

VILLAGE VOICE



December



DECEMBER FUN FACTS

*"Holly and mistletoe, candles and bells,
I know the message that each of you tells."*

~ Leland B. Jacobs



Tree of the Month – Pine

Pines are conifer trees or shrubs that are prized for their crisp, refreshing scent. They are the largest type of conifer, with 187 different species. These hearty trees can survive in a wide range of climates, from deserts to rainforests, and do well in subpar soil. However, they thrive best in mountainous areas with ample rainfall and favorable soil. Not only are pines flexible enough to bend with and endure large snowfalls but they also are resistant to fire. Pinecones protect the plant's seeds from harsh weather conditions. Pines are fast-growing, long-lived trees that are a popular



choice for landscaping, timber, and Christmas trees. These trees are especially good at preventing soil erosion and providing windbreaks. Pines can live between 100 to more than 1,000 years. The oldest living pine, a Great Basin bristlecone named Methuselah, lives in Inyo National Forest in eastern California and is over 4,800 years old.

Special Days

Cyber Monday
December 2

Winter Solstice
December 21

Christmas
December 25

**Hanukkah Begins
at Sundown**
December 25

**Boxing Day
(UK and Canada)**
December 26

Kwanzaa Begins
December 26

New Year's Eve
December 31

Flower – Holly



December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years. Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

Birthstone – Turquoise



Turquoise has been valued for its tremendous beauty for thousands of years. Archaeologists have discovered turquoise jewelry on the mummified bodies of queens in Egyptian tombs and in ancient burial sites in Argentina, Peru, and Mexico. The Inca used the stone to craft beads and figurines, while the Aztecs used it to make pendants and ritual masks. The Chinese were carving it for decorative art over 3,000 years ago. Turquoise is also often used as a love charm.

Birthday Sweets

December 1–7: Bread Pudding
You are practical, organized, and reliable. But it's your sly sense of humor and tender side that make you the belle of the ball. Your friends count on you to throw epic parties, and you always make your loved ones feel special.

December 8–13: Pie
A natural leader, you have confidence and charisma in spades. The key to your success is always listening to and caring about others. While you enjoy socializing, you also love a quiet afternoon with a book or a bubble bath.

December 14–22: Cheesecake
Spiritual and intuitive, friends call on you for guidance and comfort. You are careful with your words; when you speak, your wisdom shines through. You are also known for your elegance, bravery, and charm.

December 23–31: Cookie
Sweet, loving, and fun, you have more friends than you can count. You are responsible, smart, and bookish but also have a silly side that makes everyone smile.



The Long Night Moon

December's full moon aligns with the winter solstice, the longest night of the year. It is known as the cold moon, the long night moon, or the wolf moon, and is a prime time for reflection and gratitude for the wonders of life.

December Zodiacs

Sagittarius (The Archer)
December 1–21

Capricorn (The Sea Goat)
December 22–31

December is the 12th month of the year in the Julian and Gregorian calendars. The ancient Romans initially made December the tenth month, but later, when January and February were added, December became the final month. In the northern hemisphere, this month has the shortest daylight hours of the year. Did you know that December starts on the same day of the week as September and ends on the same day as April every year?

Around the World

How do you say *December* in different languages?

- Spanish – Diciembre
- Portuguese – Dezembro
- Icelandic – Desember
- German – Dezember
- Hindi – Disambar
- French – Décembre
- Polish – Grudzień
- Danish, Norwegian, Swedish, Flemish, Dutch, Hungarian, and English – December
- Italian – Dicembre
- Hawaiian – Kekemapa

What's Lucky in December?

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday

Lucky Plant: Narcissus



December Birthdays

- Andy Williams (singer) – December 3, 1927
- Joan Didion (writer) – December 5, 1934
- Eli Whitney (inventor) – December 8, 1765
- John Milton (writer) – December 9, 1608
- Sarah Chang (violinist) – December 10, 1980
- Rita Moreno (actress) – December 11, 1931
- Archie Moore (boxer) – December 13, 1913
- Viola Wells (gospel singer) – December 14, 1902
- Jane Austen (novelist) – December 16, 1775
- Ty Cobb (ballplayer) – December 18, 1886
- Lenny White (drummer) – December 19, 1949
- Annie Lennox (singer) – December 25, 1954
- Johannes Kepler (astronomer) – December 27, 1571
- Patti Smith (poet/singer) – December 30, 1946

