

The Humber Guardian

NOVEMBER 2023



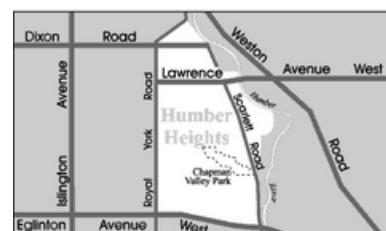
The Village of **HUMBER HEIGHTS**

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RETIREMENT & LONG TERM CARE VOL. 27 ISSUE 10

November



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.



WELCOME

our new residents to our
retirement village

Josip V

Tip W.

Vernice P.

Margaret D.

Brian B.

Maria C.

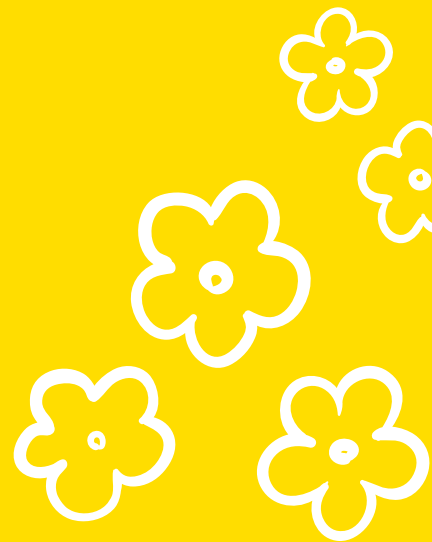
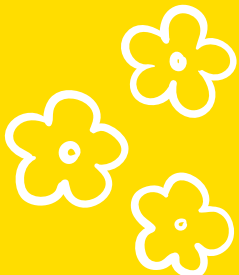
James S.

Robina B.

Sadie C.

our new residents to our long
term care village

Olive P.



HAPPY

Birthday

Retirement Residents

November 1 - James B

November 1 - Joan C

November 1 - Joan I

November 3 - Olive W

November 4 - Jan C

November 4 - Margaret D

November 7 - Lilli V

November 9 - Mary H

November 11 - Robert H

November 12 - Andreina H

November 13 - Susan D

November 14 - Violanta R

November 16 - Nancy H

November 17 - Beatrice M

November 17 - Edith S

November 17 - Tip W

November 17 - Sylvia S.

November 19 - Donald C.

November 19 - Robert B

November 21 - Liliane S

November 22 - Joan H

November 23 - Margaret R

November 23 - Ruth H

November 25 - Antonina K

November 27 - Fernando V

November 29 - Reta H

November 30 - Giulio C

November 30 - Prem M



HAPPY

Birthday

Long Term Care Residents

November 4 - Beatrice Y

November 5 - Isabela P

November 7 - Krstina S

November 8 - Antonio P

November 10 - Susan H

November 13 - Jasmine D

November 14 - Maria E

November 15 - Ingeborg E

November 18 - Audrey F

November 18 - Agnes F

November 19 - Werner B

November 22 - Sandra B

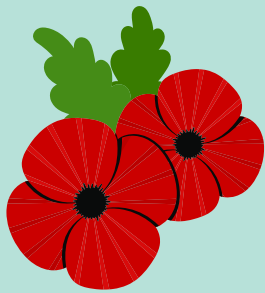
November 23 - Alma L

November 23 - Maria G

November 25 - Honorito S



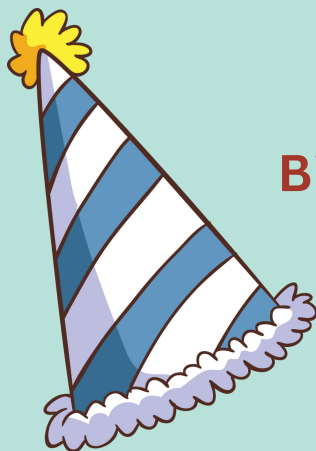
SPECIAL EVENTS



Remembrance Day Celebration
Saturday November 11th at 10:15 am

Town Square

Afternoon Entertainment with Jay Vasquez
Wednesday November 15th at 2:30pm - 4:30pm
Town Square



