

The Humber Guardian

April 2024



The Village of

HUMBER HEIGHTS

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April



“April is a reminder that life is a beautiful ever-renewing cycle”

E.E Cummings

vol. 2024 issue 4

INTERNATIONAL Women's Day



HOLI



Happy St. Patrick's Day







HUMBER SPOTLIGHT

March was Nutrition Month! With help from students from Conestoga and George Brown College, the Dietary team prepared healthy and delicious snacks for residents and team members to sample. Thank you for the kidney bean brownies and the banana rice pudding!



Special Events

Casino Day

We're bringing the Casino to Humber! We will have poker, blackjack, and roulette tables with dealers!

Friday, April 12th 2024 at 2:00pm in Town Square

Heartbeats Concert

Heartbeats are back! They will be performing

Wednesday, April 17th, 2024 at 2:30 pm in the Town Square

Earth Day Social

We will be celebrating Earth Day with a social in the courtyard - weather permitting! If the weather doesn't agree, we will be in the Cafe!

Monday, April 22nd, 2024 at 2:00pm in Courtyard/ Town Square

April Birthday Concert

Celebrate April birthdays with us during our April Birthday concert with John on the Accordion!

Monday, April 29th, 2024 at 2:30 pm in Town Square

WELCOME

Our new residents on Retirement

Barry W.
Marlene M.
Mary T.
Irene B.
Mary B.

Marie F.
Michael C.
Bianca V.
Theresa Z



Our new residents on Long-term Care

Musu K.
Anna P.
William P.





HAPPY BIRTHDAY



RETIREMENT BIRTHDAYS

April 2nd - Maria T.

April 4th - James S.

April 10th - Helen A.

April 13th - Palmina S.

April 13th - Marie F.

April 13th - Tholsie N.

April 14th - Florence T.

April 16th - Robert B.

April 17th - Anthony M.

April 19th - Thelma C.

April 20th - Eilleen T.

April 20th - Yoshiko S.

April 22nd - James W.

April 22nd - Joan R.

April 22nd - Dawn M.

April 23rd - Edith S.

April 23rd - Forbes M.

April 27th - Chita A.

April 29th - Lilia H.

April 29th - Renee M.

April 30th - Minnie H.

April 30th - Carol H.





HAPPY BIRTHDAY



LONG TERM CARE BIRTHDAYS

April 7th - Donna S.

April 8th - Wendy D.

April 8th - Kathleen B.

April 9th - Peter S.

April 11th - Sabatino A.

April 13th - Catherine D.

April 17th - Margaret M.

April 20th - Premanie M.

April 25th - Elena L.

April 25th - Susan P.

April 26th - Helga H.

April 27th - Brenda T.

April 29th - June M.

April 30th - Jeffery W.



OUTINGS

RETIREMENT

**Lunch Outing:
Spoon & Fork Restaurant**

**Monday, April 8th 2024
11:30 am**

Sign up at the Front Desk

**Kingsway Lambton Art
Show**

**Saturday, April 6th 2024
10:00 am**

**Ticket Price: free!
Sign up at the Front Desk**

Grandstand Casino

**Friday, April 19th 2024
10:30 am**

Sign up at the Front Desk

**Shopping Trip:
Sherway Gardens Mall**

**Wednesday April 24th 2024
9:30 am**

Sign up at the Front Desk



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

No Frills

Friday, April 5th 2024

2:00 pm

Sign up at the LTC Front Desk

Casa Loma

Tuesday, April 16th 2024

1:00 pm

Ticket Price: \$35 plus tax

Sign up at the LTC Front Desk

Grandstand Casino

Friday, April 19th 2024

10:30 am

Sign up at the LTC Font Desk

Buying Lunch Onsite





Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday, April 16th 2024

3:00 pm

Town Hall

Retirement Food Committee



**We invite you to join
the food committee!**



The sign-up sheet is at the front desk, or
you may speak to Lukesh or Julian!

