residents turning 100 and over!

Oktoberfest

**Oktoberfest festivities on
Friday September 22nd 2023
at 2:30pm**



GRANDPARENTS DAY CELEBRATION

Join us for an afternoon of painting and refreshments to celebrate and commemorate Grandparents! Children, grandchildren and great grandchildren welcome!

Sunday September 10th at 2:30 pm-4:00pm



RECIPE OF THE MONTH

GOLDEN LENTIL SOUP



- 65 g dry lentils
- 1 tsp of garlic, chopped
- 2.5 tsp of vegetable oil
- 30g of diced onion
- 20g of diced celery
- 25g of diced carrots
- 30g of diced potatoes
- 0.5 tsp of oregano
- 1 bay leaf
- 2 cups of vegetable or chicken broth
- 1 cup of water

Rinse Lentils. Cover Lentils with Water and bring to a boil for 2-3 minutes. Cover, reduce heat and simmer until Lentils are tender, about 10-20 minutes.

In a separate pan, heat Oil over medium heat and sauté Onions, Garlic and Celery until tender.

Add Carrots, Lentils and Potatoes. Add in remaining Ingredients. Bring to a boil, reduce heat and simmer for 20 min to

ENJOY!

Schlegel Villages – CONNECTIONS



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17

Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](#). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

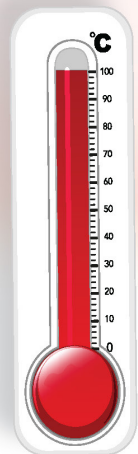
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



LTC Resident Line	416.235.2782
LTC Fax	416.235.2507

RH Resident Line	416.235.2819
RH Fax	416.235.0594
RH Nurse Fax	416.245.2387

LONG TERM CARE	
Name	Extension
Charge Nurse	5505/6810
Lambton (100 – 134)	6831
Wadsworth (140 – 174)	6873
Brule (200 – 234)	6836
Weston (240 – 274)	6850
Alderwood (300 – 334)	6842
Islington (340 – 374)	6849

RETIREMENT	
Name	Extension
Williamsburg / Becker - Charge Nurse	5400/1858
Williamsburg - West Med Tech (1100 – 1153)	1855
Williamsburg - West PCA	1853
Williamsburg - East Med Tech (1155 – 1199)	1856
Egerton / Emma's Charge Nurse	1860
Egerton Med Tech (2100 – 2153)	1861
Egerton PCA	1857
Emma's Med Tech (2154 – 2193)	1862
Emma's PCA	1856

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Shawn Fenlong	Assistant General Manager	6851
Ravkiran Sandhu	Director of Nursing Care	6835
Zankhana (Zi) Patel	Assistant Director of Nursing Care- I PAC Lead	6828
Beauty Albanum	Assistant Director of Nursing Care- BSO	6840
	Assistant Director of Nursing Care	1075
Raman Dhaliwal	Assistant Director of Nursing Care	1075
Mithila Vidwans	Director of Quality & Innovation	6805
Katrina Pokholchenko	Nurse Practitioner	6826
Imran Pasha	NC Lambton/Wads	6834
Sangita Adhikari	NC Brule/Weston	6811
Lotoya Francis	NC Alderwood/Islington	6843
Denise Walker	Scheduling Clerk	6807
Blessie Sarion	RAI/QI Ald, Isl, Wad	6806
Anna Ancheta	RAI/QI Bru, Wes, Lam	6854
Naveen Kelgangath	Physiotherapist	6809
Tanya Bradbury	Director of Environmental Services	6974
Rachael Howton	PAL Co-Ordinator	6877
Ruxien Aclaracion	Food Services Manager	6846
Jennifer Ameyaw	Asst. Food Services Manager	6846
Anna Khomovych	Registered Dietician	6846
Mona Mazaheri	Admin. Assistant	6844
Charles Mariakan	Social Worker	5410
Adriana Carola	Director of Recreation	6837
Catherine Beggs Edwards	Interim Resident Support Coordinator	5410
Kirk Grant	Chaplain	6890
Asha Poonai	Volunteer / Student Coordinator	1842

Pauline Dell'Oso	General Manager	6802	
Laurie Wolf	General Manager Apprentice	1077	
Abiodun Bello (Abby)	Assistant General Manager	6876	
Mandy Misir	Wellness Coordinator	6833	
Adelina Oliveira	NC SCF (2154 – 2193)	6830	
Tenzin Kyizom	NC MF (1100 – 1199)	6803	
Dagmara Klisz	Director of PAL	6877	
Emma Donnelly	PAL Co-Ordinator	6875	
Marta Czepielewski	Recreation Supervisor	6860	
Julian Butler	Director of Hospitality	6847	
Lukesh Sharma	Dining Room Supervisor	1849	
Karen Burt	Director of Lifestyle Options	6858	
Eric Jaffary	Director of Lifestyle Options	6858	
Sheral Christian	Neighbourhood Coordinator	1078	
Aline Olmo	Village Experience Co-Ordinator	6808	
Mercy Bermeo	Admin Co.	6892	
Paula Stephenson	Admin. Assistant	6801	
Nathan Turnah	Assistant Director of ES	1076	
Screening Desk	Screeners	1810/6730	
Eleanor Sese	Hair Dresser	1814	
Karen Parsons	Foot Care	647-405-7928	
Staff Room	6856	Board Room	1840
Delivery Room	6862	Ed Room	6860
Main Servery	1849	Kitchen	6848
Egerton Servery	1809	Laundry	6880
Emma's Servery	1826		
ESS			
Main: Louisa or Lucy		416.243.0127, x201, x 222	
Day Program		416.243.9104	
Day Program Cell		416.937.4432	