

UHS Employee Development

Profile of PSW Brianna Henry

I remember watching medical shows and wanting to be one of the nurses. They were confident, caring, and compassionate about their patients. Since I was 14 I knew I wanted to do the same.

I went to school as a Personal Support Worker and my first placement was at a Chartwell retirement home, where I had my first experiences helping older adults.

At UHS, I had a great experience as a PSW at UHS. Many PSWs with extensive experience mentored me and other new PSWs. I learned from my mentors that questions aren't stupid, because we are in this together. It helped me overcome my fear of asking for help.

In 2022, I was awarded the Glenn Crosby Family Bursary, an award given to a current UHS employee to advance their career in long-term care. I had already made my decision to start studying to be a Registered Nurse because I wanted to challenge myself. This bursary helped me go forward with achieving a diploma in Practical Nursing. I wanted to learn the medication/wellness side of health care so I could be more helpful to patients and their families.

Now I am enrolled at Durham Collage and I'm learning a lot about not just adults but babies, children, and postnatal care. I adapted the knowledge, skills, and competence from Unionville Home Society to help me transition to the nursing program.



Brianna with Glenn Crosby (right) at the 2022 Bursary Awards presentation.

If I had any advice to other PSWs, it would be: Come to work with a smile it will bring you luck. Always do your best even when nobody is watching. Never give up on your goals and dreams for your future. I thought I couldn't do it, but you never know unless you try.



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My Life: A Resident Profile

Meet Mufideh Sabarini

Born in spring 1935, Mufideh is the second oldest of four siblings. She was born in Iraq and moved to Jordan when she was young. She spent all her life in Jordan, and married a Jordanian Palestinian. She raised 3 boys, one of whom lives in the USA, one who sadly passed away, and one who lives in the GTA and visits her all the time. She has been blessed with a total of 7 grandchildren, and 6 great grandchildren. She moved to Canada in 1985, first to Scarborough and then Markham in 1992 at The Hunt Club. Sadly, her husband passed away in 2002 from cancer.

She is a mother who gave her life to her kids and her husband and her family, to ensure that everything is good for them. She is always caring about her family, she did not think of any other thing. Always made sure she has food, house affairs, the devoted wife. She took great pride in her homemade meals, because she loves cooking. She has a wonderful recipe for curry with rice she developed her with own spice blend. Everyone always loved eating it, it always brings back memories.

She is a quiet person who would always turn the other cheek, because she is very peaceful person. Very giving, and sometimes shy, she can be sociable if the person and topic is interesting to her. She loves the activities at Union Villa and she has been very active since moving in. She wants to thank everyone for the activities that make her feel active again. She wasn't as active before, so she felt more aching and discomfort. Now she has many activities to participate in, and the aches are so much less. She loves bingo and the dancing, musicians and performers who come to the Villa.

Moving into long-term care is not easy, many people do not want to do it. She had to move into LTC due a medical situation she had...but



was the best thing that has happened to her. She would not be able to take care of herself alone. UHS has done a tremendous job taking care of older people who cannot take care of themselves. Maybe we don't appreciate the hard work that comes with it, but UHS has really done a good job taking care of her and everyone else. She really thinks it was the right decision. Before she moved in, she was always aching, feeling pain, this and that, now that she moved in, she is looking forward to doing things, more sociable more active, and I think that was the right thing to do, I am very happy. Thank you to everyone at Union Villa, she loves her workers, and she thanks them for taking care of her.

Content Contributor: Neil Sabarini, Mufideh's son. Thank you for sharing her story with us.