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FAIRVIEW MASTERCHEFS





Poetry Corner

HAPPY THANKSGIVING DAY

**DAY OF TOGETHERNESS, HAPPINESS,
TO LEARN, TO BE KIND, AND SELFLESS.
LOVE EACH OTHER, DON'T FEAR, MY DEAR
OCTOBER 14TH, MONDAY, IS THIS DAY,
LONG WEEKEND, HOLIDAY, BIG PARTIES DAY
TASTY BIG TURKEYS TO EAT DAY.**

**LOVE THE THANKSGIVING DAY, DON'T FORGET TO PRAY.
THIS IS CANADIAN CULTURE.**

**DON'T FORGET TO PRAY, THIS IS CANADIAN CULTURE.
RESPECT AND LOVE OUR CANADIAN CULTURE
ENJOY THIS GOOD LOVING DAY**

**THIS TIME FOR THE PARTY, EVERYBODY IS BUSY.
NO LIFE IS EASY, IN THE SHORT LIFE TIME, WHAT COULD, TO DO?
EVERYBODY HAS THE FUTURE, PLANNING
THIS IS GOOD, SMART, CONSTRUCTIVE, THINKING.
WELCOME TO THE HAPPY THANKSGIVING DAY.**



PAST IS PAST: LET'S NEW LIFE START

**STOP WORRYING, AND START GOOD LIVING.
THIS IS GOOD SMART THINKING.**

**TIME IS GOING IT'S OWN WAY
FOR EVERYTHING, TO DOLLAR MONEY, PAY.
HOW BEAUTIFUL, WORLD OF GOD? UNBELIEVEABLE.**

**TO TRUST HIMSELF, IS THE SELF CONFIDENCE
TO LIVE LIFE, WITH POSITIVE ATTITUDE, NO NEGATIVE ATTITUDE.
LIFE IS WITH MIND, SHOULD LEARN TO BE KIND.**

LOVE EACH OTHER WITH HUMANITY, THEN TO COME UNITY.

**IF THE WORLDS UNITY IS PERFECT
PEACE WILL COME AUTOMATICALLY, FOR EVERYBODY AND INNOCENT
NO MORE UNITED NATIONS, NO MORE ANYBODY, LAW IS LAW.
NOBODY IS ABOVE THE LAW. THINK FOR, PRESENT AND BRIGHT FUTURE.**

**BY USE GOOD HUMAN NATURE
GOD YOU BLESS, PLEASE, FOREVER, ALWAYS.**

**WRITTEN BY:
MD JASHIMUDDIN**



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DECEMBER EVENTS

BREAKFAST WITH SANTA | DECEMBER 3

TAKE OUT LUNCH | DECEMBER 4

RESIDENT COUNCIL | DECEMBER 5

RESIDENT HOLIDAY LUNCHEON | DECEMBER 8

FRIDAY THE 13TH: SPOOKY CAMPFIRE STORYTIME | DECEMBER 13

HOLIDAY LIGHT TOUR | DECEMBER 15

HOLIDAY CHOIR PERFORMANCE | DECEMBER 18

ITALIAN LUNCH WITH BABBO NATALE | DECEMBER 19

WINTER PYJAMA PARTY | DECEMBER 20

FAIRVIEW MASTERCHEFS | DECEMBER 20

WINTER SOLSTICE | DECEMBER 21

CHRISTMAS EVE | DECEMBER 24

CHRISTMAS DAY | DECEMBER 25

HANUKKAH BEGINS | DECEMBER 25

BOXING DAY | DECEMBER 26

KWANZAA BEGINS | DECEMBER 26

DECEMBER BIRTHDAY PARTY | DECEMBER 30

NEW YEAR'S EVE | DECEMBER 31



December Newsletter

Please join us for the following exercise sessions this month:

December 4: Snowy Balloon Volleyball

Experience the fun of volleyball with a snowy twist! We'll use soft balloons to gently volley across the room, promoting gentle movements and hand-eye coordination.

December 11: Sled Full of Snow Pull

Join us for a delightful winter exercise! We'll be pulling a sled filled with snow balls, promoting strength and coordination

December 18: Throw Snowballs into Wreath

Let's practice our aim and have a blast throwing soft snowballs into a festive wreath target. This activity encourages arm movement and coordination while celebrating the holiday season.

