

The Humber Guardian

March 2025



The Village of

HUMBER HEIGHTS

TABLE OF CONTENTS

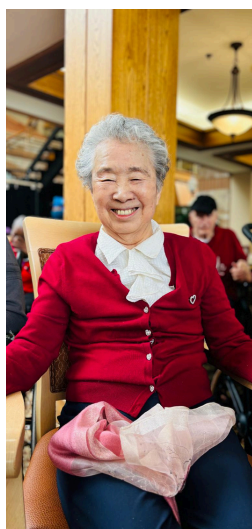
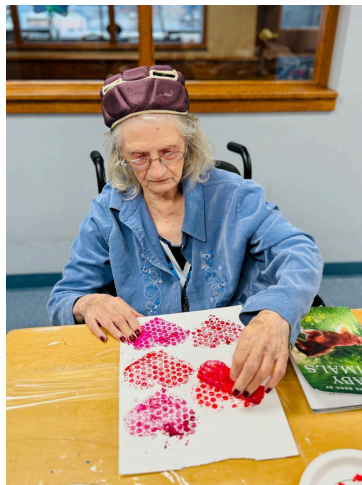
- PHOTOS FROM AROUND THE VILLAGE
- HUMBER SPOTLIGHT
- SPECIAL EVENTS
- WELCOMING NEW RESIDENTS
- RESIDENT BIRTHDAYS
- OUTINGS
- RESIDENT COUNCIL
- SCHLEGEL VILLAGE CONNECTIONS
- PAL PAGE
- RESEARCH MATTERS



“Blossom by blossom the spring begins”

vol. 2025 issue 3

VILLAGE LIFE







HUMBER SPOTLIGHTS:

Valentine's Day Vow Renewal

Five couples living at the village renewed their vows and recommitted to each other this past Valentine's Day. It was a beautiful afternoon!



Village Special Events

Ada Ensemble Performance
Monday, March 3rd 2025
10:30 am
Town Square

Theme Day: Western Day
Wednesday, March 12th 2025
2:30 pm
Town Square

Shrove Tuesday and Mardi Gras
Tuesday, March 4th 2025
1:30 pm
Lenny on the Saxophone
Town Square

St Patrick's Day
Monday, March 17th 2025
2:30 pm
Town Square

International Women's Day
Flower Arranging
Saturday, March 8th 2025
2:30 pm
Town Square

Spring Fling with Tristan
Thursday, March 20th 2025
2:30 pm
Town Square

March Birthday Party
Monday, March 31st 2025
2:30 pm
Town Square

WELCOME

Our new residents on Retirement

Theodora P.

Werner S.

Vincenza Z.

Natalie G.

Hillo P.

Mary P.

Irma L.

Our new residents on Long-term Care

Yvonne B.

Itshak D.

Eileen M.

HAPPY

Birthday

MARCH RETIREMENT BIRTHDAYS

March 5th - Daphne G.

March 6th - Werner S.

March 9th - Rejeanne S.

March 9th - Patricia Cr.

March 9th - Diedra L.

March 11th - Marlene M.

March 11th - Gilles D.

March 12th - Ruby F.

March 13th - Willy R.

March 17th - Patricia C.

March 18 - Joane L.

March 18th - Bill W.

March 20th - Karin F.

March 20th - Angus M.

March 24th - Winnifred C.

March 24th - Sheila O.

March 26th - Margaret B.

March 28th - Robert W.

March 31st - Pat M.

HAPPY

Birthday

MARCH LONG TERM CARE BIRTHDAYS

March 1st - Eric A.

March 1st - Zuzana I.

March 6th - Paulo G.

March 7th - Reginald P.

March 13th - Amelia D.

March 15th - Mabel C.

March 17th - Pat C.

March 18th - Jongho K.

March 21st - Mary M.

March 21st - Yolanda W.

March 24th - Nickettpal B.

March 25th - Nevio L.

March 29th - Ying L.