Campus Happenings: Winter 2023 Snapshot



Wyndham Gardens residents enjoy a Lunar New Year Celebration evening



ADP presents a Scottish Appreciation Day



Employee Service Awards Presentation



Embracing Equality - IWD 2023

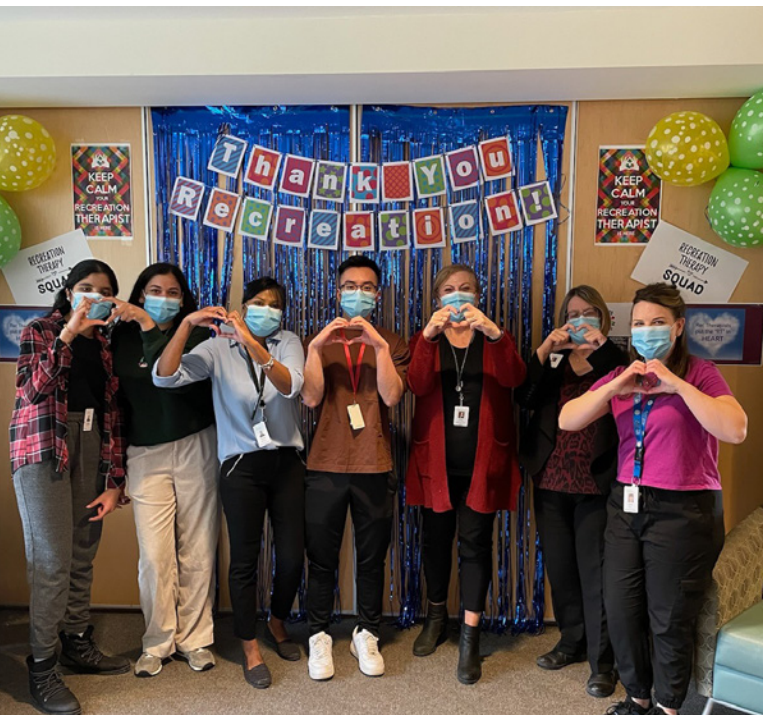
Aging well and living better - one program at a time



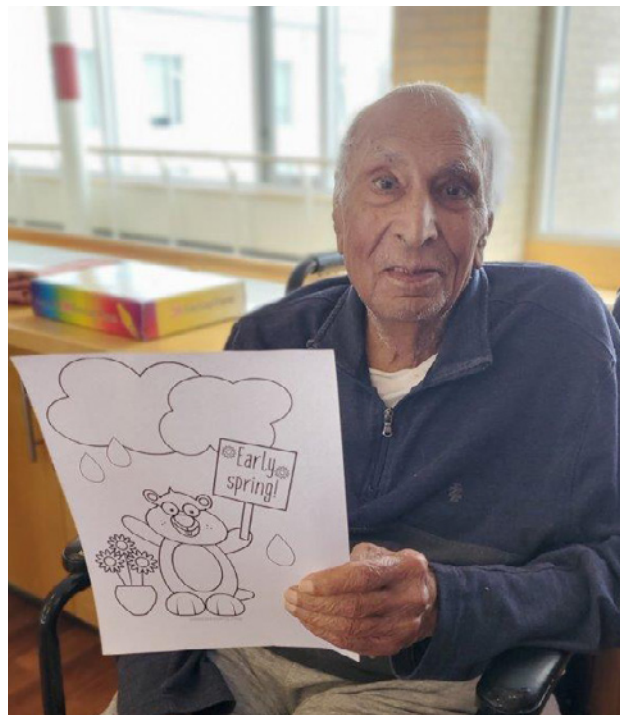
Therapeutic Paws at Union Villa



Union Villa recognizes the Dietary Team



Recreation and Activity Staff Appreciation Day



Groundhog Day - Resident predictions

UCCS: Serving Seniors at New Satellite Locations

On March 8, 2023, we closed the doors at 17 Anna Russell Way and started a new chapter at Unionville Community Centre for Seniors.

For members and staff, the old building holds 40+ years of memories: countless special events, cultural celebrations, annual fundraisers, and card and board games with friends on a rainy afternoon. As sad as we are to say goodbye to our old home, as the saying goes, when one door closes, another opens.

On March 20, we resumed programs at our two new satellite locations, Bethesda Evangelical Lutheran Church and Central United Church, both just a 5-minute walk away from our former location. Classic UCCS offerings like Tai Chi, bingo, bridge, fitness classes, trivia, music programs and line dancing have all resumed.

