

The Humber Guardian

OCTOBER 2025



The Village of **HUMBER HEIGHTS**

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"There's always something to be thankful
for" -Unknown

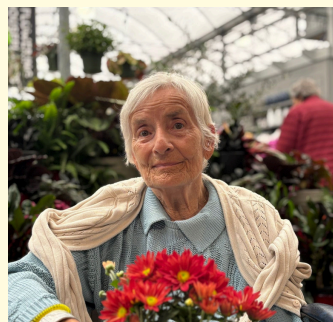
vol. 2025 issue 10



Road Trip!!



TERRY FOX RUN



HAPPY GRAND PARENTS



TALENT SHOW



HAPPY BIRTHDAY





WELCOME

Our new residents on Retirement

Avery F.

Gail P.

Margaret W.

Maria S.

Philip F.

Wendy W.

Our new residents on Long-term Care

Assunta D.

Helena W.

Krishna C.

Maria M

Maria M.

Merl C.



Happy Birthday

OCTOBER RETIREMENT BIRTHDAYS

October 1st - Kathleen L.

October 1st - Laura B.

October 4th - Renate R.

October 6th - Edgar P.

October 6th - Steve P.

October 7th - Ruth T.

October 8th - Bruna B.

October 10th - Fleurette F.

October 11th - Marian M.

October 12th - Theresa M.

October 13th - Christoph P.

October 15th - Vlasta S.

October 17th - John W.

October 18th - Dorothea E.

October 24th - Joan W.

October 27th - Chandria N.

October 27th - Mary Joan M.

October 28th - Elly D.

October 28th - Sally Jane G.



Happy Birthday

OCTOBER LONG TERM CARE BIRTHDAYS

October 3rd - Filomena L.

October 4th - Stewart R.

October 10th - Benjamin C.

October 11th - Corrado M.

October 12th - Vittorio B.

October 19th - Ingeborg An D.

October 25th - Stephen A.

October 26th - Helena W.

October 27th - Helen R.

October 28th - Maria M

October 30th - Gina G.



OUTINGS

RETIREMENT

Red Lobster

Sunday October 5th, 2025

11:30AM

Return Time 2:00PM

Woodbine Racetrack

Sunday October 19th, 2025

11:45 AM

Return Time 3PM

Tandoori Flame

Monday October 6th, 2025

11:30AM

Return Time 2:00PM

Chudleigh's Farm

Apple & Pumpkin Picking

Tuesday October 21st, 2025

11AM

Ticket cost: \$19.50

Aga Khan Museum

Friday October 17th, 2025

11:30AM

Ticket cost: \$15.00 plus tax

Cambridge Butterfly Conservatory

Saturday October 25th, 2025

9:30AM

Return Time 12PM

Milestone Restaurant

Tuesday October 28th, 2025

4PM

Return time 2PM

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

Downey's Farm: Pumpkin Picking

Tuesday October 7th, 2025

1:30pm -4:00pm

\$18.99 per ticket plus tax

Swiss Chalet

Thursday October 9th, 2025

11:00am -2:00pm

(lunch outing)

Cambridge Butterfly Conservatory

Tuesday October 14th, 2025

11:00am - 4:00pm (depending on traffic)

Tickets: \$18.50 plus tax

Packed lunch or can purchase lunch on site.

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

SPECIAL EVENTS

Oktoberfest

October 1, 2025
3:00pm-4:00pm (Cafe)
Beer & Pretzels

Thanksgiving

Jackpot Bingo
October 13th, 2025
2:30pm-4:00pm

Toronto All Star Big Band

October 5th & October 26th
3:00pm-4:00pm
(Dining Room)

Pub Night: Emilio

October 23rd, 2025
6:45pm-7:45pm
Town Square
Montgomery's Pub will be open.

Halloween Parade & Celebrations

October 31, 2025
9:30am-11:30am
Parade followed by
Entertainment with Gerie

Pumpkin Design Contest

October 30th, 2025 4PM Deadline of the pumpkins
October 31st, 2025 3PM-Announcement of Winner

Happy Hour

every Friday 3PM
Montgomery's Pub and Cafe
Bring your cash, sip your drink and enjoy the day!

October is Breast Cancer Awareness Month

Breast cancer is the most commonly diagnosed cancer among women in Canada.

