

# The Humber Guardian February 2025



## *The Village of* HUMBER HEIGHTS

### TABLE OF CONTENTS

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

# FEBRUARY



**"February is short and very sweet."  
– Charmaine J Forde**

**vol. 2025 issue 2**



# VILLAGE LIFE



Happy New Year!













## HUMBER SPOTLIGHTS:



### Grand Slam of Curling

We visited the city of Guelph to watch the Grand Slam of Curling! Humber Heights joined several other villages at the Sleeman Centre. We cheered Rachel Homan to her win!

### Islington Team Comes Together

The Islington team came together to restock our Humber Cares Pantry to help those in our community in need during the holiday season. Thank you Islington team!



### Ubaldo's Birthday!

Wishing our very good friend, and one of Humber's best dancers, Ubaldo, a very happy 102nd birthday!



# Village Special Events

## **Jackpot BINGO**

Saturday, February 1st 2025

2:30 pm

There will be a game fee

Retirement Dining Room

## **Family Day Festivities**

Monday, February 17th 2025

2:00 pm

Town Square and Main Street

## **Valentine's Day**

Friday, February 14th 2025

Love is in the air! Vow renewals and  
entertainment by Emilio!

2:00 pm

Town Square

## **February Birthday Celebration with Tristan**

Monday, February 24th 2025

2:30 pm

Town Square

## **Black History Month Lunch**

Wednesday February 27th 2025

11:30 - 1:00 pm

Town Square



# WELCOME

## **Our new residents on Retirement**

Patrick G	Angela C.
David F.	Emily S.
Rejeanne S.	Derek C.
Maria M.	Barbara B.
Bruno R.	

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

Sandra A.	Eva H.
Stefan C.	Lloyd S.
Marilyn H.	Edda V.
	Yolanda W.



HAPPY

# Birthday

## JANUARY RETIREMENT BIRTHDAYS

February 1st - Richard O.

February 6th - Gloria B.

February 8th - Neeltie V.

February 9th - Pasqua C.

February 9th - Andrea R.

February 13th - Mary B.

February 15th - Antonietta M.

February 17th - Gordon D.

February 18th - Alida M.

February 19th - Peter P.

February 24th - Marilyn G.

February 25th - Pierino M.

February 25th - Karen C.

February 27th - Len W.

February 28th - Leonard G.



HAPPY

# Birthday

## **FEBRUARY LONG TERM CARE BIRTHDAYS**

February 1st - Gloria M.

February 2nd - Emilia C.

February 3rd - Lewiza Q.

February 3rd - Adeline B.

February 5th - Ponamm T.

February 5th - Kevin S.

February 6th - Yonatha M.

February 10th - Adi E.

February 11th - Diana M.

February 12th - Ada A.

February 12th - Marvelin D.

February 12th - Nada E.

February 13th - Vincenza R.

February 13th - Ermelinda F.

February 16th - Anita D.L

February 19th - Anneliese G.

February 19th - Louise K.S

February 19th - Tiziana C.

February 24th - Joseph S.

February 27th - Andreas G.

February 28th - Alban R.





# **OUTINGS**

## **RETIREMENT**

### **Shopping Shuttles**

Monday February 3rd, and 10th 2025

Thursday 6th, 13th, 20th and 27th

### **Lunch at Dragon Pearl**

Friday, February 10th 2025

11:00 am

### **Aga Khan Museum**

Tuesday February 11th 2025

2:00 pm

### **Van Gogh Immersive Experience**

Thursday, February 20th 2025

1:15 pm

### **Brunch at the Starving Artist**

Friday, February 28th 2025

10:45 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**

### **Humbertown Shopping Trip**

Friday, February 7th 2025

10:00 am

### **Stackt Market**

Wednesday , February 18th 2025

1:30 pm

### **Arcadia Earth**

Friday, February 21st 2025

1:30 pm

### **Northern District - TPL**

Saturday, February 22nd 2025

2:00 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, February 18th 2025

3:00 pm

Town Hall

## Retirement Food Committee



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

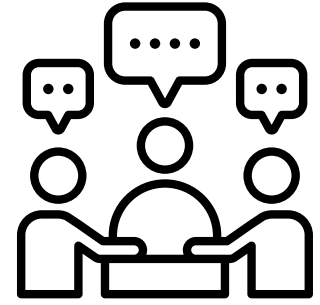




# Long Term Care Resident Council



Join Resident Council Meeting  
Long Term Care



Date | Time  
Next Meeting:  
Thursday February 20th 2025  
3:00 pm  
Community Centre

# Long Term Care Food Committee

Date | Time  
Next Meeting:  
Friday, February 21st 2025  
3:10pm  
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



## Aspiration LAUNCH

Nearly 15 years ago, Schlegel Villages began a focused effort to transform and reshape the way care and support is offered for the residents who make their home in the Villages. This deliberate shift away from an “institutional model of care” towards what we define as a “social model of living” has always been guided by **eight aspirations**, developed collaboratively with the early pioneers of our change journey.