On March 30, we hosted an open house at Central United to update our members on our program offerings for Spring and Summer and give our members an opportunity to visit us at our new space. The response from our members proves how much they value what UCCS represents: the ability to age well and live better within a caring community.

We want to thank the UCCS staff, volunteers, and membership (past and present) for their support and generosity since the centre's founding in 1980. We also want to mention the warm welcome we have received from both churches and look forward to growing our relationships. UCCS remains proudly committed to continually promoting an active lifestyle that enriches our seniors' minds, bodies and spirits.

If you have any questions about our programming, please don't hesitate to contact Maha Naqi, UCCS Coordinator, at mnaqi@uhs.on.ca or the new UCCS phone line: (437) 431-2831.



Employee Spotlight: Meet Jean Mulrine

Decades of Cherished Memories

My story at Unionville Home Society started in 1994 when I became a volunteer and then shortly afterwards in 1995, started working part-time in Customer Service answering calls and greeting fellow staff and all who came to visit their loved ones.

In 2000, I became a full time employee, hired by the Accounting Director to support the finance department. In those days, invoices and cheques were run at Customer Service, so I already had relevant experience. Over the next few decades, I had the added responsibility for accounts payables and receivables, and also managed the resident trust accounts. One of my greatest pleasures was to meet and greet every new resident and their family during the Admissions process.

Originally I chose to volunteer at UHS because I lived in the area and had attended the annual Union Villa Auxiliary bazaar which were (and still are) completely organized by the Union Villa Auxiliary. Those bazaars were held in the old Villa auditorium with such long line ups just to get in and shop the great finds and handmade crafts. I really enjoyed being a volunteer Dietary Aid and being a friendly visitor so much that I continued to help residents even during my years of employment.

My 27+ years at UHS have brought me such fond memories of the seniors on our campus and also of the wonderful staff who I learned from, laughed with and spent so much time together.



R:L - Jean helping at a seniors BBQ with volunteer Lorraine

As I enter my retirement later this spring, I wish to thank the residents, families and coworkers for their ongoing support and friendship. I have much to cherish and look forward to my next chapter.

– Jean



Union Villa Recipient of Special Grant

On April 19, 2022, Unionville Home Society applied for a grant from the Ontario Provincial Command Branches and Ladies Auxiliaries Charitable Foundation of The Royal Canadian Legion. The grant request was to fund Promatt Plus Air Mattresses and Air Control Units for the residents at Union Villa. These specialty mattresses provide maximum pressure support and ultimate comfort for our residents.

On March 30, 2023, Stouffville Legion Branch 459 President Murray Pattenden visited Union Villa to present a cheque for \$10,752 to CEO Abby Katz Starr and her team. On behalf of the residents and staff, thank you for this generous donation.

UNIONVILLE HOME SOCIETY FOUNDATION

SAVE THE DATE: 2023 Fundraising Events

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



presents

HOME GROWN

Bringing Food, Family and Friends Together

THURSDAY APRIL 20, 2023

ANGUS GLEN GOLF CLUB

10:00 am Garden Marketplace
11:30 am Floral demo by event host, Kate Seaver
12:00 noon Lunch and Presentation

TICKETS... \$85

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2023

UNIONVILLE

CHARITY GOLF CLASSIC

WEDNESDAY JUNE 21, 2023

ANGUS GLEN GOLF CLUB SOUTH COURSE

6:30 am Registration | **7:30 am** Shotgun

TICKETS

Per Golfer... \$300
 Early Foursome ☒ \$1,100
 Foursome ☒ .. \$1,200

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





For tickets, more information on these events or sponsorship, please contact us at 905.477.2822 ext 4270 or at mdimson@uhs.on.ca.

**portion of ticket fees may be eligible for a tax receipt, subject to CRA guidelines*

Net proceeds to fund resident programs, new equipment and technology - all crucial to advancing long-term care.

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.