

VILLAGE VOICE



September



SEPTEMBER FUN FACTS

*“By all these lovely tokens
September days are here,
With summer’s best of weather
and autumn’s best of cheer.”*
~ Helen Hunt Jackson



Tree of the Month – Willow

The willow tree is part of the genus *Salix*. They are *dioecious*, which means that each tree has either female or male flowers. Willows are resilient trees that thrive in wet boggy areas and are often planted near water. They have a deep symbolic association with water and the moon. Gorgeous and romantic, willows are prized for providing shade and ambiance. They are one of the fastest growing types of trees and typically reach between 35 and 50 feet tall, with some willow trees reaching over 65 feet. They have a wide canopy that begs to be picnicked under. Willow



trees are also used for timber and planted for erosion control. They thrive in temperate climates across the world. Certain willow trees are a source of salicin (salicylic acid), an ingredient in some pain relievers. A very popular type of willow is the weeping willow, which is loved for its mysterious, ethereal charm.

Special Days

Labor Day
September 2

Grandparents' Day
September 8

**Patriot Day &
National Day of Service
and Remembrance**
September 11

World Gratitude Day
September 21

First Day of Autumn
September 22

Flower – Aster



The aster is the special flower for September. The aster takes its name from the Latin word meaning “star,” in reference to the flower’s star-like head. Known alternatively as the Michaelmas daisy and as starwort, the aster usually blooms in late summer and fall. There are hundreds of aster species, all of which have a yellow center composed of many tiny flowerets. Ancient people believed that the odor from the burnt leaves of asters drove away serpents.

Birthstone – Sapphire



The sapphire is September’s birthstone. Next to the diamond, the sapphire is one of the hardest materials known. Sapphires come in many colors, but the finest sapphire color is a rich, velvety blue. The ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. Damigeron, a historian of old, wrote that kings wore sapphires to protect themselves from harm and to attract divine favor. The gem was regarded as a symbol of truth, sincerity, and constancy.

September Sports Highlights

The American Bowling Congress formed on September 9, 1895.

Baseball season ended early due to World War I on September 1, 1918.

The American Professional Football Association formed on September 17, 1920.

Babe Ruth hit his 60th home run of the season on September 30, 1927.

Arthur Ashe became the first African American to win the U.S. Open Tennis Championship on September 9, 1968.

Gary Muhrcke was the first winner of the New York Marathon, which was held on September 13, 1970.

Mark Spitz, U.S. swimmer, became the first athlete to win seven Olympic gold medals on September 4, 1972.

Billie Jean King beat Bobby Riggs in a "Battle of the Sexes" match on September 20, 1973.

Ethiopian runner Tigst Assefa set a new women's world record on September 24, 2023, at the BMW Berlin Marathon. She completed the race in 2:11:53



Mayflower Day

September 16 is Mayflower Day, a holiday to celebrate the ship that set sail for the New World from Plymouth, England, over 400 years ago on September 16, 1620. Millions of Americans are descended from the ship's 102 passengers.

September Zodiacs

Virgo (The Virgin)
September 1–22

Libra (The Scales)
September 23–30

September is the ninth month of the year in the Julian and Gregorian calendars and was the seventh month before January and February were added. It is considered the first month of autumn in the northern hemisphere, although the equinox does not take place until the end of the month. Because most farmers begin to reap their crops in autumn, September was called "harvest month" in Charlemagne's calendar.

Weather or Not

Summer ends and autumn begins on September 22, 2024, in the northern half of the world. However, September days can still be very warm and sunny. The average September temperature in Miami, Florida, is 82°F/27°C. In Acapulco, Mexico, it is about 89°F/32°C in September. If you want a "cool" place to visit this month, Quebec City, Canada, on average, is 67°F/19°C, and Oslo, Norway, is a chilly 53°F/12°C.

What's Lucky in September?

