

# The SOCIETY Scoop



I recently attended a conference where more than 700 delegates focused on the global phenomenon of population aging. A phenomenon that is both inevitable and predictable. Population aging will change society at many levels and in complex ways. Even though the countries of Brazil, Russia, China and India have the fastest growing elderly populations, all nations are now recognizing the need to adapt.

## The Demographics of Aging

### Message from our CEO, Debra Cooper Burger

I had the privilege at the conference to meet Helen Hamlin who is still going strong at 89. Helen is busy as the UN's representative for the 'International Federation on Aging', and barely has time to see her children and grandchildren. Her colleagues describe her as a globetrotting gray panther. I saw her as a great example of the "awesome over 80" — seniors that are living healthier and working longer than their peers of previous generations. We have many, many residents on our campus that are like Helen, and as one of our residents teasingly told me; God put her on earth to accomplish a certain number of things, and being so far behind, she had to live forever.

Dr. Margaret Chan, Director General of the World Health Organization, acknowledges that

older people make a significant contribution to society whether it is through the formal workforce, informal work and volunteering, or within the family. On the other hand, she is quick to point out that many older people will face health problems and challenges to their ability to remain independent.

This year's theme within the European Union is 'Active Aging' and each June in Ontario, we celebrate 'Seniors' Month'. Promoting awareness is indeed necessary but it is crucial that governments, health providers and individuals worldwide, promote good health and healthy behaviours at all ages in order to prevent or delay chronic disease. Helen Hamlin offers some simple advice: "Stay busy, take care of yourself, and press your doctors for the answers you need". Good advice at any age.

## National Nursing Week 2012

Union Villa celebrates its 'Nightingales' during this year's National Nursing Week



The history of National Nursing Week (NNW) goes back to 1971 when the International Council of Nurses designated May 12th (Florence Nightingale's birthday) as International Nurses Day. In 1985, following pressure by The Canadian Nurses Association, the Federal Government officially recognized all nurses, and their contribution to the well being of the Canadian public, by proclaiming every second week in May as National Nurses Week.

The theme for this year was *Nursing: the Health of our Nation*.

Union Villa celebrated with many activities including an informative 'Skills Day'. Stations were set up in the Heritage Lounge so that registered staff could learn more about the added skills used in

providing treatments and care to Union Villa residents. Among these were: g-tube management; IV therapy; wound care, and physical assessment. Many thanks to the vendors, suppliers and experts, such as our nurse-led outreach team, for providing support to this great educational day.

Of course, what would a celebration be without some social events? The Family Council hosted a Thank You Tea and posted a Letter of Appreciation on each home unit to recognize the special care given to loved ones each and every day. Pizza was provided to ensure that staff on every shift was recognized, and a home-wide staff BBQ was also held with accompaniment by the cool sounds of our in-house DJ, Carl Tullough (staff member and CUPE Union President)! A 'thank you' from Unionville Home Society was extended to staff for making such a difference in the lives of our residents.

Congratulations to Angela Bisschop, Director of Nursing and Personal Care, for being nominated by one of our families for the Toronto Star Nightingale Award!

**A heartfelt thank you to our Nursing team for continuing to provide comfort, compassion and caring... without a prescription!**



# Union Villa News

## MY LIFE: A Resident Profile



My name is Florence and I was asked to tell you a little bit about myself. I was born and raised in the East end of Toronto and have been a resident at Union Villa since March 2011. I am the 3rd youngest of 6 siblings in my family of 4 brothers and a sister. I attended Bruce Public School and went to high school at Danforth Tech. It was nice growing up with so many siblings as we all had similar interests and looked out for each other. For example, if my older brother did not like the boys who were talking to me,

the conversation would stop. When I asked why, they told me my brother threatened to beat them up.

