

The Humber Guardian July 2024



The Village of **HUMBER HEIGHTS**

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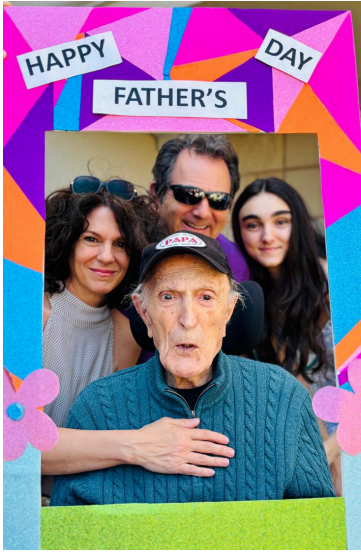
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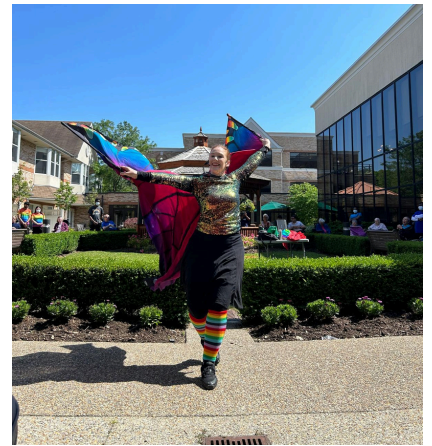
vol. 2024 issue 7

**“Shall I compare thee to a
summer’s day?” - William
Shakespeare**

HAPPY FATHER'S DAY



Pride

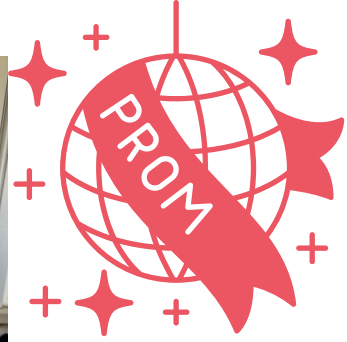


FARM



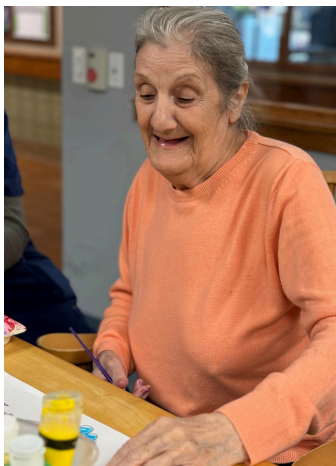
CARNIVAL







VILLAGE LIFE





HUMBER SPOTLIGHT

This June, as we celebrated Seniors Month in Ontario, and it also marks the 9th year of our cherished #ElderWisdom campaign, a heartfelt initiative aimed at bridging generations and fostering meaningful conversations within our community.

1. #ElderWisdom is more than just a campaign; it's a movement that encourages society to tap into the profound knowledge, experiences, and insights our seniors offer. We bring the iconic green bench to public spaces every year, inviting community members to sit and engage in enriching conversations with our elders. This simple act of sharing time and stories has sparked countless moments of connection, learning, and mutual respect, reinforcing the value of our seniors in today's fast-paced world. This year we invited Fairview and Maynard Nursing Homes to our village for an engaging and dynamic event where participants rotate through brief conversations with different seniors, ensuring a diversity of interactions and perspectives.



Village Special Events

Canada Day celebration!

Everyone's favorite Emilio Zarris will be here for a fun Canada Day celebration!

Monday, July 1st 2024 at 2:30 pm in Town Square

Diversity Lunches

Join us every Wednesday in the cafe for Diversity Lunches! Lunches will be available for purchase for \$10. Every week we will be celebrating a different part of the world!

Wednesdays in the Cafe

Icecream Day

You scream, I scream, we all scream for ice cream! Join us for a social in honour the best summertime treat!

Tuesday, July 16th, 2024 at 2:00 pm in Village Square

Heartbeats Concerts

Heartbeats Band is here every other Friday this summer. In July they will be here Friday July 12th and Friday July 26th at 2:30 pm. Concerts will be in the courtyard weather permitting - if the weather isn't nice we will be in town square!

Olympics Opening Ceremony

To celebrate both the Olympics and Schlegel Olympics we will be having a little opening ceremony at 2:15 pm followed by a concert by the Heartbeats to kick us off !

Friday, July 26th at 2:15pm

Jazzy July Birthday Party

We'll be jazzin it up for July birthdays with Lenny on the saxophone!

