

The Humber Guardian

MAY 2025



The Village of HUMBER HEIGHTS

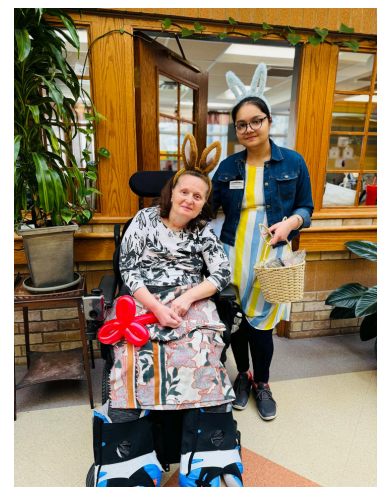
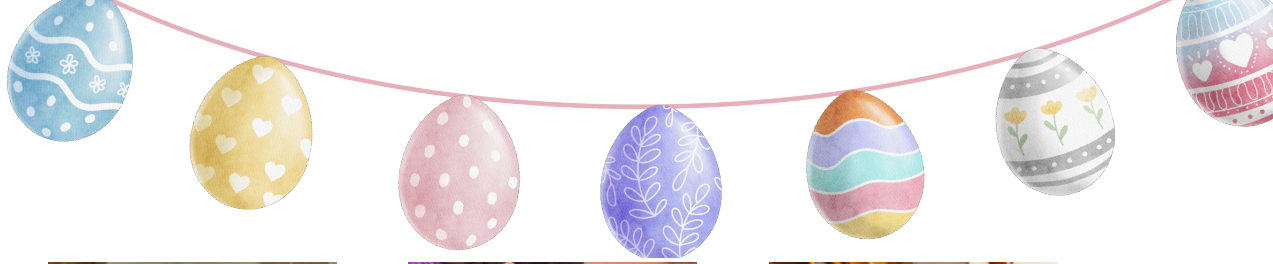
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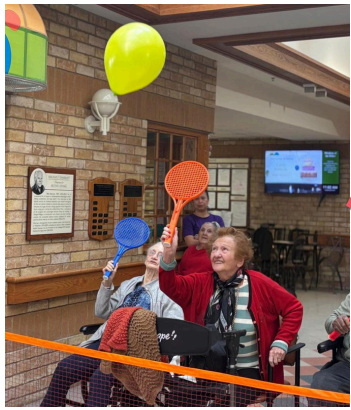
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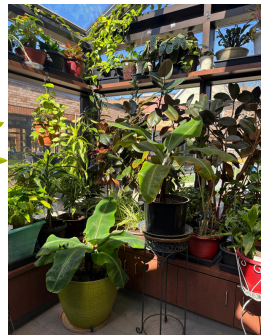
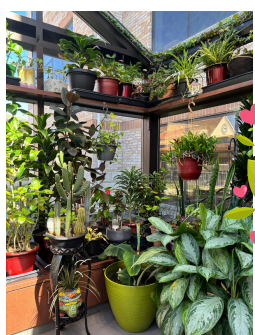
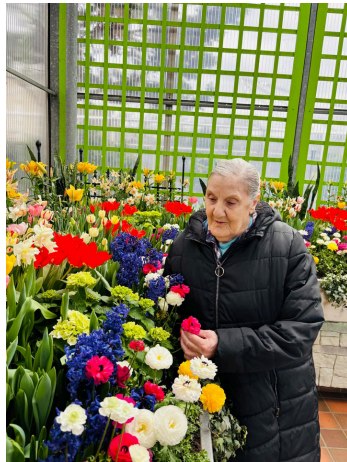
"Humber Heights has been a fixture in the community since 2005"

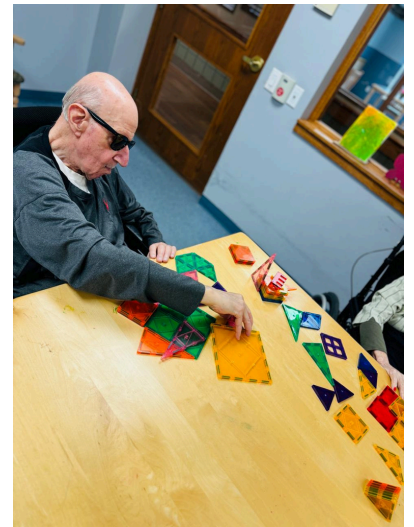
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Photos Around the Village