Lucky Color: Yellow

Lucky Animal: Dolphin

Lucky Letters: K and S

Lucky Day: Wednesday

Lucky Plant: Corn



September Birthdays

Keanu Reeves (actor) – September 2, 1964

Beyoncé Knowles (singer) – September 4, 1981

Jane Addams (social worker) – September 6, 1860

Grandma Moses (painter) – September 7, 1860

Sid Caesar (comic) – September 8, 1922

Jesse Owens (runner) – September 12, 1913

Amy Poehler (comic) – September 16, 1971

Greta Garbo (actress) – September 18, 1905

Stephen King (writer) – September 21, 1947

Phil Rizzuto (ballplayer) – September 25, 1917

Linda Hamilton (actress) – September 26, 1956

Janeane Garofalo (comic) – September 28, 1964

Enrico Fermi (scientist) – September 29, 1901

Johnny Mathis (singer) – September 30, 1935

VILLAGE VOICE



FAIRVIEW MASTERCHEFS





**UN, UNICEF, RED CROSS:
REQUESTING TO HELP THIS WORLD;
FOR PEACE YOU ARE THE BOSS**

BECAUSE, FOR THE SITUATION,
WHOLE WORLD IN BAD POSITION.
EVERYBODY LOVES PEACE,
WHERE IS PEACE? NO PEACE.
THIS IS HUMAN SUFFERING,
IF WE, EVERYBODY WISH,
WE COULD CHANGE THE WORLD.
NOTHING IS EASY, BUT WE ARE BUSY.
UNITED NATIONS. SHOULD BE STRONG,
TO BRING THE JUSTICE, IT'S "OWN HAND".
NOBODY LISTENS, NOBODY.
CHANGE IS GOOD,
NEED LOTS OF FOOD.
IF PROPER, CHANGE COME,
WE WILL BE GOOD.
GOD BLESS THE WHOLE WORLD,
NEEDS JUSTICE, FOR ALL.
THIS IS ALL.
TODAY IS THE "RAIN DAY".
THIS IS ANOTHER NEW DAY.



**DEAR DON'T FEAR: TRY TO SOLVE THE PROBLEMS
SOON; SEE AT THE NICE SKY MOON**

WE ARE STAYING, IN THE BEAUTIFUL WORLD.
TRY TO MAINTAIN PEACE.
WHAT'S HAPPENING EVERYDAY?
WAIT FOR, THE "GOOD DAY"
BY GOD, EVERYDAY IS THE GIFT.
DON'T KNOW WHAT HAPPENED TOMORROW?
MANY MANY "THANKS" TO GOD ALWAYS.
WHEN GETS CHANCE, TAKE THE CHANCE.
GOOD TO WIN IN LIFE.
"WINNER IS HAPPIER"
LOSER CAN'T BE WINNER, HAPPIER.
BUT BY HARD WORK, DETERMINATION,
COULD BE WINNER.
NEEDS "PERSERVERANCE" AND PATIENCE.
INCREASE "SELF CONFIDENCE"
TO TRY AGAIN AND AGAIN IS "PERSERVERANCE"
NOTHING IS EASY, BUT WE ARE BUSY.
SUN, MOON, NATURAL, ALL BEAUTIES, ARE GOD'S GIFT.
MAINTAIN IN MIND GOOD WISH
"EASY TO SAY" "DIFFICULT TO FINISH".



**WRITTEN BY:
MD JASHIMUDDIN**

VILLAGE VOICE

SEPTEMBER EVENTS

LABOUR DAY / SEPTEMBER 2

RESIDENT COUNCIL / SEPTEMBER 5

GRANDPARENTS DAY / SEPTEMBER 8

ITALIAN LUNCH / SEPTEMBER 12

COMMUNITY OUTING: / SEPTEMBER 13

LET'S GO FOR COFFEE!

FAIRVIEW MASTERCHEFS / SEPTEMBER 19

FIRST DAY OF FALL / SEPTEMBER 22

BIRTHDAY PARTY / SEPTEMBER 25

HARVEST DAY SOCIAL / SEPTEMBER 26

TRUTH + RECONCILIATION / SEPTEMBER 30
DAY

FIVE STEPS TO MINIMIZE THE RISK OF FALLS

F **Fear.** Falling does not mean reducing social interactions or regular physical activity, as this can worsen quality of life and independence as one ages. Communicate to team to ensure your needs are met and you feel safe.



A **Assistive Devices.** Devices like walkers, canes and wheelchairs should be near and used correctly and as necessary to prevent dependency and muscle weakness.



