

The Humber Guardian

May 2024



The Village of

HUMBER HEIGHTS

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May



**“The month of May is the gateway of summer” -
Jean Hersey**

vol. 2024 issue 5

EASTER



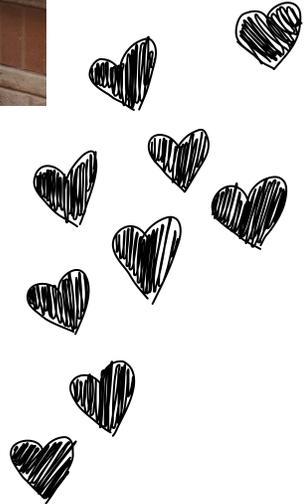


HAPPY EARTH DAY!





HUMBER SPOTLIGHT



We celebrated Volunteer Appreciation Week in April! We hosted an Appreciation Brunch for all our wonderful volunteers! We also recognized our Barb Schlegel Award recipient, Barbara Lupu! Barbara's background as a Nurse Practitioner shines through in her volunteer work, from gardening with residents to supporting flu vaccine efforts. Her work with the "Quality of Life Surveys" has made a significant impact, ensuring residents' voices are heard. We're honored to celebrate her with the Barb Schlegel Volunteer Award.



Special Events

Taco Thursday!

Lets Taco Bout It! Come down to the cafe for a Taco Social on Thursday May 9th, 2024 starting at 2:30pm the Cafe!

Mother's Day Brunch

We will be selling a Mother's Day Brunch in the Cafe! We invite you for a delicious breakfast and a Momosa! Tickets can be purchased at the Retirement Front office for \$12
Sunday, May 12th 2024 at 9am - 10:30 am

Victoria Day High Tea

Celebrate Victoria Day with tea and sandwiches.
Monday, May 20th 2024 at 2:00 pm in Town Square

Afternoon Entertainment with Tristan

Tristan, the entertainer is coming to the Village for an afternoon of musical fun!
Tuesday, May 21st, 2024 at 2:30 pm in Town Square

May Birthday Concert

Celebrate May birthdays with us during our May Birthday concert with Gilad!
Monday, May 27th, 2024 at 2:30 pm in Town Square

Casino Day

We had to reschedule our Casino Day due to the outbreaks but we're bringing the Casino to Humber! We will have poker, blackjack, and roulette tables with dealers!
Wednesday, May 29th 2024 at 2:00pm in Town Square

VENDORS



Fifth Avenue Jewellery
Wednesday, May 1st 2024
10am - 3pm

Holistic Vendor
Tuesday, May 7th 2024
10am - 3pm

Traditions Alive
Sunday, May 26th 2024
10am - 3pm

**You'll be able to visit these vendors on Main Street -
Retirement Side!**

Mother's Day Brunch

Join us on Sunday,
May 12th 2024 for a
Mother's Day Brunch!
9:00 am - 10:30 am



We are selling tickets for the
brunch in the Retirement Front
Office for \$12. This will include a
full breakfast and a “Momosa”.



Welcome

Our new residents on Retirement

Mary M.	Gilles D.
Alex M.	Beverly M.
AnneMarie R.	Mary M.
Patricia C.	

Our new residents on Long-term Care

Lidia P.
Maria A.
Maria N.
Diana M.
Ofelia M.
Anna P.

HAPPY

Birthday



MAY RETIREMENT BIRTHDAYS

May 3rd - Sadie C.

May 8th - Bessie P.

May 9th - Ken S.

May 10th - Jean J.

May 12th - Bianca V.

May 15th - Frederick O.

May 16th - Alex M.

May 19th - Bill W.

May 21st - Catherine E.

May 24th - Bill B.

May 24th - Ann H.

May 24th - Brian B.

May 29th - Dorothy K.



HAPPY

Birthday

MAY LTC BIRTHDAYS

May 2nd - Elizabeth C.

May 5th - Candida C.

May 7th - Liliana M.

May 8th - Pierina R.

May 10th - Natividade P.

May 10th - Musu K.

May 12th - Eleni D.

May 17th - Anna P.

May 20th - Dorothy C.

May 22nd - Leslie M.

