

# The SOCIETY Scoop

## MESSAGE FROM THE CEO



Since joining the New Unionville Home Society (NUHS) team as the CEO back in January, I have enjoyed getting to know the staff, residents, families, volunteers, donors and all who enjoy our seniors' campus. I am impressed with our committed Board and active Foundation, both advancing and contributing to our organization.

While I am the new kid on the block, we have a strong legacy dating back to 1967 and continue to be well-known as a progressive campus of seniors' care.

Our senior team and Board have recently embarked on the process of developing a new strategic plan for our organization. To date, significant consultation has taken place with our key stakeholders to identify priorities and uncover the most promising opportunities for NUHS.

I am pleased to share this next edition (my first) of *The Society Scoop*, showcasing many exciting initiatives, programs and events that have benefitted our seniors over the past few months.

## Union Villa: A Dementia Friendly Home

### A MULTI DISCIPLINARY APPROACH TO ENHANCING RESIDENT CARE

Union Villa is adapting the DementiAbility Method as we have identified that there are residents throughout the home that could benefit from the approach. Using the DementiAbility Method, we are focusing on resident engagement that recreates a time in their life that brings comfort, familiarity and happiness. This method supports the changing environment of long-term care and reflects the needs of our residents.

Our goal is to have the care team trained in DementiAbility and to have activities that are self directive and/or use cueing techniques. Program supplies will include baby basinetts for doll therapy; clocks that tells the day date and time; towels and clothing for folding; companion pets that look, feel and sound like real animals; and more.

Creating a more dementia friendly environment will help to alleviate some of the negative behavioural symptoms that accompany memory-related illness and contribute to a better quality of life for all residents.



# CALLING ALL VOLUNTEERS

The Unionville Home Society Volunteer Program has been providing thoughtful and meaningful support to our seniors for over 50 years. From one-off special events to ongoing recreational programs and customer service support, there is a range of rewarding and meaningful volunteer activities that help to improve the quality of life for residents and their families.

**Our program is always looking for more volunteers to support us in areas such as:**

- Resident Recreation programs
- Customer Service
- Fundraising
- Seniors' Special Events
- Friendly Visiting

As a volunteer, you will build a network of community members, support major events, add to your community service portfolio and join a flourishing hub for senior living in the heart of Unionville. If you are interested in learning more about our program, visit our website at [www.uhs.on.ca/volunteers](http://www.uhs.on.ca/volunteers), call us at **905-477-2829 ex. 4240**, or email us at [volunteer@uhs.on.ca](mailto:volunteer@uhs.on.ca). We would love to have you join us!



Fundraising Volunteers - Union Villa Dinner Party



Resident Event Volunteers - Jazz Night Dinner



Auxiliary Bazaar Volunteers - Bev & Wynn



Volunteer Recognition Celebration - April 2019



Volunteers from Aviva helping residents during Glam Makeover program

## Volunteer Spotlight – Meet Rita Freitas



In 1967, George and Rita, then newlyweds, moved to Canada from the Islands of Madeira, Funchal Portugal. They were blessed with two beautiful children who brought them added joy. In 2007, George needed to move into long-term care and that turned Rita's world upside-down. She retired early from her career in insurance to be by her husband's side every day. Fast forward 11 years and Rita has become one of our most dedicated volunteers. During her time caring for her husband, Rita witnessed a need for volunteers to assist with the limited resources long-term care homes face. As she has always had a love for helping others, she quickly offered her support in any way she could.

It all started in the Dining Room where Rita would assist her husband with feeding. There, she started to help the other residents at the table, and then the residents at the next table and then the entire third floor. It is not unusual to see Rita in an apron, at lunch and dinner, setting the tables, and then clearing and wiping them down.

Rita shares, "There nothing more satisfying than giving some of my precious time to others, because it is almost always the best time of my life.

The most important work of my life is my service as a volunteer, because it is where I give and receive unconditional love."

Rita's volunteer commitments include program assistance, helping with special events and accompanying residents during their monthly outings. Rita has also shared her creative talents by helping to facilitate the Art Therapy Program.

Rita's talent for hair-styling inspired her to offer residents the opportunity to have their hair styled and makeup applied before attending special events. "There's much more to being a volunteer than giving back. Not only is volunteering important because it helps to better your community, it also helps to better you as an individual. Volunteering is a free way to feel good about yourself."

When Rita's husband moved into Union Villa, little did she know that she would become part of our UHS family. Rita shares that she relies on us: "The more I give, the happier I feel." The truth is that we rely on Rita, her smile, her kindness and her genuine contribution to our residents wellbeing.

## Power of Music

### MUSIC AND MEMORY

We can all appreciate the feeling you get when you hear your favourite song. Music has the ability to take us back in time, and to evoke memories and feelings from the past. Hearing a familiar tune can offer comfort and cheer during times of sadness and can instantly change your mood. That's why we're launching the Music and Memory program. To start, ten residents will be given an MP3 Player preloaded with a personalized playlist. We hope to gradually add more participants based on available funding.

