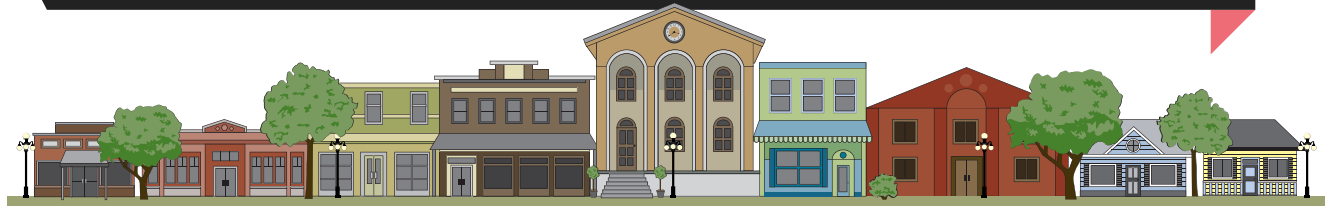


# The Humber Guardian

## JUNE 2025



## *The Village of* HUMBER HEIGHTS

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**"#ElderWisdom is one of Schlegel Villages' signature programs, Wisdom of the Elder. The movement was inspired by Ron Schlegel's philosophy that "The greatest untapped resource in Canada, not the world, is the collective wisdom of our elders"**

**vol. 2025 issue 6**

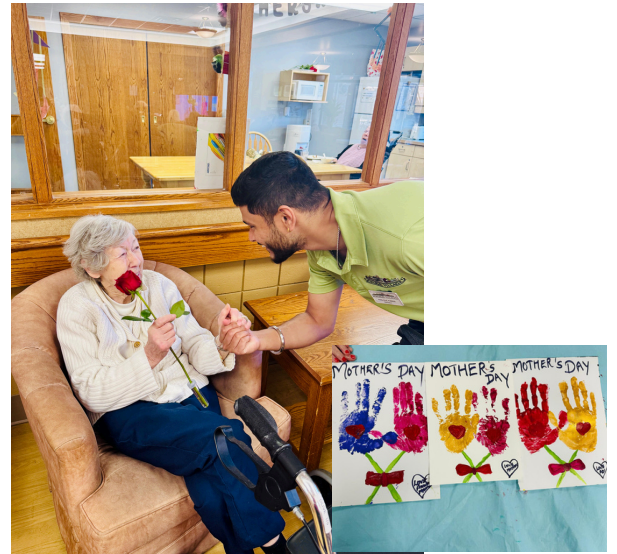




## HAPPY CAREGIVERS WEEK







Happy  
Mother's  
Day

A decorative floral illustration featuring several pink, purple, and orange flowers with green leaves and small purple berries.





# BREAKFAST Club





# **RESIDENT SPOTLIGHT**

## **RUTH'S CORONATION**

### **WEDNESDAY MAY 21, 2025**



By Command of the King Ruth received the Coronation medal. In recognition of her outstanding service to the province through her lifelong contributions to music. As one of Canada's leading composers of choral music and revered pianist and organist, her work has enriched the artistic lives of children and shaped generations through nearly three decades of service with the Toronto Children's Chorus.

**Ruth Louise  
Watson Henderson**



# Village Special Events



Elder Wisdom  
10TH Anniversary  
Monday June 2nd, 2025  
1:45pm-4:00pm  
Town Hall & Town Square

Heartbeats Every Friday  
3:00pm-4:00pm  
Courtyard

Pride Day  
Wednesday June 11, 2025  
02:30pm-4:00PM  
Pride Day Celebrations  
Courtyard



Birthday Entertainment  
Jason  
Monday June 30th, 2025  
2:30pm-4:00pm  
Town Square

## HAPPY SENIORS MONTH

**June is Seniors Month in Ontario. It's a time to acknowledge and honour the amazing seniors in our lives across the province. Every neighbourhood will do something special on Fridays to honour seniors month!**



# WELCOME

## **Our new residents on Retirement**

Elpinicki K.  
Thomas H.  
Rosa T.

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

Anne Marie H.  
Frederick H.  
Jean N.  
Maria S.  
Richard S.



HAPPY

# Birthday

## **JUNE RETIREMENT BIRTHDAYS**

June 4<sup>th</sup>, 2025 - June Lauret B.

June 10<sup>th</sup>, 2025 - Virginia Del B.

★ June 11<sup>th</sup>, 2025 - Aina C.

June 14<sup>th</sup>, 2025 - Mary T.

June 19<sup>th</sup>, 2025 Ann Maree E.

★ June 21<sup>st</sup>, 2025 - Danuta M.

June 22<sup>nd</sup>, 2025 - Shirley N.

June 22<sup>nd</sup>, 2025 - Theresa Z.

★ June 26<sup>th</sup>, 2025 Jessie K.

June 26<sup>th</sup>, 2025 - Velma B.

June 27<sup>th</sup>, 2025 - Barry H.

June 27<sup>th</sup>, 2025 - Nancy S.



HAPPY

# Birthday

**JUNE**

## **LONG TERM CARE BIRTHDAYS**

June 1st, 2025 - Wanda P.

