

# The Humber Guardian

## SEPTEMBER 2025



# *The Village of* HUMBER HEIGHTS

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**"When life gets sour, sweeten it with gratitude." -Unknown**

**vol. 2025 issue 9**

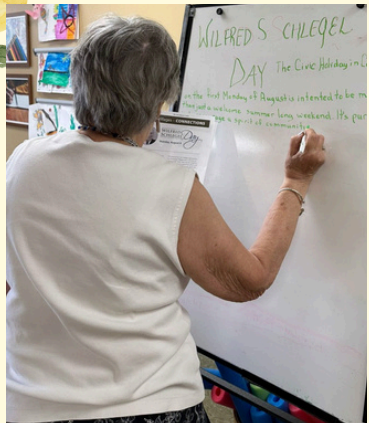




# Village Life









# Village Special Events

Sept. 4th, 2025-2:30PM-4PM  
with John on Accordion

Sept 17th, 2025-6:45PM  
Pub Night with Marcus  
The Montgomery's pub will be  
open.

Sept. 21<sup>st</sup>, 2025-2:30PM-3:30PM  
Malta Big Band Performance

Sept. 25<sup>th</sup>, 2025-2:30PM-4PM  
Centenarian Birthday Party with  
Davis

## **Grandparents Day: Carnival Event**

Sept 7<sup>th</sup>, 2025

2:30pm-4:00pm

Village Wide events with games &  
snacks. Invite the grandkids.

## **Resident Talent Show**

Sept. 18<sup>th</sup>, 2025-3:00-4:00PM

Town Hall

Celebrating the Talents  
of Our Residents.

## **National Day for Truth and Reconciliation**

Sept. 30<sup>th</sup>, 2025 at 3PM

Town Square

We will be selling orange T-shirts on **Sept. 23,  
2025**. All proceeds are going to Turtle Lodge  
Trading Post an Indigenous business.

## **Hunger Action-Food Drive**

Sept. 1<sup>st</sup>, to 30<sup>th</sup>, 2025

Donations will be donated to our local  
food bank in the area and Etobicoke  
Humane Society (bring pet food).  
Drop off cans at RH Village Life.



# WELCOME

## **Our new residents on Retirement**

Adele J.  
Alfred Otto R.  
Carolyn M.  
Christoph P.  
Francesco P.  
George B.  
Joseph B.  
Modesta B.

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

Alexander P.  
Celestino L.  
Vittorio B.





100

*Centenarian Birthday  
Celebration*

Marie R.  
Kathleen L.  
Virginia D.  
Ubaldo B.  
Phyllis S.  
Virginia H.  
Milanka S.  
Clara B.  
Ruth M.  
Alma L.  
Ruby F.  
Marjorie R.  
Olive W.

*We honor and celebrate an extraordinary  
milestone-reaching the age of 100 years and beyond.  
Happy Birthday to all our Centenarians.*



# *Happy Birthday*

## **SEPTEMBER RETIREMENT BIRTHDAYS**

September 1st-James B.

September 2<sup>nd</sup>- Maryln S.

September 2<sup>nd</sup>- Sheila L.

September 2<sup>nd</sup>- Claire D.

September 3<sup>rd</sup>- Adam L.

September 4<sup>th</sup>- Giovanni T.

September 4<sup>th</sup>- Catherine A.

September 4<sup>th</sup>-Linda M.

September 7<sup>th</sup>- Marian M.

September 15<sup>th</sup>- Susan L.

September 16<sup>th</sup>- Patricia B.

September 17<sup>th</sup>- Joseph P

September 17<sup>th</sup>- Marie R.

September 17<sup>th</sup>- Sylvia Y.

September 18<sup>th</sup>- Nina Z.

September 19<sup>th</sup>- Martha K.

September 21<sup>st</sup>- Claudette F.

September 23<sup>rd</sup>- Rea B.

September 26<sup>th</sup>- Manuel L.



# *Happy Birthday*

## **SEPTEMBER LONG TERM CARE BIRTHDAYS**

September 1<sup>st</sup> -Arturo M.

September 1<sup>st</sup> -Viona F.

September 8<sup>th</sup> - Yvonne B.

September 9<sup>th</sup> -Paul T.

September 9<sup>th</sup> -Peter M.

September 10<sup>th</sup> -Teresa M.

September 12<sup>th</sup> -Rosanna D.

September 13<sup>th</sup> -Edward S.

September 16<sup>th</sup> -Michael U.

September 18<sup>th</sup> -Francesco T.

September 19<sup>th</sup> -Ilda D.

September 21<sup>st</sup> -Francesco V.

September 21<sup>st</sup> -Kevin B.

September 23<sup>rd</sup> -Atze G.

September 23<sup>rd</sup> -Leilith M.

September 23<sup>rd</sup> -Tulip Rowena N.

September 24<sup>th</sup> -Bibi K.

September 29<sup>th</sup> -Julia B.