After graduation, I worked as a fore-lady for a men's hosiery company where I supervised 30 female staff giving out their work, scheduling, and keeping track of their pay. I worked there for 2 years until I got married in 1939 and at that point, I stayed home to be a homemaker. It was interesting how I met my husband. My girlfriend and I were out walking on the Danforth and we met one of her male friends and his friend, Ronald. I was introduced to both and didn't think any more about it. After I got home, I was on the phone with a boyfriend, when my girlfriend came running in and told me to hang up. When I asked her why, she said that Ron wanted to take me out. We were married in 1939 and enjoyed over 66 years together. We travelled all over the world and were active in many community/volunteer associations such as the Scouts, before Ron passed away 7 years ago.

My greatest accomplishment is being a mother of 4 children, 3 boys and a daughter. All have been very successful in their lives, my eldest son became a physician and recently retired; my second son became a biochemist; my third son had a variety of jobs and always became the head person of each one, and my daughter worked as a private secretary. We are a very close family and I am proud to say I also have 7 grandchildren and 7 great

grandchildren. I am an avid reader, and my hobbies include embroidery, crocheting and knitting, all of which I find to be relaxing. I recently knitted a baby blanket for the Union Villa Bazaar.

When I look back to things that have influenced my life over the years, I recall the day I saw my very first car at the neighbour's house across the street from where I lived on Eastern Avenue. Those were the days of the horse and buggy, and I remember us kids running around the car, we were so excited about it. My other important life experience is that I have always had many good friends, and was seen by them as someone they could go to, and rely on. One other thing that has stayed with me over the years is the time when my son came over to see me; he was 22 at the time, and told me he had a confession to make. He said: "Mom, I used to think that you were an old fuddie duddie as you were always telling us what to do. Now that I am married, I finally get it. I want you to know, that I am so proud you are my Mom". It brings a tear of joy to my eye every time I think about that.

If I was to give anyone advice, I would tell them to be close to your family. Don't condemn them for the little things they might do. However, if it is a big thing, pull them up on the carpet and tell them what they are doing and what they should be doing. Now it is my children's turn to give me advice, which they do often ... and it is always good advice.

## Volunteer Spotlight: Union Villa Auxiliary

Since 1968, the wonderful ladies of the Union Villa Auxiliary have been supporters of Union Villa and its residents even before the building was officially open. The original Auxiliary members came from local churches in the area and would meet at the Kennedy Clinic on Kennedy Road to plan events that would enhance the wellness of the local seniors. When Union Villa was built in 1970, the Auxiliary ran a glass-encased Gift Shop six days a week selling typical gift shop items and fresh flowers, which later changed to more practical artificial ones. Today the Auxiliary gift shop continues to provide a service to the residents and their families, with a selection of handmade crafts and beautifully sewn and knitted items – all made with love.

Always thinking of our residents, the Union Villa Auxiliary is known for organizing fun and social activities. At one time, they were famous for their Tuesday night Bingo sessions where participants could win an assortment of prizes and enjoy

homemade goodies and baked goods. Another hallmark of their generosity in the early days was to offer new residents a 'Welcome to the Villa' bag which contained useful items and information. Some of these activities carry on today, including the distribution of resident gifts on special occasions such as birthdays, Mother's Day, Father's Day, and Christmas.

This small group of volunteers with big hearts has managed to accomplish extraordinary things through their gift shop sales and annual Christmas Bazaars, raising thousands of dollars to make resident life at Union Villa brighter and more comfortable. Their enduring support has spanned decades and they continue to contribute to the health and comfort of our residents.

**Thank you from the bottom of our hearts!**

*If interested in becoming a member, contact our Volunteer Coordinator at (905) 479-2839 ext. 4240.*



Auxiliary members (sitting L-R): Protima, Betty, June, Dorothy, Rose; (standing L-R): Rada, Win, Loreen, Bev. Missing: Branch, Rose, Mary.

# Unionville Community Centre for Seniors

## May 2012 Bazaar, BBQ & Under the Tent Lawn Sale Highlights



**Thank you to all the wonderful folks who supported our May Bazaar and Barbecue!**

Kudos to the outstanding volunteers who made the jams and jellies; baked yummy treats; knitted and sewed colorful crafts; organized the sale items; polished every piece of jewelry; priced and organized all the gently used books; sliced and diced bags of onions and tomatoes for countless hours; and finally gave up their valuable time to help set up the event and the clean up afterwards.

