

The SOCIETY Scoop

Message from our CEO, Debra Cooper Burger

NEW TIMES BRING NEW IDEAS



Innovation is important to organizations because it fosters new ideas for products and services, gives staff members a sense of job satisfaction, encourages teamwork and allows organizations to find competitive advantages.

The most recent Financial Accountability Officer report identifies that the 2016 Budget is inadequate and will result in an "expenditure gap" between projected expenditures and what is really needed to maintain current levels of access to quality healthcare. The importance of innovation is increasing, and a growing reliance on public funding compels us to look for creative and progressive ways of providing services.

Management expert, Peter Drucker said that if an established organization is not able to innovate, it faces decline and extinction. The New Unionville Home Society is tackling this head-on and has established an Innovation

and Research Committee to work with leading businesses and academic institutions to advance the quality and innovation agenda for the campus. The Committee is guided by the values of the organization and the following principles of engagement:

- Volunteer to serve as research sites in studies
- Implement interventions, once proven effective
- Share interventions or best practices to be considered for testing & dissemination
- Identify and promote priority topics or needs for future research
- Seek out providers, researchers, and others to engage in Q&I for networking and collaboration

In future newsletters, I look forward to reporting on the activities of the Committee and sharing our progress with you.

New Administrator for Union Villa



It is our great pleasure to announce the appointment of Roxanne Adams as the Administrator for Union Villa, effective March 1st, 2017. Roxanne is a dynamic leader dedicated to providing person-centred care and services to seniors.

She has over 15 years experience at an executive level in long term care and is passionate about her work in the not-for-profit sector. Her diverse background also includes various positions in human resources and consulting in the private and broader public sectors. She holds a masters degree, is a certified Administrator and is a certified accreditation surveyor.

As the former Director of Human Resources, Staff Development and Quality Improvement for Nisbet Lodge in Toronto, she brings extensive knowledge and expertise in administration of the Ontario Long Term Care Homes Act and Regulations. With her wide-ranging career in operations, quality improvement, risk management, policy development and more than a decade of non-profit leadership experience, Roxanne is sure to provide the Villa with remarkable guidance and success.

Roxanne is very excited to join the Union Villa team and I hope you will join us in welcoming Roxanne to her new home.

New Unionville Home Society proudly supporting knowledge development

RESEARCH STUDY: EXERCISES FOR A HEALTHY BRAIN

A team of researchers from York University are working on developing exercises to help keep a healthy brain. As we get older, we may experience that our mind is not always as sharp as it used to be. This is a perfectly normal phenomenon, but that does not mean that you cannot actively try to keep your brain in shape! At York University, a series of exercises on a tablet computer have been designed to achieve just that and UHS has been asked to support this research.



After a presentation to the residents at the Unionville Community Centre for Seniors in January, 30 campus residents eagerly volunteered to participate in the 4-month exercise program to test the effect of these exercises. Stay tuned for the results in the next newsletter.

Annual General Meetings Notice

2016/2017 Annual General Meetings of New Unionville Home Society, and its affiliate corporations, Unionville Home Society, Unionville Home Society Foundation & Wyndham Gardens Apartments of Unionville

Wednesday, June 28, 2017
5:00 pm – Union Villa

Reception to follow featuring **Markham Classic Cars Showcase at 6:30 pm** – All are welcome



Meet Purisima Agacaoili



I grew up in Southeast Asia, in the Philippines. As a young woman, I learned how to sew, and after high school, I became a seamstress. I even made the dress I wore to my graduation. Several years later I completed studies in healthcare and became a certified midwife. While I was still in the Philippines one of my nieces, who lived in Scarborough, talked with me about life in Canada. Eventually, I travelled to Canada on my own, and lived with her for some time. I used my gift as a seamstress to make a wedding dress for a friend, and when my niece suggested I apply for a job at St. Michael's Hospital in downtown Toronto, I upgraded my healthcare skills. I joined the hospital's team and began my 17½ year career there as a Personal Support Worker.

Caring for the patients was very meaningful for me, and my respect for the women I worked with influenced me to focus on my career and my goals. I was able to buy a beige Cutlass Supreme,

and drove to Florida with two of my girlfriends. Recalling my trip to Florida reminds me of the warm weather back home, which I miss.

After I stopped working, my niece hosted my retirement party at her home, where I celebrated a new chapter in my life. My move to Union Villa has also been a new chapter for me, as I'm surrounded by caring staff and residents I connect with. I enjoy Bingo and being creative in the Mandala Colouring program. So far, I have completed the intricate colouring of a flower, dove, peacock, horse and ostrich, and some of my work decorates the walls of my room.