L **Look.** Poor vision can cause falls (inadequate clothes/shoes and poor lighting) Ensure to inform the team to assist with individualized strategies.



L **Let's Inform** the others of any near falls or unsteady walking (team members, registered team and family) We can provide resources necessary to help.



S **Strengthen** your upper & lower extremities to reduce the rate of sarcopenia, improve balance and increase confidence.

FOR MORE INFORMATION CONTACT
EXERCISE THERAPIST:
DIANA LOPEZ

VILLAGE VOICE

SEPTEMBER

Birthdays

John Wo. | September 3

Elizabeth C-S. | September 12

Wayne A. | September 13

Arthur S. | September 17

Edward Z. | September 18

Roy M. | September 25

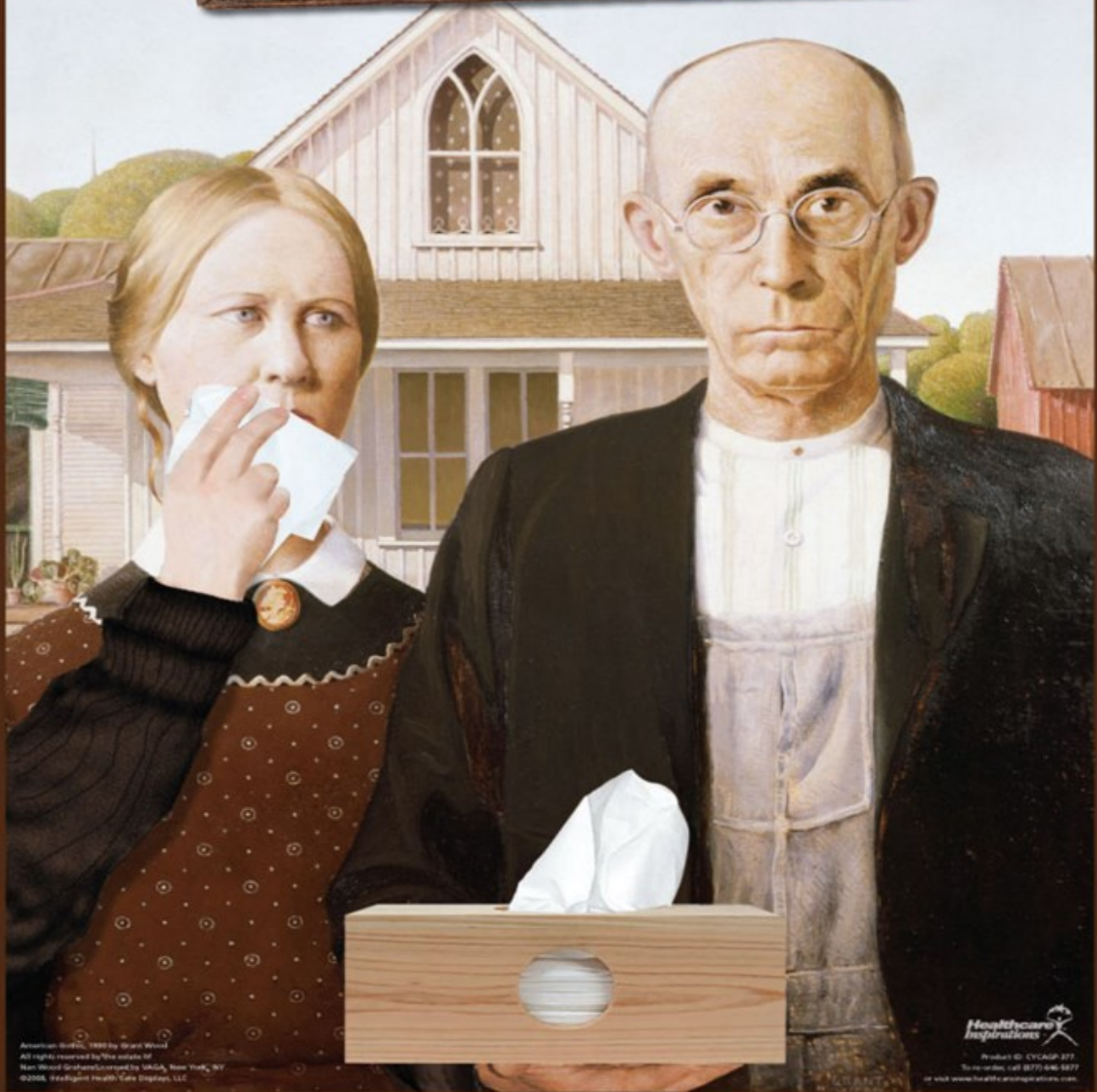
John Wa. | September 26

Teresa R. | September 28

Shu Lan C. | September 30

WISHING YOU THE
VERY BEST ON YOUR
SPECIAL DAY!

Cover your Cough



American Gothic, 1930 by Grant Wood
All rights reserved by the estate of
Grant Wood. Gifted to the U.S.A., New York, NY
©2008, Healthcare Incentives, LLC

Healthcare
Incentives

Product ID: CYCASH 317
To re-order, call 877-646-5877
or visit www.healthcareincentives.com

Stop the Spread of Germs



Cover your mouth
& nose with a tissue



Cough into your
upper sleeve



Dispose of
tissue properly

VILLAGE VOICE



William Isaac
1932—2024

Than Nwe
1935—2024

*Our Friends Will Be Dearly
Missed By Their Families,
Friends and
Our Fairview Family*

*Death leaves a
heartache no one
can heal, love leaves
a memory no
one can
steal*

A photograph of white flowers, possibly daisies, in the bottom right corner of the text box.

Dietary Corner...

NUTRITION & HYDRATION PROGRAM

PROVIDING ADEQUATE NUTRITION & HYDRATION FOR THE RESIDENTS, WHILE PROMOTING A PLEASANT DINING EXPERIENCE, FOCUSING ON RESIDENT CENTERED CARE.

FOOD SERVICES DEPARTMENT

Director of Food Services - Responsible for food operation.