Monday July 29th, 2024 at 2:30 pm Town Square/ Courtyard

Diversity Lunches

Diversity Lunches are back! Every Wednesday we will be celebrating a different region of the world. Team members and leaders will be preparing delicious cultural meals for purchase in the cafe for \$10.00

Wednesday, July 3rd: **Canada**

Wednesday July 10th: **China**

Wednesday, July 17th: **Italy**

Wednesday July 24th: **Tibet**

Wednesday July 31st: **Caribbean**

Wednesday August 7th: **Philippines**

Wednesday August 14th: **India**

Wednesday August 21st: **Africa**

Wednesday August 28th: **Portugal**

Welcome

Our new residents on Retirement

John S.

Rosa L.

Nancy S.

Renate R.

Helen L.

Willy R.

Our new residents on Long-term Care

Michael U.

Barbara F.

Maria M .

HAPPY

Birthday



JULY RETIREMENT BIRTHDAYS

July 1st - Rosina C.

July 3rd - Eva H.

July 5th - Ron S.

July 8th - Ruth G.

July 9th - Lorena P.

July 11th - Donna D.

July 11th - Martha C.

July 13th - Antonio R.

July 14th - Theresa P.

July 20th - Joan R.

July 25th - Arthur K.

July 26th - Winnifred M.

July 30th - Bob K.



HAPPY

Birthday



JULY LTC BIRTHDAYS

July 1st - Rosina G.

July 2nd - Teresa F.

July 3rd - Luciana P.

July 4th - Stella A.

July 4th - Antonio D.

July 8th - Anne S.

July 11th - Shama W.

July 12th - Louise L.

July 12th - Michael K.

July 13th - Antonio R.

July 15th - Catherine M.

July 16th - Maria N.

July 17th - Maria B.

July 20th - Maria M.

July 25th - Velna R.

July 27th - Luisa D.

July 27th - Lorraine W.

July 30th - Luis P.

July 31st - Irene L.



OUTINGS

RETIREMENT

Snug Harbour

Monday, July 8th, 2024 at 11:00 am

Walmart Shopping Outing

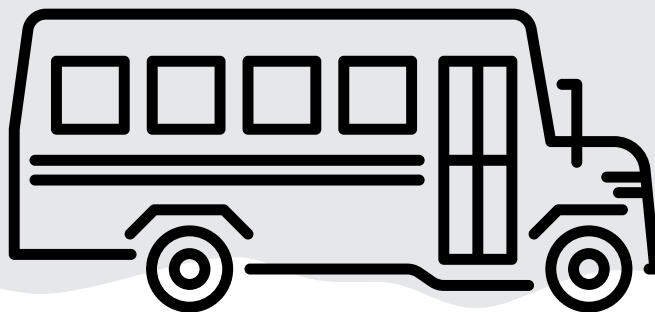
Friday, July 12th, 2024 at 9:45 am

Book Club Trip: Cheesecake Factory

Thursday, July 18th, 2024 at 11:30 am

Toronto Botanical Garden

Monday, July 22nd 2024 at 10:30 am



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

James Gardens

Thursday, July 25th, 2024 at 10:00 am

James Gardens

Tuesday, July 9th, 2024 at 2:00 pm

Cloverdale Mall

Monday, July 22nd, 2024 at 2:00 pm

Toronto Blue Jays Game

Sunday, July 28th 2024 at 1:00 pm





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday, July 16th 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, July 25th 2024

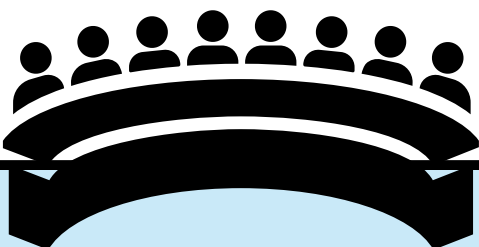
3:00 pm

Community Centre



Long Term Care Family Council

If you are interested in joining Long Term
Care's Family Council, contact Director of
Recreation, Adriana Carola
adriana.carola@schlegelvillages.com



Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

The Schlegel Olympics is an exciting, organization-wide event that brings our east and west Villages together in the spirit of friendly competition.

As part of our Wisdom of the Elder Signature Program, the games help us recognize that regardless of someone's ability and the fact they reside in a long-term care or retirement setting, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating.

The games within each Village are a time of laughter, bonding, and relationship building as team members support competitors who are cheered on by their Village neighbours. We look forward to the events held within each Village and especially the events at Taunton Mills and Glendale Crossing that bring all of our people from across the province together.