OUTINGS

RETIREMENT

Shopping Shuttles

Every Monday at 3:15pm

Every Thursday at 2pm

Dinner at La Scala

Wednesday, March 5th 2025

5:00 pm

Casino at Great Canadian Toronto

Sunday, March 16th 2025

12:00 pm

Art Gallery of Ontario

Tuesday, March 18th 2025

12:30pm

Lunch at Chop Steakhouse

Friday, March 28th 2025

12:00 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

Mississauga Symphony Concert

Sunday, March 2nd 2025

3:00 pm

Superstore

Thursday, March 6th 2025

10:00 am

Little Canada

Wednesday, March 19th 2025

1:30 pm

Old Mill Brunch

Saturday, March 22nd 2025

10:30 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, March 18th 2025

3:00 pm

Town Hall

Retirement Food Committee



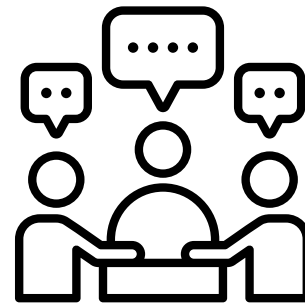
Alam will contact Food
Committee members for the
next meeting.



Long Term Care Resident Council



Join Resident Council Meeting
Long Term Care



Date | Time

Next Meeting:

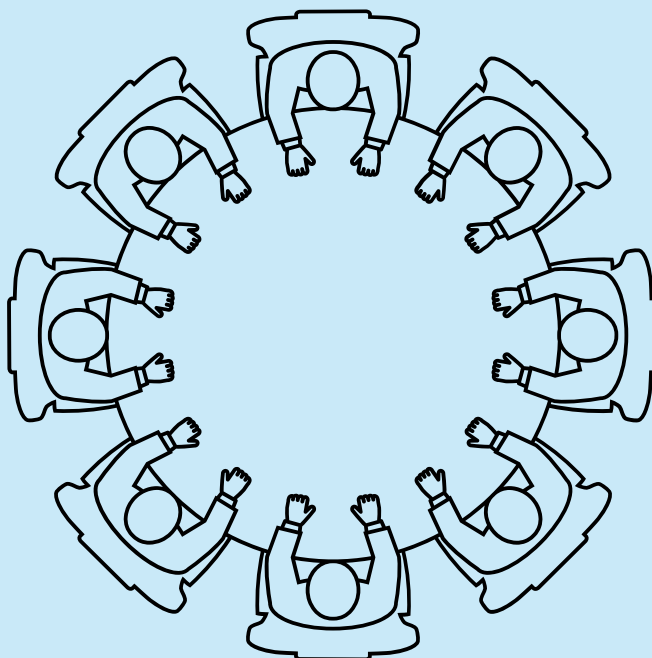
Thursday March 20th 2025

10:00 am

Community Centre

Long Term Care Family Council

If you would like to join the Long Term Care Family Council
please email Michelle braidam1405@gmail.com



Schlegel Villages – CONNECTIONS

INTERNATIONAL WOMEN'S DAY

On **March 8**, we celebrate the immeasurable impact of the women in our lives as we mark **International Women's Day**.

Within our Villages, women make up the majority of the population of both team members and residents, and we are forever grateful for the impact they have in our communities every day.

We also recognize March as **Nutrition Month**, and we wanted to pay special tribute to the many women who bring healthy and nutritious meals to the dining rooms of our Villages. They play such a vital role in the overall well-being of our residents, for they are essential in planning, preparing, and serving balanced meals that meet the needs of those we serve.

Through their dedication, they not only provide nourishment but also create a sense of comfort and care, bringing meaningful dining experiences to our residents every day.

SCAN TO LEARN MORE
about these five women,
their diverse career stories
and favourite recipes.



Alam Raymon
The Village of Humber Heights



Evelyn Marquez
The Village of Erin Meadows



Brigitte Swaby
The Village of Erin Meadows



Madelaine Sperry
Erin Mills Lodge



Starr Albino
The Village of Wentworth Heights



Schlegel Villages – CONNECTIONS

Celebrating our **CANADIAN ROOTS**



Over the past several weeks, we've seen worrisome trends in the relationship between Canada and the United States. With all the talk of tariffs and trade imbalances, however, we have seen a surge in pride in the values we celebrate as Canadians, and we've been feeling it through Schlegel Villages, as well.