Village Special Events

Cinco De Mayo
Mariachi Duo
Monday May 5th, 2025
2:30pm-4:00pm
Town Square

Entertainment
Andy De Campos
Wednesday May 21, 2025
2:30 pm-4:00pm
Town Square

Monday May 19th, 2025
Victoria Day
03:00pm-4:00PM
High Tea
Cafe

Birthday Entertainment Deidrey
Tuesday May 27th, 2025
2:30pm-4:00pm
Town Square

Heartbeats
Friday May 30th, 2025
3:00pm-4:00pm
Courtyard depending on weather

MOTHER'S DAY

Sunday May 11, 2025

Mother's Day is a great chance to thank all the amazing women in our lives for all they do. It could be our Grandma, Nana, Aunty, guardian, sister, carer or Mum

Upcoming Event

Mother's Day
Entertainment: Tristan
Sunday May 11th, 2025
2:30pm-4:00pm
Come down and Celebrate
Town Square



MAY VENDORS

Suzette Emporium

Friday May 9th, 2025

10am–1pm RH mainstreet

1pm–4pm LTC mainstreet



Triple Eight Clothing

Thursday May 15, 2025

10am–3pm

Airborne

Tuesday May 20th, 2025

10am–2pm

Mobile Senior Clothing

Thursday May 22nd, 2025

10am–2pm

AFY Shoes

Monday May 26, 2025

10am–2pm



Express Fashions

Wednesday May 28, 2025

10am–2pm

Main Street

WELCOME

Our new residents on Retirement

Jose B.
Venilde F.
Viola M.
Maria S.

Our new residents on Long-term Care

Susan D.
Maria Rosa D S.
Haander M.
Mara M.
Donna S.
Jela T.

HAPPY

Birthday

MAY

RETIREMENT BIRTHDAYS

May 1st, 2025 - Ana R.

May 3rd, 2025 - Sadie C.

May 8th, 2025 - Vassili

May 9th, 2025 - John S.

May 10th, 2025 - Jean J.

May 15th, 2025 - Frederick O.

May 15th, 2025 - Wayne G.

May 16th, 2025 - Alex M.

May 19th, 2025 - Bill W.

May 21, 2025 - Catherine E.

May 21, 2025 - Connie M.

May 24, 2025 - William B.

May 24, 2025 - Ann H.

May 24, 2025 - Brian B.

May 25th, 2025 - Penelope S.

May 26th, 2025 - Milanka S.

May 26th, 2025 - Mary P.

May 29th, 2025 - Dorothy K.

May 31, 2025 - Angelo C.

HAPPY

Birthday

MAY LONG TERM CARE BIRTHDAYS

May 5th, 2025 - Candida C.

May 7th, 2025 - Liliana M.

May 8th, 2025 - Pierina R.

May 9th, 2025 - Barbara F.

May 9th, 2025 - Maidrid J.

May 10th, 2025 - Natividade P.

★ May 10th, 2025 - Musu K.

May 12, 2025 - Eleni D.

May 20th, 2025 - Dorothy C.

★ May 22, 2025 - Maria L.

May 24th, 2025 - Ana F.

May 26th, 2025 - Linda M.

May 27th, 2025 - Agnese F.

★ May 30th, 2025 - Lucena S M.



OUTINGS

RETIREMENT

Shopping Shuttles

Every Monday at 2:15pm
Every Thursday at 2:15pm

Neighbourhood Drives

Every Monday at 10:45am

Spoon & Fork Restaurant

Friday May 16th, 2025
12:00pm

Royal Botanical Gardens Burlington

Sunday May 18th, 2025
02:00pm
Back at 4:00pm

Swiss Chalet

Tuesday, May 20th, 2025
4:30pm

Casino at Great Canadian Toronto

Sunday, May 25th, 2025
12:00pm

Sign up at the Village office.
Thank you!

