

The Humber Guardian

February 2024



The Village of HUMBER HEIGHTS

FEBRUARY

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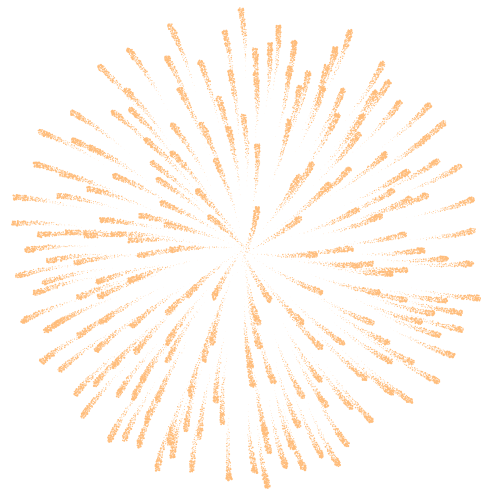
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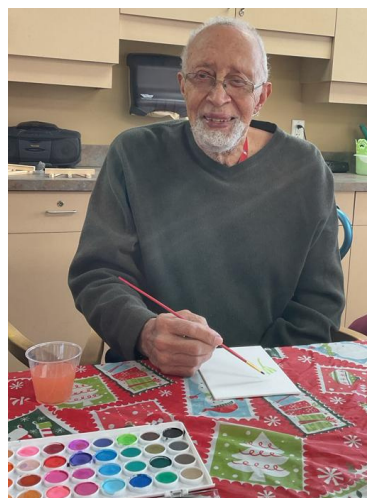


Happy New Year





VILLAGE LIFE



Special Events

Chinese New Year Social

Saturday, February 10th 2024
2:30 pm in Cafe

**Celebrate Chinese New Year
with us in the Cafe!**

Valentine's Day Concert

Wednesday, February 14th
2024
2:30 pm in Town Square

**We'll be celebrating the
holiday of love together in
Town Square!**

Family Day Festivities

Monday, February 19, 2024
2:30 pm in Town Square

**Happy Family Day! We invite
you and your family to come
and meet some exotic
animals!**

February Birthday Party

Tuesday, February 27th 2024
2:30 in Town Square

**Celebrate February
birthdays with the village in
the town square!**

Shrove Tuesday



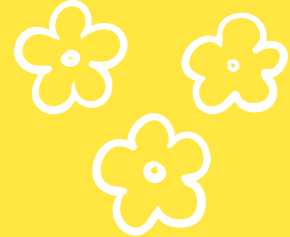
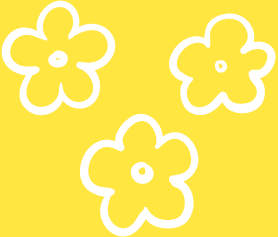
Tuesday February 13, 2023

Location: Cafe

Time: 12 PM



**All proceeds will go to the Wear Red Canada for
Heart Health**



WELCOME

Our new residents on Retirement

Gina T.

Giovanni T.

Maren J.

Florent D.

Irene O.

Rolando P.

Richard O .

Robert.B.

Maria D.



Our new residents on Long-term Care

Rosanna D.

Dennis G.

Olivia H.

Iolanna P.





HAPPY BIRTHDAY



RETIREMENT BIRTHDAY'S

February 1st - Richard O.

February 5th - Ann V.

February 6th - Teresina R.

February 8th - Neeltie V.

February 8th - Marita F.

February 8th - Jose P.

Febraury 9th - Pasqua C.

February 15th - Eleanor W.

February 17th - Gordon D.

February 18th - Dorothy T.

February 19th - Meta M.

February 19th - Peter P.

February 20th - Helen C.

Febraury 24th - Marilyn G.

February 25th - Pierino M.

February 25th - Karen C.

February 27th - Len W.

February 28th - Ethel C.





HAPPY BIRTHDAY



LONG TERM CARE BIRTHDAYS

February 1st - Gloria M.

February 2nd - Emilia C.

February 3rd - Lewiza Q.

February 3rd - Adeline B.

February 5th - Ponnamm T.

February 5th - Kevin S.

February 6th - Yonatha M.

February 10th - Adi E.

February 12th - Marvelin D.

February 12th - Nada E.

February 13th - Vincenza R.

February 13th - Ermelinda F.

February 16th - Anita L.

February 19th - Anneliese G.

February 19th - Louise K.

February 19th - Tiziana C.

February 20th - Rudolf N.

February 24th - Joseph S.

February 24th - Rita T.

February 27th - Andreas G.

February 27th - Paolo M.

February 28th - Alban R.



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

Etobicoke Civic Centre Art Gallery

Thursday, February 8th 2024

10:00 am

Ticket Price: Free!

Sign up at the Front Desk

Ripley's Aquarium

Tuesday, February 20th 2024

10:00am

Ticket Price: \$32.77

Sign up at the Front Desk

Cactus Club Lunch Outing

Thursday, February 15th 2024

11:30 am

Sign up at the Front Desk

Shopping Trip: Walmart

Monday, February 26th 2024

2:00 pm

Sign up at the Front Desk





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

LONG TERM CARE



Walmart Shopping Trip

Tuesday, February 6th 2024

2:00 pm

Sign up at the LTC Front Desk



Ripley's Aquarium

Tuesday, February 20th 2024

10:00 am Sign up at the LTC

Front Desk

Ticket price: \$32.77



Hockey Hall of Fame

Friday, February 23rd 2024

1:30 pm

Sign up at the LTC Front Desk

Ticket Price: \$22.60



PEN PAL PROGRAM

We will be working with an elementary school in Barrie to set up an intergenerational Pen Pal program. Please sign up at the front desk!