**Birthday Celebration and Entertainment
with Tristan**
Monday November 27th at 2:30pm - 4:30pm
Town Square

Christmas Bazaar
Wednesday November 29th from 10:00am to 3:00pm
Main Street





National Truth & Reconciliation



National Smile Day

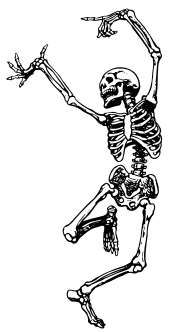
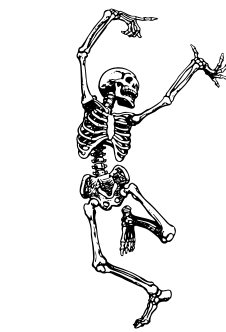


ACTIVE AGING WEEK 2023 OCTOBER 2 - OCTOBER 9



village life





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

Black Creek Pioneer Village

Wednesday, November 8th

Time: 1:30 pm

weather permitting

Cost of Ticket: \$14.80

Sign up at Retirement Office

Retirement

Cloverdale Mall

Monday, October 14th

Time: 10:00 am

Sign up at Retirement Office

Retirement

Grandstand Casino

Friday, November 24th

Time: 1:00pm

Sign up at Retirement Office

Long Term Care

Medieval Times

Saturday November 4th, 2023

Time: 3:30 pm

Ticket cost: \$63.70

Sign up at LTC Office

Main Street

Long Term Care

Cloverdale Mall

Thursday November 23th, 2023

Time: 9:30am

Sign up at LTC Office

Main Street

Long Term Care

Ripley's Aquarium

Friday November 17th, 2023

Time: 10:00 am

Ticket cost: \$32.77

Sign up at LTC Office

Main Street



Remembrance Day
Saturday, November 11th 2023

We will be honoring our veterans with a Remembrance Day Celebration start at 10:15am. Please join us in Town Square to honor our veterans and all those who have served and continue to serve to defend peace.

Long Term Care Resident Council

**Join Resident Council Meeting
Long Term Care**

**Date | Time
Next Meeting:
November 16th, 2023**

**3:00 pm
Community Centre**

All LTC Residents Welcome!

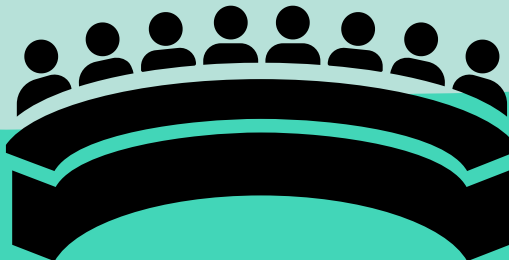


Retirement Resident Council

Join Retirement Resident Council Meeting

**Date | Time
Next Meeting:
Wednesday November 22nd, 2023**

**3:00 pm
Town Hall**





FAMILY COUNCIL

LONG TERM CARE

**IF INTERESTED IN JOINING
PLEASE EMAIL:**

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



Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS

of the

&

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operational Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Schlegel Villages – **CONNECTIONS**

November 11
Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.