See you then!
Diana Lopez

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DECEMBER BIRTHDAYS

JACK S. | DECEMBER 2

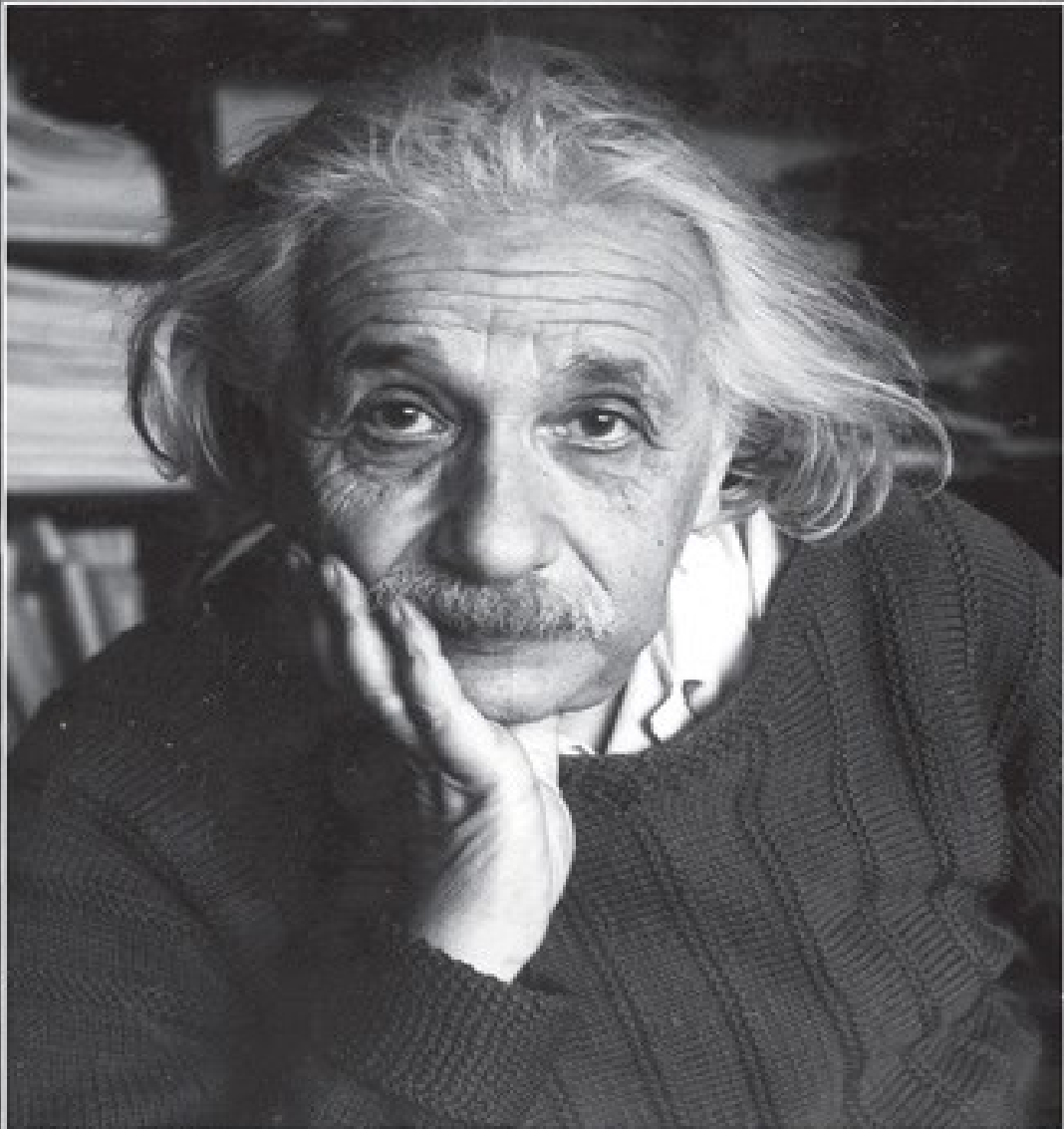
CATHY J. | DECEMBER 8

ELVIRA M. | DECEMBER 23

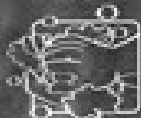
WISHING YOU ALL THE
BEST ON YOUR
SPECIAL DAY!

