

# VILLAGE VOICE



  
OCTOBER





October 2024

# OCTOBER FUN FACTS

*"I long for the bulbs to arrive, for the early autumn chores are melancholy, but the planting of bulbs is the work of hope and always thrilling."*

~ May Sarton



## Tree of the Month – Maple

There are over 120 species of maple trees and shrubs in a wide array of shapes, sizes, and leaf formation. Maples thrive in temperate climates around the world, including in the United States and Canada. The tree is so important to Canadian culture that the maple leaf is on the Canadian flag and the country's coat of arms. These gorgeous trees are a popular choice for backyards, parks, and city streets, as they provide both beauty and shade. While they are stunning year-round, maple trees are particularly striking during autumn. They put on vibrant displays as their



leaves change color and then drop to blanket the ground in swaths of red, yellow, orange, and brown. Maples are also prized for the delicious maple syrup some varieties provide. Vermont is known for their outstanding maple syrup. Other types of maples yield hard, dense wood that's used for furniture and other building projects.

## Special Days

Rosh Hashanah  
October 2–4

World Smile Day  
October 4

Leif Erikson Day  
October 9

Yom Kippur  
October 11–12

National Sports Day  
October 16

World Pasta Day  
October 25

Halloween  
October 31

## Flower – Calendula



The calendula, commonly referred to as the pot marigold, is a hardy flowering plant that is native to the Mediterranean region but thrives in many climates. Calendula has medicinal uses due to its anti-inflammatory properties. Its petals can be eaten and have been used to color cheeses. The origin of this flower's name is unknown, but some speculate that its common name, *marigold*, refers to the Virgin Mary, as early Christians placed these flowers near statues of her in remembrance.

## Birthstone – Opal



October's birthstone is the beautiful opal. Opals are primarily found in Australia, Eastern Europe, and South America. Because opals diffract light, they come in almost every color imaginable, and they appear milky or opaque. Throughout the ages, the opal has been associated with vision. In the 14th century, the gemstone was called the *opthalmius*, or "eye stone," as it was believed to strengthen one's eyesight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.



## The Perfect Pretzels

Harvest festivals with a Germanic tradition are called Oktoberfests, fun celebrations that often include big, soft pretzels. These fall festivities honor the bounty of the autumn season. They are typically held on October weekends in communities across the United States and other parts of the world. Oktoberfests are renowned for their beer halls, music, and other entertainment. But also they are hard to beat for the delicious German food that's typically served—sausages, wienerschnitzel, spätzle, sauerkraut, German potato salad, and most iconic of all,

Bavarian pretzels. Interestingly, the first pretzel is thought to date back to AD 610, when an Italian monk created the twisted shape of soft bread to symbolize hands crossed in prayer across the chest. The name *pretzel* comes from the Latin word *bracellae*, which means "little arms." *Bracellae* became *bretzel* in German until it morphed into today's term, *pretzel*. Pretzels are also associated with love. In the 1600s, Swiss noblemen began the tradition of breaking a pretzel with their brides on their wedding day—a possible origin of the idiom *tying the knot*.



## October's Party

October gave a party;  
The leaves by  
hundreds came—  
The Chestnuts, Oaks,  
and Maples,  
And leaves of every name.

~ George Cooper

## October Zodiacs

Libra (The Scales)  
October 1–22

Scorpio (The Scorpion)  
October 23–31

*October* is the 10th month of the year and is one of seven months with 31 days, along with January, March, May, July, August, and December. October's name, containing the Latin word *octo*, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn. The Slavic people call it "yellow month," referring to the fading colors of the leaves.

## The Sweet Sounds of Harmony

Listen to your favorite tunes on Sunday, October 1, in honor of International Music Day. This celebration of music around the world seeks to promote peace, understanding, and harmony. Music cultivates calm, joy, and connection, so it makes sense that sharing the love of music promotes cross-cultural peace, understanding, and friendship as well.

## What's Lucky in October?

Lucky Color: Yellow  
Lucky Animal: Crow  
Lucky Letters: W and E  
Lucky Day: Tuesday  
Lucky Plant: Squash



## October Birthdays

Mahatma Gandhi (activist) – October 2, 1869  
Gwen Stefani (singer) – October 3, 1969  
Jesse Jackson (activist) – October 8, 1941  
Tanya Tucker (singer) – October 10, 1958  
Luciano Pavarotti (singer) – October 12, 1935  
Mary Kingsley (explorer) – October 13, 1862  
e. e. cummings (poet) – October 14, 1894  
Ziggy Marley (musician) – October 17, 1968  
Fannie Hurst (novelist) – October 18, 1889  
Evander Holyfield (boxer) – October 19, 1962  
Johnny Carson (TV host) – October 23, 1925  
Minnie Pearl (comedian) – October 25, 1912  
Sylvia Plath (writer) – October 27, 1932  
Bill Gates (tech mogul) – October 28, 1955



