

CONTACTS

NAME	TITLE	EXT	WHY YOU WOULD CALL
Abby Katz Starr	Chief Executive Officer	4254	If you have a major concern that has not been resolved to your satisfaction at the Administrator level then contact CEO
Terry Collins	Administrator	4243	You have concerns that have been addressed by the DOC first and the appropriate department manager second If you have questions, concerns or compliments you wish to discuss
Silvia Raposo	Director of Care	4246	Any questions, concerns or compliments about nursing and personal care of the residents
Julie Horne	CFO and Privacy Officer	4255	Oversees the Administration of accounting department. Any questions or concerns regarding the billings that has not being addressed
Maria Dimson	Director, Communications & Development Service	4270	In Charge of fundraising and Corporate special events
Pauline Phillips	Manager, Recreation Services	4225	Any questions, concerns or compliments regarding resident programming, including activation, and volunteer programs
Oriana Schwartzentruber	Social Worker	4259	Provides support for residents and their families
Almas Ifraimov	Food Services Manager	4248	Any questions, concerns or compliments regarding food
Praz Patkunarajah	Manager, Environmental Facilities Services	416-677-5602	Any questions or concerns for environmental services
Allan Gabudao	Supervisor, Housekeeping & Laundry	4272	Any questions or concerns for laundry and housekeeping



STAY CONNECTED
Residents Monthly Newsletter
Issue 11



A progressive community where older adults thrive; aging well and living better

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**Message from Residents Council President:
George French**

Our first residents' council since November was held on March 11th. It was good to have a small group of residents representing all the floors. Our March meeting began with Julie from the Adult Day Program leading us in a fun sing along. We all enjoyed the brief social interaction. I invite her to start us all off again. Our meeting had no problems and we sat at a good distance and adhere to Public Health and IPAC protocols and procedures. We had one new resident joined and the others were regular and faithful attendees.

In the future we look forward to have attendance of everyone once everyone gets the vaccine and our healthcare professionals say it's safe to do so. The minutes from the meeting is available to everyone whether you attend the meeting or not. Everyone who wants to receive a copy of the Council minutes so they can be complimentary or critical of what was discussed in meeting can get a copy. This copy of the minutes virtual makes it comfortable for everyone to feel present and able to participate in what is being done. Pauline's who is our staff assistance makes sure that she prints the minutes for all residents to get a copy. In May, we will have units Residents Council meetings and she will discuss some of the creative measures she and her team is taking to implement more small group programs in a safe environment following Public Health and IPAC guidelines and policies.



Message from the Recreation Services Department

On March 17, 2021, we marked one year since Premier Ford declared a provincial state of emergency under the Emergency Management and Civil Protection Act and began to order lock down of businesses and long-term care facilities due to a raging pandemic. The recreation department had to change the way we do programming and adjust to a new norm.

Practicing physical and social distancing has taken its toll on our spiritual services and gathering, social gathering with musical and special events celebrations. Residents can no longer physically roam throughout their home as they once use to. We have to amend most of our cognitive/intellectual rituals programming to small groups, virtual connections, hallway bingo, one to ones, live streams religious services etc. Through all of this the recreation team remained faithful and committed to forge ahead and come up with creative measures and techniques to meet your programming needs. Many of you to include your family members continue to express gratitude and thanksgiving to the team for a job well-done. This month we will be holding small groups of Residents Council meetings on each home area to hear and share relevant information. Please join us when we are on your unit. **Pauline Phillips**

Celebrating Victoria Day

Victoria Day commemorates the birthday of Queen Victoria on May 24, 1819. The people of the British Commonwealth have always celebrated the birthday of the ruling monarch as a patriotic holiday. However, during the long lifetime of Queen Victoria, her birthday came to have a special meaning. After Queen Victoria's death, people continued to celebrate her birthday to express their loyalty to the British Empire. In the early 1900s, the people of Canada celebrated Queen Victoria's birthday as Empire Day. The name was changed to Commonwealth Day in 1947. Canadians now celebrate Victoria Day and the official birthday of the reigning monarch as a legal holiday on the Monday before May 25th. This year we celebrate on Monday May 24th.



Happy Birthday Jon K

Residents Gardening week

You are all invited to join our residents and staff for our annual gardening week the first week of June. This year gardening theme is "Hope grows at the Villa". Stay tune for more upcoming information



May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends

Ellen	P	May 10
Maria	L	May 10
Lois	W	May 11
Rita	M	May 18
Julius	Z	May 19
Connie	W	May 23
George	F	May 25
Rose	S	May 29
Biu	Y	May 30
Muriel	S	May 31
Magdalene	K	May 31



Happy Birthday Maria D



“Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs.”

From the bosom of the devastated earth a voice goes up with our own. It says, “Disarm, disarm! The sword is not the balance of justice.” Blood does not wipe out dishonor nor violence indicate possession.

