

The SOCIETY Scoop



What Matters the Most!

Message from our CEO, Debra Cooper Burger

Well here we are in 2012 already. If you believe in ancient prophecies, this is the last year in the Mayan calendar. The doomsayers would suggest that the world will come to an end in December of 2012. Hollywood even turned this prophecy into an action packed movie. There have been many such predictions since the beginning of time and pessimistic people like to assume the worst. However, this isn't Hollywood, it is Unionville and we know that with each ending there is a new beginning. The new Mayan calendar offers a fresh start and it will coincide with the year of the dragon. The dragon is a symbol of good fortune and unbridled energy. Because Dragons are confident and fearless in the face of challenge, they are almost always successful. This year we will need this dragon spirit as recent political predictions of major cutbacks and belt tightening, both at the federal and provincial level have put the public sector on edge.

There is cause for apprehension when we consider the economic challenges facing us in Canada and the multiple forces converging in elder care. A recent Conference Board of Canada report (2011) pointed out that "the number and proportion of the elderly in the population is growing, chronic diseases are increasingly prevalent and the rising tide of dementia is impairing the ability of many Ontarians to live independently".

Certainly the Unionville Home Society campus can relate to this statement. The average age on the campus is 85 years, the waiting list for admission to a long term care bed at Union Villa has almost 300 individuals listed and the waiting list for housing in Heritage Village has over 1000 applications for rent-geared-to-income units.

So as I reflect on what matters the most, especially for 2012, it is the need for our organization to continue its mission. The current demand for our services exceeds our capacity and resources and based on the Conference Board's forecast we know the demand will continue to increase. I do expect that we will be challenged this year, most notably if our public funding is decreased, but we will look for innovation, cost efficiencies and effective planning to address these challenges. We will also look to our community for its ongoing support and partnership in our mission.

Wishing you all the best for 2012 – Debra

2011 Core Value Award

This past December, the UNIONVILLE HOME SOCIETY proudly honoured the following employees for their dedication and commitment to incorporating our Core Values into their work and relationships with staff, residents, tenants, family members and volunteers.

Congratulations to:

Barbara Evans

Over 30 years of service
Position: Registered Nurse – Night Shift

Barbara is a long term employee at UHS who has provided us with a high quality of work as a Registered Nurse working night shifts. Barbara was nominated for the Core Value Award by her fellow co-workers for her dedication to the organization and the professionalism and compassion that she has demonstrated towards both residents and staff members.

Kandiah Atputharajah

8 Years of service
Position: Personal Support Worker

Kandi started working for us on a part-time basis 8 years ago, and is currently working as a full-time personal support worker at the Unionville Home Society. Family members have given many compliments about Kandi over the years, and he has been nominated this year by family members and fellow co-workers for the exceptional care that he provides to residents. Kandi has demonstrated repeatedly a high level of professionalism

and respect towards residents and their family members, and exemplifies our core values in everything he does.



MY LIFE: A Resident Profile



My name is Mary M. and I was asked to share a little about me and my life before I came to live in Union Villa.

I will start by telling you that I was born in Welland, Ontario in the morning, at a maternity house that was run by a nurse. You did not go to the hospital in those days as they did not have maternity wards. I lived in Niagara

Falls area for most of my life and had the distinction of being one of the few girls in my town, to complete high school which ended at Grade 10 in that time. My dream was to become a nurse but you had to be age 18 to get accepted but I was only 16 so I had to do something else. The Depression made it tough to find work, so I did odd jobs like hand paint Christmas cards while I studied to be a stenographer.

I met my husband when I was 21 and continued to work until we got married when I was 23. Back then, when a woman married, she would stop working to run the household and take care of the family. I too stayed home and had my first daughter when I was 25 and my second daughter 7 years later. I was married to my husband, a Tool maker by trade, for 53 years!

After my husband died, a little over 10 years ago, I moved to Brampton, to be closer to my daughter and then moved to Union Villa in June 2010.

My interests include sewing, crocheting, knitting and painting in watercolour. Friends would describe me as frank, straight forward and honest with a little bit of Irish humour that shows up now and then, thanks to my grandmother.

My greatest pride comes from my children, grand and great grandchildren. My youngest daughter is a retired nurse and medical illustrator who became an accomplished portrait artist with galleries in New York, Paris and Toronto. My oldest daughter is a Business College graduate that works in the office of The Review, the local paper in Guelph.

I am also proud to be a life member of Associated Country Women of the World and of the FWIO (Federated Women's Institute of Ontario) that originated in Stoney Creek, 100 years ago. These organizations provide programs to help young women learn the skills (i.e. sew, cook, how to farm) needed to make a livelihood. I should mention that the Queen is also a member.

Life has taught me many lessons and a notable one is that it's okay to say "no" once in a while, as you can't always please everyone and to always keep your sense of humour.