# VILLAGE VOICE







# FAIRVIEW MASTERCHEFS







## Poetry Corner

### DON'T LOST YOURSELF, TAKE CARE OF HIMSELF

DEMENTIA IS VERY BAD DISEASE,  
LOTS OF PEOPLES, DYING BY DEMENTIA.  
SEE NOW, HOW MANY PEOPLES MISSING EVERYDAY  
THIS IS MEMORY LOSS, DISEASE.  
OLD AGE 68,78,80,85,95, THEY ARE MISSING MORE,  
WHO WILL, TAKE CARE OF THEM?  
THIS IS TRAGEDY. NOBODY LISTENS. ANYBODY.  
AFTER "LONGTIME" WITH "FAMILY", "MISSING"  
HELPLESS, "LOVED ONE CRYING",  
WHO WILL GIVE CONSOLATION?  
TREATMENT FOR THIS DISEASE IS VERY IMPORTANT.  
PERFECT TREATMENT, COULD HELP LIVES ANYWAY.  
LOTS OF PEOPLES, IN CANADA, SUFFERING BY DEMENTIA.  
GOD, YOU PLEASE HELP US, AND BLESS, ALWAYS.  
AFTER, GO OUTSIDE ALONE,  
COULDN'T COME BACK TO FAMILY "ALONE", AT HOME.  
NOBODY, LIKES, TRAGEDY. WE WANT TO BE HAPPY. NOBODY WANTS TO DIE.  
NOBODY WANTS TO CUT RELATIONSHIP, OF FAMILY TIE.

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### THE NICE NATURAL BEAUTY: GOD'S GIFT GIVEN THEM WONDERFUL QUALITY

ONE OF THE NICEST, VERY BEAUTIFUL  
COUNTRY OF THE WORLD, SWITZERLAND.  
VERY VERY BIG MOUNTAINS, LAKES, RIVERS, AND BLUE WATERS.  
UNBELIEVABLE EXPERIENCE IS THERE.  
ANYBODY GO THERE, TO GO AGAIN, SEVERAL TIMES.  
TRAIN COMMUNICATION IS GOOD,  
TO GO TO ITALY, AND FRANCE NEAR  
DON'T FEAR, SWISS AIR IS GOOD. HOUSES ARE GOOD LOOKING.  
SWISS PEOPLES, THEY ARE VERY ACTIVE, AND SMART.  
IN WHOLE EUROPE, ONE OF THE RICHEST, NICEST COUNTRY.  
LOTS OF FOOD. THIS IS DISCIPLINE AND ORGANIZE COUNTRY.  
BERN IS THE CAPITAL CITY OF SWITZERLAND.  
GENEVA, ZURICH IS THE NICE CITY.  
GOD CAN DO ANYTHING. WHOLE WORLD IS BEAUTIFUL, WE SHOULD BE CAREFUL.  
GOD LOVES US, WE LOVE HIM, CREATOR OF EVERYTHING IS GOD.  
EVERYBODY WE SHOULD THANK GOD. NATURAL BEAUTY, WE CAN'T TAKE.  
THIS IS BY GOD. LIFE MEMORY, NATURAL BEAUTY. NEVER DIES, FOREVER.  
EVERY YEAR LOTS OF TOURISTS GO THERE.



WRITTEN BY:  
MD JASHIMUDDIN





# OCTOBER EVENTS

RESIDENT PROGRAM PLANNING | OCTOBER 2

RESIDENT COUNCIL | OCTOBER 3

ROSH HASHANAH | OCTOBER 3

OKTOBERFEST SOCIAL | OCTOBER 6

COMMUNITY OUTING: TRINITY BELLWOODS | OCTOBER 10

YOM KIPPUR | OCTOBER 12

THANKSGIVING DAY | OCTOBER 14

TAKE OUT LUNCH | OCTOBER 16

SUKKOT | OCTOBER 17

DRAG BINGO | OCTOBER 23

FALL BUS TOUR | OCTOBER 24

PUMPKIN CARVING | OCTOBER 29

BIRTHDAY PARTY | OCTOBER 30

HALLOWEEN PARTY | OCTOBER 31

DIWALI | OCTOBER 31





# PAL CORNER...



## JOIN OUR FALL THEMED EXERCISES SESSIONS



OCTOBER 2 @ 10:30  
TURKEY TROT CHAIR EXERCISE  
SESSION

OCTOBER 9 @ 10:30  
BALLOON VOLLEYBALL

OCTOBER 16 @ 10:30  
SPOOKY CHAIR FITNESS CIRCUIT

OCTOBER 23 @ 10:30  
SHUFFLEBOARD

OCTOBER 30 @ 10:30  
DRUM FIT







# october

## BIRTHDAYS

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JEFFREY A. | OCTOBER 3

MIGUEL J. | OCTOBER 4

JOSE M. | OCTOBER 10

ROGER C. | OCTOBER 11

ERIKA K. | OCTOBER 13

RAUL G. | OCTOBER 14

HENRY L. | OCTOBER 16

TO PHAT S. | OCTOBER 19

JACINTO M. | OCTOBER 23

MARIA B. | OCTOBER 25

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WISHING YOU THE VERY BEST ON  
YOUR SPECIAL DAY!



