

The Humber Guardian January 2025



The Village of **HUMBER HEIGHTS**

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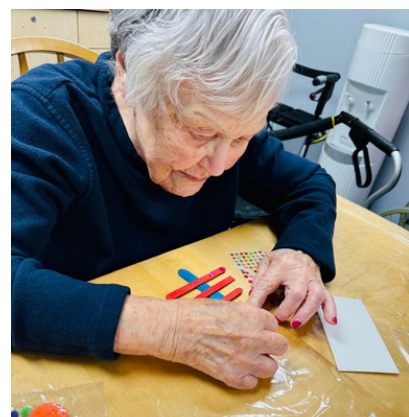
January

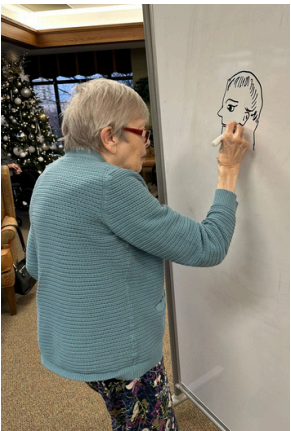


HELLO 2025!

vol. 2025 issue I

VILLAGE LIFE







HUMBER SPOTLIGHT: Christmas time at the Village

We had a very busy holiday season at the Village! We had our annual Christmas dinners - serving delicious meals and Christmas spirit. Each meal was accompanied with lovely entertainment where residents got to dance and sing along to their favourite tunes. The Village hosted plenty of Christmas concerts as well - a special thank you to Malta Big Band for such a show!



Village Special Events

Jackpot BINGO

Wednesday, January 1st 2025

2:30 pm

TownSquare

Ada Ensemble

Thursday, January 3rd 2025

10:30 am

town Square

Theme Day: Disco Day

Wednesday, January 13th 2025

Get your sequins and fur pants ready
for a Disco themed day!

Entertainment: 2:30 pm

Town Square

Robbie Burns Day Celebration

Saturday, January 25th 2025

2:30 pm

Town Square

January Birthday Party with Vili V

Monday January 27th 2025

6:00 pm - 7:00 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

Jaqueline A.	Vittoria I.
Susan B.	Lennis M.
Benjamin C.	Helen S.
	Silvio V.
	Severina F.

HAPPY

Birthday

JANUARY RETIREMENT BIRTHDAYS

January 1st - Ann B.

January 1st - Jean C.

January 2nd - Josip V.

January 3rd - Maria P.

January 5th - Maria D.

January 6th - Irene O.

January 10th - John S.

January 12 - Elisabet M.

January 16th - Peter J.

January 23rd - Wilma B.

January 25th - Sue M.

January 25th - Margaret H.

January 26th - Elsie D.

January 28th - Ubaldo B.

January 28th - Marion G.

January 28th - Lloyd S.

HAPPY

Birthday

JANUARY LONG TERM CARE BIRTHDAYS

January 1st - Waleed Z.

January 2nd - Iolanda P.

January 3rd - Zofia K.

January 3rd - Jaqueline F.

January 4th - Doris M.

January 8th - Eva N.

January 9th - Helen P.

January 12th - Cicely M. .

January 12th - Maguline C.

January 14th - Gregory P.

January 16th - Iolanda Pi.

January 18th - Severina F.

January 22nd - Dorothy M.

January 22nd - Angelo T.

January 23rd - Miklos R.

January 28th - Amal A.

January 29th - Antonietta B.

January 30th - Gina T.





OUTINGS

RETIREMENT

Shopping Shuttle: Walmart

Monday, January 6th and 20th 2025

10:00 am

Shopping Shuttle: Cloverdale Mall

Monday, January 13th 2025

2:00 pm

Independence Shopping Shuttle: Lawrence Square

Monday December 27th 2025

2:00 pm

Royal Ontario Museum

Friday, January 10th 2025

11:00 am

Grand Slam Curling Tournament

Thursday, January 16th 2025

10:00 am

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

Delta Bingo

Tuesday, January 14th 2024

2:30 pm

Superstore

Friday January 17th 2025

10:00 am

Vincent Van Gogh Immersive Experience

Wednesday, January 29th 2024

2:00 pm

Resturant Outing: Halibut House

Thursday January 30th 2025

11:00 am

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 January 21st 2025

3:00 pm

Town Hall

Retirement Food Committee



Lukesh and Alam will be in
touch regarding the food
committee meeting date and
time!



Long Term Care Resident Council

Join Resident Council Meeting
Long Term Care

Date | Time

Next Meeting:

Thursday January 23, 2025

3:00 pm

Community Centre



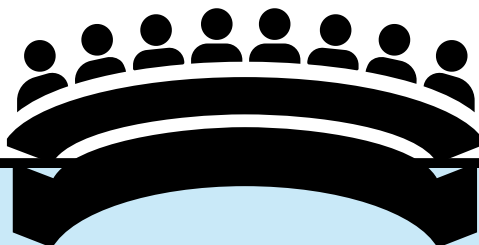
Long Term Care Family Council

Join us for a Family Council Meet and Greet!

January 28th, 2025

6:30 pm

LTC Board Room



GRAND SLAM OF CURLING

Schlegel Villages' Day

Thursday, January 16

11:30 a.m. | Sleeman Centre, Guelph

Through the long Canadian winter, two sports bring energy to small towns and communities across the nation; hockey, of course, is the great Canadian game, but alongside the hockey arena nearly every small town in the country boasts a curling rink.

Curling has always been a way to draw communities together and this year **Schlegel Villages is proud to be a key sponsor** of the WFG Masters Grand Slam of Curling event in Guelph from **January 14–19**, which will bring the global curling community together with some of the world's top athletes.



