

The Humber Guardian

NOVEMBER 2025



The Village of **HUMBER HEIGHTS**

TABLE OF CONTENTS

- PHOTOS FROM AROUND THE VILLAGE
- WELCOME NEW RESIDENTS
- RESIDENT BIRTHDAYS
- OUTINGS
- SPECIAL EVENTS
- CHEF'S SPECIAL/HAPPY HOUR
- RESIDENT COUNCIL
- HOLIDAY BAZAAR
- LEST WE FORGET
- SCHLEGEL CONNECTIONS: OUR FREEDOM, THEIR SACRIFICE
- RESEARCH MATTERS: THE MYSTERY OF UNEXPLAINED FALLS
- SCHLEGEL VILLAGES CONNECTIONS: FALL PREVENTION MONTH
- PAL: FALL PREVENTION TIPS
- EXTENSION LIST



"Last year was the trailer. What you are going to see this year is the movie". - Vladimir Guerrero Jr.

vol. 2025 issue II

World Smile Day





BREAST CANCER
AWARENESS
MONTH





HAPPY HALLOWEEN





WELCOME

**Our new residents on
Retirement**

**Alva W.
Margueritte N.
Nella D.**

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

Marie Kathleen Y.



Happy Birthday

NOVEMBER RETIREMENT BIRTHDAYS

1st Joan C.
1st Joan I.
2nd Adele J.
2nd Amber W.
2nd Margaret H.
4th Jan Eliza C
4th Margaret D.
5th Nina P.
5th Wendy W.
7th Lili V.
7th Theodora P.
8th Elpinicki K.
9th Mary H.
11th Robert H
12nd Andreina M.

14th Violanta R.
16th Nancy H.
17th, Edith S.
17th, Sylvia S.
19th Donald C.
21st Liliane S.
22nd Irene B.
23rd, Joy M.
23rd Ruth H.
24th, Ruth M
25th Katica R.
27th Fernando V.
29th Reta H.
30th Giulio C.
30th Prem M.



Happy Birthday

NOVEMBER LONG TERM CARE BIRTHDAYS

1st Jela T.
4th Beatrice Y.
5th Isabella P.
7th Krstina S.
8th Antonio P.
10th Susan H.
12 Duncan D.
13th Jasmine D
13th Maria D.
13th Susan D.
15th Richard S.
18th Agnes F.
22nd Sandra B.
23rd Alma L.
23rd Maria G.
24th Lidia P.
25th Honorito S.



OUTINGS

RETIREMENT

Mandarin

Tuesday November 18th, 2025

11:30AM

Famous Players

Wednesday November 19th, 2025

11:45AM

\$34. 95 plus tax per ticket (Show only).

Santorini

Friday November 21st, 2025

11:30AM

National Women's Show

November 22nd, 2025

9:45AM

Canadian Warplane Heritage Museum

November 30th-, 2025

11:30AM

\$12.50 per ticket

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

Royal Winter Fair

Wednesday November 12th, 2025

10:30am-2:30pm

\$18.99 per ticket plus tax

The Ruby (Restaurant)

Friday November 14th, 2025

11:30am-1:30pm

(lunch outing)

2930 Erin Centre Blvd.

Canadian Warplane Heritage Museum

Thursday November 20th, 2025

10:00am-1:30pm

Tickets: \$12.50

Packed lunch

Neighbourhoods have specialty outings/drives, see calendars & the recreation team member for more information.

Special Events

A Sharp School of Music

November 8th, 2025

2:30PM-3:30PM-Town Square

Remembrance Day Service

November 11th, 2025

10:40AM-Town Square

Instrumental Program with Zaida

November 11th, 2025

2PM-3PM-Town Square

Tree Lighting Ceremony

November 18th, 2025

2:30PM-Town Square

Swing Easy Big Band

November 15th, 2025

2PM-3PM-Town Square

Pub Night with Samira

November 17th, 2025

6:45PM-7:45PM-Town Square

Montgomery's Bar will be open.