Andressa Bueno - andressa.buenoeschlegelvillages.com - 416-534-8829 ext. 224

Registered Dietitian - Assesses residents nutritional needs.

Katherine Tong - katherine.tongeschlegelvillages.com - 416-534-8829 ext. 223

Chefs & Food Services Aides - work together to prepare and serve the meals.

TECHNOLOGY

Synergy Touch System - it is used to build the menu, do purchases, create/edit resident profiles, & create/edit kitchen production sheets. It informs us about nutritional contents, portion sizes and cost. It allows us to record temperatures & create labels for special needs.

Point Click Care - Where we have the Care Plan of the resident; including information about residents nutritional needs, such as allergies, preferences, diets, fluid & food textures (regular, minced, & puree). Where PSWs record residents' food intake every meal.

FOOD

4 Week Menu: Adapted to the residents preferences, approved by the RD & Food Committee, based on the MOH regulation. Alternative Menu Available Daily.

Meals and Snacks: Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner, and Evening Snack.

Food Safety: All food is produced following Food Safety procedures. Food Temperatures are recorded each meal, cleaning schedule and hazards control in place daily.

Kitchen Special Equipment: Robot Coupe (blender used to prepare modified textures), Holder Cabinet and Steam Tables (keep food temperatures), Toaster, Steamer, Dishwasher

NUTRITION

Offered Diets: Regular, Renal, Gluten-restricted, Lactose-restricted, Lacto-ovo Vegetarian, and Vegan.

Diet textures: regular, minced, pureed, fluids, thickened fluid for dysphagia.

Feeding Assistance and Feeding Aides: are assessed and determined by the Interdisciplinary Care Team.

VILLAGE VOICE

DEAR FAIRVIEW FAMILY,

WE HOPE THIS MESSAGE FINDS YOU WELL. FALL IS ARRIVING, THE KIDS WILL BE GOING BACK TO SCHOOL, AND SOON THERE WILL BE LEAVES EVERYWHERE!