Let the games
BEGIN!

Tuesday, July 30

The Village of Glendale Crossing

Thursday, August 1

The Village of Taunton Mills

EVENTS



Slalom



Soccer



Parallel
Bars



Olympic
Shooting



Sprint



Schlegel Villages – CONNECTIONS



Happy Canada Day

As the summer rolls on and we reflect on a busy first six months of 2024, it's exciting to note that construction is well underway in four new communities: Ridgeview Court in Milton, Stouffer Mills in Stouffville; Millers Creek in Ajax; and Riverbank Terrace in Ottawa. We're also thrilled to be nearing completion of the next phase of expansion at The Village of Winston Park in Kitchener.

When we think of the sense of community we find across this great country on Canada Day every July 1, we can't help but recall how proud we are to be a Canadian company, proudly owned and operated

by a family that has been caring for older adults for more than 70 years! We continue to grow, bringing our philosophy of service to new communities, and for that we are extremely proud.

Looking ahead, we are a short time away from honouring the Schlegel family's community-building mission during **Wilfred Schlegel Day on August 5.**

This is a time for Village's to work together to give back to their community in any number of ways, and we look forward to the many initiatives we'll see on the Civic holiday in August.



PROGRAM FOR ACTIVE LIVING



Schlegel Olympics 2024 Countdown!

I am happy to inform you we have selected participants for our Olympic training taking place over the next few weeks. Be sure to cheer them on as they prepare for August 1st- the competition day for our East Villages. The event will take place in Whitby at the Village of Taunton Mills. Here is a summary of the events we will be competing in. Go Humber Go!

Event	Description
Soccer (Team Event)	Two athletes will pass a ball between each other, 3 total passes, and take a shot at an open net. The most points 3 minutes will win!
Olympic Shooting (Individual Event)	Athlete will be tested on strength and accuracy. They will use a nerf gun to shoot at targets at distances of 5 feet/10 feet/ 15 feet.
<u>Nustep</u> Sprint (Individual Event)	Athlete will be tested on power and strength. It is a 90 second race on the bike at a resistance of 3. The highest step count wins!
Canoe Slalom (Individual Event)	The athlete will maneuver an obstacle course in their wheelchair. Hitting the obstacles results in a time penalty. The total distance is over 30 feet long. The quickest time to complete wins!
Parallel Bars (Individual Event)	The athlete will combine balance and strength with presentation and showmanship. A series of skills must be completed while demonstrating dance and creativity. The final result will be determined by accumulation of points and judged by three people.

Four foods for healthy aging

Most older adults are not consuming enough important nutrients to stay healthy. The best way to get the nutrients our bodies need is through food – that’s why it’s important to choose foods rich in protein, fibre, vitamins and minerals.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, leads the Nutrition in Disguise project, which creates healthy recipes by adding nutrient-dense ingredients to popular recipes, such as lentils in brownies. Below are some of Keller’s favourite nutrient-dense foods to add to recipes or enjoy on their own.

Almonds

Add them sliced to salads, granola, trail mix, or as a topping for desserts, yogurt or cereal. They are a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes. Other vitamin E-dense foods: sunflower seeds, peanut butter and avocado.

Dark chocolate

Need an excuse to have dark chocolate in your life? Dark chocolate (at least 70%) is packed with magnesium and iron. Magnesium is important for your muscles, and keeps your heart and immune system strong. Iron helps maintain



many important functions of the body, including energy and focus.

Wheat Germ

There are countless ways to add wheat germ to your diet – in yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola or toppings for parfaits. Wheat germ is a great source of omega-3, which has been shown to help prevent heart disease and stroke, and may prevent some cancers and other conditions. Wheat germ is also loaded with fibre and vitamin E.

Flax seeds

Similar to wheat germ, these seeds can easily be added to baked goods such as muffins, breads or loaves; or as a topping on yogurt, salads or cereal. Flax seeds contain a lot of fibre – a nutrient crucial for our digestive health and regular bowel movements. It also helps us feel fuller for longer, and can improve cholesterol and blood sugar levels. Omega-3 is also found in flax seeds.

[Click here](#) to subscribe to Aging 360 and receive more healthy aging tips.



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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

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
Jeanifer Auditor Administrative Coordinator	6892

Neighbourhood Coordinators LTC:

Abby Bello 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
Bobo Delo Village Chaplain	6890
Faz Hooesin Director of Lifestyle Options	6858
Eric Jaffary Director of Lifestyle Options	6858

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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