As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each learning after his own time, the sacred impress, not of Caesar, but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

The Original Mother’s Day Proclamation

By Julia Ward Howe

Arise, all women who have hearts, whether your baptism be that of water or of tears! Say firmly: “We will not have great questions decided by irrelevant agencies; our husbands shall not come to us, reeking with carnage, for caresses and applause.

Honoring Mother Ocean



Good sons and daughters will remember that May 9 is Mother’s Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of the entire world’s oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth’s surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about undersea life.



Farewell Friends

Sawarn Seth –(April)

Nellie Robinson

Helen Dent

James Ambrose

George Baladi

Dorothy King

Annette Grech

*Don’t grieve for me, for now I’m free,
I’m following the path God laid for me.*

*I took His hand when I heard Him call,
I turned my back and left it all.*



Welcome

We would like to welcome the following individuals who has recently moved into our home in April:

Puvi Ambalawarner

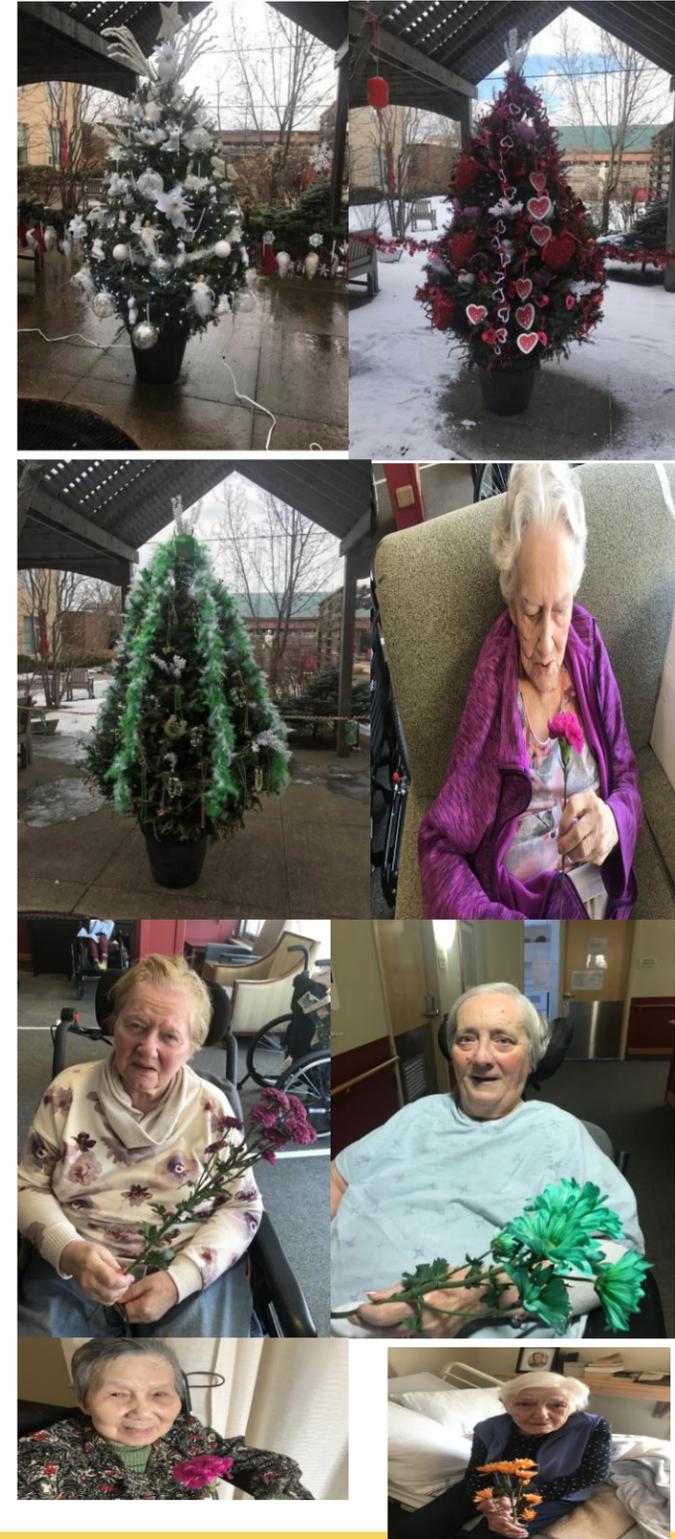
Hin Yung Tam

Alma Arbeau



We hope you enjoy your stay with us

From a Christmas tree to a Valentine's to a St. Patrick's. The tree that keeps on making our Residents happy and boosts everyone's morale at UHS. Let's share this tree with the world and spread some happiness's ♡☐♡



Celebrating International Women's Day



National Mental Health week (May 3-9)

There was once upon a time when talking about your mental health was a taboo or a private matter. And so many people suffered in silence. We have come a long way but there is still more to be done.