# **OUTINGS**

## **RETIREMENT**

### **Boston Pizza**

Tuesday September 9<sup>th</sup>, 2025

11:30AM

Return Time 2:15PM

### **Mandarin Restaurant**

Friday September 26<sup>th</sup>, 2025

11:45 AM

Return Time 3PM

### **Red Lobster**

Tuesday September 23<sup>rd</sup>, 2025

4:00PM

Return Time 7:00PM

### **Woodbine Racetrack**

Sunday September 28<sup>th</sup>, 2025

12PM

Return Time 4PM

### **Toronto Botanical Garden**

Wednesday September 24<sup>th</sup>, 2025

2:15PM

Return Time 4PM

**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.

## **LONG TERM CARE**

**The Beaches & Packed Lunch**  
**Wednesday September 10<sup>th</sup>, 2025**  
10:00am (Lunch outing)  
weather permitting

**James Garden Park**  
**Friday September 12<sup>th</sup>, 2025**  
10:30am  
(45-1 hour drive)

**Blue Jays Game**  
**Sunday September 14<sup>th</sup>, 2025**  
12:00pm Game starts 1:30pm  
\$32.00

**Apple Farm Picking**  
**Monday September 22, 2025**  
01:00pm  
Ticket Cost: \$16.50 plus tax

**Neighbourhoods have specialty outings/drives, see calendars & the recreation team member.**



# SHOPPING SHUTTLES

GOING TO MULTIPLE STORES SUCH AS BANK,  
COFFEE SHOP, GROCERY STORE ETC.

Monday- September 8<sup>th</sup>, 2025  
2:15 PM

Monday-September 15<sup>th</sup>, 2025  
2:15PM

Monday-September 22<sup>nd</sup>, 2025  
2:15 PM

Monday-September 29<sup>th</sup>, 2025  
2:15 PM

Sign up at the Village office  
for both LTC and RH Residents.  
Thank you!



# DESIGNATED SHOPPING SHUTTLES

Thursday- September 4<sup>th</sup>, 2025  
2:00 PM-Metro Lloyd Manor

Thursday-September 11<sup>th</sup>,  
2025  
2:00 PM-Cloverdale Mall

Thursday-September 18<sup>th</sup>, 2025  
2:00 PM-Walmart

Thursday-September 25<sup>th</sup>, 2025  
10 AM-Superstore

Sign up at the Village office  
for both LTC and RH Residents.  
Thank you!





# Retirement Resident Forum

Join us at the Retirement Resident Forum  
Meeting

Date | Time

Next Meeting:

Tuesday September 16th, 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 3<sup>rd</sup> Friday of the month at 11am.

Alex M.  
Connie M.  
Irene O.  
Judith W.  
Marian M.  
Thelma C.  
Shiela O.  
Steve P.  
Susan W.



# Long Term Care Resident Council



Join Resident Council Meeting  
Long Term Care



Date | Time

Next Meeting:

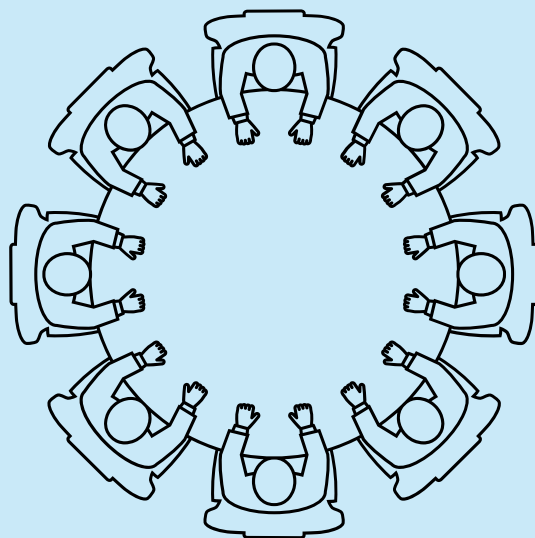
Thursday September 11th, 2025

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](mailto:braidam1405@gmail.com).





## The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

### Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

### Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program. “When we

think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.” Whether it’s

reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

Subscribe to updates from the RIA at [the-ria.ca/news](https://the-ria.ca/news) to stay up-to-date on the latest news, events, and helpful resources.



# Schlegel Villages – CONNECTIONS



September 7

## Grandparents Day

### The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.



# 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!



# Schlegel Villages – CONNECTIONS

## National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through [orangeshirtday.org](http://orangeshirtday.org) to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

Schlegel Villages'

# FOOD DRIVE

**September is Hunger Action Month.**

**To show our support, we will be collecting donations for local food banks across Ontario!**

Please speak with one of your recreation team members in your Village to learn how you can get involved!





# 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](mailto:Firstname.lastname@schlegelvillages.com)

<b>Paula Stephenson</b> RETIREMENT Front Desk	6801
<b>Mona Mazaheri</b> LONG TERM CARE-Front Desk	6844
<b>Jeanfer Therese 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>Nathan Castaneda</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>Aeron Magcawas</b> Recreation Supervisor - RH	6860

<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>Saskhia Mohabi</b> Village Experience Co-Ordinator	6858
<b>Joanne Hernandez</b> Resident Support Coordinator - LTC	5410
<b>Shawn Fenlong</b> Assistant General Manager - LTC	6851
<b>Dean Cantwell</b> Assistant General Manager - RH	6876
<b>Pauline Dell'Oso/Laurie Wolf</b> General Manager	6802
<b>Eleanor</b> Hairdresser Salon	1814