

The Humber Guardian October 2024



The Village of HUMBER HEIGHTS

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October



“Autumn serenades the breeze into dancing a cha cha cha; the mountains echo in the background. October sky never looked more charming nor the sublime leaves of the trees so graceful.” – Avijeet Das

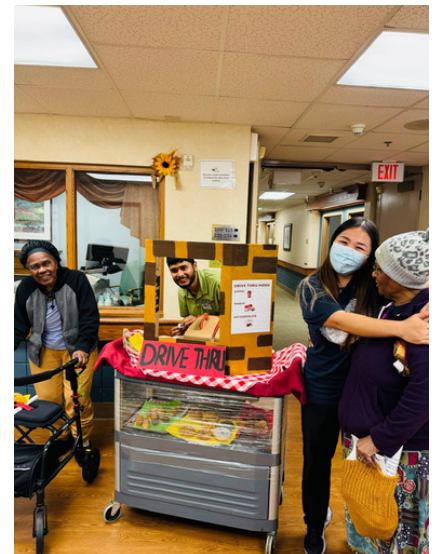
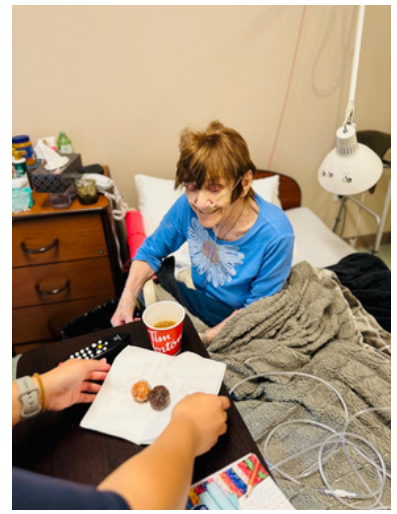


VILLAGE LIFE



HAPPY
GRAND
PARENTS
DAY







HUMBER SPOTLIGHT

This past September we celebrated the centenarians who live in our village. At the end of this year, we will have an astounding 17 centenarians living at Humber Heights, our two oldest residents being 109 years old! This probably qualifies Humber as a mini blue

zone!



Village Special Events



Tuesday October 1, 2024
Oktoberfest (Town Square)
Polka Dancers 2:30pm Town Square

October 3, 2024
Anglican Church Service
10am Community Centre

Monday October 14, 2024
Thanksgiving Entertainment
Tristan 2:30pm Town Square

Tuesday October 22, 2024
Grace Notes Choir
2:00pm Town Square

Saturday October 26, 2024
Malta Big Band
2:30pm Town Square/dining room

VENDORS
Fifth Avenue Jewelry
October 8, 2024

Monika's Fashion
October 16, 2024

Celebration of Life
Honouring our fellow
residents/neighbors who have
passed away.



Friday October 25, 2024
11am Town Hall
Come join and pay your
respects. Led by our Chaplin
Bobo



Welcome

**Our new residents on
Retirement**

Pauline B.

Erin G.

Vlasta S.

**Our new residents on
Long-term Care**

Eduard F.

HALLOWEEN

Special Events

Retirement

- Pumpkin Carving
October 28, 2024
Retirement
- Halloween Bingo
October 30, 2024
Retirement
- Halloween Parade
October 31, 2024
10:00am

Long Term Care

- Pumpkin Painting
October 13, 2024
LTC (on neighborhoods)
- Halloween Bingo for Memory Care
neighborhoods
October 20, 2024
LTC (Community Centre)
- Halloween Parade
October 31, 2024
11:00am



HAPPY

Birthday

OCTOBER RETIREMENT BIRTHDAYS

October 1, 2024 - Laura B.

October 1, 2024 - Kathleen B.

October 3, 2024 - Donal P.

October 4, 2024 - Renate R.

October 6, 2024 - Edgar P.

October 6, 2024 - Steve P.

October 7, 2024 - Ruth T.

October 8, 2024 - Bruna B.

October 10, 2024 - Rama M.

October 10, 2024 - Fleurette F.

October 11, 2024 - Marian M.

October 12, 2024 - Theresa M.

October 13, 2024 - Audrey B.

October 15, 2024 - Vlasta S.

October 18, 2024 - Dorothea E.

October 24, 2024 - Joan W.

October 27, 2024 - Mary M.

October 27, 2024 - Chandria N.

October 28, 2024 - Sally G.

October 31, 2024 - Marie M.