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

Movies at the Symphony

Sunday May 4th, 2025

3:00pm

Tulip Farm

Friday May 9th, 2025

9:30am

packed lunch

Walmart

Wednesday May 14th, 2025

10:00am

Aga Khan Museum

Friday May 23, 2025

10:00am purchasing lunch on site

Family & Friends Support on the outing is much appreciated!
Neighborhoods have specialty outings/drives, see calendars.





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday May 20th, 2025

Time: 3:00pm

Town Hall

Retirement Food Comittee



Food Committee Meeting

May 23, 2025

11am

Please see food Committee representatives with
your suggestions.



Long Term Care Resident Council



Join Resident Council Meeting
Long Term Care

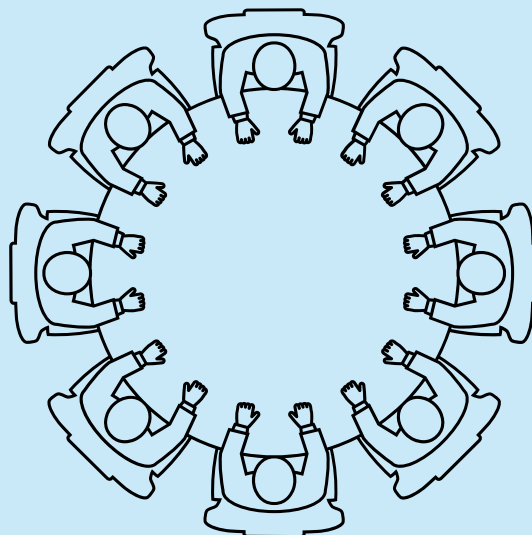


Date | Time
Next Meeting:
Thursday May 22, 2025
3:00pm
Library

Long Term Care Family Council

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

Next Meeting is to be determined



Schlegel Villages – CONNECTIONS

Thank you **CAREGIVERS**

Every year we celebrate the amazing waves of people in our Villages who bring our mission, vision and values to life during **Caregivers' Week (May 12–18).**

It was developed as an expansion on International Nurses' Day, because while we recognize the tireless commitment of our amazing nurses, it takes an entire Village of caregivers to create communities where we all can thrive.

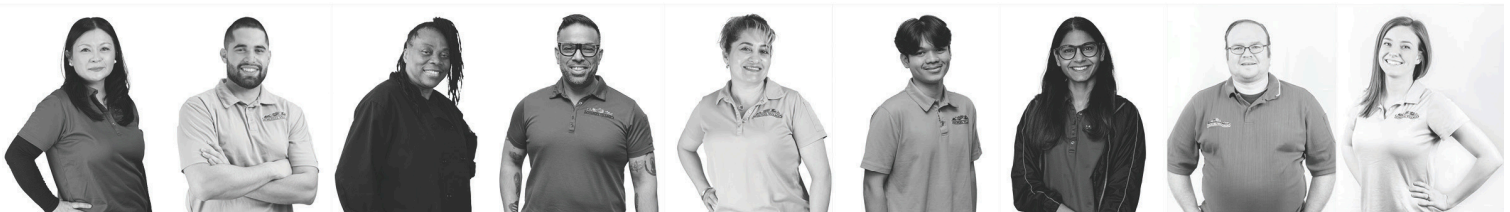
It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others – the ones who say they

always want to help when someone is in need – and the ones who came to this career to fill a void they felt in other jobs.

We've taken time to speak to some of our caregivers, and their images and a few of their thoughts live on our website. They represent the best in all of us, with backgrounds and life stories as diverse as all of Canada, and we celebrate the common thread of love and compassion that binds us all together.

"I did work in different professions," one of our caregivers told us, **"but I always felt that I was missing something in me. However, when I opted to work in long-term care, I felt complete, contented and grateful to be present in this universe."**

And grateful so are we, for each of the beautiful caregivers within our Villages.



PROGRAM FOR **ACTIVE LIVING**

MAY
'25



May is National Physiotherapy Month. A good physiotherapist will restore a sense of confidence while helping a person recover from the impact of an injury. Here at Humber Heights, our Physiotherapist Naveen says the greatest reward is the pride he sees in people's faces when they're able to reach their goals.

