

# The Humber Guardian December 2024



## *The Village of* HUMBER HEIGHTS

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# DECEMBER

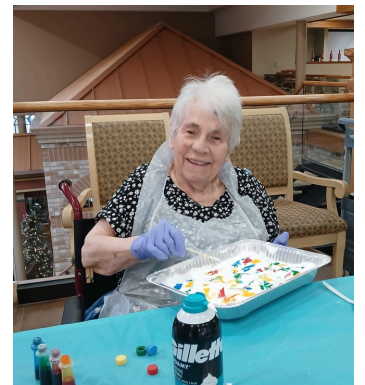


**"Its the most wonderful time  
of the year!"**

**vol. 2024 issue 12**

# VILLAGE LIFE







## HUMBER SPOTLIGHT

In November, we came together to remember those who have sacrificed their lives in the service of their nations and honor those who served and are still with us. Their commitment to duty and the price they paid remind us of the value of peace and freedom.

We want to extend our gratitude to the veterans in our community.



# **Village Special Events**

**Long Term Care Christmas Dinner**  
**Tuesday December 3rd 2024**  
**5:00 pm**  
**Dining room**

**Retirement Christmas Dinner**  
**Thursday December 5th 2024**  
**4.30 pm and 6 pm**  
**Dining room**

**Malta Big Band Concert**  
**Sunday December 8th 2024**  
**3.00 pm**  
**Dining Room**

**Christmas Concert with Ori**  
**Wednesday December 25th 2024**  
**2.30 pm**  
**Town Square**

**New Year's Eve Party with Pam**  
**Tuesday December 31st 2024**  
**6:00 pm**  
**Town Square**

# WELCOME

## **Our new residents on Retirement**

Penelope S.	Antonietta M.
Nina P.	Alida
Angelo C.	Jean C.
Rudolph W.	Evelyn B.
	Wilma B.

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

Filomena L.  
Gina T.

HAPPY

# Birthday

## NOVEMBER RETIREMENT BIRTHDAYS

December 2nd - Howard S.

December 5th - Pauline K.

December 5th- Bianca V.

December 7th- Shiela Jan T.

December 7th- Janice M.

December 8th- Edwin H.

December 9th- Mary Kath R.

December 11th- Clara B.

December 11th- Judith W.

December 12th- Wilma M.

December 13th- Joyce P.

December 16th- James Roy S.

December 19th- Neville T.

December 31st- Doreen M.

December 31st- Elizabet Mary S.

HAPPY

# Birthday

## **DECEMBER LONG TERM CARE BIRTHDAYS**

December 5th - Phyllis C.

December 7th - Anna P.

December 12th - Eduard F.

December 14th - Maria T.

December 16th - Ivan P.

December 18th - Mary C.

December 18th - Maria S.

December 21st - Evelyn S.

December 22nd - William P.

December 22nd - Gabrielle B.

December 23rd - Rita F.







# **OUTINGS**

## **RETIREMENT**

### **Distillery District**

Monday, December 2nd 2024

1.30 pm

### **Walmart**

Friday, December 6th 2024

10.45 am

### **Independence Shopping Shuttle: Lawrence square**

Monday December 9th and 23th 2024

2.00 pm

### **Outing: Toronto All Star Big Band**

Sunday December 15th 2024

2.00 pm

### **Outing Christmas: Light drive**

Tuesday December 17th 2024

6.30 pm

# **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**

### **Burlington Lights Drive**

Monday December 2nd 2024

6:00 pm

### **Sherway Gardens**

Wednesday, December 4th 2024

10am and 12:00 pm

### **Centennial Park Conservatory**

Friday, December 20th 2024

10:00 am

### **Christmas Lights Drive**

Monday December 23rd 2024

6:00 pm

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 December 17th 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 December 19th, 2024

3:00 pm

Community Centre

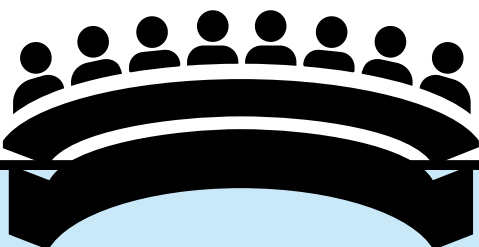


# Long Term Care Family Council

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

Please email Adriana at  
[adriana.carola@schlegelvillages.com](mailto: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



Season's  
Greetings

With the wintry days of December descending upon us, we celebrate the diversity of life within our Villages and the meaningful traditions that unite us in peace and joy during the festive season.

