

The SOCIETY Scoop

Focused on the Future

Message from our CEO, Debra Cooper Burger



Another full year has passed; another round of Annual General Meetings has been held and we had much to celebrate. Suffice it to say that a tremendous amount of best practice work, infrastructure investment and organizational advancement was accomplished this year.

Annual General Meetings are wonderful opportunities to take stock, reflect, and celebrate all that has happened over the last 12 months. This year however, the meetings are also focused on the future.

“Without a doubt, our minds are set on a viable, sustainable path”

The New Unionville Home Society launched its new Mission, Vision and Values at the annual meeting. The new strategic plan was also presented. The strategic directions outlined in the plan will position the campus for future success and sustainability, and most importantly serve our residents well. Without a doubt, our minds are set on a viable, sustainable path. I express my sincere appreciation for the invaluable contribution and cooperation of the Boards in charting a road map for continuous growth and quality, thereby steering our campus to greater heights.

This communication brought to you by the Senior Management Team.

MY LIFE: A Resident Profile

Meet Ivan from Cedar Grove



My name is Ivan and I would like to tell you a bit about myself. I was born in 1930 in Ottawa, Ontario. I went to the University of Ottawa and graduated with a degree in Phys. Ed. Over the course of my career, I was the Recreational Director at Cochrane High School, Head of Recreational Staff at Atomic Energy in Deep River and I retired as the President of Centennial College in 1992.

I have been married to Shirley for 54 or 55 years, I am not sure exactly but it has been a long time. Together we raised 3 lovely daughters in the town of Unionville and are the proud grandparents of 7 grandchildren – 6 boys and 1 girl.

I was always physically active during my years and enjoyed sports such as skiing, curling and golf. I enjoyed skiing at Blue Mountain and also the occasional visit to Mt. Tremblant in Quebec. As a result of my position at Centennial College, I even threw the first pitch at a Blue Jays Game on Sept 10, 1991. Once I retired from Centennial College, I was happy to be able to golf almost daily.

“Learning is forever”

While I am very proud of my career and retiring as President of Centennial College, I am most proud of pioneering Continuous Education, and revolutionizing adult part-time studies. I was hired in 1967 as the first director of Continuous Education; in 1971 become an Executive Vice President and then President in 1979. I had the honour of travelling to China to speak on behalf of the Canadian Association of Community Colleges.

Over the years I have been impressed and amazed by the way people have taken to keeping their education current and continuing to learn. The phrase I coined and like to impress on others is “Learning is Forever”.

The key to success, and I have to say personally I did a good job at this, is to form partnerships with people who are also committed to what you are trying to accomplish.

Celebrating a 35th Anniversary with Union Villa: A Staff Profile



Theresa Romita has seen Union Villa grow and change over her years of service. You can ask her about almost any campus event – chances are, she was there. This year, she, along with UHS staff, volunteers, and residents celebrated her 35th year at Union Villa.

Theresa says that it’s the residents and staff that have kept her here since she first walked through the doors.

“As you can imagine, I’ve seen many people come and go,” she says, adding that she’s still in touch with many former staff who are no longer at the Villa. “You feel like they’re family.”



Theresa’s work with UHS started in 1978 when her husband began volunteering as a bus driver. Starting out working part-time in housekeeping, Theresa quickly felt at home and decided to stay full time in housekeeping and laundry. She has worked closely with residents from the very beginning, and as she says, “the rest is history!”

Fast forward 35 years, and Theresa still says the best part of her job is working with residents.

“I go in in the morning and say hello, and they smile at a familiar face. To see their faces is the best part of my day,” she says.

“You feel like they’re family”

As Theresa started a family and began to seek home care for her own parents as they aged, she saw the importance of great care and kindness when working with seniors. She wanted to be able to do the same in her job, and today is a true asset to Union Villa.

Theresa is a grandmother of two, and outside of work she loves to travel with her family. Her favourite trips have been to Italy, where she can hear her grandkids speak in Italian!

In 2013, we were thrilled to celebrate 35 years with Theresa as part of our staff. Her dedication and care have helped make Union Villa home to many residents over the years.

Building Community Partnerships

Long term care is a major component of the health care continuum in Canada. According to Statistics Canada, the chances of requiring long term care are one in ten by age 55, three in ten by age 65 and five in ten by age 75.

In light of the changing demographics, research in long term care is capturing much needed attention. Long-term care communities, such as Union Villa, are rich environments for research. Many, if not most of the current innovations in long-term care are arising from within the practice community. Collecting information on the quality of long-term care serves multiple purposes such as enhancing resident care, informing regulatory functions, setting standards and monitoring performance.

The long-term care industry is in the midst of rapid, sweeping changes. To advance toward better quality long-term care, we need descriptive and comparative studies of exemplary programs, qualitative studies of innovation, and studies of the effectiveness of interventions - just to name a few.

Union Villa sees research as an opportunity to learn and to influence quality improvement. The Villa is currently participating in two exciting initiatives with researchers at York University:

1. Working with Principal Investigator Dr. Tamara Daly, on the study **Invisible Women: Gender and the Shifting Division of Labour in Long-term Care Residential Care Facilities**, Union Villa was the site for key informant interviews and observation. The study is aimed to better understand if and how residents' care and workers' occupational health and safety are affected by the use of informal caregivers (e.g. paid companions, and unpaid student, volunteer and family care) in residential care facilities.