The pandemic has left many of us feeling times of extreme anxiety, depressive behaviours, worrisome feelings, lonely and isolation. This year theme is “Name it, don’t numb it”.

You’re encouraged to embrace all of your emotions-whether they feel good or not feeling good. Please know that it is normal and it’s a normal part of being human.

OARC (Ontario Association of Residents Council), is encouraging all residents living in long term care homes to enhance their personal wellness and to be supportive if a friend or someone you know is going through a mental health crisis.

They have shared the following free resources that you make find helpful:

BounceBack is a free skill-building program to manage low mood, mild to moderate depression, anxiety, stress or worry. Over the phone with a coach & through videos, you will get access to tools to support you on your path to mental wellness.

<https://bouncebackontario.ca/>

MindBeacon is offering free of charge to LTC health care workers and residents. MindBeacon’s Therapist Guided Cognitive Behavioural Therapy supports individuals with depression, generalized anxiety, health anxiety, stress, insomnia, PTSD, chronic pain and more. Individuals have their own e-therapist to meet their unique needs and busy calendar. <https://info.mindbeacon.com/btn542>

You can also, access tools at the Canadian Mental Health Association. <https://mentalhealthweek.ca/>.

Please know that your mental health matters and should be a priority.

**Residents Celebration of Life
Held on Tuesday,
April 27, 2021**



On Tuesday, April 27, 2021, we held our 3rd, virtual memorial service celebrating the lives of 26 of our residents who passed away between September 2020 and March 2021. 35 families and friends joined us for the service and the compliments continue coming.

In lieu of flowers the recreation team through collaborative effort created a memory tree from branches picked from the resident’s courtyard. The branches were painted by residents and we have used to celebrate Fall with residents hanging crafts on the branches and Christmas decor. At the celebration of lives pictures of each resident was hung on the stems of the branches as resident’s names were called.

The Tree that Keeps on Giving

Throughout the pandemic the tree has



been a symbol of life starting with the Christmas tree in the courtyard that was decorated for Christmas, Valentine’s and

St. Patrick’s Day. The symbolism behind trees and what they mean are different in many cultures. Trees are considered representative of life, wisdom, power and prosperity. The recreation staff and residents said our tree is the tree that keeps on giving us hope that all will be well soon.

Pauline Phillips, Manager, Recreation Services

Mothers Day



Stories

A man stopped at a flower shop to order some flowers to be wired to his mother who lived two hundred miles away.

As he got out of his car he noticed a young girl sitting on the curb sobbing.

He asked her what was wrong and she replied, "I wanted to buy a red rose for my mother.

But I only have seventy-five cents, and a rose costs two dollars."

The man smiled and said, "Come on in with me. I'll buy you a rose."

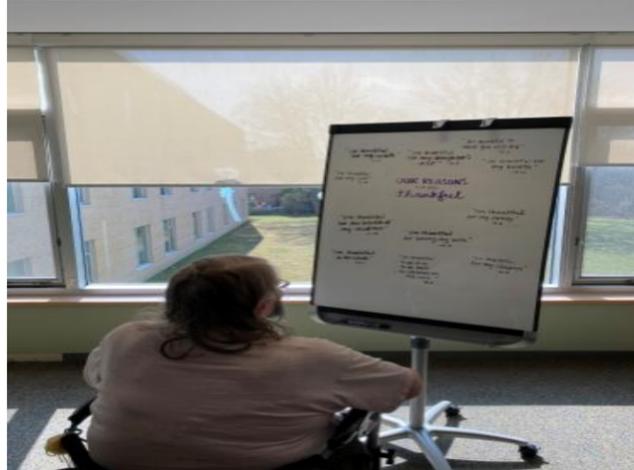
He bought the little girl her rose and ordered his own mother's flowers.

As they were leaving he offered the girl a ride home.

She said, "Yes, please! You can take me to my mother."

She directed him to a cemetery, where she placed the rose on a freshly dug grave.

The man returned to the flower shop, canceled the wire order, picked up a bouquet and drove the two hundred miles to his mother's house.



National Nursing Week 2021

The time of the year has come again when we get to celebrate our nurses for their hard work and the support they give to our residents. National Nurses' week is celebrated this year, May 10-16th in Canada.

Please join us in celebrating nurses' week. The theme this year is [#WeAnswerTheCall](#) and was developed by CNA to showcase the many roles that nurses play in a patient's health-care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.

Our nurses influence health care policy as well as the health care system to provide quality health care to residents and within our communities.

Here at Union Villa, we have a number of nurses on staff whose practical health care knowledge and experience is a valuable asset to assist and meet the needs of our residents. We are forever grateful for the care and support our nurses at Union Villa provide.

To the people who spend every minute of every hour seeing to our needs

Who care enough to hold our hands through our anguish and pain?

Who watch us as we heal with the smiles of hope spreading across our faces

We salute you nurses for all you do

You all are a dream come through.

Cheers Nurses! You are celebrated every day.

Happy Nurses Week!