The PAL team is a unique collaboration between the three disciplines of kinesiology, physiotherapy and occupational therapy. This team conducts assessments in areas of balance, range of motion, mobility, muscle strength and fine motor skills. Based on a holistic approach involving resident and family, an individualized program is developed for each resident to maintain and improve their level of independence.

National Physiotherapy Month

It Takes A Village To Care and we believe exercise and regular physical activity within the Villages is a key element in one's overall well being.

You can join us for classes on the neighbourhoods or in the PAL/Physio room on Main street in LTC. Consult with a member of the PAL team if you have any questions!



For 20 years the village of Humber Heights has been loving and caring for residents, families and for each other.

The Schlegel family built this Village with a vision for all of us to come work, thrive and to create a family home. It has become a truly special place.

Over the past 20 years there are two very special people who have been along our side supporting residents and our teams and I want to recognize their dedication to our Village. Naveen has been our physiotherapist and Eleanor has been making our residents look fabulous from the salon for 20 years now! We appreciate everything that they do, they really are part of our Village family.

In the coming weeks we will be celebrating at the Village marking our 20th year. On Thursday May 8th we will host a lunch and PIN ceremony recognizing 38 team members that have remained with us, leading our team for 20 years. That is remarkable

Longevity is something that is in the water at Humber Heights. Some say that we are our own blue zone. Not only have we been consistently celebrating the lives of upwards of 17 centenarians over the past few years, some that are 109 years old!

We also have residents who have broken all the norms and statistics about LTC tenure.

One of our LTC residents Jean, has been with us for 20 years! Viona along with her private caregiver have been with Humber for 19 years. They are joined by Julia who has been with us 18 years, Mona for 17 years, Linda and Andy for 16. They all call Humber their home. The last few have lived together on the Wadsworth neighbourhood for the entire time.

When I think of these residents, I think of what it takes to settle into long term care, to transition from home, often in crisis.

I am so grateful that they chose to become a part of the Humber family. I am sure that when they moved here, they never would have imagined that all these years later, they would still be calling Humber home. They are fixtures in the fabric of our Village and its our hope to make every day the best day for them.

Yes, longevity is everywhere at the Village of Humber Heights, 38 team members from the beginning, long tenured residents and so many centenarians. It is a true testament of the caring vibrant community that we have now and continue to build.

I am just proud to be a part of it.

It is the team who create this place of love, along with each resident who chooses to become a part of the family every day bringing your uniqueness, your history and your stories.

I thank you for sharing it all with us. Together we are strong and we lift each other up.

We celebrate not only our diversity, but also our similarities. These are the wonderful things that make our Village a family.

Our team enjoyed a great staff appreciation party this past weekend. We had over 400 people attending with a wonderful dinner, prizes and dancing. Our success award winners were also announced. Our evening included dinner for the team back at the Village as well as draw prizes for them not to be left out.

On behalf of your leadership team, Thank you for all that you do every day.

Thank you,

Pauline

General Manager

Success Award Winners

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual Success Awards where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of these values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.



Know Me: Winner: Rosario Dimabuyu (Retirement Dietary)

A truly authentic relationship begins with connection and the discovery of what brings another person joy in life. When we get to know someone as a unique human being, we learn to anticipate their needs and can support their well-being to exceed all expectations. To 'WOW' your customer is to know them well, making things personally meaningful and special. This team member demonstrates the meaning of true connection and takes the time to know each person's unique life story. The natural, memorable moments these connections create make the Village a more vibrant place to live, work and visit.



Be Present: Winner; Jennifer Pena (Retirement PCA)

To be present is to give another your undivided attention with respect, interest and sincerity. A person feels valued when they are heard by another who believes what they have to say is important. When we listen actively, patiently and intently; let another guide a conversation and share their hopes and expectations, focusing entirely on them in that moment, we are truly present. In every interaction, this team member gives others their full attention and understands what it means to be present in that moment making every connection meaningful.



Walk in My Shoes Winner: Isidra Dael (LTC PSW)

To walk in the shoes of others is to gain a deeper understanding of their experiences with intent to acknowledge and empathize with their feelings. Empathy fuels connection because it means feeling 'with' another person. We connect with others in meaningful ways when we hear what they hear, see what they see and feel what they feel, which is the essence of empathy. This team member practices true empathy through connection; they listen with an open heart and has capacity to understand what another person is thinking or feeling.