HAPPY

Birthday



OCTOBER LONG TERM CARE BIRTHDAYS

October 2, 2024 - Stewart R.

October 7, 2024 - Barbara S.

October 10, 2024 - Vincent C.

October 11, 2024 - Corrado M.

October 19, 2024 - Ingeborg

October 19, 2024 - Gabriel T.

October 23, 2024 - Giuseppe P.

October 24, 2024 - Raffaele B.

October 25, 2024 - Stephen A.

October 27, 2024 - Helen R.

October 30, 2024 - Joan D.

October 30, 2024 - Gina G.

October 31, 2024 - Virginia D. P.



OUTINGS

RETIREMENT

James Garden Park Pole Walking

Monday October 7, 2024 2:30pm

Downey's Farm

Wednesday October 9, 2024 2:00pm

Royal Ontario Museum

Friday October 11, 2024 11:00am

Scaddabush Italian Restaurant

Monday October 21, 2024 11:30am

Walmart

Wednesday October 23, 2024 10:45am

We also have two shopping shuttle trips planned for the month of October. Residents can hop on and off the shuttle as the bus driver will be stopping at various stores.

10:45am Royal York Plaza Friday October 4, 2024

10:45 Royal York Plaza Friday October 18, 2024

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 Garden Park

Thursday October 3, 2024 2:30pm

Pumpkin Picking

Wednesday October 9th, 2024 1:30pm
Buy what you can carry!

Cloverdale Mall

Monday Thursday 21, 2024 2:00pm

Kensington Market

Sunday October 27th, 2024 1:30pm

Family & Friends Support on the outing is much appreciated!





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday, October 15th 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, October 24th, 2024

3:00 pm

Community Centre

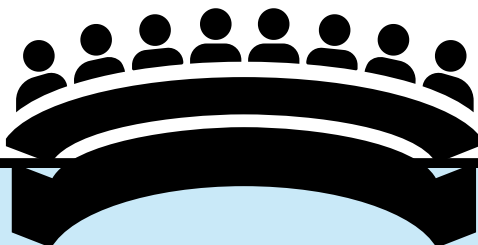


Long Term Care Family Council

We invite you to join
our Long Term Care Family Council.

Please email Adriana at
adriana.carola@schlegelvillages.com.

They serve to promote a shared vision and purpose for family
assets as well as the broader family legacy.



Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.**

If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.

- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer. We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024

What is Active Aging Week?



Active Aging Week is an annual campaign launched by the International Council of Active Aging to promote the benefits of healthy aging and lifestyles. During this week, organizations offer free wellness activities and exercise programs for older adults to participate in, with the goal of showcasing their age-friendly wellness programs and promoting a positive message of aging.

At the Village of Humber Heights we have a Program for Active Living, offering exercise programs each and every week to our residents. To celebrate this week we will be collaborating with recreation to plan bus outings for active walks. In addition, we are highlighting our exercise classes led by our Kinesiologists and Kinesiology co-op students. Please check your PAL calendars on LTC and Retirement for the exercise class schedule!

We will be having a draw, based on participation, for all residents. The Winners will be identified by best attendance to group classes and completing any one-on-one scheduled sessions for the entire month of September.

If you would like a consultation, please visit us in the PAL room/Gym, located on LTC. We can show you the equipment we have available and answer any other Kinesiology or Physiotherapy related questions you may have.

Let's fill that Town Hall or Neighbourhood Lounge full of active living participants.

Let's take advantage of the exercise offerings this week and for the rest of the year!

Brought to you by your PAL team:

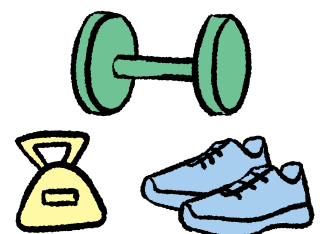
Dagmara (R.KIN) Director of PAL

Emma (R.KIN) PAL

Co-ordinator on Retirement

Alicia (R.KIN) PAL

Co-ordinator on LTC





Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.

These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

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
Jeanfer 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

Kawaljeet Kaur 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 Hoesin Director of Lifestyle Options	6858
Eric Jaffary Director of Lifestyle Options	6858
Joanne Hernandez Resident Support Coordinator	5410

Shawn Fenlong Assistant General Manager - LTC	6851
Sujeeva Muthulingam Assitant General Manager - RH	6876
Karen Burt General Manager Apprentice	1077
Pauline Dell'Oso General Manager	6802
Eleanor Hairdresser Salon	1814