The young woman inside of me still reflects on how far she has come, as I cherish my memories of travelling, a rewarding career and the good friends I've made along the way. I look forward to new experiences at Union Villa and the chance to add even more colour to my life.

The Villa is Alive with the Sound of Music

Music is perhaps the oldest form of human expression. It can be found in all known societies and is associated with a wide range of human activities. At Union Villa, our residents enjoy music – in one to one visits and group activities – singing, listening, playing, performing and enjoying the many therapeutic benefits that come with the music experience.

Music inspires positive emotions. Our Snoezelen room and Sensory Cart programs both provide this form of art to promote relaxation or stimulation for residents as needed. A Music Therapist also visits providing therapeutic programming for Villa residents. Ipads are used to stream songs that hold specific personal or cultural meaning for the resident

Music also promotes personal growth, confidence, independence and provides opportunities for reminiscence. Small group music programs provide opportunities to maintain or increase social interaction. In our Java Music Program, residents discuss themes (i.e. relationships, hard times, etc.) that are presented in the song selections. We encourage intergenerational music interactions bringing in local high school students to share their love of music with residents. The photo below shows our residents bringing the sound of music to Unionville High School.



Union Villa events feature familiar musical renditions performed by senior friendly professional entertainers. Our musically inclined volunteers can be found playing the piano or strolling with their guitar through resident home areas. There is a variety of options for residents to share their voice in Sing-alongs, Hymn Sings and religious services in the Spiritual Centre.

The home is filled with fun, stimulating vocal and instrumental sessions and resident feedback and enjoyment is vital to helping us create a meaningful musical flow. We are always searching for innovative ways to bring music to life, allowing our residents the choice to be part of an audience, be in the spotlight, or both.



Staff Highlight

JEAN MULRINE – 20+ YEARS OF SERVICE & GIVING



Time flies when you are having fun! Jean joined the Villa as a volunteer in 1995, helping out at reception twice a week. This experience led to a part time position in Customer Service and in 2000 a full time role as Accounts Coordinator.

“Over the years, many wonderful experiences have brought me to laughter and also a few tears. There were residents who would sit near Customer Service sharing their stories with a great sense of humour and wit, sometimes gentle romances would blossom. A special and tender moment that brought many of us to tears happened when we witnessed a resident’s son kneel before his mother as he sang to her, “You’re the Only Girl for Me”. During one of my early volunteer shifts, one of the residents got out of the building and was found walking near the home. To this day I am

baffled as to how he shuffled past me in slippers & PJ’s and out the front door. I will never forget this day, as I thought for sure that my volunteer days were over.

Most of my memorable experiences take me back to the old building – where we celebrated life events with monthly resident birthday parties, staff holiday dinners and volunteer appreciation luncheons. There was also the annual Auxiliary Christmas Bazaar when people would line the halls waiting for the doors to open into the auditorium filled with beautiful crafts, decor, gift ideas & baked goods... It was amazing!”

Volunteering at UHS continued uninterrupted and to this day, Jean visits with the seniors on campus, runs errands for them and always lends a hand when there is a special event.

In December 2016, Jean was awarded the Core Values award. This is a prestigious award given to a staff member who exemplifies our core values and has shown outstanding commitment to the organization.

Congratulations on your years of service and years of commitment to the seniors on our campus.

Adopting Best Practices

In today’s ever-changing regulatory environment, it is critical to have a policy management system that can adjust and adapt to the needs of our organization. Simply having a set of policies is not enough to protect your residents, our employees, and our facility. Healthcare organizations must also be sure that policies guiding patient/resident care are in compliance with regulatory agencies and are quickly and easily accessible to staff members.



The Unionville campus has launched an implementation plan to use a flagship software system called PolicyManager™. The system provides a user friendly, cloud-based policy management solution. It is the first social platform for policy management, specifically focused on the healthcare industry. It will help our facility to efficiently manage the hundreds of policies that guide our resident care.

Sharing Time – Impact of Volunteering



Volunteerism is essential to the fabric of Unionville Home Society. It all started in 1967 when local volunteers from religious and community groups banded together to raise money to build Union Villa. Once the Villa was built, the volunteer presence was everywhere – program delivery, continued fundraising, serving on Boards, and helping in administration.

Currently, 210 active volunteers assist with regular programs and special events, including companionship for Union Villa residents on monthly outings, and the planning and presentation of our annual Union Villa Dinner Party. Our volunteer team now consists of 155 adults and 55 students. Of those 54 students, we have provided placement opportunities for 5 applicants who are studying to become Recreational Therapists or Social Service Workers, to complete their college/university placements at Union Villa and/or the Adult Day Program. In addition, 3 of our loyal Movement to Music volunteers who recently completed post-secondary studies in health sciences have gone on to medical school. These students have expressed that volunteering at Union Villa played a role in their career choice.