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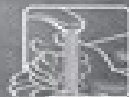
WASH YOUR HANDS - GENIUS!



Stop the Spread of Germs



Wash with soap
for 20 seconds



Rinse



Or wash with
a sanitizer

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Teresa Raleza
1942—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 blue flowers, possibly hydrangeas, in the bottom right corner of the text box.



HOW MANY CAN YOU MATCH?

12 COLOURS OF CHRISTMAS

JOIN US IN WEARING THE FOLLOWING COLOUR/STYLE ON THE FOLLOWING DAYS OF CHRISTMAS!

HOLIDAY HAIR? DON'T CARE! (HAIR STYLE OR ACCESSORY)	DECEMBER 13
FEELING 'FROSTY' THE SNOWMAN (WHITE)	DECEMBER 14
UGLY CHRISTMAS SWEATER	DECEMBER 15
A CHRISTMAS MOVIE CHARACTER	DECEMBER 16
100% THAT GRINCH! (GREEN)	DECEMBER 17
HOLIDAY LIGHTS! (MULTI-COLOUR)	DECEMBER 18
MERRY MORNING! (PYJAMAS)	DECEMBER 19
CLASSIC CHRISTMAS SWEATER	DECEMBER 20
RUN RUN RUDOLPH! (RED)	DECEMBER 21
WINTER WONDERLAND (LIGHT BLUE OR BLUE & WHITE)	DECEMBER 22
HOLIDAY GLOW UP! (SHINY/FLASHY)	DECEMBER 23
ROCKING AROUND THE CHRISTMAS TREE! (YOUR SIGNATURE HOLIDAY LOOK)	DECEMBER 24



DEAR FAIRVIEW FAMILY,

OUR HOLIDAY SEASON IS UPON US, AND WE ARE SO EXCITED FOR ALL THE WONDERFUL THINGS PLANNED FOR THIS JOYOUS MONTH. THE HOME IS GEARING UP FOR MANY EVENTS, CELEBRATIONS AND FESTIVITIES, WITH ONE OF THE HIGHLIGHTS BEING OUR FAIRVIEW CHOIR CAROLING ON OUR FLOORS.

WE ARE ALSO PREPARING FOR 2025: WE HAVE OUR CAPITAL WALK THIS MONTH WHERE IN WE WILL BE DISCUSSING OUR IMPROVEMENT PLANS FOR THE HOME IN 2025. WE WILL KEEP YOU UPDATED AS TO WHAT WE GET APPROVALS FOR AND TIMELINES FOR ANY PLANNED PROJECTS. FOR NOW, WE ARE CONTINUING WITH THE SPRINKLER PROJECT AND PREPARING FOR OUR COMPLETE ELEVATOR OVERHAUL EARLY NEXT YEAR. AFTER THAT, WE WILL HAVE OUR LED RETROFIT PROJECT IN LATE WINTER. ALL OF THESE PROJECTS WILL MAKE OUR HOME SAFER WITH BETTER OUTCOMES FOR ALL OF US.

THIS IS ALSO THE FLU AND COLD SEASON AND I STRONGLY URGE ALL OF YOU TO TAKE FULL PRECAUTIONS AT ALL TIMES. THIS MEANS WASHING AND SANITIZING YOUR HANDS AND WEARING A MASK IF YOU ARE UNWELL, PLEASE REFRAIN FROM VISITING THE HOME IF YOU ARE UNWELL.

UNTIL NEXT TIME, TAKE GOOD CARE AND HAVE A HAPPY HOLIDAY SEASON TO YOU AND FAMILY!

SINCERELY,

Sawrah



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12 days of holidaze!

STARTING DECEMBER 13 WE HAVE
12 DAYS OF EVENTS TO COUNT DOWN TO
CHRISTMAS DAY!