“ Union Villa sees research as an opportunity to learn and to contribute to learning ”

2. The second study, **Re-imagining Long-term Residential Care: An International Study of Promising Practices**, seeks to identify promising practices for thinking about, planning and organizing long-term residential care; the place where some of our most vulnerable citizens live. An international interdisciplinary team led by Dr. Pat Armstrong of York University spent a week at Union Villa in May, 2013. The team included academics from Canada, the USA, the UK, Sweden, Germany and Norway; who were trained in sociology, medicine, social work, history, media studies, philosophy, architecture, health policy and more. The study also provided opportunities for graduate students, the next generation of long-term care researchers, to be involved in the research.

Union Villa and the New Unionville Home Society campus stands ready to play an important role in supporting and advancing research in seniors care.

Welcome to the Unionville Community Centre for Seniors

Hidden Treasures Bazaar: Another Success



Barbecue, vintage treasures and fellowship were on the menu for residents and community members to enjoy at the 2013 Hidden Treasures Bazaar, the annual vintage and “nearly-new” summer market held on the NUHS campus. Organized by Unionville Community Centre for Seniors (UCCS) members, the bazaar has been an anticipated summer event for a number of years – and continues to draw crowds on the hunt for great bargains.

Our thanks to the **Stephen Tar Leading-Edge Realty team** who generously sponsored the BBQ, dishing up hamburgers, hotdogs and salads to residents, volunteers, and guests. Over 30 UCCS volunteers worked tirelessly in the spring and early summer to plan and implement the event, supported by some young volunteer energy from the Unionville Octagon Club.



“When you work with volunteers, it’s great energy because everyone wants to be there,” says UCCS Manager Valerie Leslie. The UCCS is pleased to announce that the 2013 Hidden Treasures Bazaar raised over \$3000 in support of seniors’ health, recreational and cultural programs and services at the centre.

Upcoming Events on Campus

UCCS Membership Drive 2013

Join us and our Host sponsor, Stephen Tar Century 21 Leading Edge Realty, for our annual *Open House, Membership Drive and BBQ* on:

September 20th, 2013

UCCS Membership Drive: 10:00 am - 2:00 pm Fee: \$25.00

BBQ lunch: 11:30 am - 1:30 pm

Door Prizes & Entertainment! A great way to reconnect with friends after the summer and make new friends while renewing your UCCS Membership and checking out all the great programs in the Fall schedule. Please RSVP for the BBQ at (905) 477-4944.

If you are unable to attend and renew your membership in person, please contact: Valerie Leslie at (905) 477-2839 ext. 4268



Candlelight Memorial Service

Please join Union Villa Pastor Mike in honouring and celebrating the lives of those Union Villa residents who have passed away over the past few months.

Tuesday October 8, 2013 • 7 pm to 8 pm
Union Villa Spiritual Centre

To help us anticipate the number of guests, kindly RSVP to Customer Service by Thursday October 3rd at (905) 477-2839. Refreshments will be served.

This event generously sponsored by: Chapel Ridge Funeral Home & Cremation Centre.



Come Home for the Holidays Holiday Bazaar

It's become a tradition on our campus to kick off the holidays with a Holiday Bazaar with double the festive fun at Union Villa and the Unionville Community Centre for Seniors.

Saturday November 23, 2013 • 9 am to 1:30 pm

Great deals, treasures, and a lunch break café. For more details, please call (905) 477-2822.



Kate's Garden: Comfort & Joy Vintage Tea Party

Wednesday December 11, 2013 • 1 pm to 4 pm • Fee: \$35 + tax
Heritage Centre, UCCS, 17 Anna Russell Way, Unionville

Enjoy inspiring Christmas decorating, wrapping, and gift ideas from Kate's Garden, a look into the most fashionable holiday wear from Peppertree Classics, and enjoy seasonal fare with a festive afternoon tea from Appetizers & More.

Net proceeds will benefit the UHS Foundation to bring holiday cheer to the residents of Union Villa. For tickets, please contact Kate's Garden at (905) 604-2451 or email at care@katesgarden.ca

A Union Villa First: Resident Art Exhibit



Diane Brown believes that colours, textures, and creativity may go a long way in promoting health and healing. As volunteer coordinator of the Union Villa Art Therapy program, Diane helped bring this concept to life at the First Annual Resident Art Gallery. For the last three years, Diane has guided classes of 6-8 residents to create beautiful works of abstract art in the Art Therapy program.

In recent years, health practitioners and researchers have explored the use of art to address the emotional and social needs of older adults. Many experiences suggest that art therapy may help improve emotional management and expression, concentration, and communication for older adults with Dementia or Alzheimer's.

In June, the art work of 20 Union Villa residents who participated in the program over the last year



was displayed on the walls of the Heritage Lounge at our first Resident Art Gallery. The event was a huge success, bringing families and caregivers of our "Union Villa Group of Artists" into our home to admire the creativity and talent of this special group. Over 80 guests joined the artists in celebrating their artwork and this outstanding program.



Over the next year, Diane hopes to recruit more volunteers to help expand the Art Therapy program. For more information on volunteering in the Art Therapy program, please contact Diane Brown at edbrown5@me.com.

Introducing the New UHS Strategic Plan

In the Fall of 2012, board members began to look ahead to the next four years to help ensure that NUHS continues to provide residents with the best care, and staff with the tools they need to deliver it. After gaining insight from residents, staff, families, other health care providers, government agencies and the greater community, we are pleased to introduce the New Unionville Home Society 2013-16 Strategic Plan.

This past August, the first phase of the launch of the new Strategic Plan took place at the Annual Staff BBQ. Lynn Harrison and Tim Sin of the HR Department organized the recognition event to show appreciation to our staff for their hard work and commitment to provide outstanding care and service to all who live on our campus.

CEO Debra Cooper Burger welcomed and introduced the new Strategic Plan details to the staff. There was much enthusiasm regarding the new Strategic vision, mission, and values and the goal of operating at a GOLD standard over the next three years.

