

Champions in our Community

A big thank you to Ward 3 **Councillor Don Hamilton** and his assistant Marina, for hosting the UCCS Valentine Luncheon on February 14th. The food was delicious, the music was great, and the turn-out was outstanding. Kudos also go out to **State Street Global Services** for volunteering and for donating door prizes to the event.



Memoir Creative Writing: A New Program at UCCS

The seniors are enjoying a new program that stimulates the mind and spirit. The Memoir Creative Writing class is lead by Sheila Teixeira who brings a wealth of experience. Sheila has published two books and volunteers her creative skills at other organizations as well. The feedback so far has been very positive with attendees saying that the program is refreshing and jogging past memories by putting them down on paper.

UCCS Membership Strong and Growing

Spring is here and our programs are in full bloom. Thank you to our 300+ members for your ongoing support and participation. If you have not visited the centre as yet please feel free to drop by or view our monthly program calendar at www.ush.on.ca. New members always welcome. Membership fee applies.

For more information on the Unionville Community Centre for Seniors, please contact Valerie Leslie, Manager, at 905 477 2839 ext 4268.

Wyndham Gardens Apartments: Did You Know?

- Wyndham Gardens offers a “fine dining” experience at their special monthly dinners organized by the resident volunteers. The dining experience provides opportunities to meet and socialize with the residents of Wyndham Gardens, Heritage Village and their guests all while enjoying a fabulous meal. Frequently there are “themed” dinners with entertainment. The resident volunteers, Donna and Ron Mason and Marguerite Kelly are responsible for the dates, co-ordinating the menu with the Manager of Food Services, decor, entertainment and the always attractive table settings. The dates are advertised on the Resident Notice board in the Front Lobby and tickets are sold on Wednesday at Coffee Hour.
- On April 1987, the first tenants moved in.
- The official opening of Wyndham Gardens was in July 1987.
- A 25th Anniversary celebration has been planned for Thursday, July 26, 2012. Details to follow in next newsletter.



The Importance of Milestones

Message from our CEO, Debra Cooper Burger



I recently used the word “**milestones**” in my remarks at a luncheon celebration for 23 staff members who received Years of Service Awards. We tend to use the word **milestone** when we are measuring or referencing the progress of a person’s career; which was the basis of my message of thanks to our staff members. We annually host a luncheon to recognize employees who have served 5, 10, 15, 20 and 25 or more years of service. This year there were 4 staff members who reached the “silver” milestone of 25 years of service. These employees who are all front-line workers make a difference in the lives of our residents every day.

I think that **milestones** reflect the fact that our nonprofit organization is unique, successful and worthy of our continued commitment to our Vision. Recognizing special dates, anniversaries and accomplishments give us an opportunity to examine the hard work and optimism of past generations. This deepens our current leadership perspective and motivation.

Wikipedia tells us that in the true sense of the word – a **milestone** is one of a series of numbered markers placed along a road or boundary at intervals of one mile or occasionally, parts of a mile. They were created to identify reference points along the road and provide reassurance to travelers that they were on the proper path.

The road to development of the Unionville Home Society campus is full of many **milestones** – the building of the Villa (old and new), the development of Heritage Village and the Community Centre, the integration of the community support programs and the construction of Wyndham Gardens.

In 2012, Wyndham Gardens will celebrate another **milestone** – its 25th anniversary as a lifelease apartment building for seniors. We will share more information on the celebratory events that are being planned but I suggest that this anniversary highlights a campus history of innovation and a tradition of being on the proper path.

Years of Service: Sharing A Staff’s Story

Terri Roy, Manager of IT and Payroll Years of Service – 10 years

My introduction to Unionville Home Society came when I left Bell Canada where I had worked for a number of years. Initially my intent was to attend medical school after I finished my degree in Cellular Biology but as fate would have it, I met my husband and decided to take a 2 week temporary position as the UHS President’s personal assistant before continuing my studies. At Bell, it was expected that if you could manage one thing you could manage many so I had developed a diverse skill set that helped me to “jump in” as asked at UHS to support new initiatives, programs and departments as the need arose. Eventually I officially joined the team full time and the rest is history!