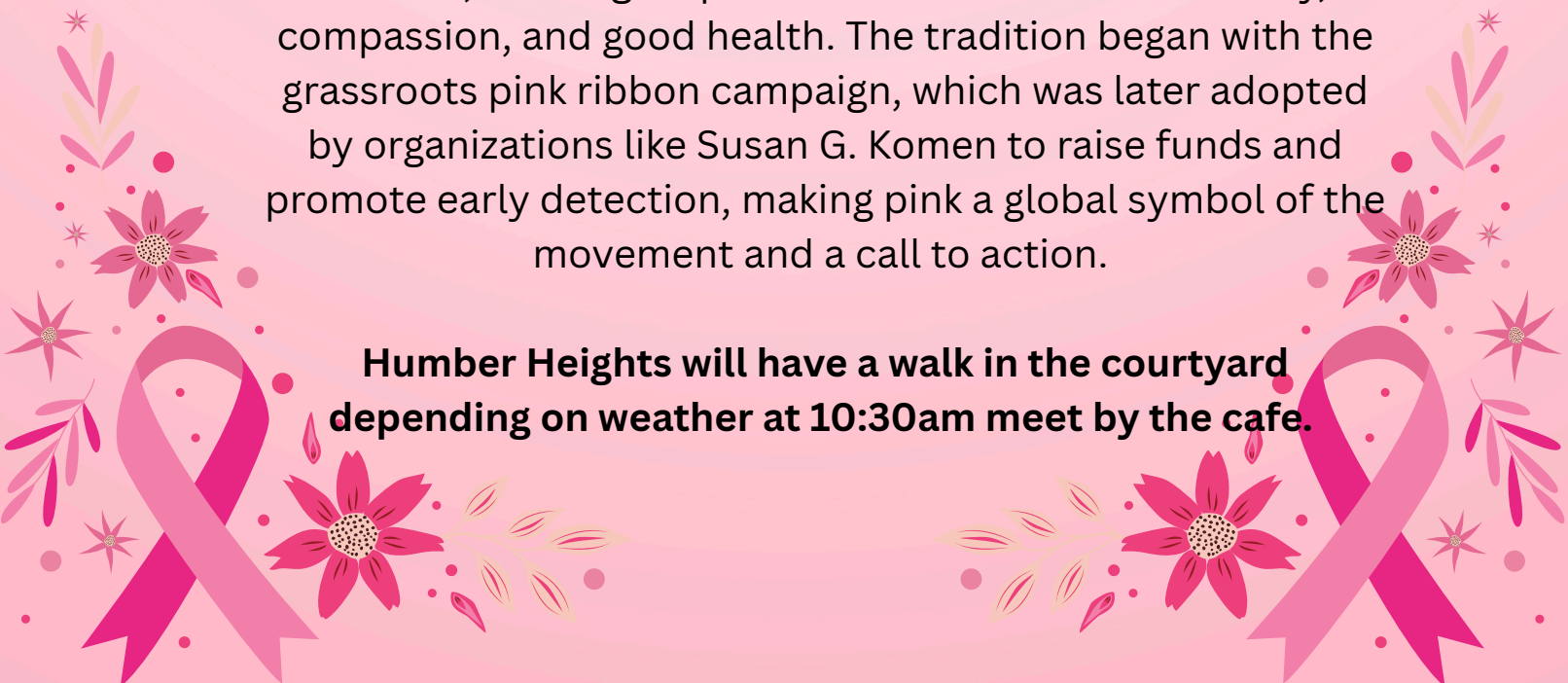
Breast cancer starts in the cells of the breast. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body.

Cells in the breast sometimes change and no longer grow or behave normally. These changes may lead to non-cancerous (benign) breast conditions such as atypical hyperplasia and cysts. They can also lead to non-cancerous tumours such as intraductal papillomas.

On October 24th, 2025 Wear Pink!

People wear pink for breast cancer awareness to symbolize hope, community, and support for those affected by the disease, drawing on pink's association with femininity, compassion, and good health. The tradition began with the grassroots pink ribbon campaign, which was later adopted by organizations like Susan G. Komen to raise funds and promote early detection, making pink a global symbol of the movement and a call to action.

Humber Heights will have a walk in the courtyard depending on weather at 10:30am meet by the cafe.





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday October 14th, 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



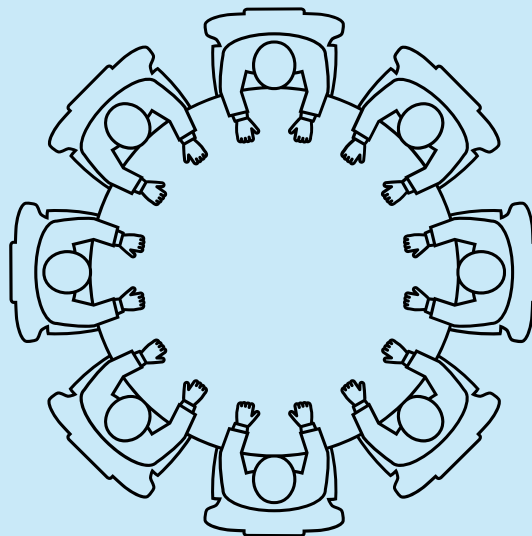
Join Resident Council Meeting
Long Term Care



Date | Time
Next Meeting:
Thursday October 16th 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.