### The aspirations are to:

- Create Opportunities for Meaningful and Shared Activities;
- Foster Authentic Relationships;
- Promote Resident Empowerment;
- Honour Cultural Diversity;
- Connect Research and Innovation to Village Life;
- Offer Flexible Dining;
- Promote Cross-Functional Teams;
- Offer Flexible Living.

Throughout the Villages, we see these aspirations come to life in countless ways, but through 2025, as an organization we have chosen to



focus on one aspiration in particular: **Create Opportunities for Meaningful and Shared Activities**. Later in February, expect to see team members throughout the Villages wearing their special aspiration t-shirts, and we encourage everyone to consider what this aspiration means to each one of us.

What activities are meaningful to you and how can our team members, residents, family members and partners consciously embrace the moments that can help spread that meaning so we can learn from each other and create lasting impact and memories? Life within our Villages is best defined by the relationships we enjoy within, and when we share what's meaningful to us, our relationships grow stronger and more defined.



# Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

# BLACK HISTORY MONTH

Honouring our vast cultural diversity within the Villages is an aspiration that guides us every day, and the celebration of Black History Month in February is another opportunity to reflect on the importance that diversity represents.

We encourage our team members and residents across the Villages to take advantage of the educational opportunities shared throughout the month, and we'd love to hear what more we can do to honour the inspirational legacy of the black community in our Villages and in the wider Canadian context.

We recognize that true equity is a goal we must all work together to achieve, and within our Villages we have residents and team members who represent the black community with distinction in all they do.

We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.





PROGRAM FOR

ACTIVE LIVING

Feb  
'25



**Hello, my name is Maria, and I'm currently in my third year of Kinesiology at the University of Guelph-Humber. I'm thrilled to be joining your team and gaining hands-on experience through this internship. My ultimate goal is to pursue a career as an Occupational Therapist, where I can help others improve their quality of life.**

**Growing up, I had a deep passion for dance and fitness, which sparked my interest in understanding the human body and its potential. This naturally led me to study Kinesiology, where I've been able to combine my love for movement with science and health.**

**I will be in on Mondays until April. I'm looking forward to meeting everyone and have a lot of fun with the bonus of learning and contributing during this internship.**

**Hi everyone! My name is Zaakirah and I am so excited to join you as the new Co-op student for the Program of Active Living! Just to let you know a little bit about me, I am a fourth year Kinesiology student at the University of Waterloo and will be with Humber Heights for the next four months helping out with group exercises and PAL programs!**

**I enjoy playing loads of different sports like volleyball, soccer, ultimate frisbee (to name a few ), and staying active as it's a nice/fun way to destress from studying, connect with others and stay healthy! When I'm not buried in my notes, I also enjoy learning different recipes to share with my friends and family, playing board games, and learning how to crochet!**

**You can find me out and about the neighbourhoods or in the PAL room! Please don't hesitate to say hi, I'd love to chat! Looking forward to meeting and getting to know you all over the course of my time here**





## How to have a healthy heart

February is Heart Month, a time to raise awareness about the importance of heart health.

Heart disease is a leading cause of death in Canada. While family history can play a role, other factors can harm your heart health.

Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, shared simple ways to keep your heart healthy and strong, as well as warning signs to look out for.

### What's the most important thing you want older adults to know about their heart health?

Heart health and overall health go hand in hand. Include physical activity and good nutrition every day to keep your heart healthy. A strong heart will help you heal after an injury or illness.

### What activities are best for improving heart health?

Walking at least 30 minutes every day. Be sure to include stair climbing, uphill, or faster walking at least 5 days per week. Challenge yourself to do more than you did last week, and if possible, avoid long periods of sitting, immobility, or bed rest.

### What warning signs should older adults and care partners look for?

Fatigue or shortness of breath when walking at a speed that used to be comfortable could be a sign of heart trouble. Some problems with heart health,



such as high blood pressure, are not obvious, so it is important to check in with your doctor or nurse practitioner regularly.

### What does your research seek to understand when it comes to heart health?

My research focuses on the arteries, which move blood through the body and also help with memory and thinking. Everyone's arteries get stiffer as they age, but not everyone's arteries get stiffer at the same rate. Exercise and good nutrition help keep arteries "younger."

Taking care of your heart is one of the best investments you can make in your health.

### Try adding these five foods to support heart health:

1. Almonds
2. Dark chocolate
3. Wheat germ
4. Flax seeds
5. Lentils and beans

For more information about aging well visit [the-ria.ca](http://the-ria.ca).



# 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>Jeanifer 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>Diana Kania</b> Food Services Manager	6846
<b>Alam Raymon</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>Tanya Dorsay</b> Foot Nurse	647 832 7974
<b>Asha Poonai</b> Student/Volunteer Coordinator	1842
<b>Charles Mariakan</b> Social Worker	5410
<b>Bobo Delo</b> Village Spiritual Leader	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