

The Humber Guardian

December 2023



The Village of **HUMBER HEIGHTS**

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VOL. 28 ISSUE 11



MERRY CHRISTMAS

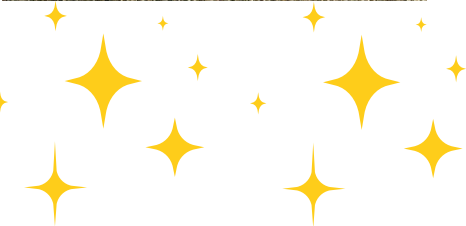
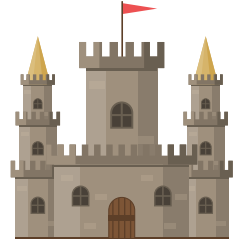
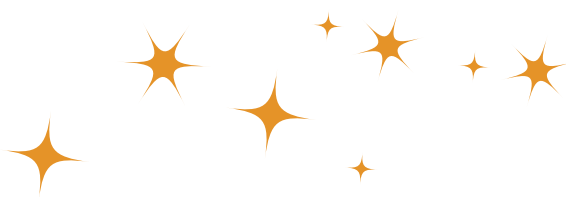


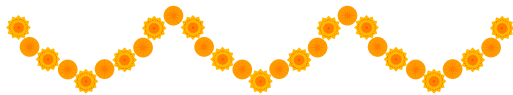


VILLAGE LIFE



Resident Led Yoga Class!





This is Long Term Care Conference



Christmas Bazaar



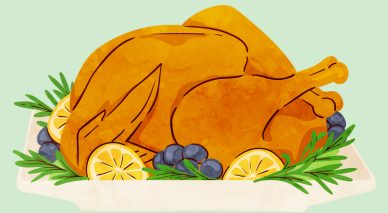
SPECIAL EVENTS

CHRISTMAS DINNER

A festive dinner with musical accompaniment will be served for residents on their neighbourhoods

Long-Term Care: Tuesday, December 5th 2023

Retirement: Thursday, December 7th 2023



UGLY CHRISTMAS SWEATER DAY



Wear your most festive Christmas sweater on Friday, December 15th 2023

CAROLING WITH THE HENDERSON FAMILY



Join our resident, Ruth Henderson, along with her daughters for festive Christmas caroling in Town Square on Friday, December 22nd at 2:30 pm (Retirement Side)

CHRISTMAS DAY CONCERT



Ori Dagan performs for Humber Heights to celebrate and entertain on Christmas Day - Monday, December 25th, 2023 from 2:30 - 4:00 pm in Town Square

SPECIAL EVENTS

HANNUKAH SOCIAL

Celebrate Hannukah with the village with a Latke Social!
Tuesday, December 12th 2023 at 2:30 pm in the café



NEW YEARS EVE CONCERT

Celebrate the end of one year and the beginning of another with Vili V in town square from 6:45 pm to 7:45 pm on Sunday, December 31st 2023



VENDORS

Thursday December 14th 2023: Monika's Clothing on
Main Street from 11:00 am to 4:00 pm

Wednesday, December 27th 2023: Nelly's Comfort Shoes on
Main Street from 11:00 am to 4:00 pm



WELCOME

our new residents to our
retirement village

Edwin H.

Marilyn G.

William P.

Lida D.

Meta M.

Lorena P.

Peter J.

our new residents to our long
term care village

Anna W.

Joan D.

Francesca D.

Musu K.

Doodnauth S.

Marvelin D.

Gloria M





Long-Term Care Residents

December 5 - Phyllis C.

December 7 - Alan H.

December 14 - Maria T.

December 18 - Mary C.

December 21 - Evelyn S.

December 22 - Gabriele B.

December 23 - Rita F.



Retirement Residents

December 2 - Howard S.

December 5 - Pauline K.

December 6 - Loretta A.

December 7 - Sheila T.

December 7 - James S.

December 7 - Janice M.

December 8 - Edwin H.

December 9 - Mary Kath R.

December 11 - Clara B.

December 11 - Judy W.

December 12 - Wilma M.

December 12 - Eduard F.

December 13 - Joyce P.

December 16 - James R.

December 17 - Carol H.

December 18 - Maria S.

December 19 - Neville T.

December 20 - Liliane D.

December 22 - William P.

December 31 - Mary Elizabeth S.