June 2nd, 2025 - Mary S.

June 4th, 2025 - Helen N.

June 7<sup>th</sup>, 2025 - Richard S.

June 15<sup>th</sup>, 2025 - Olive P.

June 15<sup>th</sup>, 2025 - Maria S.

★ June 18<sup>th</sup>, 2025 - Jean K.

June 18<sup>th</sup>, 2025 - Ines C.

June 20<sup>th</sup>, 2025 - Florindo B.

June 25<sup>th</sup>, 2025 - Hildegard K.

June 30<sup>th</sup>, 2025 - Carmen B.





# **OUTINGS**

## **RETIREMENT**

### **Shopping Shuttles**

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

### **Neighbourhood Drives**

Every Monday at 10:45am

### **Marie Curtis Park**

Tuesday June 10th, 2025  
4:00pm & packed dinner

### **Famous People Players**

Saturday June 14th, 2025  
Lunch and a show  
12:00pm

### **Restaurant: Ruby at Village of Erin Meadows**

Thursday June 19th, 2025  
11:00am  
Restaurant Outing

### **Titanic Official Exhibit**

Sunday June 29th, 2025  
9:00am-11:30am  
Ticket Cost \$ 52.00

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**

### **African Lion Safari**

Thursday June 5th, 2025 (All Day Event)

9:30am Tickets cost \$45.00 plus tax & packed lunch

### **Superstore**

Thursday June 12th, 2025

10:30am (1 hour shopping time)

### **Restaurant: Ruby at the Village of Erin Meadows**

Tuesday June 17th, 2025

11:00am

### **Marie Curtis Park**

Saturday June 28th, 2025

10:30am

Packed lunch

Family & Friends Support on the outing is much appreciated!

**Neighbourhoods have specialty outings/drives, see  
calendars.**







# Retirement Resident Forum

Join us at the Retirement Resident Forum  
Meeting

Date | Time

Next Meeting:

Tuesday June 17th, 2025

Time: 3:00pm

Town Hall

## Retirement Food Comittee



**Food Committee Meeting**

**June, 2025**

**11am**



Please see food Committee representatives with your suggestions.

Judy W.

James W.

Thelma C.

Olive W.

Marian M.

Suzy L.

Joan W.

Diedra L.

Leonard W.

Don C.

Florence T.

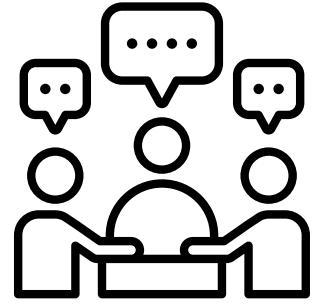
Ken S.



# Long Term Care Resident Council



Join Resident Council Meeting  
Long Term Care

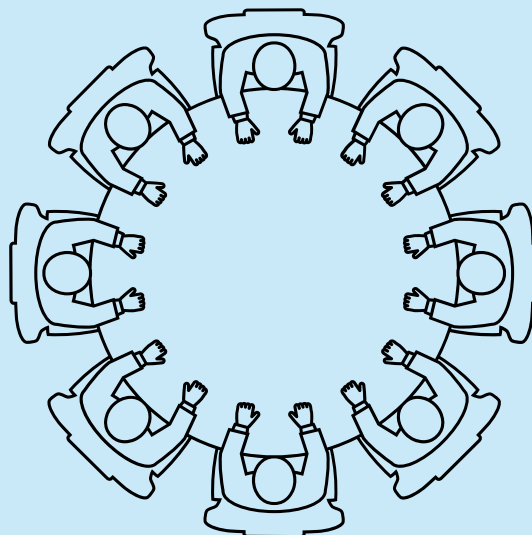


Date | Time  
Next Meeting:  
Thursday June 19th, 2025  
3:00pm  
Library

# Long Term Care Family Council

If you would like to join the Long Term Care Family Council  
please email Michelle [braidam1405@gmail.com](mailto:braidam1405@gmail.com)

Next Meeting is to be determined





# Schlegel Villages – CONNECTIONS



*Join* the  
**CELEBRATION**

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

**Continued on page 2**

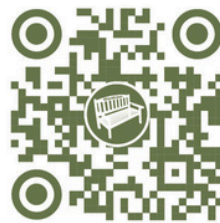


# Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

**#ElderWisdom** is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



SPREAD LOVE  
NOT HATE

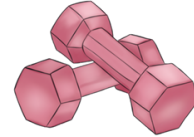
## PRIDE MONTH

We stand with our 2SLGBTQIA+  
team and family.