Birthday Entertainment

November 24th, 2025

2:30PM-4PM-Town Square



Chef's Special Friday Dinners from October – November

Every Friday evening from October through November will feature a special cultural dinner prepared by our Chef, showcasing traditional meals from around the world and celebrating global flavors.

Guest meal tickets are available for purchase at the Village Office.

Have a cultural meal you'd love to see featured? Drop your suggestions in the Suggestion Box, we'd love to hear from you!



Happy Hour

**EVERY FRIDAY
3PM-4PM**

MONTGOMERY'S PUB AND CAFE

**Bring your cash, sip your drink and
enjoy the day!**



Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday November 18th, 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 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



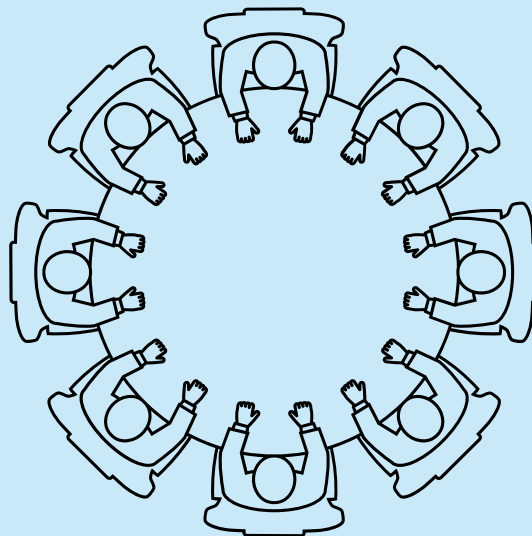
Join Resident Council Meeting
Long Term Care



Date | Time
Next Meeting:
Thursday November 20th, 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.



Holiday Bazaar



Saturday
November 29th, 2025

10:00am-2:00pm Main Street

Come enjoy the holidays at the Village!
Featuring local vendors, entertainment,
hot chocolate and meet & greet Santa!



2245 Lawrence Avenue West
M9P 3W3 Toronto, Ontario

November 11 Lest we forget

Our freedom. Their sacrifice.

Audrey W.

Antonio P.

Antonio W.

James S.

James W.

Laura B.

Lili V.

Manuel L.

Renate R.

Ubaldo B.

With endless appreciation and
gratitude, thank you for serving our
country and protecting our freedom.


Schlegel villagesS



Schlegel Villages – CONNECTIONS



*Our freedom.
Their sacrifice.*

Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

November 11 **Lest we forget**

Schlegel Villages – CONNECTIONS

November is

FALLS PREVENTION MONTH



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**



PROGRAM FOR

NOV
'25

ACTIVE LIVING



Fall Prevention Tips

1. Use a cordless phone
2. Get rid of mats (a tripping hazard) or make sure they are non-slip.
3. Ask for help with tasks that you feel you can't do safely.
4. Wear non-slip house shoes or proper footwear.
5. Use assistive devices if they have been recommended by a professional
6. Stay active and include a variety of balance and strengthening.
7. Ensure you have a balanced diet and stay hydrated.
8. Get annual vision assessments and use updated eyewear prescriptions.
9. Ensure medications are reviewed by a pharmacist or Village doctor if it applies

Falls are considered to be the leading cause of injury-related hospitalization and even deaths in Canada for older adults. In fact, 81% of hospitalizations for injury are due to a fall. Falls prevention is a major part of our Program for Active Living, as our Kinesiologists maintain a database of all Village incidents. This tool helps us to track the occurrence of falls and most importantly—the effectiveness of different interventions we implement.



Please join us for

“GATHER” group

Care Partner

Saturday, November
15th, 2025

10:00am- LTC LIBRARY



GATHER group – Care Partner

Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.



The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.

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
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
Nathan Castaneda 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