

The Humber Guardian

AUGUST 2025



The Village of **HUMBER HEIGHTS**

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"A life without love is like a year without summer."

**–Unknown
vol. 2025 issue 8**





Timeless Recipes



Timeless Recipes, Endless Stories: Culinary Memories Come to Life at Humber Heights

July 22, 2025

The Town Square in The Village of Humber Heights is filled with the mingling scents of cherished recipes, as residents from each of the Village's neighbourhoods—both in long-term care and retirement—share glimpses of their families' culinary history.

This is part of the Schlegel Villages Pursuit of Passions event—an extension of the Wisdom of the Elder Signature Program—which this year features recipes from chosen residents across all Villages and the stories and memories they inspire. "Timeless Recipes, Endless Stories" will eventually compile all these recipes into a special cookbook, but today is all about the residents of Humber Heights.

Three judges sit in front of the gazebo as each resident, supported by a team member or loved one, presents their dish, wooing the judges with stories of its significance. There are cookies, a cake, and an apple pie (which, according to the chef, must be served with vanilla ice cream). There's a luscious pasta sauce and two succulent-smelling lasagnas begging to be sampled. A hint of cinnamon rises from a bowl of rice pudding, challenging the fragrant Italian dishes for attention, while a vibrant vegetarian medley hints at Middle Eastern—or possibly South Asian—influence. The gathered guests are visibly excited as each dish is described. Thankfully, lunch isn't far away.

Yes, the judges are assessing presentation and quality, but this isn't really about competition—it's about the stories and the passion each person brings for the food that has nourished family and friends for generations.

Liliana Pasquali arrived at the Village with her brother to bring their mother's famous lasagna to life. They came early in the morning, and as the country kitchen in Anna Maria's Lambton neighbourhood filled with the aroma of sautéed onions, carrots, and celery, memories began to emerge. Anna Maria's lasagna was a holiday staple, feeding extended family at Christmas and Easter for years.

"It was amazing," Liliana says. "It was nice having our mom there, watching us make the lasagna, which we used to help her make back then. It felt great. It brought back all these memories of being with Mom in the kitchen."

In those days, the lasagna was the event—preparations began a day or two in advance as homemade pasta was lovingly rolled out by hand.

The other perfect-looking lasagna on the table catches my eye, and once the judging is over, Maria Greco insists I try a piece. I've learned that when an older Italian woman insists you eat, there's only one answer.

The first bite is like velvet. The veal has been cooked in white wine, the basil in the salsa is fresh, and the pasta is handmade. It's one of the finest lasagnas I've ever tasted.

Maria's smile widens when I say so. She's proud, as is everyone here today—and eager to share.

I also try Anneliese Gross's Rice Brei, still warm from when she took it off the stove an hour earlier. She had worked alongside volunteer Gabi Degen to recreate the rice pudding that brings back memories of coming home on cold, damp days to her grandmother's comforting kitchen.

There is beauty in each dish and in every memory. The recipes truly are timeless, and the stories—endless.

Village Special Events

Watermelon Day



August 3rd, 2025
Watermelon Smoothies
2:30pm-4:00pm

Entertainment Fridays



August 8th, 2025 : Davis
August 22, 2025: Kelly
August 29th, 2025: Leah &
Alex (Fiddler)

Lemon Theme Day



Tuesday August 19th, 2025
All day, neighborhoods will
do special themed events.
See calendar

Pet Therapy: Baby Turkeys on site

Friday August 15th, 2025
Long Term Care 9:30am-
11:30am
Retirement 1:30pm-3:00pm

Tim Hortons Cart

August 30th, 2025 & August 31, 2025
Traveling cart to Long Term Care
neighbourhoods
August 31, 2025 RH Town Square
10:30am

Birthday Entertainment

August 25th, 2025
Entertainer: Tristan
2:30pm-4:00pm

WELCOME

Our new residents on Retirement

Catherine Elizabeth A.

Deborah M. B.