Whether it's the warmth of Christmas, the dedication of Hanukkah, the reflection of Kwanzaa, the triumph of light during Diwali that has already been celebrated, or the spiritual journeys of other traditions, this season offers us a time to come together in gratitude, kindness, and hope.

As we consider our diversity, we reflect on the evolution of faith within the Villages, recognizing that the concept of Chaplaincy in our Villages has grown into a more encompassing notion of Spiritual Care, led now by our Spiritual Care Leads.

May this festive season bring you light, love, and harmony, wherever you are, and may the shared values of compassion and goodwill inspire a bright and hopeful year ahead as we learn more about our neighbours and the traditions that guide them.

## Interested in more?

Sign up for our monthly newsletter where we share stories and news about Village Life!



# Schlegel Villages – CONNECTIONS

## Mission-driven GROWTH

Since The Village of Winston Park first opened 30+ years ago in Kitchener, Schlegel Villages has carefully considered its pattern of growth in order to bring its social model of living to more communities across the province. After an extremely busy 2024, our family of 18 Villages on its way through another exciting period of growth.



After extensive renovations, Winston Park's grand reopening in the fall of 2024 was a time to celebrate the culmination of efforts that led to a state-of-the-art, 288-bed Long-Term Care (LTC) community on the footprint of the Village that launched the Schlegel Villages organization as it is known to this day.



### The Village of Ridgeview Court, Milton

Construction is moving along nicely at four new Villages, and though timelines with projects like these can be affected by many variables, we are excited to welcome new residents to:

- **The Village of Ridgeview Court,** Milton (end of 2025)
- **The Village of Millers Creek,** Ajax (spring of 2026)
- **The Village of Riverbank Terrace,** Ottawa (late 2026)
- **The Village of Stouffer Mills,** Stouffville

We also have exciting plans announced in Hamilton, with a new 512-bed LTC Village to be partnered with Mohawk College and Supportive Housing provider, Indwell, rounding out an exciting new community there.

In early 2026, we expect to break ground in Barrie, Oakville and Richmond Hill as well, marking the beginning of what we know will be a busy and exciting New Year!

# PROGRAM FOR ACTIVE LIVING

Dec  
'24

## Opportunities to Be Active in the Village of Humber Heights

As the new year is approaching, and the festivities are ramping up, it's a great time to reflect on how active we are currently and what we can do to include even more physically active. A great New Year's Resolution idea is to join a fitness class, start going to the fitness centre (PAL room), or incorporate more walking into your daily routine. The following are some tips for both Long Term Care and Retirement residents:

- 1. Fitness Center (Program for Active Living room):**  
Located on Long Term Care, on the main floor. This is a room that includes 3 Nustep exercise bikes, assorted weights and therabands, balance bars, 2 motor meds and a ton of motivational support and expert advice. This is also the location you can find our Kinesiology and Physiotherapy team members. Open to all Village residents.
- 2. Fitness Classes:** On retirement, classes take place in the Town Hall and on individual neighbourhoods. Refer to the recreation and PAL calendars for dates and times of specific classes. In LTC, all classes take place on the individual neighbourhood. Instructed by a Registered Kinesiologist or Kinesiology Student. At any time, a resident would like to participate in a class on a different neighbourhood – please let our team know and we will be able to support you with attendance.
- 3. Walking:** On retirement, there is ample walking space indoors and outdoors. With colder weather approaching, you may select to walk the indoor loop on the main floor. Starting at the hobby shop you simply follow the path past the dining room and making all left turns; you can guarantee a distance of **1 km with 5 laps** and **1 mile with 8 laps**. On LTC, the walking routes can be the long stretch of hallways on the neighbourhood or by aiming to reach the greenhouse located on the main street, close to the retirement entrance.
- 4. Pole Walking:** On retirement, the pole walking club utilises specialty walking poles to help support walking exercise. Simply show up at the time of the program for a lesson with our Kinesiologist and you are on your way with a set of poles. There are so many benefits to using this equipment that you may not be aware of such as: boosting the number of calories you burn, incorporating upper body movement for a total body workout, and improving balance and stability.
- 5. Outings:** At different times of the year there may be enjoyable outdoor trips that are offered in local parks and attractions. Even a trip to a big shopping store can be a lengthy walk! Refer to your recreation calendar for opportunities.