Our volunteers are as diverse as Canada itself. Their contribution has a direct impact by enhancing the quality of life for residents in meaningful ways.

In turn, our residents at Union Villa also impact the lives of our volunteers. June Healey, our longstanding Auxiliary volunteer expressed her joy in volunteering at Union Villa, “I’m always happy when I’m [here]... it’s like having a second family”. Grace Vitols, who volunteers at Customer Service and attends residents outings says volunteering, “...gives me the pleasure and purpose I need to

complete and continue during my healthy years... family of these residents are busy... and I appreciate the time I can spend with their loved ones.”

April 23 to 29 is National Volunteer Week and on April 24th, UHS will be celebrating our long serving volunteers with a special High Tea at the Unionville Community Centre for Seniors.





An Author Among Us

Sylvia De Lisa, a Heritage Village resident and campus volunteer since 2006 is a woman of many talents. While Sylvia is active in many programs, her deepest passion lies in writing. “When I was in high school, my English teacher told me I was a good writer and that I should continue to pursue it.” This passion was put on hold while Sylvia married and put her focus on raising a family. Sylvia’s inspiration for her writing is her past. “I go back... being with my family was the best time in my life”.

Sylvia became involved in the Memoir Writing Club and was inspired by the program instructor Sheila. The best writing tip she learned was to always have a notebook ready to jot down ideas as they come to mind. Sylvia enjoys novels by James Patterson and Danielle Steel. She gets drawn in by their fluid writing styles and intriguing plots. With each novel, Sylvia keeps a log that includes her own thoughtful critiques.

Sylvia has penned several short stories, including *The Seniors Luncheon*, which she edited and turned into a script, creating five roles so her Drama Club could present her work as a play at UCCS. In 2014, Sylvia submitted her 2008 story *The English Sisters*, to the Markham Fair’s writing contest, and was awarded First Prize. Two years later, Sylvia was encouraged to submit her short story, *Stanley*, for consideration for *The Human Condition Anthology*, a collection of short stories, edited by M.J. Moores. The book was published in 2016, and taking up 3 pages is Sylvia’s *Stanley*, a story that begins with a friend helping a friend, and leads to an unexpected comical ending.

Sylvia’s has begun to write her memoir, and plans to expand *The English Sisters* into a novel. When asked why she has chosen this time in her life to work on a novel, Sylvia points to her head and replies, “My mind is still good. When you get into your 80’s, you start forgetting... I want to share my childhood experience with my family while I can.”

THE HOMEFRONT

Investing in our Residents' Comfort



As a not-for-profit organization, the Foundation invests its philanthropic gifts into improving the quality of our long term residents' care. Our fundraising efforts address the shortfall in government funding. Funds raised focus solely on the renewal, replacement, and upgrading of vital resources and equipment, key components that go towards providing the comfort our residents so clearly deserve.

SPRING FOUNDATION EVENT: A new fundraising initiative

Unionville Home Society
Foundation presents



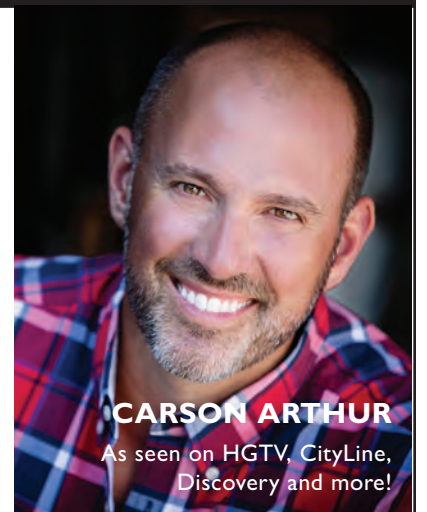
Thursday April 27, 2017
Angus Glen Golf Club

**Join us for Lunch & Learn
from Outdoor Design and
Landscape Expert,
Carson Arthur**

10:30 am – Garden Marketplace Opens
12 noon – Luncheon & Speaker

Tickets \$50.00

Proceeds to benefit the residents and enhance the Union Villa Sensory Garden and Courtyard.



CARSON ARTHUR
As seen on HGTV, CityLine,
Discovery and more!

