

THE VILLA VIBE

Union Villa Residents' Newspaper

GREETINGS FROM THE RESIDENTS' COUNCIL PRESIDENT



June no longer represents the end of the school year for us but our grandchildren have that experience now. What will we do for the summer? Continue reading, sitting in the sun, walking in the garden, seeing the garden grow that we just planted, spending time with family and friends.

There will be great events for the Seniors Month. Summer begins and we are with it.

Bless You All, George French

MONTHLY CHECK IN FROM RECREATION

Happy Seniors Month!

This month we have lots things going on, so I hope you get involved.

It was exciting to see the courtyard furniture being set-up, good reminder of great things to come this summer!

We hope you are enjoying the garden that we just planted. There's lots of different herbs and vegetables. We look forward to seeing them grow. Many hands make light work, thank you to all the residents, family members and staff for helping.

If you haven't had the chance, make sure to see the beautiful blossoms on the trees outside the Victoria Square and Buttonville lounge windows. They are stunning and a great picture opportunity.

Finally, we celebrate our Dads on Father's Day on June 18th.

A father's love is like an evergreen: steady and strong, weathering all seasons...

—Keely Chace

If you need to get in touch please email me at lbailey@uhs.on.ca or reach out to the Recreation Therapist on your unit.

Lindsay Bailey



JUNE SPECIAL EVENTS

There are so many exciting activities planned this month. so mark you calendars and join us!

LIST OF EVENTS:

See Calendar for full details and times.

Seniors Month Special Events

- Thursday, June 1st ~ Piano Lounge
- Wednesday, June 14 ~ Senior Prom
- Friday, June 16th ~ Health & Wellness – Fresh Fruit Juice Demo
- Tuesday, June 20th ~ Spelling Bee
- Thursday, June 29th ~ Hands on Exotics Animal Safari

Resident Birthday Parties-

- Monday, June 5th - 2nd & 3rd Floor
- Thursday, June 8th - Union Mills

Father's Day Car Race & Wings & Beer Afternoon

- Sunday, June 18th

Resident BBQs

- Wednesday, June 21st - 3rd Floor
- Wednesday, June 28th - 2nd Floor

Kitchen Memories with Marquise

- Friday, June 23rd



- Ice Cream Truck Afternoon
- Garden Entertainment
- Balcony Socials

Happy Birthday

to all our residents who are celebrating this month!

Yuk Lin	02-Jun
Antonia	02-Jun
Duan	04-Jun
Herawati	05-Jun
Verghese	06-Jun
Kam Chee	06-Jun
Donald	06-Jun
Patricia	06-Jun
Doreen	07-Jun
Chun Keung	11-Jun
Evelyn	11-Jun
Donna	13-Jun
Werner	15-Jun
Carmela	22-Jun
Xue Fei	23-Jun
Paul	26-Jun
A Mui	28-Jun

QUOTES OF THE MONTH

If a June night could talk, it would probably boast it invented romance.”

– Bernard Williams

“I wonder what it would be like to live in a world where it was always June.”

– L. M. Montgomery

FUN FACTS

The birth flower of June

Rose and Honeysuckle

June Birthstones

Pearl, Alexandrite and Moonstone.

Astrology signs born in June

Gemini (May 21 – June 20)

Cancer (June 21 – July 22)

MEMORIES FROM MAY



Knitting Club

Bell Choir



Planting Day

Mother's Day



A WARM WELCOME TO OUR NEW RESIDENTS

Anna B. Larry B.
Kuan Cho F. Persefoni H. Janet M.

FAREWELL DEAR FRIENDS

Chris B
Barry C
Betty C
Leopoldine M
Angelina Z

POEM: I Am at Peace

*Speak of me as you have always done.
Remember the good times, laughter,
and fun.
Share the happy memories we've made.
Do not let them wither or fade.
I'll be with you in the summer's sun
And when the winter's chill has come.
I'll be the voice that whispers in the
breeze.
I'm peaceful now, put your mind at
ease.
I've rested my eyes and gone to sleep,
But memories we've shared are yours to
keep.
Sometimes our final days may be a test,
But remember me when I was at my
best.
Although things may not be the same,
Don't be afraid to use my name.
Let your sorrow last for just a while.
Comfort each other and try to smile.
I've lived a life filled with joy and fun.
Live on now, make me proud of what
you'll become.*

-Anthony Dowson

JUNE DAYS OF SIGNIFICANCE

We are proud to share these upcoming special days and holidays with our residents. Acknowledging and celebrating these days of significance supports a sense of community through inclusion.



FATHER'S DAY - Sunday, June 18

It is a day for Canadians to show their appreciation for fathers and father figures. The day is also held on various dates across the world, and different regions maintain their own traditions of honoring fatherhood.



National Indigenous Peoples Day - June 21

National Indigenous Peoples Day takes place on the summer solstice. It's a special occasion to learn more about the rich and diverse cultures, voices, experiences and histories of First Nations, Inuit and Métis peoples. Learning about Indigenous Peoples, places and experiences is a step forward each Canadian can take on the path to reconciliation.



EID-AL-ADHA - Sunset of June 28 to July 1

Eid al-Adha or the Feast of Sacrifice is the second of the two main holidays celebrated in Islam. Sweets and gifts are given, and extended family members are typically visited and welcomed. In the Islamic lunar calendar, Eid al-Adha falls on the tenth day of Dhu al-Hijjah and celebrated for three days.

June is Pride Month



As an advocate for all seniors, Unionville Home Society recognizes Pride Month as an affirmation of the dignity and worth of all individuals and a celebration of the diversity on our campus. Love is love.

Family Councils Week is June 3rd - 9th



The theme for Family Councils Week 2023 is ***It Starts With Us.***

A special thanks to our Union Villa Family Council for working so hard to support our residents and advocate for positive change in long-term care.

UNIONVILLE HOME SOCIETY LAND ACKNOWLEDGEMENT:

The Unionville Home Society sits on the traditional territories of the Anishinaabe Peoples and of the Haudenosaunee Peoples, and is also situated in Markham, one of the most diverse municipalities in North America.

Summer is finally here and our gardens are looking great. It is nice to see flowers blooming and to spend some time outside. Our summer BBQs are underway and small group programs have resumed in the courtyard.

HEAT AWARENESS & SAFETY



With the warmer weather, please take care when you are spending time outside to avoid heat-related illness. The effects may be sudden and with a dramatic onset, or may appear gradually over several days. Common signs may include:

- Rapid rise in body temp to 40.5 degrees or more.
- Disorientation, delirium, confusion, convulsions.
- Hot, dry skin.
- Cessation of perspiration.
- Might not be thirsty.
- Restless, irritable, dizzy, headache, nausea, vomiting.
- Decreased urination.

Please let the nurse on your unit know if you are experiencing any of these symptoms.



To beat the heat:

- Consume cool fluids even if you don't feel thirsty.
- Wear lighter, loose clothing.
- Restrict physical exertion and stay out of direct sunlight.
- Close windows and blinds to help keep surroundings cooler.
- Let the staff know if you are feeling too warm or if you are feeling any illness or discomfort.
- Place wet/cool towels on your forehead or the back of your neck for 10-20 minutes if you are feeling too warm.
- Wear a hat, sunglasses and sun screen when you are outside.

Summer doesn't last long so enjoy it!