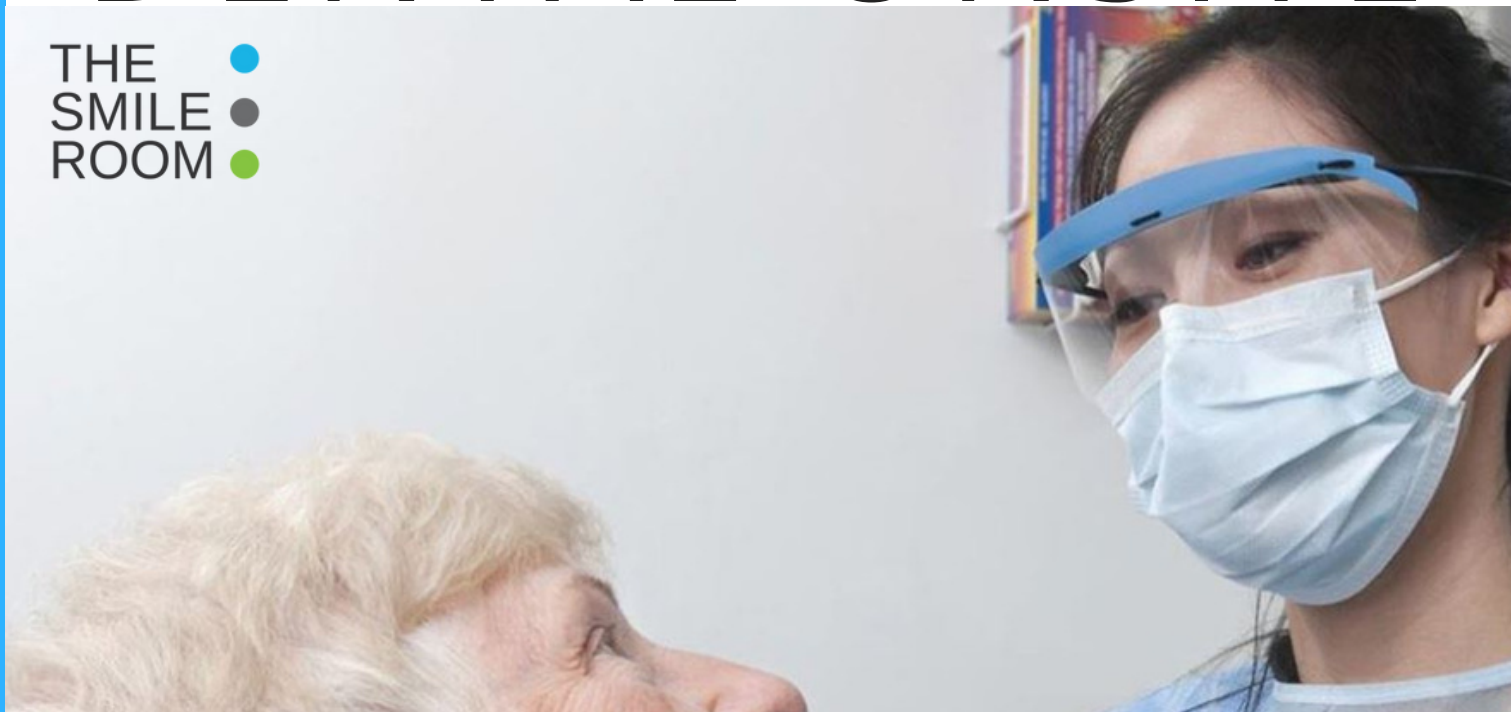
In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

THE VILLAGE OF HUMBER HEIGHTS HAS ARRANGED FOR
THE SMILE ROOM TO BE ONSITE TO SERVE YOUR DENTAL
NEEDS

DENTAL ONSITE

THE
SMILE
ROOM



CALL 1.888.274.9569
TO BOOK YOUR NEXT
APPOINTMENT

It's a great chance to get healthier and
experience the feeling of a refreshed mouth :)



Dear Residents,

As part of our initiative to live healthier lives, **The Smile Room** will be visiting our building to provide dental cleanings and checkups onsite.

The Smile Room's mobile clinic will be set up for the day in our building. **The Smile Room** follows strict infection control protocols. Each client gets a sterile pack opened for them. Registered Dental Hygienists provide all services.

How do you book?

Click this link to www.thesmileroom.ca/eldercarelocations and follow the instructions below or if you prefer, give us a call at 1-888-274-9569.

Online booking instructions:

1. Choose the service(s) you wish to book
2. Pick your location (will be listed as 'provider')
3. Pick the time that works best for you (this may change)
4. Fill out your information
5. Come over to the pop-up clinic at the time of your appointment...voila!
6. Enjoy your bright, healthy smile :)

Check out availability and book your appointment today. Spots are limited.

Keep Smiling!



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

Free Palliative Care Series for Families and Carers

You are invited to register for FREE virtual education sessions on palliative care in LTC!

These sessions will be supportive and will involve opportunities to participate and ask questions! Mark these dates on your calendars and register for one or more of the following sessions:

Session 1: Palliative Approach to Care

Oct. 26, from 1:00 - 2:30 pm

Session 2: Navigating and Advocating in LTC

Nov. 30, from 1:00 - 2:30 pm

Session 3: Talking About Medications

Jan. 25, from 1:00 - 2:30 pm

Session 4: Advance Care Planning & Goals of Care Conversations

Feb. 29, from 1:00 - 2:30 pm

Session 5: Grief and Bereavement

Mar. 28, from 1:00 - 2:30 pm

Session 6: Caring for Yourself

Apr. 25, from 1:00-2:30pm

[Click here to register](#)



Or use the QR Code

Sessions are delivered in English, will not be recorded and a handout will be shared after each presentation.

FACILITATORS



Tara Cohen



Pauline Schneider



Nadia Potoczny

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.



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



CHRISTMAS *Bazaar*

Wednesday, November 29th

10 am to 3pm



Last call for vendors:

Please email recreation supervisor:
marta.czepielewski@schlegelvillages.com
or director of recreation:
adriana.carola@schlegelvillages.com