AS PART OF OUR ONGOING COMMITMENT TO ENHANCING THE QUALITY OF LIFE FOR OUR RESIDENTS, WE'RE EXCITED TO SHARE THE RECENT KEY HIGHLIGHTS:

1. CUTTING-EDGE TECHNOLOGIES : ROBOTIC RANGE OF MOTION GLOVE, OUTDOOR VANRAM BIKES, PARAGLIDE REPOSITIONING SYSTEM, CEPHIED CANADA PCR MACHINE & QUICKCONNECT IN LAUNDRY.
2. HEALTH MEASURES: COVID-19 SPRING BOOSTER CLINIC, OPTIMIZED SUPPLY ROOM SHELVING, NLOT UTI PSW EDUCATION, & CONTINUATION OF "CONNECT THE DOTS" CUSTOMER SERVICE TRAINING.
3. REVAMPING OUR SPACES: GARDEN AND INDOOR GARDEN TRANSFORMATION & GAZEBO REFRESH.
4. SUMMER OF AWESOMENESS! : OUR RESIDENTS AND TEAM MEMBERS HAD A BLAST WITH PORTUGUESE BBQ, GARDEN PARTY, FATHER'S DAY GRUB, FILIPINO BBQ, CANADA DAY FEAST, FAIRVIEW MASTERCHEFS SHOWDOWN, PICNIC DAY AT A LOCAL PARK, BEACH DAY AT FAIRVIEW, GREEK BBQ, FAMILY FUN DAY, CARIBBEAN BBQ, AND OTHER EPIC EVENTS THIS SUMMER!

WE GREATLY VALUE YOUR OPINIONS AND SUGGESTIONS. FEEL FREE TO REACH OUT TO ME DIRECTLY VIA EMAIL AT SAURABH.BHATNAGAR@SCHLEGELVILLAGES.COM OR BY PHONE AT [416-534-8829 EXT 230](tel:416-534-8829).

THANK YOU FOR BEING AN ESSENTIAL PART OF THE FAIRVIEW FAMILY. TOGETHER, WE CREATE A CARING AND VIBRANT COMMUNITY FOR OUR LOVED ONES.