## Using Nutrition to Improve Bone Health

Did you know that over 80 per cent of all fractures in people over the age of 50 are caused by osteoporosis?

It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Check out these easy tips to improve your bone health from Lora Giangregorio, PhD, Schlegel Research Chair in Mobility and Aging, and Heather Keller, RD, PhD, Schlegel Research Chair in Nutrition and Aging, that you can incorporate into your life.

### Protein at every meal and snack

Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. 20 grams of protein are equivalent to three eggs, or half a cup of peanuts.

### Get calcium through foods

It is better to get calcium through your diet - only take a supplement if you cannot get enough. Cow, almond, or soy milk, yogurt, cheese, white beans and almonds are high in calcium.

### Ask your healthcare provider about Vitamin D

Adults over the age of 50 should take a daily supplement containing 400 IU (10 µg) of vitamin D



because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

### Manage your weight

Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.

If you are losing weight, or don't have much of an appetite, there are several evidence-based tips that can help: You can eat small amounts and more frequent meals or snacks; instead of water or tea, drink fluids with protein and calories like milk or high-protein drinks; eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.

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Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://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](http://www.earandhearingclinic.com)

# Humber Heights Extension List

LTC - 416-235-2782 • RH - 416-235-0201

*Email Example: Firstname.lastname@schlegelvillages.com*

<b>Paula Stephenson</b> RETIREMENT Front Desk	6801
<b>Mona Mazaheri</b> LONG TERM CARE-Front Desk	6844
<b>Jeanfer Auditor</b> Administrative Coordinator	6892

## Neighbourhood Coordinators LTC:

<b>Abby Bello</b> Alderwood & Islington Coordinator- LTC	6843
<b>Sangita Adhikari</b> Brule & Weston Coordinator-LTC	6811
<b>Imran Pasha</b> Lambton & Wadsworth Coordinator-LTC	6834

## Neighbourhood Coordinators RH:

<b>Mandy Misir</b> Director of Wellness	6833
<b>Sumeya Osman</b> Assistant Director of Wellness	1088
<b>Adelina Oliveira</b> Egerton Coordinator	6830
<b>Tenzin Kyziom</b> Williamsburg Coordinator	6803
<b>Kaishwarie Khan</b> Emma's Coordinator	1089

<b>Kawaljeet Kaur</b> Director of Nursing Care - LTC	6835
<b>Charge Nurse Retirement</b>	5400
<b>Charge Nurse Long Term Care</b>	5505

<b>Adriana Carola</b> Director of Recreation - LTC	6837
<b>Marta Czepielewski</b> Recreation Supervisor - Retirement	6860

<b>Ruxien Aclaracion</b> Food Services Manager	6846
<b>Diana Kania</b> Director of Hospitality	6847
<b>Tanya Bradbury</b> Director of Environment Services	6974

<b>Dagmara Klisz</b> Director of Program for Active Living	6877
<b>Emma Donnelly</b> PAL Coordinator RH	6875
<b>Naveen</b> Physiotherapist	6809

<b>Asha Poonai</b> Student/Volunteer Coordinator	1842
<b>Charles Mariakan</b> Social Worker	5410
<b>Bobo Delo</b> Village Chaplain	6890
<b>Faz Hoesin</b> Director of Lifestyle Options	6858
<b>Eric Jaffary</b> Director of Lifestyle Options	6858
<b>Joanne Hernandez</b> Resident Support Coordinator	5410

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