Long Term Care Resident Council

Join Resident Council Meeting
Long Term Care

Date | Time

Next Meeting:

Thursday, April 25th , 2024

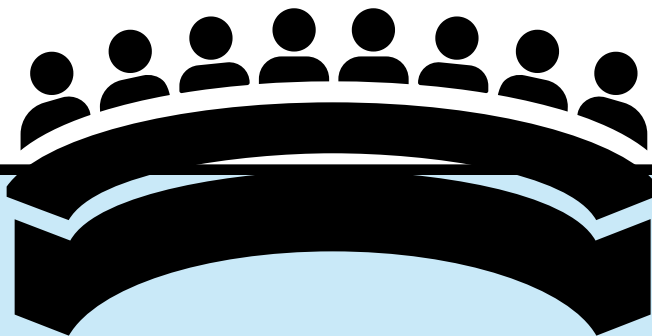
3:00 pm

Community Centre



Long Term Care Family Council

If you are interested in joining the
Long Term Care Family Council please
email the Director of Recreation
adriana.carola@schlegelvillages.com



National Volunteer Week

April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our
volunteers

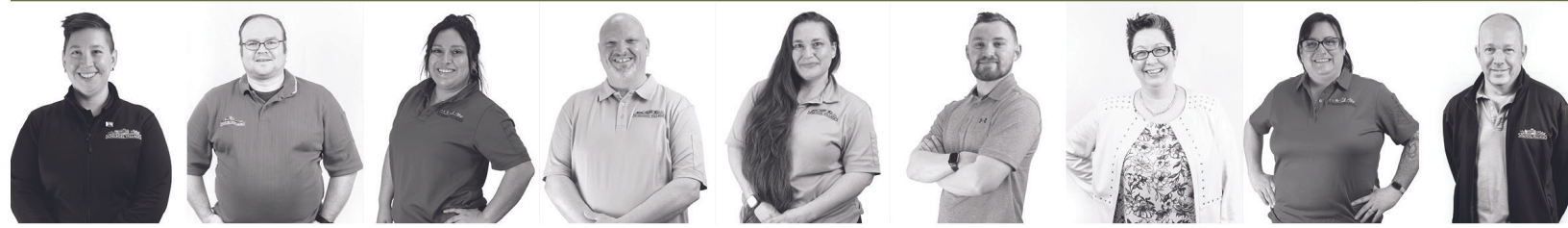


This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

#NVW2024

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.



GATHER

Greetings,

The GATHER Caregiver Support Group will commence on March 26th 2024, from 6:30PM - 7:30PM at the LTCH Library. This group is for the families and care partners of residents of our LTCH and RH. Please see below some additional information about the purpose of the GATHER Group. If any family members or caregivers are planning to attend, please reach out to myself, Catherine, or Rev.

Kirk Grant.

Thank you.

Best Regards

Charles Mariakan

GATHER -Caregiver Support Group - Families/caregivers of Residents of The Village of Humber Heights

We understand the challenges and emotional strain that families often face when their loved ones are in Long Term Care Homes. That's why we are pleased to announce the formation of a new caregiver support group specifically tailored to address the unique needs and difficulties experienced by families/caregivers in this situation.

Our support group aims to provide a safe and compassionate space for families and caregivers to come together, share their experiences, and offer each other support and understanding. Whether you're navigating the complexities of caregiving, coping with feelings of guilt or sadness, or simply seeking guidance on how to best support your loved one, our group is here for you.

Here are some key details about our support group:

- **Purpose:** To provide emotional support, practical advice, and a sense of community for families with loved ones in Long Term Care Homes.
- **Format:** The support group will meet in-person bi-weekly (Tuesday from 6:30pm-7:30PM to be determined)
- **Topics:** Discussions may cover a range of topics, including navigating the Long Term Care system, coping with caregiver stress, Loss/Grief, advocating for your loved one's needs, and finding moments of joy and connection.
- **Facilitation:** Our support group will be facilitated by our village Social Worker and Chaplain.
- **Confidentiality:** All discussions within the support group will be strictly confidential, providing a safe space for participants to share openly and honestly.