June M.

Hannelore R.

Laura R.

Alfred R.

Our new residents on Long-term Care

Duncan D.

Sydonie G.

Irma M.

Viola S.



HAPPY
Birthday

**AUGUST
RETIREMENT BIRTHDAYS**

August 1st - Maria V.

August 3rd - Patrick G.

August 6th - Marjorie R.

August 6th - Louis P.

August 8th - Annemarie R.

August 9th - Shirley C.

August 10th - Clara B.

August 12th - Phylis S.

August 12th - Pauline B.

August 14th - Assunta A.

August 16th - Bogdan R.

August 17th - June S.

August 19th - Aurora C.

August 25th - Donna F W.

August 26th - Catherine R.

August 27th - Mary J.

August 31st - Erin G.



HAPPY Birthday

AUGUST LONG TERM CARE BIRTHDAYS

August 4th- Frederick H.

August 5th - Mary H.

August 5th - Stefan C.

August 6th - Roxanne W.

August 7th - Lennis M.

August 8th -Ortrud N.

August 10th -Mohan R.

August 11th - Malini A.

August 12th - Marilyn H.

August 13th - Maria B.

August 14th - Joan M.

August 27th - Yolanda M.

August 27th - James H.

August 29th -Mario Perri

August 29th -Stewart S.

August 30th - Mona C.

August 31st -Edda V.



OUTINGS

RETIREMENT

Neighbourhoods have specialty outings/drives, see calendars.

Shopping Shuttles

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

Neighbourhood Drives

Every Monday at 10:45am

St. James Gate Pub

Saturday August 9th, 2025
4:00pm (1 hour reservation)
Restaurant Outing

James Garden Park

Tuesday August 12th, 2025
4:30pm

Woodbine Race Track

Sunday August 17th, 2025
12:00pm
Return time 5:00pm

Butterfly Conservation (Cambridge)

Sunday August 31, 2025
Ticket Price \$ 18.50 plus tax
09:00am
Estimated Return time 4:00pm

Sign up at the Village office.
Thank you!

OUTINGS

Dear Family & Friends Support on the outing is much appreciated! Also, be mindful when signing up for outings as space is limited.

Neighbourhoods have specialty outings/drives, see calendars.

LONG TERM CARE

Cloverdale Mall

Friday August 1, 2025

10:00am

(1 hour shopping time)

Ikea

Tuesday August 5th, 2025 (Queensway)

11:00am (Lunch outing)

bring around \$30.00

Lavender Farm

Thursday August 14th, 2025

1:30pm (1 hour at farm) traveling 45 minutes

Ticket Cost \$ 18.06

Canadian National Exhibition

Wednesday August 27th, 2025

10:00am (all day event, return 3:30pm)

Tickets to be purchased ahead of time

Early bird price \$25. 11 plus tax



Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Thursday August 28th, 2025

Time: 3:00pm

Town Hall

Retirement Food Comittee



Food Committee Meeting
Alam Director of Hospitality



Please see food Committee representatives with your suggestions.
The Food Committee meets every 3rd Friday of the month.

Connie
Thelma
Joan W.
Irene O.
Marion

Long Term Care Resident Council



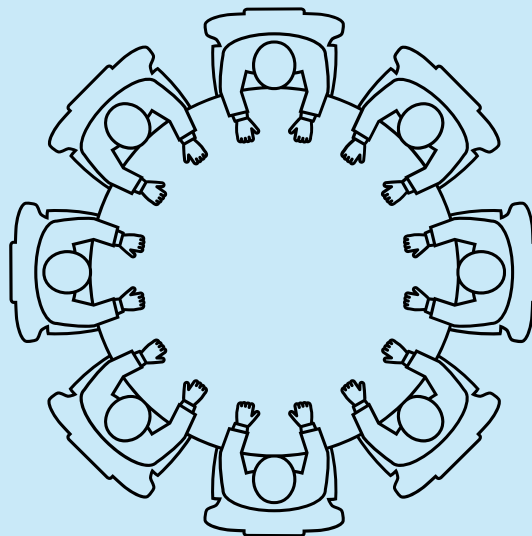
Join Resident Council Meeting
Long Term Care