2025 FAMILY SURVEY ON Quality of Life

Share your thoughts!



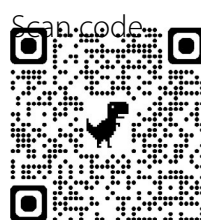
At SchlegelVillages, as part of our continuous quality improvement program, we measure the experiences of residents and their family members/caregivers.

These results help us understand whether we are delivering the care and services we aim to provide.

Please share your feedback by completing the survey. Let us know if you need support in completing the form.

Take survey

ONLINE



IN PRINT

Pickup at
Village Office,
complete
and return.

Submit by

December 1, 2025



**Réseau de traduction
Translation Network**

FREE English to French translation open to all Ontario LTC homes

Criteria

Resources intended for LTC residents, families and the general public, such as :

- ☒ Resident guides and information packages
- ☒ Brochures, fact sheets
- Consent forms
- ☒ Monthly newsletters, activity calendars
- ☒ Menus
- ☒ Family and resident council resources
- ☒ And much more

For more information:

NHtranslationLTC@niagarahealth.on.ca

or

Louise Baillargeon, program manager

Louise.Baillargeon@niagarahealth.on.ca / 905-378-4647, ext. 32313

*Funded by the Ontario Ministries of Health and Long Term Care



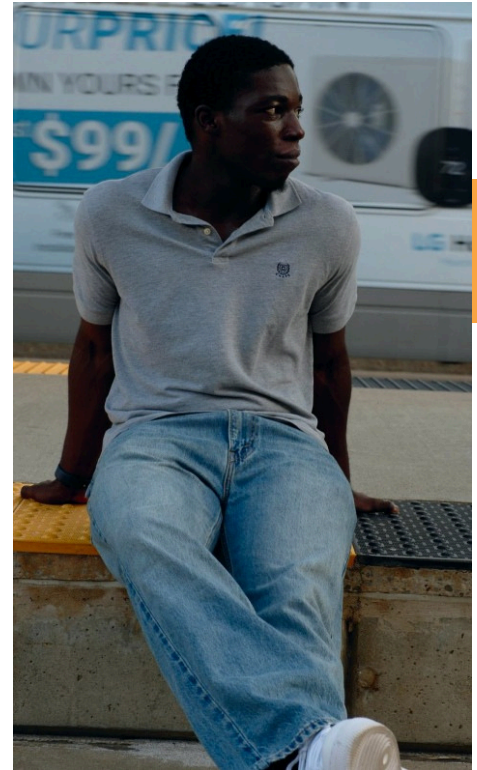
PROGRAM FOR

OCT
'25

ACTIVE LIVING

Hello everyone! My name is Bayo Adenekan, pronounced "Bio," and I am going into my third year of Kinesiology at the University of Waterloo. I am excited to be joining Humber Heights as a PAL Student Therapist for the next four months. This placement is a wonderful opportunity for me to meet new people, build connections, and share my passion for physical activity with the community.

Looking ahead, I am considering a career as a physiotherapist or possibly attending medical school. I have not fully decided which path I will pursue, but I know that both allow me to work closely with people, support their health, and help them live active and fulfilling lives. I am especially eager to use this placement as a chance to learn from the residents and staff while also making a positive impact in return. One of the aspects I am most looking forward to is connecting with people on a personal level. I hope to brighten the days of those I meet and encourage them to see physical activity as something enjoyable. My goal during these months is to create meaningful relationships, bring positive energy to my interactions, and help residents incorporate exercise into their daily routines in a way that feels fun.



Outside of school, I enjoy going to the gym to lift weights. I am also a big fan of sports. I love both playing and watching basketball and soccer, and I am an avid supporter of Manchester United and the Toronto Raptors. I also enjoy reading science-based articles about the human body, as I am always curious about how movement and health connect. Above all, I love spending time talking with people and learning about their experiences. I am truly looking forward to the months ahead and am grateful for the opportunity to contribute to the Humber Heights community.



Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit the-ria.ca/nid.

To receive updates from the RIA, subscribe to our newsletter at the-ria.ca/subscribe.

Schlegel Villages – CONNECTIONS



there's always
SOMETHING
TO BE
thankful
FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.

Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.



Beyond our own communities, the bench travelled to Elmira, to our nation's capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.

WISDOM *of the*
ELDER



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.





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
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