

The Humber Guardian

November 2024



The Village of HUMBER HEIGHTS

TABLE OF CONTENTS

- PHOTOS FROM AROUND THE VILLAGE
- HUMBER SPOTLIGHT
- SPECIAL EVENTS
- WELCOMING NEW RESIDENTS
- NOVEMBER BIRTHDAYS
- OUTINGS
- RESIDENT COUNCIL
- SCHLEGEL VILLAGE CONNECTIONS
- PAL PAGE
- RESEARCH MATTERS

NOVEMBER



**"Hello, November!
Let the cozy evenings begin."**

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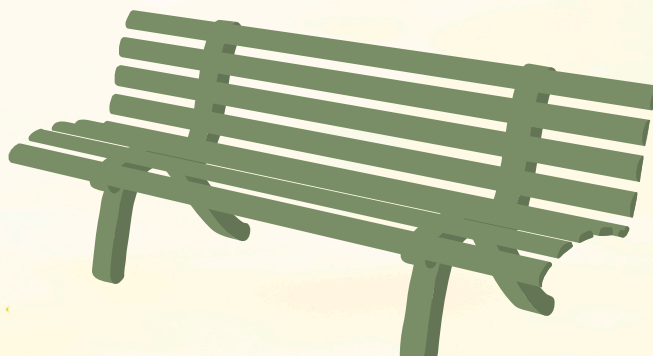




HUMBER SPOTLIGHT

The Green Bench is a symbol of the #ElderWisdom campaign. #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 have to offer. We bring the iconic green bench to public spaces, 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.

We brought the green bench to the This is Long Term Care Conference this past month along with a Long Term Care and Retirement resident to share some wisdom and represent Humber Heights!



Village Special Events

Diwali Celebration

Friday, November 1st 2024
3:00 - Town Square

Friday, November 15, 2024
Tree Lighting Ceremony
3:15 pm
Town Square

Saturday November 30th 2024
Holiday Bazaar
10 - 2pm Main Street

Vendor:
Mobile Senior Shop
10am - 2pm
Main Street

Monday, November 11th 2024
Remembrance Day Service
10:30 am
Town Square

Monday November 25th 2024
Lenny on the Saxophone
2:30 pm Town Square





Welcome

Our new residents on Retirement

Nina P.
Leonard G.
Janet C.
Giuseppe F.
Jessie K.
Katica R.

Our new residents on Long-term Care

Antonietta B.
Teresa M.
Gerald M.
Ivan P.
Maria P.
Mary S.
Francesco T.

HAPPY

Birthday

NOVEMBER RETIREMENT BIRTHDAYS

November 1st - James B.

November 1st - Joan C.

November 1st - Joan I.

November 2nd - Margaret H.

November 3rd - Olive W.

November 4th - Jan C.

November 4th - Margaret D.

November 5th - Nina P.

November 7th - Lilli V.

November 9th - Mary H.

November 11th - Robert H.

November 12th - Andreina M.

November 13th - Susan D.

November 14th - Violanta R.

November 16th - Nancy H.

November 17th - Dorea S.

November 17th - Sylvia S.

November 19th - Don C.

November 21st - Liliane S.

November 22nd - Irene B.

November 23rd - Ruth H.

November 24th - Ruth M.

November 25th - Katica R.

November 27th - Fernando V.

November 29th - Reta H.

November 30th - Giulio C.

November 30th - Prem M.

HAPPY

Birthday

NOVEMBER LONG TERM CARE BIRTHDAYS

November 4th - Beatrice Y.

November 5th - Olivia H.

November 5th - Isabella P.

November 7th - Krstina S.

November 8th - Antonio P.

November 10th - Susan H.

November 11th - Doodnauth S.

November 13th - Jasmine D.

November 18th - Audrey F.

November 18th - Agnes F.

November 22nd - Sandra B.

November 23rd - Maria G.

November 23rd - Alma L.

November 24th - Lidia P.

November 25th - Honorito S.





OUTINGS

RETIREMENT

Royal Winter Fair

Tuesday November 5th, 2024

10:30 am

Grandstand Casino

Sunday, November 10th 2024

2:00pm

Hockey Hall of Fame

Wednesday, November 13th 2024

1:30 pm

\$20

Mandarin

Monday November 18th, 2024

11 am

Independent Shopping shuttles are scheduled for every other Friday. This month we are going to Lawrence Square on Novemebr 15th and 29th.

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

Royal Winter Fair

Wednesday, November 6th, 2024

10am

Superstore

Tuesday November 19th 2024

10am

Distillery District

Friday, November 22nd 2024

1:00pm

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 November 19th 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 November 21st, 2024

3:00 pm

Community Centre

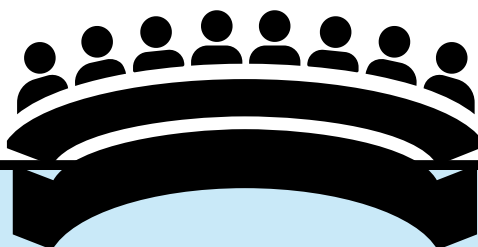


Long Term Care Family Council

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.



xxx

HOLIDAY BAZAAR

xxx

Saturday
November 30

10 a.m.–2 p.m.

Join us in celebrating the
season by stopping by the Village
to enjoy local vendors, delicious treats,
a tearoom and much more!