Date | Time
Next Meeting:
Thursday August 21, 2025
3:00pm
Library

Long Term Care Family Council

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



Schlegel Villages – CONNECTIONS



WILFRED
SCHLEGEL

Monday, August 4

Day

The **Civic Holiday in Canada** on the first Monday of August is intended to be more than just a welcome summer long weekend. Its purpose is to encourage a spirit of community and to inspire Canadians to reflect on how they can contribute to the well-being of those around them. This makes it a meaningful occasion for Schlegel Villages to celebrate Wilfred Schlegel Day—a tribute to the man whose values continue to shape the organization.

In 1953, Wilfred purchased the Schlegel family's first home dedicated to supporting older adults, setting in motion a legacy of care. His example inspired his son Ron and grandsons Rob, Brad, and Jamie to carry that commitment forward, strengthening their dedication to community through Schlegel Villages and their wider work in business and philanthropy.

This year as the Civic Holiday approaches, we encourage Villages take a moment to reflect on the many ways we see residents and team members supporting others and giving back to their community. There are knitting circles that continually use their skills to create warm booties and hats for newborns at local hospitals; we've seen residents raise funds for local shelters, food banks, and supportive housing organizations; others volunteer their time to support neighbours within the Village.

It is a beautiful gift we offer when we give of ourselves for the betterment of our community, and we're grateful for the many ways our Schlegel Villages family does this throughout the year.

Schlegel Villages – CONNECTIONS



As the July sun shone over a hazy Toronto skyline, residents and team members from several Schlegel Villages set sail for the annual Boat 4 Hope fundraiser in support of the **Wilfred Schlegel Hope Fund**.

Led by the team at The Village of Riverside Glen, the event has raised over \$120,000 since launching in 2019. It's more than just a day on the water—it's a celebration of community spirit and a reminder of the impact of collective generosity in times of crisis.

May Lui, representing presenting sponsor SGP Group Purchasing, spoke about the deep sense of connection this cause inspires. She was especially moved by the story of Tami Gunn, a team member from Coleman Care Centre who received support last fall after an explosion destroyed her home and injured her partner.

"There are not many programs that support employees like this during emergencies," May said. "It's quite special—and to be part of it, we feel like family."



Created in 2018, the Hope Fund is supported through voluntary payroll donations matched by the Schlegel family. **To date, it has provided more than \$1.3 million in aid to over 400 team members facing unexpected hardships**—thanks to the generosity of team members, residents, families, and community partners who continue to support events like Boat 4 Hope.

WILFRED SCHLEGEL
Hope Fund

PROGRAM FOR **ACTIVE LIVING**

AUG
'25



My name is Peter Mendolia and I'm a volunteer with the Program for Active Living (PAL). As a member of PAL I help motivate and keep residents engaged in their personally-designed exercise programs. When I'm not volunteering at Humber Heights I'm working on completing my MSc in Exercise Physiology from Queen's University, or pursuing my passion of weightlifting at my local gym.

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.



PROGRAM FOR ACTIVE LIVING

AUG
'25

My name is Krish, and I'm excited to be completing my placement here as part of the PAL program. I'm currently finishing up a post-graduate program in Exercise Science & Lifestyle Management at Humber College. With a degree in Kinesiology and a deep love for sport and movement, I've had the chance to work with a wide range of populations — but I've found working in long-term care and retirement to be the most rewarding. I'm passionate about promoting exercise as a daily habit rather than a chore, especially within a population that is often overlooked when it comes to physical activity. I truly appreciate the opportunity to share this passion here at Humber Heights.