A special thanks to the 30 community spirited Telus volunteers (and their families) who helped us serve over 80 people for lunch.

This year's unique Under the Tent Lawn sale attracted large crowds including aspiring 3 year old soccer stars and their parents from the Markham Soccer Club who began their season opener on our beautiful campus. The auditorium was filled with great deals that sold out very fast.

We are proud to share that almost \$3000 was raised from the Bazaar to be reinvested in UCCS to enhance programs and meet our seniors' needs.





# Happy 25<sup>th</sup> Anniversary, Wyndham Gardens! 1987–2012

## Where It All Began

Very often, people are unaware of what the Unionville Home Society (UHS) is, or what it has accomplished in its forty-five year life span. Founded in 1967 as a non-profit, charitable organization, the Unionville Home Society opened a long term care seniors home in 1970 and named it *Union Villa*.

Once the 'Villa' became a reality, the focus turned to other needs pertaining to seniors. With an excellent facility provided for one group, consideration also had to be given to seniors who were no longer able (or wishing) to maintain a house, but who were capable of living independently in a less demanding environment. The result was *Heritage Village*, a cluster of 92 comfortable, attractive and affordable bungalow apartments.

*Heritage Centre* was built at the same time (now known as the Unionville Community Seniors Centre). A place for people from the community (*Heritage Village* and *Union Villa*) to enjoy fun and fellowship, but also, to share the sorrows that touch each of us from time to time.

With the overwhelming success of *Heritage Villa*, UHS faced another dilemma—what to do about the people who wanted to live there, but couldn't. Residents just didn't want to move out. And who can blame them... it is a delightful place to live! The Board decided something must be done, but affordable

land was a problem. Having more bungalow apartments wasn't feasible as a repeat project, so another option for consideration was to build an apartment building. But for UHS as a non-profit, charitable organization, the cost of an apartment building was financially prohibitive. So once again, what to do?

The answer came, of course, with the 'Lease for Life' concept of *Wyndham Gardens*. The first tenants moved in April 1987. The project was a remarkable and unqualified success, and became a wonderful reality for more than 150 retiring seniors. The addition of *Wyndham Gardens Apartments* was one more step in our journey to make our campus Ontario's perfectly integrated seniors' community.

*Here's to the next 25 years of building a stronger seniors community.*



## Years of Service: Sharing A Staff's Story

### Linda Jackson Wyatt, Housing Manager, Wyndham Gardens and Heritage Village – 21 years

Linda Jackson Wyatt started her career with the Unionville Home Society in 1991 as a part time Administrative Coordinator and while at home, her two toddlers (aged one and three) kept her busy for the rest of the day.



*"Been there, done that and having fun along the way" says Linda, right, seen here with Mavis, a Wyndham Gardens tenant.*

With such a long and dedicated career, there are many highlights of Linda's time at UHS to celebrate:

**1994:** Administrative Assistant to Barbara Bunting, the original housing manager at Wyndham Gardens and Heritage Village

**1997:** Administrative Coordinator for the Unionville Home Society Seniors Foundation reporting to the Board, and managing their many events including the annual Union Villa Gala

**2001:** Purchasing & Administrative Coordinator for the Campus

**2004:** Temporary Housing Manager filling in during a pregnancy leave.

**2006:** Promoted to Housing Manager, Wyndham Gardens and Heritage Village.

When Linda is not working, she has a number of hobbies and past-times that she enjoys including: painting with watercolours, working with stain glass, particularly window panels and lamp shades, and playing golf (preferably 9 holes ) when she has the time.

In her own words, Linda says, "I've always enjoyed working with people and this environment is very rewarding. There are daily challenges, and I appreciate and rely on the support I receive from the residents, staff and volunteers. I am so pleased and honoured to be celebrating the upcoming 25<sup>th</sup> Anniversary of Wyndham Gardens, and delighted that many of the original residents will be with us. I would also like to extend a sincere welcome to all our new residents, and wish them a long, healthy and happy retirement at Wyndham Gardens."