Priority participation are residents who have a formal diagnosis of dementia, behavioral diagnoses, depression or mental illness, or are reclusive or isolated or suffering from pain. With the assistance of families, residents were able to complete a questionnaire to determine their musical preferences.



### MUSIC THERAPY LAUNCHED

The 2018 Union Villa Dinner Party was a huge success and raised funds to support an enhanced Music Therapy Program for residents. Since April we have had a Music Therapist on site once a week. Initially, 40 residents participated in assessments to determine the best programming fit for our home.

The assessment indicated a need for individual 1:1 programming, palliative care support and group activity as follows:

#### 1. BELL CHOIR

In a group environment, residents enhance and maintain their physical and social skills as they follow cues, play their tone chimes, participate in song selection, engage in group discussion, and take advantage of performance opportunities. The choir will perform three times per year.

#### 2. MEN AND MUSIC

This is a program designed specifically to engage male residents and help them develop strong relationships with their peers through group discussions and active music-making.

#### 3. MUSIC FOR MEMORY CARE

Music for Memory Care has been created to support memory care programs for residents with dementia, Alzheimer's and memory impairment. Sessions will focus on assisting participants in building relationships and decreasing responsive behaviours.

*Stay tuned for more information on the progress of Music Therapy at Union Villa.*

## Resident Profile: Meet Roger Brodhagen

Most of the residents of Union Villa live here only a few years, some such as Roger Brodhagen, are with us much longer. Roger arrived in March 2008.

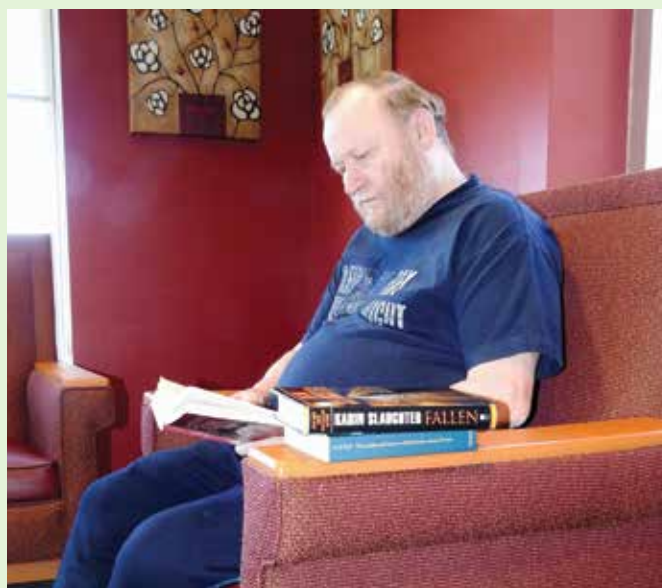
Born in 1954, the year of hurricane Hazel, Roger was just a few months old when the storm hit, destroying his family's home in New Toronto. As a result, his parents were forced to move north to Aurora, where Roger eventually went to school, finally graduating with a grade 12 diploma.

Upon graduation, his first job was at a car dealership doing menial tasks such as cleaning cars, working in the body shop sanding, and taping vehicles that were to be repainted. Wanting something more challenging, he sought employment with Toronto Transit where he became a dump truck driver for the construction department, a job he held for two years.

Around this time, he met and married Adele. He was 20, she 19. With marriage came new responsibilities. When a relative suggested he submit an application to the York Region Board of Education, Roger jumped at the suggestion and was hired as a caretaker. Wanting to advance his career, Roger soon enrolled in a stationary engineering course, eventually graduating with a third class engineering certificate.

With this new certificate in hand, Roger began to rise through the ranks, eventually becoming the facility manager looking after 5 elementary and one high school, with a team of caretakers and mechanical engineers under his supervision. He worked with the school board for over 30 years, while also raising two active boys.

When Adele began collecting a large number of ceramic dolls, Roger thought his wife needed a proper place to display them. An ad in a Sears catalogue featuring a cabinet that looked perfect, inspired him to build, without any training in carpentry, a couple of cabinets for his wife, just like the one in the picture. I think, both of them were surprised how well this project turned out, and Adele was delighted. This started Roger on a new hobby.



Roger loved ice fishing. He enjoyed being alone in his shed on the ice on Lake Simcoe. While working on his engineering course, he'd take his books with him and study out there while watching his line.

When the family wanted a cottage, Roger enlisted the help of a father-in-law and a couple of brother-in-laws, to build one. The result was a place of enjoyment for the whole family for many years.

When Adele had to undergo brain stem surgery - which left her unable to walk or manage the home - Roger took over the household duties, while continuing to work full-time. Through his loving care, Adele gradually regained the ability to walk short distances. But the stress of this added work proved too much. Roger suffered a total nervous breakdown which left him unable to cope with life. When he arrived at Union Villa, he was in very poor condition, wanting only to be by himself. He attributes his recovery over the past 10 years to the care and support he's received from staff. Today, he enjoys taking walks and participating in some of Villa's activities. Roger enjoys his life here and now feels a part of the community.

