

The Humber Guardian

April 2025

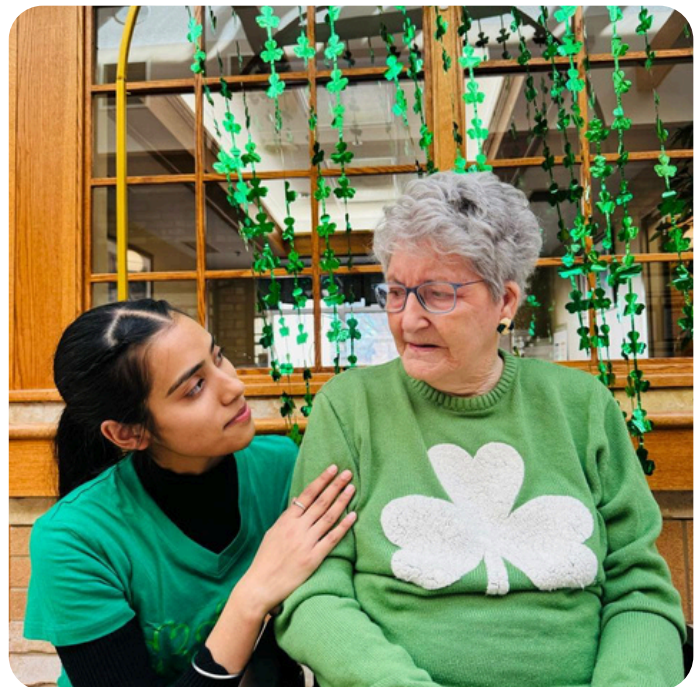


The Village of

HUMBER HEIGHTS

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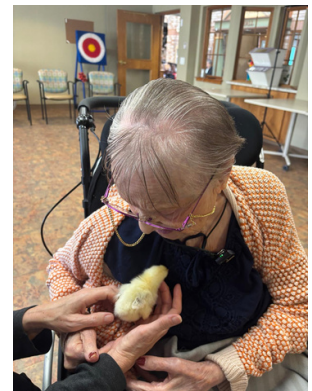


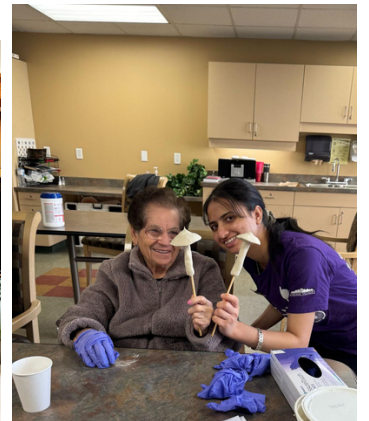
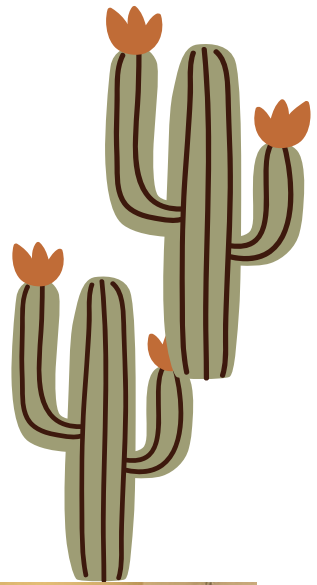
"The earth laughs in flowers." - Ralph Waldo Emerson

VILLAGE LIFE



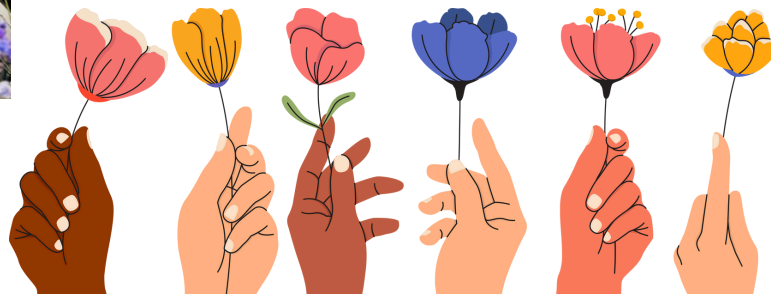
HELLO
SPRING







INTERNATIONAL
Women's
Day **2023**



Happy Easter & Buona Pasqua

All About Easter

Easter is an important Christian festival. It is when Christian people remember the death and resurrection of Jesus who they believe to be the son of God.

Most Christian people refer to the week before Easter Sunday as Holy Week. During this week, Christian people remember the last week of Jesus' life. Holy Week contains many special days for Christian people and it begins with Palm Sunday.



Easter Parade

**Come and Join us for the Festivities
To observe Easter Parade Mini floats.
All along Main Street.**

**Easter goodies to be handed out and a
Special guest appearance of our Humber Easter bunny.
Thursday April 17th, 2025 10:45 am**



Catholic Service Changes/Updates

**Friday April 18th, 2025 2:00 pm
Interfaith Service to replace usual Catholic Service.
This service will be followed by a Catholic Virtual Mass.**



Village Special Events

Casino Afternoon
Wednesday, April 2, 2025
2:00pm-4:00pm
Town Hall

Easter Egg Dying
Tuesday, April 15th, 2025
2:30pm-3:30pm
Town Square

Malta Big Band
Sunday, April 6th, 2025
2:30pm-3:30pm
Town Square

Jackpot Bingo
Saturday, April 19th, 2025
2:30pm
Town Square
Bring \$5-\$20

Palm Sunday
Sunday, April 13th, 2025
9:30-10:30m
with Bobo
Town Hall

Easter Entertainment
Emilio
Monday, April 21, 2025
2:30 pm-4:00pm
Town Square

Birthday Entertainment
Wednesday, April 30th, 2025
2:30 pm-4:00pm
Town Square

WELCOME

Our new residents on Retirement

Amber W.