If you have any questions please speak to Marta in the recreation office in the Hobby Shop



Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Wednesday, February 21st 2024

3:00 pm

Town Hall

Retirement Food Committee



**We invite you to join
the food committee!**



**The sign-up sheet is at the front desk, or
you may speak to Lukesh or Julian!**

Long Term Care Resident Council

Join Resident Council Meeting
Long Term Care

Date | Time
Next Meeting:

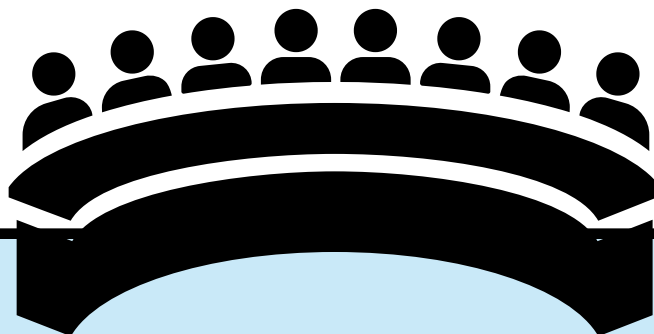
Thursday February 15th, 2024

3:00 pm
Community Centre



Long Term Care Family Council

If you are interested in joining the
Long Term Care Family Council please
email Adriana, the Director of
Recreation
adriana.carola@schlegelvillages.com



Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

BLACK HISTORY MONTH

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.

NATIONAL Heart Month ♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.





Hello Humber Heights,

My name is Lucas! You may have joined one of my exercise classes, or even visited me at the PAL room for some one on one exercise! I am the new student kinesiologist, and I am so excited to meet all of you! Here at the beautiful village of Humber Heights, I will be instructing various exercise classes that range from zumba, cardio, to strength training and more! Together, we will strive for healthy living through physical activity throughout the week. As the student kinesiologist, I will also be instructing one to one exercise sessions where we will challenge ourselves to be the best versions of ourselves!



Apart from my role at the village of Humber Heights, I have many hobbies and interests! I prefer to spend my time outside in nature, whether it be hiking in the summertime, or skating in the winter. Another hobby of mine is going to the gym and playing sports such as volleyball or basketball! When I am at school, I always prioritize having some sort of physical activity throughout the week. This could be the gym, jiu jitsu, going for a run, or playing sports with my friends! One hobby that may catch you all off guard is knitting! Although I'm slow to knit, I am currently working on my first scarf! You may even see me wearing it during our exercise class! Fun fact about me: before deciding to pursue a career in physical therapy, I was set on becoming an artist!

Another fun fact about me is that I've traveled to many countries around the world! My family and I have traveled to countries across East Asia, Europe, and the Middle East! My favorite countries that I've visited would be Switzerland, Singapore, and especially my home country Vietnam! Although I was born in Canada, I have a strong connection to the country my parents grew up in. Together with my friends and family, we have distributed many, many wheelchairs to people of all ages and capabilities who are less fortunate than us! I have a lot of great stories to tell if you ever want to stop by the PAL room!

I am beyond excited to be part of the family here at the Village of Humber Heights, and I look forward to serving all of the delightful residents and families! Please come stop by and say hi! I promise I won't make you exercise!



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- ✓ Communication strategies
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- ✓ 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

Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

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.

Humber Heights Extension List

LTC - 416-235-2782 • RH - 416-235-0201

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

Paula Stephenson RETIREMENT Front Desk	6801
Mona Mazaheri LONG TERM CARE-Front Desk	6844
Jeanefer Auditor Administrative Coordinator	6892

Neighbourhood Coordinators LTC:

Lotoya Francis Alderwood & Islington Coordinator- LTC	6843
Sangita Adhikari Brule & Weston Coordinator-LTC	6811
Imran Pasha Lambton & Wadsworth Coordinator-LTC	6834

Neighbourhood Coordinators RH:

Mandy Misir Wellness Coordinator	6833
Adelina Oliveira Emma's and Egerton Coordinator	6830
Tenzin Kyziom Williamsburg Coordinator	6803

Ravkiran Sandhu Director of Nursing Care - LTC	6835
Charge Nurse Retirement	5400
Charge Nurse Long Term Care	5505

Adriana Carola Director of Recreation - LTC	6837
Marta Czepielewski Recreation Supervisor - Retirement	6860

Ruxien Aclaracion Food Services Manager	6846
Julian Butler Director of Hospitality	6847

Tanya Bradbury Director of Environment Services	6974
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Dagmara Klisz Director of Program for Active Living	6877
Emma Donnelly PAL Coordinator RH	6875
Naveen Physiotherapist	6809

Asha Poonai Student/Volunteer Coordinator	1842
Charles Mariakan Social Worker	5410
Kirk Grant Village Chaplain	6890
Karen Burt Director of Lifestyle Options	6858
Eric Jaffary Director of Lifestyle Options	6858

Abby Bello Assistant General Manager - RH	6876
Shawn Fenlong Assistant General Manager - LTC	6851
Pauline Dell'Oso General Manager	6802

Eleanor Hairdresser Salon	1814
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