For more than 70 years, our Schlegel Family has grown, beginning with humble roots at our first care home in London, Ontario.



Egerton Private Hospital, London, ON, 1953

Today, we are 18 Villages strong and we're looking forward to opening more in the coming years, beginning in late 2025/early 2026 with The Villages of Ridgeview Court in Milton and Millers Creek in Ajax.

The diversity we celebrate in our Villages is a representation of the diversity we value so much in the communities around us, and it is something we, as Canadians, will always be proud of.



The Schlegel family
From left: Jamie, Ron, Barb, Brad and Rob

Mar
'25



PROGRAM FOR
ACTIVE LIVING



Welcoming Wellness in Spring

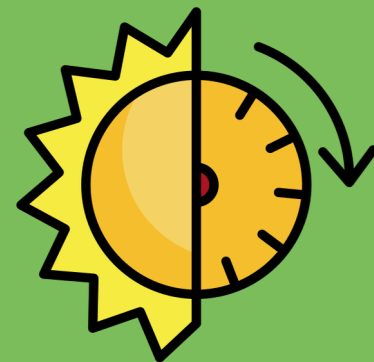
Daylight Saving Time : Sunday, March 9th, 2025.

While the extra daylight in the evenings is something to look forward to, we understand that adjusting to the time change can be challenging. Here are a few tips to make the transition smoother:

- Stick to a Routine: Try to keep bedtime and wake-up times consistent to help your body adjust.
- Get Some Sunlight: Natural light exposure during the day helps regulate sleep patterns.
- Stay Hydrated & Active: Drinking water and moving regularly can help reduce fatigue from the time change.

We look forward to a wonderful and refreshing start to spring! If you have any questions or suggestions, don't hesitate to reach out to our team.

Wishing everyone a happy and healthy March! -



MARCH
17

Saint
PATRICK'S

Steps

Challenge

HELP US BEAT OTHER VILLAGES!

*The village with the most amount
of steps on the NuStep Bike*

WINS!!!

TO JOIN THE GROUP SPEAK TO YOUR PAL TEAM

Medication Management Made Simple

Managing medications can be difficult as we age. Keeping track of prescriptions, understanding dosages, and ensuring safe use all require careful attention. Tejal Patel, pharmacist and Schlegel Specialist in Medication Management and Aging, shares expert advice to help you simplify the process and improve your medication safety.

Keeping Track of Medications

Maintaining an updated list of all medications is essential. This should include:

- Prescription drugs
- Over-the-counter medications
- Vitamins and supplements (e.g., ginseng, ginkgo)
- Any natural health products

Update this list whenever there is a change, such as a new medication, stopping a medication, or changing the dosage. Keep track of any side effects and discuss them with your doctor.

Getting the Right Support

If you have difficulties with medication use, talk to your pharmacist. They can help with:

- Opening bottles or blister packs
- Swallowing pills
- Reading medication labels



- Understanding instructions
- Organizing your pills

Pharmacists offer solutions, such as easy-open packaging or other ways of taking a medication.

Key Questions to Ask About a New Medication

1. Does this interact with any medications or supplements I take?
2. What side effects should I watch for?
3. When will I start to feel its effects?
4. What time of day should I take it, and should it be taken with food?
5. How should I stop taking it safely?
6. How often will I need a refill?
7. What happens if I miss a dose?
8. Are there any activities (e.g., driving) I should avoid while taking this medication?

By staying informed and seeking the right support, keeping track of medications can become an easier part of daily life.

Subscribe to updates from the RIA at 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

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
Girish Dhandu 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

Diana Kania 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
Tanya Dorsay Foot Nurse	647 832 7974
Asha Poonai Student/Volunteer Coordinator	1842
Charles Mariakan Social Worker	5410
Bobo Delo Village Spiritual Leader	6890
Faz Hoesin Director of Lifestyle Options	6858
Eric Jaffary Director of Lifestyle Options	6858
Carmen Sooknanan 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
Pauline Dell'Oso General Manager	6802
Eleanor Hairdresser Salon	1814