# VILLAGE VOICE



## *Stories* from the **GREEN BENCH** Podcast



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Google Podcasts



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Spotify Podcasts

## ElderWisdom.ca





## Stop the Spread of Germs



Cover your mouth  
& nose with a tissue



Cough into your  
upper sleeve



Dispose of  
tissue properly



# Dietary Corner...

**Happy Autumn!**

**This Summer was really awesome! We had a lot of shared moments and tasty food. However, Fall is here and our new Fall Winter menu is coming out of the oven.**

**Dietary Team is working together to present a delicious and warm Menu. Soon we will have our Food Committee meeting to present the Menu options and get feedback and suggestions from all of you. Please do not hesitate to contact me if you have any questions and suggestions.**

**Ready for delicious food with pumpkin, ginger and hot chocolate?**

**Happy October everyone!**

*Andressa*  
**DFS**





Greetings Fairview Family,

I hope you all have enjoyed the summer! Now, we are all looking forward to some fall fun and colours.

We have started our Sprinkler Retrofit Project on October 1st, and it will go on for 12–14 weeks. I request that you kindly follow the signs and instructions for your safety when you are in the building. This is an important project for the safety and security of our residents and all other stake holders. We thank you for your patience and understanding.

We are also getting ready for our annual Operational Planning summit where we discuss our plans as an organization for the next year. We will keep you in the loop for all these upcoming plans and discussions.

As you are aware that Flu/Respiratory season is upon us, and it is crucial that we maintain proper IPAC procedures both when we are visiting the home and even when we are out in the community. Please refrain from visiting if you are unwell, and please sanitize your hands upon entry and when leaving. We will be doing our annual Flu Shot clinic for the residents, once they become available, as well as additional covid boosters and RSV vaccines for those who didn't receive it last year.

Lastly, we would really like to restart our Family Council and we are looking for a Family Council president and secretary. I would like to request your support with this; and we can host meetings virtually as well if needed. If you are interested, please reach out to Crystal Hill or Ana Bela Da Silva at Ext 267 or 222.

Have a safe and colourful Fall and hope to see you all soon at our village!

Sincerely,

*Saurabh*







spark ideas. ignite change.

October 29-30

**DoubleTree by Hilton**  
30 Fairway Road South, Kitchener

**Schlegel Villages** and the  
**Research Institute for  
Aging (RIA)** are excited to  
be hosting our 9th annual  
**Innovation Summit!**

This two-day event is an opportunity  
to learn and celebrate our collective  
passion for innovation, continuous  
improvement and research.

Team members, residents and family  
are welcome to attend this event!  
If you are interested in attending, speak  
with your General Manager or Assistant  
General Manager at your Village as there  
is a limit to the number of attendees  
from each Village.

### Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to  
seeing you there!**

**RIA** RESEARCH  
INSTITUTE  
for AGING  
Schlegel • UWaterloo • Conestoga



  
**SCHLEGEL VILLAGES**



## 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](https://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](https://www.the-ria.ca/enews).





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.



# 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



# VILLAGE VOICE



## Famous October Birthdays

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

- A. Michael **CRICHTON**
- B. E. E. **CUMMINGS**
- C. Helen **HAYES**
- D. Evander **HOLYFIELD**
- E. Jesse **JACKSON**
- F. Natalie **MERCHANT**
- G. Marie **OSMOND**
- H. Luciano **PAVAROTTI**
- I. Dan **RATHER**
- J. Julia **ROBERTS**
- K. Eleanor **ROOSEVELT**
- L. Margaret **THATCHER**

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

**Bonus:** Match the person to the correct clue.

- |                                     |  |
|-------------------------------------|--|
| 1. Former first lady ____           | 7. Poet ____                             |
| 2. TV news anchor ____              | 8. Civil rights activist ____            |
| 3. Novelist ____                    | 9. "First Lady of American Theater" ____ |
| 4. Opera singer ____                | 10. American singer ____                 |
| 5. <i>Pretty Woman</i> actress ____ | 11. Donny's sister ____                  |
| 6. Former prime minister ____       | 12. Heavyweight boxer ____               |



# VILLAGE VOICE

## Searching for October

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



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

BONFIRE  
BOSS'S (Day)  
CANDY  
COLUMBUS (Day)  
COSMOS  
GOURDS

HALLOWEEN  
INDIGENOUS  
(Peoples' Day)  
LIBRA  
OPAL  
RAKE  
ROSH HASHANAH

SCARECROW  
SCORPIO  
SWEETEST (Day)  
THANKSGIVING  
(Canada)  
WORLD SERIES  
YOM KIPPUR



# VILLAGE VOICE

## Going Batty in Borneo

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

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

BATS  
BEACHES  
CAT DROP  
CAVES  
FRUIT  
HUMID

INSECTS  
JELLYFISH  
LOK LOK  
MONKEY  
MOUNTAINS  
ORANGUTAN

PLANTS  
RAINFOREST  
SABAH  
SEAFOOD  
SWIFTLETS  
WILDLIFE





# VILLAGE VOICE



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