2016 Unionville Charity Golf Classic – Golfing Fore Union Villa

In 2015, two great friends and local community residents, Larry Mariani and Danny Fantini, approached Unionville Home Society offering to host a golf tournament to benefit the residents. Without hesitation, this incredible gesture was accepted and the organizing began with a dedicated committee.

To date, the tournament has raised nearly \$137,000, enough to replace all the mechanical lift and transfer devices at Union Villa, ensuring the continued safety of both our residents and staff when providing assistance.



A heartfelt thank you to the golfers and 60+ supporters including the Presenting Sponsor, Town + Country BMW/Mini/Volkswagen, for making this a remarkable fundraising opportunity for Union Villa.

This summer, golfers will tee it up for our residents at the **3rd Annual Unionville Charity Golf Classic** on Thursday, June 22, 2017 at Angus Glen Golf Club.

Join us for a day filled with friendly competition on a renowned course, great food and an infectious theme of community connections.






**2017
UNIONVILLE
CHARITY GOLF CLASSIC**

For more information on participation and sponsorship, please contact
UHS Foundation 905.477.2839 ext 4270

IN SUPPORT OF UNION VILLA LONG TERM CARE HOME

THURSDAY JUNE 22, 2017
ANGUS GLEN GOLF CLUB • SOUTH COURSE
6:30 AM REGISTRATION • 7:45 AM SHOTGUN



SAVE THE DATE

INDIVIDUAL \$275
FOURSOME \$1100

All inclusive with
Breakfast, Golf,
Lunch & Passport
providing access to all
on-course activities
and contests.

2016 Union Villa Dinner Party – Feeling Forever Young

This past November, Unionville Home Society Foundation hosted it's annual fundraising gala. Throughout the Foundation's history, the Union Villa Dinner Party & After Lounge, as it is now known, has been a staple in bringing together the community, family members and corporate support all for an excellent cause. This year was no different as nearly 300 people attended Angus Glen Golf Club for the evening, once again making the event a tremendous success.

This year's event theme was 'Forever Young', which truly resonated with all who attended. This idea coincides with Unionville Home Society's mission of helping people to age well and live better – putting forth the notion that it is not the years in your life, but the life in your years that truly matter. The evening and theme were certainly highlighted by the making of a feature video, demonstrating a

heartwarming partnership between Unionville High School's music students and Union Villa residents performing a rendition of the famous Beatles song, "Let It Be." With the amazing leadership of our young adults in the community, including Co-Chairs Tara Clucas and Taylor Whittamore, the event was successful in connecting those of all ages and creating tremendous energy.



Thank you to our Sponsors, Guests, Supporters & Volunteers



Cattanach Hindson Sutton VanVeldhuizen LLP

Corporate Tables





With all the fun came significant giving, raising \$96,500! It truly takes a community to make a difference. Our heartfelt thanks to the volunteers, staff, and generous sponsors and community supporters who continue to make long-term care a priority.

Save the Date

Unionville Home Society Foundation proudly presents



Let the *Music* play

2017 UNION VILLA
DINNER PARTY & *After Lounge*

Friday, November 3rd, 2017
Angus Glen Golf Club 6:30 PM

Dinner Party Tickets \$200
Corporate Tables \$2500

To purchase tickets or inquire about sponsorship, please contact the Foundation Office at 905.477.2839 ext. 4270

Your Donations in Action

Significant quality initiatives were completed in 2016 as a result of generous donors and proceeds from fundraising events. Over \$220,000 in donations were dispersed to purchase vital equipment and enhance the home-like environment for Union Villa residents.

- New rehab equipment for enabled movement training
 1. Sit-To-Stand Trainer: Provides a safe and effective way to strengthen weight-bearing muscles and increase standing stability and endurance.
 2. The Bungee Mobility Trainer: A versatile body weight support device enabling safe, intensive motor training.
- 20 Hoyer Mobility Lifts & Slings
- 5 Comfort Corners Completed
- Safety railings and wall guard protection for Union Mills
- Vital Signs monitoring equipment
- Courtyard Emergency Response Call Bell
- Towel Warmer
- Art Supplies
- 25 Beds and Mattresses
- Snoezelen Cart program supplies
- Bingo Machine
- Transport Wheelchairs



Ways to Give – Every Gift is Important

- General Donations
- Commemorative/Tribute/In Memory Gifts
- Gifts of Securities and Mutual Fund Shares
- Matching Gifts
- Monthly Giving
- Planned Giving
- Endowments

With every gift to the Unionville Home Society Foundation, Union Villa advances excellence in long-term care and seniors housing.

For more information on Giving, please contact Maria Dimson, Director, Development Services at 905 477 2839 ext 4270.

Charitable Registration No. 87172 1940 RR0001