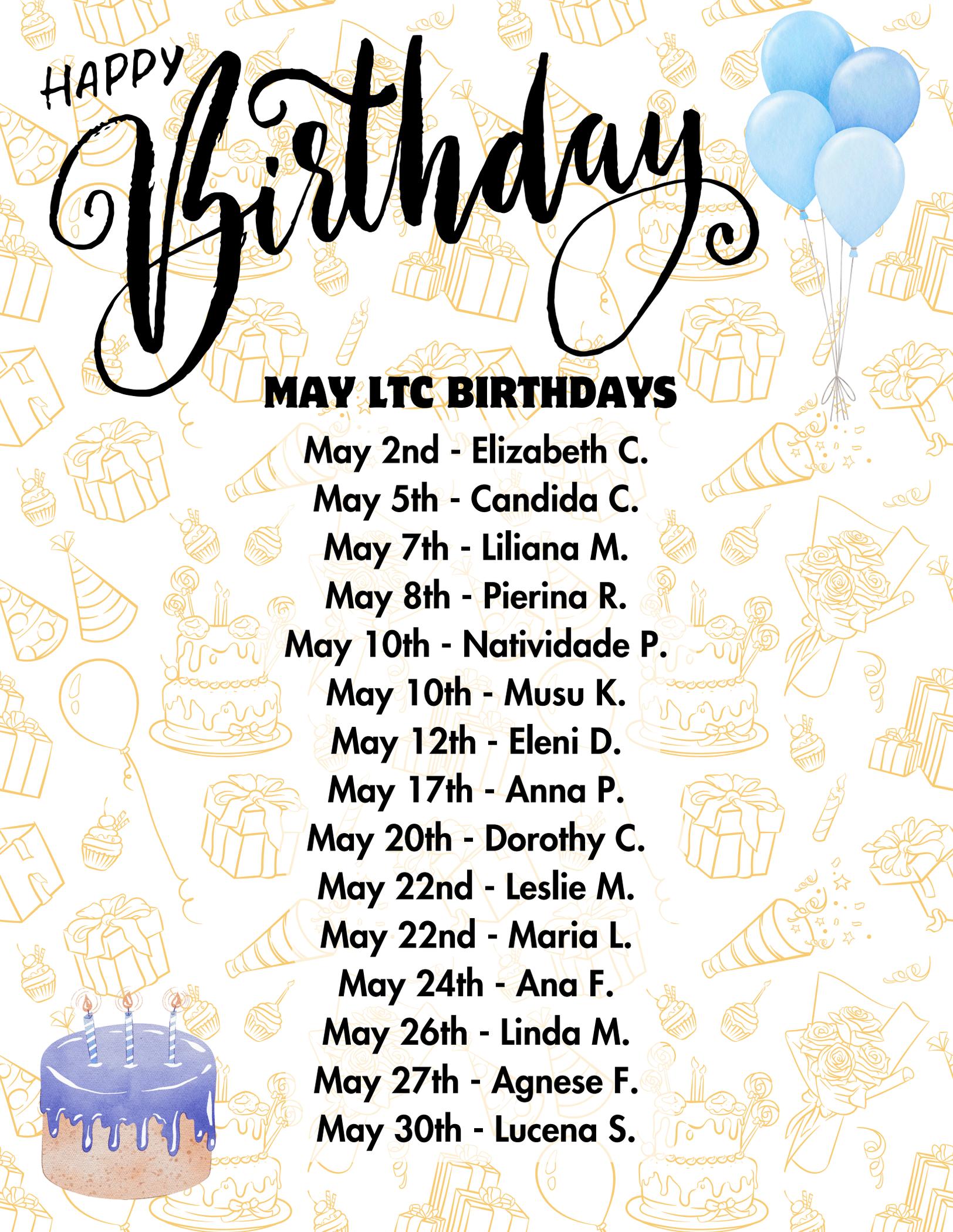
May 22nd - Maria L.

May 24th - Ana F.

May 26th - Linda M.

May 27th - Agnese F.

May 30th - Lucena S.



OUTINGS

RETIREMENT

Shopping Trip: Cloverdale Mall

Monday, May 6th 2024
2:00 pm
Sign up at the Front Desk

Lunch Outing: Earl's Restaurant

Monday, May 13th 2024
11:30 am
Sign up at the Front Desk

Allan Gardens Conservatory

Thursday, May 16th 2024
10:45 am
Ticket Price: free!
Sign up at the Front Desk

Shopping Trip: Superstore

Wednesday, May 22nd 2024
9:30 am
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

Casa Loma

Monday, May 3rd 2024

1:00 pm

Ticket Cost: \$35.00

Sign up at the LTC Front Desk

Grandstand Casino

Friday, May 10th 2024

10:30 am

Sign up at the LTC Front Desk
lunch to be purchased on site

No Frills

Monday, May 13th 2024

2:00 pm

Sign up at the LTC Front
Desk

James Garden Park

Thursday, May 23rd 2024

2:00 pm

Sign up at the LTC Font Desk





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday, May 14th 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, May 16th 2024

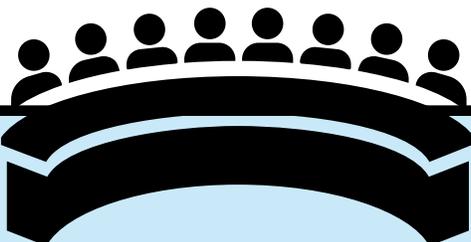
3:00 pm

Community Centre



Long Term Care Family Council

Please attend our LTC Family
Council Meet and Greet on
Friday, May 17th, 2024
at 2:30 pm in the Board Room



Caregivers' Week: May 12-18



We are

CAREGIVERS



Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

SPOT the dot!

A fun way to keep our credo alive day to day in our Villages! Recognize team members with a “Dot” for the amazing and impactful work they do every day.

We are launching Spot the dot during Caregivers’ Week, May 12–18.

How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.





PROGRAM FOR
ACTIVE LIVING

MAY
'24



Benefits of Physical Activity for Mental Health and Well-Being

- Improved mood
- Improved energy
- Reduced stress, anxiety and depression
- Improved confidence and self-esteem
- Improved sleep
- Improved concentration and focus
- Improved memory and thinking skills

Canadian Mental Health Week May 6-12th 2024

It Takes A Village To Care and we believe exercise and regular physical activity within the Villages is a key element in one's overall well being.

Join our Kinesiologist Emma in the Town Hall on Tuesdays, Wednesdays and Fridays from 10:00-10:30am for Fitness Classes.



RESEARCH MATTERS

RIA FEATURE

Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

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
Jeanfer 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 Director of Wellness	6833
Sumeya Osman Assistant Director of Wellness	1088
Adelina Oliveira Egerton Coordinator	6830
Tenzin Kyziom Williamsburg Coordinator	6803
Kaishwarie Khan Emma's Coordinator	1089

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

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
Faz Hoesin 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
Karen Burt General Manager Apprentice	1077
Pauline Dell'Oso General Manager	6802

Eleanor Hairdresser Salon	1814
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