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

Superstore

Monday, December 5th

Time: 9:45 am

Sign up at Retirement Office

Retirement

Grandstand Casino

Tuesday, December 6th

Time: 1:30pm

Sign up at Retirement Office

Retirement

Casa Loma: Christmas at the Castle

Monday December 18th

Time: 1:30 pm

Ticket cost: \$ 39.32

Sign up at Retirement Office

Main Street

Long Term Care

One of the Kind Show

Friday, December 1st, 2023

Time: 10:00am

Ticket cost: \$12.00 plus tax

Sign up at Long Term Care

Office

Long Term Care

Centennial Park GreenHouse

Thursday December 14th, 2023

Time: 9:45

Sign up at LTC Office

Main Street

Long Term Care

Shoppers Drug Mart

Thursday December 28th,

2023

Time: 9:45am

Sign up at LTC Office

Main Street

Long Term Care Resident Council

**Join Resident Council Meeting
Long Term Care**

**Date | Time
Next Meeting:
December 21st, 2023**

**3:00 pm
Community Centre**

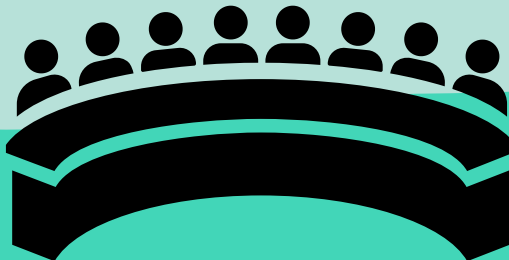


Retirement Resident Forum

Join Retirement Resident Forum Meeting

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

**3:00 pm
Town Hall**



PAL HOLIDAY SEASON WISHES

Nurturing the Mind and Body: A Holistic Approach to Health this Holiday Season

As the holiday season approaches there's a sense of excitement in the air. With the new year coming soon, it's the perfect time to embrace the opportunities that the future holds. In the spirit of new beginnings, let me share a bit about myself. My name is Ammarah Ahmed and I am the Student Kinesiologist here at Humber Heights. I am pursuing my studies in Kinesiology at the University of Waterloo.

Outside of school, my passions include reading, rock climbing, soccer, and crocheting. These pursuits not only keep me active but provide so much fulfillment—a sentiment shared by many of our residents here at Humber Heights. At the University of Waterloo, my academic journey has led me to discover the strong interest in subjects such as neuroscience and exercise prescription.

I've come to appreciate the profound impact our lifestyles have on cognitive well being and brain health. I would like to bring awareness to Women's Brain Health Day, which takes place on December 2nd. The Public Health Agency of Canada reports that over 432,000 Canadians aged 65+ are currently grappling with dementia, with a significant two-thirds of them being women. This underscores the importance of focusing on brain health, especially within our cherished senior community. Prioritizing brain health is crucial. Our brains govern overall well-being, influencing physical health, emotions and cognitive functions. Women's Brain Health Initiative highlights 6 ways to maintain a healthy brain, easily integrated into daily life.

- 1. Social Connection: Engaging in conversations, spending time with loved ones, and participating in social activities!**
- 2. Mental Stimulation : Challenge your brain with continuous learning. Pick up a hobby, solve puzzles, play chess, and more!**
- 3. A Good Night's Sleep: Prioritize consistent sleep and allow your brain to recharge.**
- 4. Reduce Your Stress: Incorporate calming practices like meditation into your lifestyle to combat chronic stress**
- 5. Get Your Heart Pumping – Join Me for Fun Group Classes!: Exercise benefits your body and brain by improving blood flow. Participate in my group classes, including Zumba, yogalates, tai chi, and more.**
- 6. Mindful Eating: What we eat directly impacts our brain health. Adopting a diet rich in antioxidants, omega-3 fatty acids, and other brain-friendly nutrients supports cognitive function.**

So, as the year draws to a close and the festive season approach, let's celebrate not just the holidays but also the gift of health – a treasure that encompasses both body and mind. Wishing you a joyful and brain-boosting holiday season ahead!



Schlegel Villages – CONNECTIONS



Seasons Greetings

As the calendar turns to December and winter winds begin to blow, our thoughts turn to the holiday season and we reflect on a year that has flown by.

As an organization, we were thrilled to see some new changes in our community of Villages in 2023; this spring, for example, we saw the small family of team members and residents from Waterloo's Pinehaven Nursing Home move to their new long-term care neighbourhoods in the redeveloped Village of Winston Park in Kitchener.



We also welcomed the first residents to our newest retirement expansion at The Village of Glendale Crossing this fall, and we're thrilled to have so many wonderful new team members there to add to our growing family. There were so many great and wonderful events and occasions in between – too many to capture here.



With 18 Villages spread out across Ontario and more to come, we are a growing family, indeed. We have people who work and live with us that come from all corners of the globe and this holiday season, we reflect on the many beautiful traditions we have come know thanks to the wonderful diversity we enjoy in our Villages every day. We revelled in the light of Diwali celebrations in November and we look forward to Hannukah beginning in the early part of December this year, leading towards Christmas and Kwanzaa.



No matter how our residents, families, team members and community partners celebrate, we wish for every blessing of the season upon us all, and we look forward to a beautiful New Year!



Schlegel Villages – **CONNECTIONS**

Let's stay healthy this holiday season

There are several ways to protect yourself and others from respiratory viruses.

We are encouraging everyone to stay up to date with their vaccines. They are an important way to boost your immunity and prevent severe illness from flu, COVID-19, and Respiratory Syncytial Viruses (RSV).

Helpful tips



Get vaccinated



Clean and disinfect surfaces and shared items



Wear a mask



Optimize indoor air quality



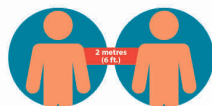
Wash or sanitize your hands often



Stay at home when you are sick



Cover your mouth when you cough or sneeze



Physical distance when possible



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

2245 Lawrence Ave. West
Etobicoke, ON M9P 3W3
416.235.0201

Updated: August 8, 2023

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

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 Aid, 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	