DAY ONE: CHRISTMAS TRIVIA

DAY TWO: FESTIVE MOVIE PARTY

DAY THREE: HOLIDAY LIGHT TOUR

DAY FOUR: CHRISTMAS BINGO

DAY FIVE: HOLIDAY PHOTO BOOTH

DAY SIX: HOLIDAY CHOIR PERFORMANCE

DAY SEVEN: ITALIAN LUNCH WITH BABBO NATALE

DAY EIGHT: PYJAMA PARTY

DAY NINE: FESTIVE CARD MAKING

DAY TEN: HOLIDAY KARAOKE

DAY ELEVEN: HOLIDAY STORYTELLING

DAY TWELVE: COOKIE DECORATING

WE LOOK FORWARD TO SEEING YOU AT
THE EVENTS!

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.

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.

Schlegel Villages – CONNECTIONS



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!



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!

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Famous December Birthdays

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

- A. Gregg **ALLMAN**
- B. Bob **BARKER**
- C. Ellen **BURSTYN**
- D. Melvil **DEWEY**
- E. Kirk **DOUGLAS**
- F. Ira **GERSHWIN**
- G. J. Paul **GETTY**
- H. Fiorello **LA GUARDIA**
- I. Margaret **MEAD**
- J. Archie **MOORE**
- K. Lee **TREVINO**
- L. Reggie **WHITE**

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

Bonus: Match the person to the correct clue.

- 1. *The Last Picture Show* actress _____
- 2. NFL football player _____
- 3. Lyricist _____
- 4. Singer/musician _____
- 5. Anthropologist _____
- 6. Oil billionaire _____
- 7. PGA golfer _____
- 8. TV game show host _____
- 9. Librarian _____
- 10. New York City mayor _____
- 11. Champion boxer _____
- 12. Actor _____

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Searching for December

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

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



BOXING DAY
CANDY CANES
CAPRICORN
CHARITY
CHRISTMAS
HANUKKAH

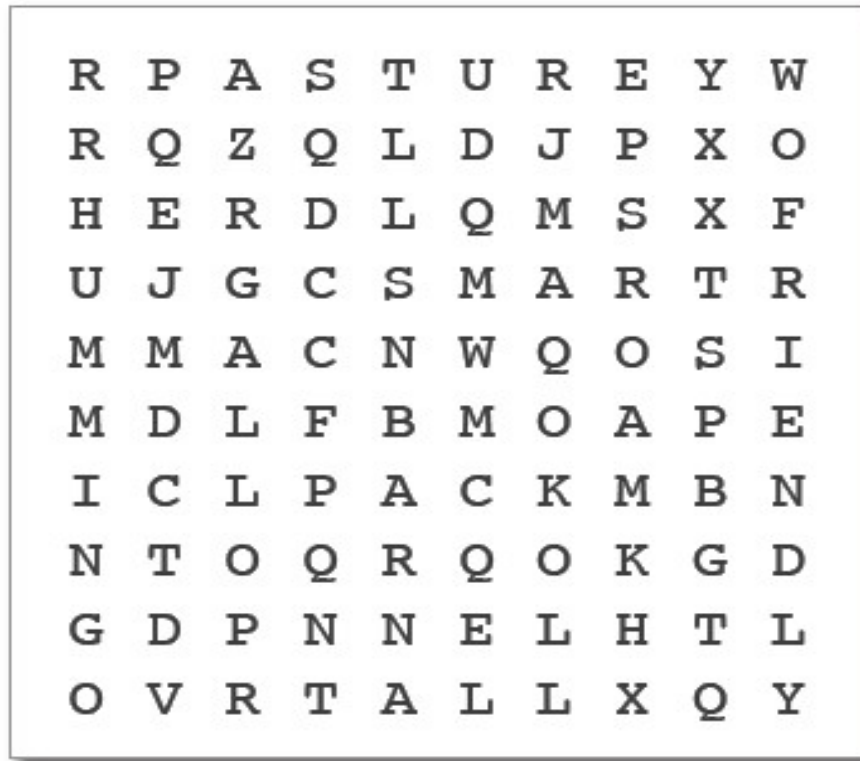
HOT COCOA
KWANZAA
LIGHTS
NARCISSUS
NEW YEAR'S EVE
PEACE

POINSETTIA
SAGITTARIUS
TRAVEL
TURQUOISE
WINTER
WREATHS

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Lovely Llamas

The words listed below can be found vertically and horizontally.



BARN
FRIENDLY
GALLOP
HERD
HUMMING



PACK
PASTURE
ROAM
SMART
TALL

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Fami
Coun
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.

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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