Follow Through Winner: Sheila Knight (Retirement Housekeeping)

Looping back around to ensure the right actions have taken place to resolve concerns shows our dedication to an exceptional customer experience.

We follow through by paying close attention to detail, we believe in going above and beyond by showing simple acts of kindness and we always express our appreciation by thanking our customers.

This team member follows through all the way, earning a deep sense of gratitude, respect and loyalty from a happy and engaging community.



Earn Trust : Winner: Edel Mcmeo (LTC RPN)

We earn trust when we are clear, genuine and transparent in all interactions, taking responsibility when necessary and committing to be honest in our every interaction. We treat others with respect by actively listening and clarifying expectations. We always assume the best of intentions in others and by doing this, we demonstrate our trust and genuine sense of caring. This team member creates a sense of safety and comfort by delivering on our promises and taking that responsibility seriously, earning the trust of others and making them feel valued.

LIVE QUARTERLY WEBINAR



Care Partners Connection



Tuesday, May 27

6–7:30 p.m. [REGISTER NOW](#)

Do you know someone living with dementia?

You're not alone! Join us and let's learn about dementia together and explore how to offer support.

Register to attend and submit questions

for expert panelists. Each webinar includes education, guest speakers, resources, and a Q&A panel.

Future webinars

August 26 and November 25



Hosted by
Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Breaking the Silence: Talking About Depression in Older Adults

Mental health is a topic that many people are hesitant to talk about, particularly when it comes to older adults. The stigma surrounding depression in seniors can prevent many people from seeking help, leading to feelings of isolation and loneliness.

Depression is not a natural part of aging, yet according to the Canadian Coalition for Seniors Mental Health website, up to 20 per cent of older adults have symptoms of depression. That number doubles for people in hospitals and long-term care (LTC) homes.

There are many reasons older adults may be reluctant to talk about their mental health, including generational stigma, social isolation, and thinking the feelings of sadness, hopelessness, and fatigue are “just part of getting older”.

Clinical or major depression is not just about feeling sad; it is a serious condition where you may feel sad all the time and lack interest in activities that used to bring joy.

Several factors can increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing, and memory



Seeking Help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and develop an individualized treatment plan. The severity of symptoms may vary from mild to severe, and the signs and symptoms can vary from person to person. Below is a checklist to help you talk to your healthcare provider.

Symptom Checklist

- I am experiencing sleeping issues.
- My eating habits have changed.
- I have feelings of guilt or worthlessness.
- I no longer find joy in activities or my favorite things.
- I am not maintaining my hygiene like I used to.
- I have trouble concentrating or focusing.

Normalizing conversations around mental health can help older adults feel more comfortable addressing their mental health without fear of judgment.

For more information and helpful resources visit the-ria.ca.

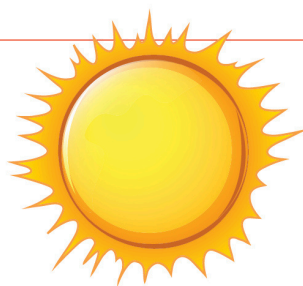
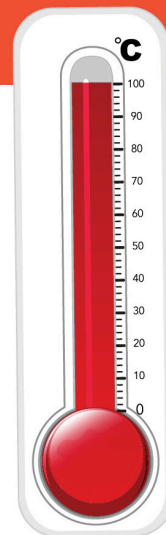
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.





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
Jeanefer 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:

Sumeya Osman Director of Wellness	6833
Nimra Benett 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
Janet Jackson Recreation Supervisor - Retirement	6860

Ruxien Aclaracion Food Services Manager - LTC	6846
Alam Raymon Director of Hospitality - Retirement	6847
Tanya Bradbury Director of Environment Services	6974

Dagmara Klisz Director of Program for Active Living	6877
Alicia Siracusa PAL Coordinator - LTC	6877
Emma Donnelly PAL Coordinator - Retirement	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
Marta Czepielewski 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 Assistant General Manager - RH	6876
Pauline Dell'Oso General Manager	6802
Eleanor Hairdresser Salon	1814