February Nustep & Movement Challenge

In February, Schlegel Villages participated in the NuStep Challenge! This program challenged villages to compete in a movement challenge focused on the Nustep machine for Heart Health Month. A massive shoutout to our participants showcasing incredible dedication and spirit in the Program for Active Living.

The Long-Term Care side of the Village racked up a total of 1,249 minutes and 33,363 steps!! The Retirement Side of the Village finished at 1,302 minutes and 70,000 steps!!

That's a collective total of 2,551 minutes or about 42.5 hours! Together we racked up over 100,000 steps! Our winners of the Nustep Challenge are Lorena P. from Retirement and Premanie M. from LTC!! Great job and congratulations to you both!

The winner of our Retirement movement challenge is Beatrice M! Beatrice participated in the most exercise classes in the month of February! Way to go Beatrice!

Together, we've taken steps (literally) towards healthier, more active lifestyles. Here's to the power of community and the spirit of competition! Looking forward to more challenges and achievements.



NUSTEP CHALLENGE TRACKER	
FEB 2024	
Retirement	Longterm Care
Lorena P - 394 minutes	Premanie M - 250 minutes
Marian M - 188 minutes	Julia B - 157 minutes
Bob W - 151 minutes	Evelyn S - 100 minutes
Bill Wol - 118 minutes	Louise K - 85 minutes
Dorothy R - 91 minutes	Joseph K - 82 minutes
Ruth H - 70 minutes	Miklos R - 80 minutes
Jackie L - 57 minutes	Rosa B - 78 minutes
Ruth G - 56 minutes	Adi E - 67 minutes
Gordon D - 46 minutes	Marjorie N - 65 minutes
Edith S - 39 minutes	Annalise - 46 minutes
Ann Marie E - 37 minutes	Rosanna D - 46 minutes
Bill Woa - 35 minutes	Gabrielle B - 40 minutes
Lilli V - 20 minutes	James H - 30 minutes
	Sandra B - 20 minutes
	Lemiza R - 20 minutes
	Iida D - 25 minutes
	Pierina R - 25 minutes
As of: February 29th 2024	



RESEARCH MATTERS

RIA FEATURE

Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Humber Heights, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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
Jeanfer Auditor Administrative Coordinator	6892

Neighbourhood Coordinators LTC:

Lotoya Francis Alderwood & Islington Coordinator- LTC	6843
Sangita Adhikari Brule & Weston Coordinator-LTC	6811
Imran Pasha Lambton & Wadsworth Coordinator-LTC	6834

Neighbourhood Coordinators RH:

Mandy Misir Director of Wellness	6833
Sumeya Osman Assistant Director of Wellness	
Adelina Oliveira Egerton Coordinator	6830
Tenzin Kyziom Williamsburg Coordinator	6803
Kaishwarie Khan Emma's Coordinator	

Ravkiran Sandhu Director of Nursing Care - LTC	6835
Charge Nurse Retirement	5400
Charge Nurse Long Term Care	5505

Adriana Carola Director of Recreation - LTC	6837
Marta Czepielewski Recreation Supervisor - Retirement	6860

Ruxien Aclaracion Food Services Manager	6846
Julian Butler Director of Hospitality	6847

Tanya Bradbury Director of Environment Services	6974
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Dagmara Klisz Director of Program for Active Living	6877
Emma Donnelly PAL Coordinator RH	6875
Naveen Physiotherapist	6809

Asha Poonai Student/Volunteer Coordinator	1842
Charles Mariakan Social Worker	5410
Kirk Grant Village Chaplain	6890
Karen Burt Director of Lifestyle Options	6858
Eric Jaffary Director of Lifestyle Options	6858

Abby Bello Assistant General Manager - RH	6876
Shawn Fenlong Assistant General Manager - LTC	6851
Pauline Dell'Oso General Manager	6802

Eleanor Hairdresser Salon	1814
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