SINCERELY,

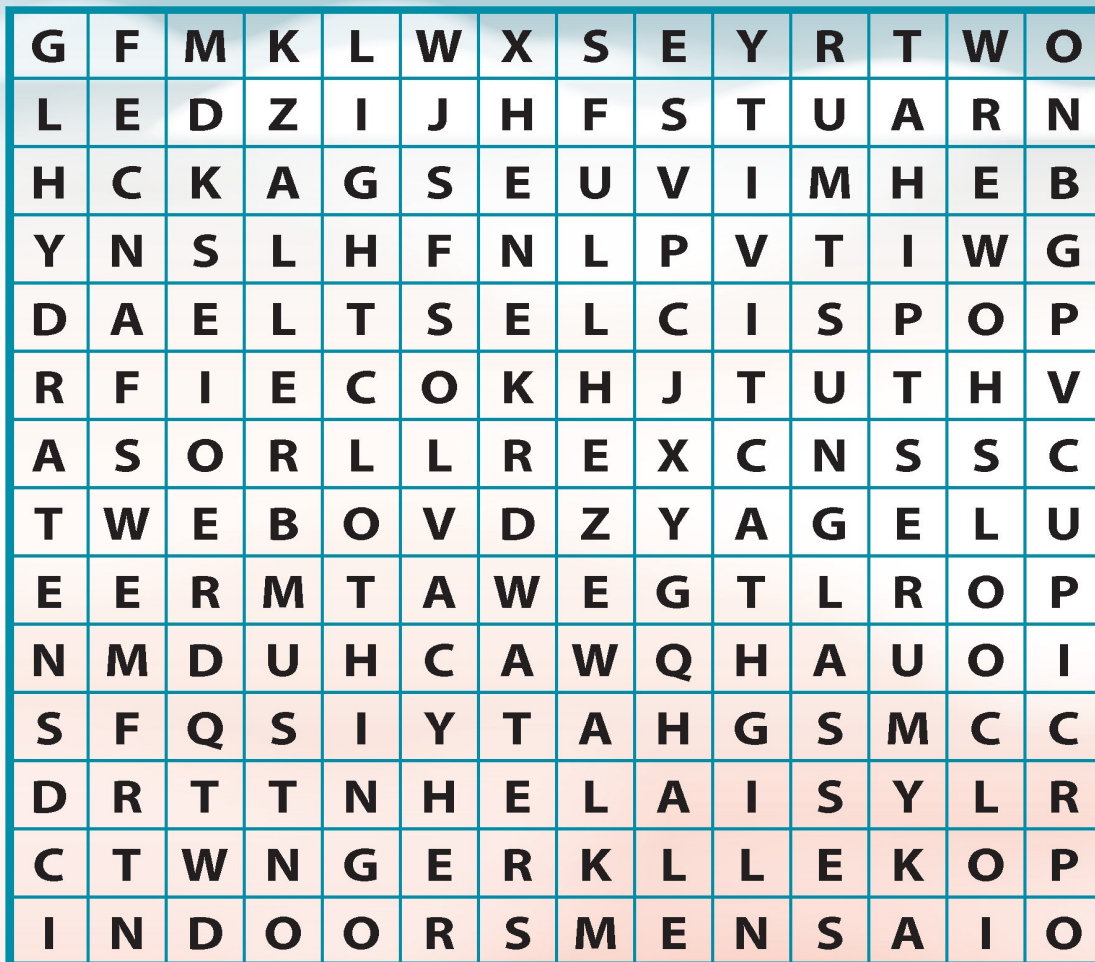
Saurabh



VILLAGE VOICE

September can be hot

Keep cool and have fun!



INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

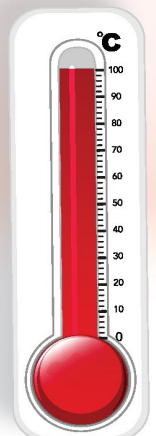
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day

WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



Schlegel Villages – CONNECTIONS



MONDAY,
SEPTEMBER 30

National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



ARTS & AGING
DAY CANADA



SEPTEMBER 24

VILLAGE VOICE



Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Catharine **BEECHER**
- B. Terry **BRADSHAW**
- C. Al **CAPP**
- D. Agatha **CHRISTIE**
- E. T. S. **ELIOT**
- F. Gloria **ESTEFAN**
- G. Paul **HARVEY**
- H. Jim **HENSON**
- I. Michael **KEATON**
- J. B. B. **KING**
- K. Tommy **LASORDA**
- L. Walter **REED**

K	U	J	J	V	K	G	W	C	P	P	R
Y	E	S	T	E	F	A	N	H	O	B	K
N	B	A	O	N	H	K	B	R	J	W	R
O	O	Z	T	S	Z	E	K	I	N	G	H
R	K	S	D	O	E	F	P	S	N	H	K
A	E	A	N	C	N	P	J	T	L	A	Z
P	R	E	H	E	A	T	H	I	B	R	Y
B	B	E	D	C	H	R	X	E	T	V	U
L	R	A	D	R	O	S	A	L	O	E	K
O	M	E	A	P	J	S	P	U	I	Y	I
M	T	A	O	B	E	Z	T	B	L	B	B
D	F	U	O	P	J	K	S	F	E	F	J

Bonus: Match the person to the correct clue.

- | | |
|--------------------------------|--------------------------------------|
| 1. Latin pop music singer ____ | 7. Mystery writer ____ |
| 2. Actor ____ | 8. Puppeteer ____ |
| 3. Army physician ____ | 9. <i>Li'l Abner</i> cartoonist ____ |
| 4. Educator ____ | 10. Blues singer ____ |
| 5. Poet ____ | 11. NFL quarterback ____ |
| 6. Radio personality ____ | 12. MLB baseball manager ____ |

VILLAGE VOICE

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



Y	L	B	C	F	U	O	J	E	F	N	C	S	K	T
K	A	P	G	A	B	Y	Z	B	A	I	Z	B	J	X
Q	T	D	E	L	N	F	P	C	P	N	A	O	Z	A
T	F	V	S	L	U	N	O	A	P	T	G	Z	V	R
G	L	N	Z	T	V	R	I	J	P	H	F	M	E	B
Y	A	D	E	C	N	E	D	N	E	P	E	D	N	I
J	U	N	W	S	J	E	C	R	G	O	L	Q	O	L
S	K	L	A	T	S	N	R	O	C	C	Q	E	W	U
S	A	P	P	H	I	R	E	A	L	K	O	G	S	F
P	X	B	Q	C	E	E	H	V	P	G	A	C	P	R
L	A	B	O	R	D	A	Y	I	R	D	M	A	Y	O
M	A	Z	V	A	M	P	C	I	K	V	N	W	J	L
C	V	X	E	Y	B	A	V	A	Q	I	M	A	C	O
T	S	E	F	R	E	B	O	T	K	O	N	W	R	C
H	A	R	V	E	S	T	M	O	O	N	A	G	U	G