# PAL Section



**Hello Humber Heights!**

**My name is Jason, and I'm incredibly excited to be joining you all as the new Kinesiology student here at the Village! Whether you've seen me around the PAL room, attending neighborhood classes, or working one-on-one with residents, I'm thrilled to finally introduce myself.**

**Over the coming weeks, I'll be leading a variety of group exercise classes that focus on balance, strength training, mobility, and low-impact cardio. As a student therapist, I'm passionate about movement that's not only safe and effective, but also fun, motivating, and meaningful. Whether your goal is to improve strength, boost confidence, ease joint pain, or just feel more energized day to day, I'm here to support you every step of the way.**

**When I'm not in the village, you can usually find me at the gym, out and about with friends and family trying new foods, or planning last-minute weekend road trips. I love discovering new ways to move, from late-night basketball games to early-morning runs. I also have a soft spot for pickup soccer, drop-in badminton, casual swimming and any excuse to challenge myself.**

**Here's a fun fact about me: I used to be extremely shy, especially when it came to speaking in front of groups. But over the years, I've learned that connecting with people, hearing your stories, learning about your goals, and sharing a few laughs is one of the most rewarding parts of what I do. Now, I look forward to every chance to lead a class, share knowledge, and build community through movement.**

**I feel truly grateful to be a part of the Humber Heights family and I'm here not just to help you stay active, but to listen, learn, and grow alongside you. So whether you're a regular in the exercise room or just thinking about starting, don't hesitate to drop by the PAL room and say hi. I'd love to meet you, hear about your goals, and help you make movement a joyful part of your routine.**

**Let's make these next few months active, energizing, and full of great memories, together!**

**See you all soon,**

**Jason Wong**

## Message from our Directory of Quality & Innovation

**CQI Initiative Report 2025-2026**

**The Continuous Quality Improvement (CQI) Initiative Report for 2025-2026 will be available on our website at the end of June. To view it, please scroll to the bottom of the Schlegel Villages website, click on LTC Communications and find it under "The Village of Humber Heights". It details quality improvements made within the Village in the previous year as well as outlines plans for current and future initiatives.**

**For any questions, please email the Director of Quality & Innovation at [mithila.vidwans@schlegelvillages.com](mailto:mithila.vidwans@schlegelvillages.com)**

# RESEARCH MATTERS

RIA FEATURE

## Meet Aaron Jones, RIA's Newest Researcher

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

### Question: Tells us about you and your work?

**Answer:** I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

### Question: What inspired you to pursue research in the field of aging?

**Answer:** I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

### Question: What is the primary focus of your current research?

**Answer:** My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are: 1. Geriatric care in the emergency department.

I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.

2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit [the-ria.ca](https://the-ria.ca).



# Warm weather facts



## WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



## COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



## OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



## MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



## BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



## MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



## CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



## DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



# TIMELESS RECIPES, *endless stories*

PURSUIT OF PASSIONS 2025

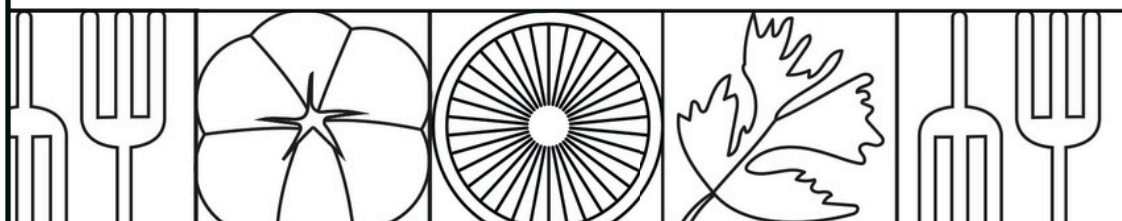
**JOIN US FOR A  
CELEBRATION  
OF FOOD, CULTURE,  
AND COMMUNITY!**

Our residents will share their treasured recipes and the stories behind them — from family traditions to cultural favorites.

## July 2025

Schlegel Villages is creating a cookbook! We are looking for residents to share a recipe and their story of why the recipe is meaningful to them. We are asking residents to cook the dish and for our specialty judges to decide which recipe will be in the cookbook.

If interested please speak to your recreation team member on your neighbourhood.







# 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](mailto: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>Jeanfer 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>Sumeya Osman</b> Director of Wellness	6833
<b>Nimra Benett</b> Assistant Director of Wellness	1088
<b>Adelina Oliveira</b> Egerton Coordinator	6830
<b>Girish Dhandu</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>Ruxien Aclaracion</b> Food Services Manager - LTC	6846
<b>Alam Raymon</b> Director of Hospitality - Retirement	6847
<b>Tanya Bradbury</b> Director of Environment Services	6974
<b>Lukesh Sharma</b> Assistant Director of Environment Services	6974

<b>Dagmara Klisz</b> Director of Program for Active Living	6877
<b>Alicia Siracusa</b> PAL Coordinator - LTC	6877
<b>Emma Donnelly</b> PAL Coordinator - Retirement	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>Marta Czepielewski</b> Director of Lifestyle Options	6858
<b>Carmen Sooknanan</b> Director of Lifestyle Options	6858
<b>Michal Szpigel</b> Village Experience Coordinator	6808
<b>Joanne Hernandez</b> Resident Support Coordinator - LTC	5410
<b>Shawn Fenlong</b> Assistant General Manager - LTC	6851
<b>Sujeeva Muthulingam</b> Assistant General Manager - RH	6876
<b>Pauline Dell'Oso</b> General Manager	6802
<b>Eleanor</b> Hairdresser Salon	1814