The Village of
HUMBER HEIGHTS

2245 Lawrence Avenue West, Etobicoke

Why we wear the poppy

After losing a friend in the 1915 Battle of Ypres along the Western Front of the First World War, a humble doctor was inspired by the loss of a friend and the red poppies that managed to grow throughout the desiccated battlefield.

Lt. Col. John McCrae would use that inspiration to write *In Flanders Fields*, the most iconic poem in the English language to honour the sacrifice of countless soldiers in the ongoing effort to preserve freedom. We hear the solemn beginning words each year:

*“In Flanders Fields the poppies blow,
between the crosses, row on row ...”*

and we are transported to a terrible dark period that now only lives in history books and the memories passed down through generations.

The red poppy Canadians wear upon their lapels from the last Friday in October until we mark the end of that terrible war on November 11th symbolizes our commitment to always remember those who served, not only in that war but in those that followed and the times of peace we cherish.

The Royal Canadian Legion raises approximately \$20 million across the country each year through the annual Poppy Campaign. These funds directly support veterans and their families at a local level and help each Legion Branch ensure the words **“Lest We Forget”** carry the weight of remembrance always.

We wear the poppy with pride and gratitude, honouring those who give of themselves for the benefit of all.

*Our
freedom.
Their
sacrifice.*



November 11
Lest we forget

Schlegel Villages – CONNECTIONS



Success Awards

In early October, leadership team members from across Schlegel Villages gathered in Niagara Falls for the organization's annual Operational Planning retreat. There were residents and family members among the crowd of more than 500 people, and their insights were fantastic, but we were also grateful for the invaluable contributions of the Village Success Award Winners who were also part of the event.

These amazing direct support team members were recognized at the Village level for their commitment to the five key values that define our Connect the Dots customer service credo:

Know Me; Earn Trust; Be Present; Follow Through; and Walk in My Shoes.

The dedication and commitment of these team members and the passion they bring to the Villages every day makes them the ideal experts to contribute to the upcoming operational goals of each Village. We're thankful for their leadership and all they do to inspire us all to live our values every day.



Congratulations
winners!

PROGRAM FOR ACTIVE LIVING

Nov
'24



Fall Prevention Tips

Risk Factors that could lead to falls:

- Previous history of falls
- Medications/Health conditions
- Not using/incorrect use of mobility aid
- Improper footwear
- Decreased physical abilities
- Fear of falling
- Indoor/outdoor hazards

Ways to prevent falls:

- Stay active, include balance and strength training exercises
- Remove hazards in your environment
- Have your eyes and hearing tested
- Be aware of the side effects of your medications

Exercises you can do to help improve balance

- Sit to stands
- Hip abduction
- Hip extension
- Heel/toe raises
- Balancing on 1 leg
- Tandem stance

Consult with a member of the PAL team if you have any questions!



Nov
'24

PROGRAM FOR **ACTIVE LIVING**

Hello everyone! My name is Kaitlyn, and I am thrilled to be joining Humber Heights as a PAL Student Therapist for the next four months!

I'm really looking forward to meeting each of you and helping you discover the incredible benefits of physical activity, whether you're participating in one-on-one sessions or group exercise classes. Staying active doesn't have to be a chore - it can be fun, energizing, and a great way to connect with others! Together, we'll find ways to make physical activity an enjoyable part of your daily lives, boosting your overall well-being and fitness in the process.

Now, a little about me! I am currently in my 3rd year under the Health Sciences program at the University of Waterloo. I am also in the Co-operative Education stream which has allowed me to join the wonderful team here at Humber Heights! In my spare time, I enjoy playing volleyball, badminton, baking, and going on hikes! I love the outdoors, so anytime the weather is nice you'll find me doing an activity outside.

I look forward to what the next couple of months will bring and to building connections with you all. I hope to put smiles on your faces, all while encouraging you to implement a little bit of exercise into your lives. If you see me in the village, please feel free to say hi, I'd love to chat!



Supporting your neighbours: Preventing social isolation

As we age, the risk of social isolation—a lack of meaningful contact with others—can increase. However, feeling disconnected doesn't have to be part of getting older.

Social isolation can negatively affect health and well-being. Older adults who are isolated may be more likely to fall, experience depression, struggle with daily tasks, and have difficulty thinking clearly. They are also at a higher risk of developing dementia and may visit the emergency department more frequently.

Staying connected is key to maintaining health and happiness. This can be achieved through personal connections, community programs, faith-based organizations, or social services. Reducing social isolation helps ensure a fulfilling life.

Signs of Social Isolation

How can you tell if a neighbour might be socially isolated? Here are some things to watch for:

- Have they mentioned feeling lonely or cut off from others?
- Are they getting dressed or staying in the same clothes/pajamas for long periods of time?
- Has their behaviour changed or have they recently stopped going to social events they used to enjoy?



How You Can Help

Sometimes, an older adult may just need someone to talk to. Other times, they may need more support. Here are a few ways you can make a difference:

- Be a friend—take time to listen and show you care.
- Recommend a community program or service.
- Check in with a visit or phone call.
- Introduce them to new social opportunities.
- Talk with their family or care partners to find out how you can support them.

Read the Supporting Your Neighbours: A Community Conversation Guide for more information about the health impacts of social isolation, signs to look out for, common barriers, and tips to help.

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.



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
Jeanefer 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 Hooesin 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