## Greetings from the New UCCS Coordinator!

### WHAT'S NEW AT THE UNIONVILLE COMMUNITY CENTRE FOR SENIORS

Please allow me to introduce myself. My name is Maha Naqi, and I am the new Program Coordinator for the Unionville Community Centre for Seniors.

You may be wondering, "What exactly is a Program Coordinator?" The short answer is that I am here to support the centre's day-to-day operations and fill the centre with exiting programs and services.

Since joining UCCS, I've had the great pleasure of meeting and working with a range of staff, community partners, members, and volunteers to pilot new programs and host a number of special events.

Back in March, the UCCS Member's Council put on a wonderful St. Patrick's Day luncheon. We also had the privilege of hosting representatives from York Region for our Senior Speaker Series lecture on the Vial of Life.

Highlights include the addition of a bi-monthly Health Check and Blood Pressure Clinic with our partner, Carefirst; a Spring Cleaning Series; a Kitchen Safety Seminar; and gardening workshops.

I also had the distinct privilege of hosting over 40 community members at my "Meet Maha!" event.



Apart from allowing me to share with attendees a bit about my goals for the centre, it afforded me the opportunity to take questions, hear suggestions, and garner important feedback. Attendees also had a chance to fill out a brand-new member survey, the results of which will guide the development of new programs and events at the centre.

While I am delighted with what has been accomplished thus far, I am even more excited for what is to come. Check out our Monthly Newsletter for more details. You can access it on the UHS the website or pop into the centre for a copy.

Together, we will make UCCS a place of welcome and wellness, learning and support, compassion and empowerment, connection and celebration.

As Ol' Blue Eyes would say, the best is yet to come.



# UNIONVILLE HOME SOCIETY FOUNDATION UPDATE

## INVESTING IN OUR RESIDENTS' CARE

*Unionville Home Society Foundation is a registered charity founded in 1991. The foundation is dedicated to a single mission: to fund amenities and initiatives that enhance the lives of our residents. The foundation believes quality seniors care is a priority and endeavours to provide a variety of “giving” opportunities ranging from special events, to personal and corporate giving campaigns.*

## 2019 GARDEN BY THE GREENS – Helping our residents' garden grow



On Thursday, May 2nd, the Unionville Home Society Foundation hosted its third annual Garden by the Greens Luncheon, a garden party at the beautiful Angus Glen Golf Club. This annual event raises funds to enhance and maintain the resident sensory courtyard and garden. We had a sold-out crowd with over 175 guests eager and ready to be wowed by our host, Kate Seaver of Kate's Garden, and special guest, Jode Roberts from the David Suzuki Foundation. This year's theme was Winged Miracles, an event dedicated to celebrating gardens that embrace pollinators, like butterflies, hummingbirds and bees.

The resident garden is already quite pollinator friendly, with bird feeders and flowers aplenty. But with this year's theme and learnings in mind from Kate and Jode,

we hope to bring even more beauty to our garden by planting beautiful greens and flowers that will attract happy critters and allow our garden to flourish.

We are proud to announce that this year's event raised over \$9500. Guests were able to donate through raffle prizes, silent auction biddings and tulip sales courtesy of Kate's Garden. A special thank you to our generous Sponsors – Stephen Tar Team, Dixon Garland Funeral Home, Flato Developments, The Hogan Group and Chartwell Rouge Valley.

Thank you to all who supported this year's event. Save the date for next year – May 7, 2020.



## UPCOMING FUNDRAISING EVENTS



**2019**  
**UNIONVILLE**  
**CHARITY GOLF CLASSIC**  
**THURSDAY JUNE 20, 2019**

Join us in enhancing the home environment and resident experience for those living at Union Villa

**ANGUS GLEN GOLF CLUB • SOUTH COURSE**  
**6:30 AM REGISTRATION • 7:45 AM SHOTGUN**

**Cost: \$275/golfer**

Includes: 18 holes of golf/cart, Breakfast & Lunch, Passport & Activities

For more information or for Sponsorship opportunities,  
contact 905-477-2839 ext. 4270

**Signature Sponsor  
& Founding Supporter:**



Town+Country Volkswagen

*Live, Laugh*  
**UNION VILLA**

### **2019 UNION VILLA DINNER PARTY**

*Help us bring innovative dementia  
programs to our residents*

**NOVEMBER 1, 2019**  
**ANGUS GLEN GOLF CLUB**  
**COCKTAILS AT 6:30PM • DINNER AT 7:30PM**

Charitable Registration #87172 1940 RR0001



**DINNER PARTY  
TICKETS: \$225**

**CORPORATE  
TABLES: \$2750**

To purchase tickets or inquire  
about sponsorship, please  
contact the Foundation Office  
at 905.477.2839 ext. 4270  
or email [dinnerparty@uhs.on.ca](mailto:dinnerparty@uhs.on.ca)



### **Our Mission:**

Enhancing the experience of aging, one person at a time.

### **Our Vision:**

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

Charitable Registration #87172 1940 RR0001