The role of Manager of IT and Payroll includes responsibility for the phone systems, the computer network, photocopier and printer services, the shredding program and all things payroll. I am also the person you see for an identification card. I manage most software programs and the website too!

I would describe myself as creative, driven, committed to my role and never missing out on a good laugh. My interests include pottery, dogs and photography.

Some of my greatest accomplishments were learning to scuba dive at the age of 16 with the RCMP. I have become quite a master at Pottery as it is my “Zen” and I went back to school at 35 and learned about cells!

The past 10 years at UHS have taught me that change is the only constant. I also

appreciate how the staff and volunteers strive to improve the experience and environment of our residents. I feel lucky to be part of a great team, which I believe is the key ingredient to being a success.



Spring Events: Save the Date

Daffodil Tea & Flower Sale

Thursday March 29th, 1:30pm

UCCS Health Fair

Friday April 13th, 10:00am – 2:00pm

Ontario Youth Challenge Fashion Show

Thursday April 19th, 2:00 – 4:00 pm

Lady & the Tramp Italian Dinner

Saturday April 21st, 5:00 pm

Heritage Village & Wyndham Gardens Memorial Service

Monday April 23rd, 2:00 – 3:00 pm

Spring Fever Show

Saturday May 5th, 7:00pm

A fun evening of guaranteed laughter for everyone

Annual May Sale

Saturday May 26th, 9:00am – 2:00pm

Deals for the whole family

Union Villa News – The Villa Voice

MY LIFE: A Resident Profile



My name is Paul Cockburn and I am pleased to share a little bit about me. I was born and raised in the east end of Toronto as the youngest of 4 boys.

After high school, I went to the University of Toronto to study for a Bachelors and a Masters degree in Applied Science. There I studied to become a registered civil engineer. After graduation,

my career took me many places, the most memorable being Saudi Arabia.

I have been married to my wife Eileen for over 50 years and we have 4 children: 3 sons and 1 daughter. I am also very happy to say that my wife and I have also been blessed with 8 grandchildren.

My wife and my two youngest sons lived with me in Saudi Arabia for 2 years. After living and working in Saudi Arabia, we came back to Toronto and I worked in consulting for a private company in East York. I also had my own company for 5-6 years. In my career as a civil engineer, I built and worked with sewers and water mains, sewage treatment plants and water reservoirs.

One of my greatest accomplishments was organizing a men's golfing trip to Freeport, Bahamas for 27 consecutive years. This trip involved anywhere from 24-48 men per year. We were called the "Cockburn Golf Group" and were even featured in the newspaper.

One of my favourite family moments is our annual get together at Thanksgiving at our family cottage just outside Gravenhurst in Muskoka, Ontario. It is a time where my entire family come together to enjoy a traditional turkey dinner. On occasion, we would prepare 2 turkeys - oven roasted and the other deep fried.

Our cottage is situated on picturesque Sunset Bay; a small bay on the larger Lake Muskoka. Our cottage has always been a special place for me to get away from it all and to spend special times with my family and friends.

UHS presents "Soccer, Seniors and Small Ones"

In partnership with the **Markham Soccer Club**, UHS will be bringing the 2012 Micro House League Soccer Program to our campus. Our back campus greens will be transformed into a soccer field, filled with the fun, laughter, and sportsmanship of 3-year-olds eager to learn the game. Saturday mornings at 9 and 10, kicking off in May.

Villa Resident Support Services

Each week, the Manager, Resident Support Services, provides tours of Union Villa to assist families to make the best decision around long term care placement. Recently a **Tour Evaluation Participant Satisfaction Survey** was conducted to determine if the tour was meeting the needs of families. Of the 33 surveys distributed, 100% were returned. The overall results were very good indeed as: 100% of respondents' rated the length, pace of the tour and the information provided as "just right"; 100% felt the written and verbal information provided to them was "good, clear and thorough" and "met their needs"; 100% of the respondents stated that all their questions were answered and 97% of respondents were satisfied with the times offered for tours of Union Villa. One recommendation identified was to provide a late afternoon or weekend tour as part of the schedule.