January 16 will be Schlegel Villages' Day at the bonspiel. We expect to have more than 500 people connected to our Villages at the Sleeman Centre that day, showcasing our love of competition and the way our communities are connected, despite the distances that separate our 18 Villages.

Interested in attending?

Reach out to the director of recreation or general manager at your Village.

We hope to see you there!

Limited spots available



**#ElderWisdom
10th Anniversary**

Resident submission

Share your story, your connection to your hometown, and the places you've always dreamed of visiting, with us!



Schlegel Villages – CONNECTIONS



Alzheimer's Awareness Month



January marks a month of awareness around Alzheimer's disease and other forms of dementia in our Villages.

People living with dementia continue to experience stigma and misunderstanding, even within our Villages. This year we launched updated **LIVING in My Today (LIMT)** Mandatory Dementia Education for all team members, with a focus on understanding the changes that are part of living with this disease and how to offer meaningful support.

LIMT, our signature dementia program, is coming to life within our Villages. ME forms, sharing our resident's life stories, are the first step in the Supportive Approaches to Care pillar of the program. This is ME top 10 frames are being installed to help us develop personal relationships with residents during care interactions.

The Meaningful and Active Engagement pillar is enhanced with new resources for Neighbourhood Time, a program that will be introduced across our Villages in 2025, where anyone in the neighbourhood can be involved in engaging residents!

GATHER support groups foster connections among residents, encouraging mutual support, and linking care partners with others who share similar experiences.

There are many LIMT successes to build on in 2025!



Words of Wisdom offer Dementia Support

When facing a dementia diagnosis, big questions start to surface: *What happens next? How do I plan for the future? How will this change my relationships?* For care partners, the experience can be just as overwhelming.

The new Words of Wisdom resources are here to help throughout the dementia journey.

The idea for the resources started with a special event series, “People Living with Dementia Share Their Wisdom.” People from across Canada came together to share their experiences with dementia — from their diagnosis, to planning for the future, to handling stigma. Their heartfelt stories were full of wisdom, and it became clear that they should be shared with more people. The resulting collection of eight resources offer support for both people living with dementia and the people who support them.

For people living with dementia, the guides focus on topics like:

- Tips for handling common misunderstandings about dementia.
- What to expect after getting a diagnosis and where to find support.
- How to plan for future care and support as needs change.
- Simple ways to stay active and take care of mental, emotional, and physical health.



The “People Living With Dementia Share Their Wisdom” panel discussions were spearheaded by dementia advocate Myrna Norman.

For care partners, the guides cover:

- What it means to be a care partner and how to take care of yourself too.
- How to advocate for a loved one through the diagnosis process.
- Tips for care partners to stay healthy and manage stress.
- How to prepare for important care decisions.

Each guide is filled with simple steps people can take right away, like ideas for talking about future care, making a daily routine, and finding support in their community. Through the real quotes and reflections from people living with dementia and care partners, these voices show that while dementia can bring challenges, it is still possible to live well, find joy, and feel connected to others.

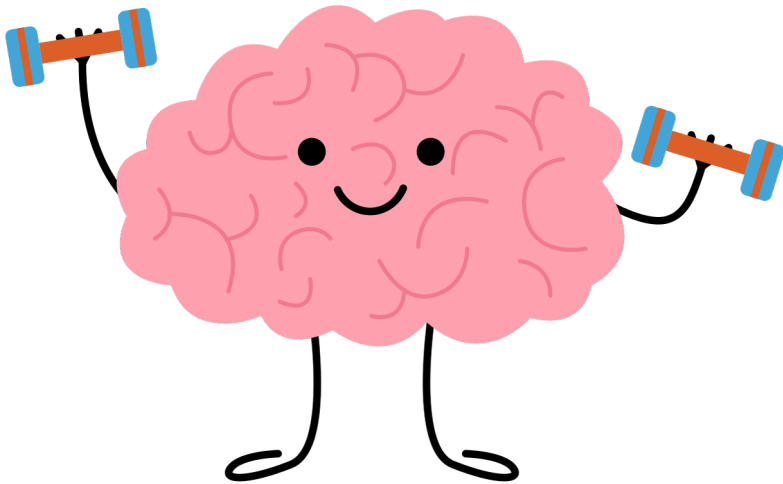
Whether you are a person living with dementia or supporting one, these guides are here to empower, inform, and inspire you. Find them at the-ria.ca/resources/words-of-wisdom



PROGRAM FOR

ACTIVE LIVING

Jan
'25



January marks the beginning of the New Year but it is also Alzheimer's Awareness Month. Approximately 750,000 Canadians are living with Alzheimer's disease or another form of dementia. This month provides an important opportunity to learn about the experiences of those living with Alzheimer's and related dementias, including the challenges faced by their caregivers and care partners. When we talk about supporting those living with Alzheimer's, one of the most impactful ways to help is by focusing on their physical health, especially through exercise. Regular physical activity plays a crucial role in enhancing the well-being of individuals with Alzheimer's and other dementias, supporting both their physical and cognitive functions. By encouraging exercise as part of daily routines, we can all help improve both physical and mental well-being.

Alzheimer's Awareness Month
Exercise offers numerous benefits for individuals with Alzheimer's, even as the disease progresses.

Regular physical activity helps to:

1. Maintain motor skills
2. Improve hand eye coordination
3. Improve sleep quality and energy levels
4. Reduce the risk of falls by improving strength and balance
5. Improve social engagement
6. Boost mood and reducing anxiety



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
Jeanfer 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
Alam Raymon 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 Hoesin 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