Milanka S.

Audrey W.

Olive G.

Laura B.

Vincenza Z.

Lorne G.

Our new residents on Long-term Care

Olive K.

HAPPY

Birthday

APRIL RETIREMENT BIRTHDAYS

April 1 - Viola M.

April 4 - James S.

April 8 - Michael M.

April 9 - Agostina C.

April 10 - Helen A.

April 12 - Helen L.

April 13 - Palmina S.

April 13 - Marie F.

Apr 13 - Tholsie N.

April 14 - Florence T.

April 16 - Rosa L.

April 17 - Anthony M.

April 19- Thelma C.

April 19 - Eileen C.

April 20 - Yoshiko S.

April 22 - James W.

April 22 - Rudolph W.

April 22 - Eleanor D. M.

April 23 - Edith S.

April 23 - Mary P.

April 23 - Forbes M.

April 27 - Chita A.

April 29 - Renee M.

April 30 - Minnie H.

HAPPY

Birthday

APRIL LONG TERM CARE BIRTHDAYS

April 1 - Helen S.

April 1 - Susan B.

April 7- Donna S.

April 8 - Wendy D.

April 8 - Kathleen (Kathy) B.

April 9 - Peter S.

April 11 - Sabatino

April 13 -Catherine D.

April 16 - Itshak D.

April 17 - Margaret M.

April 18 - Sally B.

April 20 -Silvio V.

April 20 - Premanie M.

April 25 - Elena Le P.

April 25 - Susan P.

April 26 - Helga H.

April 27 - Brenda T.

April 29 - June M.

April 30 - Jeffrey W.



OUTINGS

RETIREMENT

Shopping Shuttles

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

Neighborhood Drives

Every Monday at 10:45am

Art Show & Sale -Kingsway Lambton United Church

Saturday, April 5th, 2025
10:00am

Milestone's Restaurant

Tuesday, April 8th, 2025
4:30pm

Dragon Pearl Buffet

Tuesday, April 22, 2025
12:00 pm

Casino at Great Canadian Toronto

Sunday, April 27th, 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

Toronto Region Conservation: Maple Syrup Festival

Saturday April 5, 2025

10:00am

Cloverdale Mall

Friday April 11, 2025

10:00 am

Royal Botanical Gardens

Wednesday, April 16th, 2025

1:30 pm

Eately Resturant Sherway Gardens

Monday April 28th, 2025

10:30am

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, April 29th 3:00 pm

Town Hall

Retirement Food Comittee



Food Committee Meeting
Friday April 25, 2025 at 3 PM
Hobby Shop with Alam
Director of Hospitality



Long Term Care Resident Council



Join Resident Council Meeting
Long Term Care



Date | Time

Next Meeting:

Thursday April 24th, 2025

3:00pm

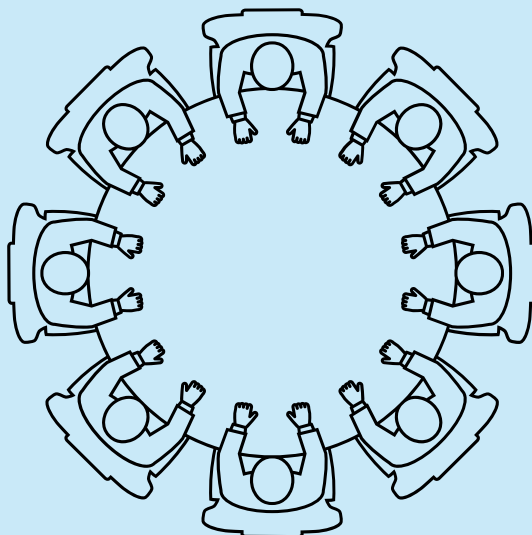
Library

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 Wednesday April 2, 2025

Community Centre 5:45pm



National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025



PROGRAM FOR ACTIVE LIVING

Apr
'25



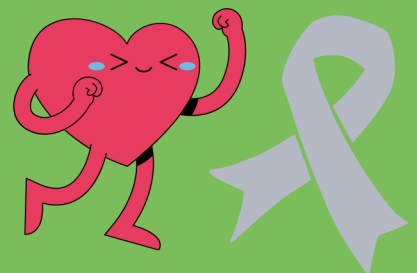
April is Parkinson's Awareness Month, a time to highlight the challenges faced by those living with Parkinson's disease and the importance of ongoing research, support, and treatment options. One of the most powerful tools for managing Parkinson's is **exercise!** Regular movement has been shown to improve **balance, mobility, and overall well-being** for individuals with the disease.

Parkinson's disease affects movement, causing tremors, stiffness, and difficulty with coordination. While medication can help manage symptoms, exercise plays a crucial role in slowing progression and enhancing quality of life. Activities such as walking, cycling, dancing, and even boxing can help improve strength, flexibility, and coordination. For those with Parkinson's, starting an exercise routine can be daunting, but the key is to find enjoyable activities and stay consistent.

Parkinson's Awareness Month

Exercise offers numerous benefits for individuals with Parkinson's, even as the disease progresses. Regular physical activity helps to:

1. Improves balance and coordination
2. Enhances mobility and flexibility
3. Boosts mood and mental health
4. Increases strength and endurance
5. Improves cardiovascular fitness





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

RESEARCH MATTERS

RIA FEATURE

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.

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:

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	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
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