In my free time, you can find me playing recreational basketball, practicing Muay Thai kickboxing, and strength training. I'm also a DJ and love music, spending time with friends, trying new foods, and going on nature walks. Looking ahead, I aspire to work as a kinesiologist in long-term care or retirement, with the goal of breaking the stigma that aging means slowing down or stopping movement altogether. I'm grateful for the chance to learn from the team, and to contribute by making fitness more meaningful, accessible, and fun for the residents. I hope to create a positive impact through energizing group fitness classes, engaging 1:1 interactions, and barrier-free, adaptive exercise options.

Looking forward to meeting everyone and helping make a difference — one day, and one workout, at a time!



Village of Humber Heights Celebrating Diversity

Join us every Wednesday this summer for a taste of international flavors from 11:00am to 3:00pm in the Café in Town Square. Each week our team members will present you with special dishes from their home country.

August 6th–Philippines
August 13th–South America
August 20th–Africa
August 27th–India
September 3rd–Linda's Way
Cheesecake Festival

Each lunch will be available
for \$10.00 cash

LIVE QUARTERLY WEBINAR



Care Partners Connection

Tuesday, August 26



6–7:30 p.m.

REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us as we share
**tips to engage your loved one
living with dementia.**

Register to attend and submit questions
for expert panelists. Each webinar
includes education, guest speakers,
resources, and a Q&A panel.

Future webinar
November 25



Hosted by
Heather Luth

Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Sip Smart: Tips to Stay Hydrated

As we age, drinking enough fluids becomes increasingly important yet more difficult. Some people only drink water when they feel thirsty, but staying hydrated is essential for helping us digest food, control our body temperature, heal wounds, improve sleep quality, mood, and energy levels, and more.

Not drinking enough water can leave us feeling weak, tired, dizzy, constipated, confused, and even cranky.

Did you know that dehydration is estimated to affect half of long-term care (LTC) residents, as many do not consume the recommended 6 to 8 cups of fluid daily. This can happen for several reasons, such as limited access to fluids, ignoring dry mouth or other thirst signals, difficulty drinking due to challenges swallowing or holding a cup, and even drinking less to avoid going to the washroom.

Tips to stay hydrated

Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA), shares some ways you can avoid dehydration and sip smarter:



Make it a habit. Try drinking water:

- When you wake up
- After brushing your teeth
- During and after activities
- With medications
- Between meals and snacks
- With friends!
- Choose beverages that you enjoy
- Eat foods with high fluid content, such as cucumbers, berries, tomatoes, and soups
- Carry a reusable water bottle or your favourite cup to drink from on the go
- Plan for washroom access

To learn more about Heather's research on improving hydration among residents, visit the-ria.ca/resources/promote-hydration.



innovation summit

A decade of impact • A future of possibilities

September 16–17

DoubleTree by Hilton

30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA) are excited to
be hosting our 10th annual
Innovation Summit!**

Join us as we celebrate 10 years of innovation, improvement and research and help us envision the next decade!

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Highlights of innovations over the past decade
- Co-creating future research with the RIA
- 2025 Innovation Catalyst and Innovation Challenge presentations
- The evolution and future of technology and AI
- Envisioning the future using Appreciative Inquiry

**We look forward to
seeing you there!**

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking



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 Therese 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 |
| 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 |
| Aeron Magcawas Recreation Supervisor - RH | 6860 |

| | |
|---|------|
| Ruxien Aclaracion Food Services Manager - LTC | 6846 |
| Alam Raymon Director of Hospitality - Retirement | 6847 |
| Tanya Bradbury Director of Environment Services | 6974 |
| Lukesh Sharma Assistant 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 |
| Saskhia Mohabi Village Experience Co-Ordinator | 6858 |
| Joanne Hernandez Resident Support Coordinator - LTC | 5410 |
| Shawn Fenlong Assistant General Manager - LTC | 6851 |
| Dean Cantwell Assistant General Manager - RH | 6876 |
| Pauline Dell'Oso/Laurie Wolf General Manager | 6802 |
| Eleanor Hairdresser Salon | 1814 |