ACORNS
APPLES
CANNING
COLORFUL
CORNSTALKS
FALL

GRANDPARENTS' DAY
HARVEST MOON
HIKING
INDEPENDENCE DAY
(Mexico)

LABOR DAY
LIBRA
NINTH
OKTOBERFEST
SAPPHIRE
VIRGO

VILLAGE VOICE

One-Room Schoolhouse

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



L	E	D	Y	S	G	W	I	N	T	E	R	M	R	N
U	N	R	N	T	N	I	Y	P	C	E	A	Y	A	N
N	I	A	O	U	I	D	A	I	M	R	G	R	L	H
C	L	O	I	D	G	H	J	M	B	M	I	D	C	X
H	P	B	T	E	N	G	U	L	S	T	Q	T	A	T
O	I	K	A	N	I	S	E	H	H	H	O	A	C	U
P	C	C	T	T	S	S	R	M	M	C	O	I	G	X
J	S	A	I	S	W	R	E	E	S	J	R	V	C	E
A	I	L	C	P	R	T	E	P	A	T	G	B	E	G
C	D	B	E	Z	I	S	O	C	S	D	N	A	B	L
K	Q	J	R	C	T	H	P	R	E	F	I	F	L	H
S	A	O	O	O	I	D	H	U	C	S	B	N	T	F
I	X	G	V	Z	N	S	W	E	E	P	S	C	G	V
W	W	E	Z	T	G	O	N	E	R	O	O	M	R	Y
A	J	C	H	J	H	L	L	E	B	I	A	U	Z	Y

ARITHMETIC

BELL

BLACKBOARD

DISCIPLINE

FLAG

HOPSCOTCH

JACKS

LUNCH

MARBLES

ONE-ROOM

READING

RECESS

RECITATION

SINGING

STOVE

STRICT

STUDENTS

SUMMER

SWEEP

WINTER

WRITING

VILLAGE VOICE



Family
Councils
Ontario

Would you like to be part of a Family Council here at Fairview Nursing Home?

What is a Family Council?

Family Council is an organized, self-led group of family and friends of residents who live here at the village who meet and focus on improving the quality of life for all residents living at the village.

Family Council is also a forum that provides support and encouragement to each other. Sharing thoughts and feelings with others who are in similar situations can provide comfort and belonging.

Currently we are recruiting family and friends who are interested in starting a Family Council. If this is an opportunity you would like more information about, please speak with our Resident Support Coordinator, Ana Bela Da Silva.

VILLAGE VOICE

Fairview Nursing Home Leadership Team

General Manager	Saurabh Bhatnagar Ext 230
Director of Nursing Care	Molly Pulipra Ext 225
Assistant Director of Nursing Care (IPAC)	Victoria Kurzinger Ext 263
Assistant Director of Nursing (PERT)	Eric Boampong Ext 266
Assistant Director of Nursing	Ernido Moises Ext 265
Neighbourhood Coordinator	Dee Aboagye Ext 232
Neighbourhood Coordinator	Julia Rhinelanders Ext 240
RAI Coordinator	Andara Madanayake Ext 231
PAL Coordinator	Diana Lopez Ext 234
Environmental Services Manager	Juan Ramos Ext 233
Director of Food Services	Andressa Bueno Ext 224
Director of Recreation Services	Crystal Hill Ext 267
Resident Service Coordinator	Ana Bela Da Silva Ext 222
Director of Quality & Innovation	Daniel Bedard Ext 227
Director of Quality & Innovation	Aravind Pobathi Ext 227
Administrative Coordinator	Michele Fray-Dale Ext 231
Administrative Assistant	Francesca Nolan Ext 221
Administrative Assistant	Mattea Duvnjak Ext 221