We are proud to be viewed as one of the top long term care homes that families put on their preferred list with the Community Care Access Centre.

For more information, please contact Marilyn Gruneir, Manager, Resident Support Services at 905-477-2839 ext. 4259.

Union Villa Celebrates International Women's Day



On March 8th, the world celebrated the 101st **International Women's Day**. Union Villa joined in the celebration by bringing together our female residents for an afternoon of camaraderie, conversation, coffee and cake. The Foundation Gala Co-Chairs, Barb Taverner and Samantha van Velzen were the hosts of the event. Poems were read by Union Villa residents, Olive and Hazel and the afternoon concluded with a musical finale on the piano by Agnes who chose songs that showcased the accomplishments of women.

Spotlight on Nursing Services

Research Initiative – Person Centered Care for Residents with Dementia:

Union Villa is pleased to report that the Alzheimer Society of Canada is engaged in a major initiative to help long term care homes in Canada learn from each other on how to provide the best possible person-centered care for residents with dementia. One of the key challenges for many homes is 'translating' research about person-centered care into practice. The Alzheimer's Society wants to create a practical, user-friendly process guide to help with this translation.

The intention is to use this project and the resulting guide, as a way of encouraging knowledge exchange about the implementation of this type of care, both initially and on an ongoing basis. The plan is to develop this guide by conducting interviews in a number of leading practice homes situated across Canada to learn specifically about what and how they are implementing.

Discussion has already taken place with a panel of subject matter experts who have identified these leading practice homes and Union Villa has been selected to participate in this research initiative. As part of the interview process, the Alzheimer's Society interviewers would like to hear about obstacles to person-centered care that are beyond the control of homes to influence or change on their own – the Alzheimer's Society intends to use this learning to help guide its advocacy efforts going forward.

Interviewers will be on Union Mills during the weeks of March 26th – April 6th. They will be conducting management and front line staff interviews, as well as interviews of family caregivers of the residents with dementia.

Long Term Care Task Force on Resident Care and Safety:

The Long Term Care Task Force on Resident Care and Safety, chaired by Gail Donner, on behalf of the Ministry of Health and Long Term Care, has been set up to examine and address issues related to incidents of abuse and neglect in long term care homes and the underreporting of these incidents. The Task Force is seeking input on abuse and neglect so that it can develop an action plan on resident care and safety that is targeted for public release by April 2012. The survey responses came from residents, family members, staff, volunteers, family and resident council members, long term care advocates and others who work in this sector. For more information, you can go online to: www.longtermcaretaskforce.ca.

Community Support Services: What's going on in the Adult Day Program

The Adult Day Program has been working hard at offering programs that benefit our clients. Back in February, we highlighted Therapeutic Recreation Week with the theme of "**More Than You Imagine**". There are 5 domains of Therapeutic Recreation: physical, social, emotional, cognitive and spiritual. We challenged our clients to see beyond the obvious benefits of leisure and look at each experience and explore the true therapeutic benefits to their involvement.

Reaching out to the South Asian Community

Our Adult Day Program has maintained a strong partnership with the South Asian Community whereby the Social Service Network use our facility on weekends to run a South Asian Adult Day Program. This is another example of the importance of serving all cultures and needs. The program is currently at full capacity and has made a positive impact in their clients and respective families.

Volunteers make a difference

Bob is a volunteer who makes a significant difference in the Adult Day Program. Bob volunteers on Tuesday and Thursday mornings. He devotes his time to enhancing the experience of Leisure with our clients by providing direction, support, verbal guidance and positive reinforcement. His role is vital and his time, dedication and contributions to the program as a team player are greatly appreciated.

For inquiries please contact:
Kate Papillo, Adult Day Program Manager
t. 905 477 2822 ext 4221 e. Katherine@uhs.on.ca



Adaptive Clothing Sale
Sunday, April 22nd, 2012
12 – 4 PM at Union Villa
Purchase and order adaptive clothing