Spotlight on Nursing Services

Palliative Care Education Initiative: Union Villa was selected to be one of 4 homes in York Region to participate in the LHIN Palliative Care staff education initiative. A total of 18 interdisciplinary team members completed the program. The team made up of PSWs, RPNs/RNs, Physicians, Medical Director, Pastoral Care Coordinator and Director, LTC Operations will be the palliative care team that will act as a resource to support palliative residents, their loved ones and staff.

PUMTT Research Study: Union Villa was chosen to participate in this study funded by the Ministry of Health and Long-Term Care, Canadian Patient Safety Institute and Central CCAC. The intent of the study is to evaluate the clinical/cost effectiveness of "enhanced" multi-disciplinary wound care teams vs. "usual" care teams in LTC facilities for the treatment of pressure ulcers asking: does a team approach affect the healing of an ulcer? The advanced practice nurse (APN) certified in wound care came to the home weekly over the last twelve weeks to assess resident pressure ulcers, practices used and make recommendations to promote wound healing. Dr. Stern, the principle investigator for the study states that the Home had already implemented a best practice prior to the study by providing residents with high density foam mattresses. Research shows that use of these mattresses can reduce the incidence of pressure ulcers by 70%. The third phase of the study which is a remote based assistance by the research wound team, will end March 31, 2012. The final study results will be available in May 2012.

For more information on these initiatives, please contact Juanita Goodhand, Director, Long Term Care Operations, at 905 477 2839 ext 4243.

Villa Resident Support Services

Out and About: The Recreation and Social Activity team have been very busy taking the residents on excursions outside of the Home. A total of 12 "outings" were held which included Apple Picking, attending the Markham Fair, bowling and shopping. At the Markham Fair, one Villa resident who is over 100 years old won 4 first prizes for her craft entries;

What's New?: In total, 12 new programs and activities have been introduced at the Villa. Among them are Exotic Pet Therapy, Horticultural Therapy, Music Therapy (2 programs), Monthly Symphony Concerts, Spa Days and Baby Chick Hatching that led to 7 new feathered friends spending some time in the Home before heading back home to the Farm.

Holiday Festivities: The Holiday season had many celebratory events including **Home Unit Christmas Parties**. Every unit hosted their very own Christmas party where residents/loved ones, enjoyed a festive décor along with the food and entertainment chosen specifically to meet the needs of the residents that live on that unit. Resident and family member feedback tells us that each event was a resounding success that was thoroughly enjoyed by residents and their families.

A Cherished Memory Initiative: Arrangements were made just before the Holiday season for a professional photographer to come to the Villa and take portrait photos of interested residents and their families. Many residents and families took advantage of this special offer to have family photos taken as a "cherished memory".

Dietary Services: Recognition Award: Family Council presented the award to the dietary services for their creative menus, thoughtfulness & courteous delivery of meals.

For more information on Resident Programs, please contact Clara Torres, Program Supervisor, Recreation & Social Activities, at 905 477 2839 ext 4258.

Unionville Community Centre for Seniors, located in the heart of Unionville, is a gathering place where members and volunteers have excelled in the design and delivery of programs that fit the lifestyles of today's active senior community.

Our services also help to maintain and improve health, quality of life, support personal independence and encourage involvement in community. Be sure to check our monthly calendar, that provides the latest list of opportunities for members and guests.

The UCCS facility is also available to individuals and organizations for meetings, receptions, tournaments, weddings and other events.

For rental information please contact Valerie Leslie, Manager vleslie@uhs.on.ca or call 905 477 2839 ext 4268.



Upcoming Events at UCCS

Pretty Thingz Afternoon Tea & Jewelry Fashion Show

Wednesday February 1, 2 pm – 4 pm

Valentine's Day Luncheon **

Gladly supporting our Seniors,
Your Unionville Councillor Don Hamilton
Tuesday February 14, 12:00

Pancake Tuesday Breakfast **

Tuesday February 21, 11:30 am

Family Day Fun Day **

Bring your Grand and Great Grandchildren
out for a fun afternoon!
Monday February 20, 2 pm – 4 pm

Please RSVP by calling 905 477 2839 ext 4267

*** These events require a nominal fee to participate*

Volunteer Opportunities

Give a little, get a lot

Contact Nikki Sandhu at 905 477 2839 ext 4240
or email her at nsandhu@uhs.on.ca.

Exercise your Mind, Body & Spirit

- Card games & word games
- Coffee hour & tea socials
- Computer classes
- Crock pot lunch and movie
- Dominoes
- Drama
- English as a Second Language & Mandarin Classes
- Health & Wellness seminars
- Hustle, muscle and stretch
- Line dancing
- Memoir writing
- Shuffleboard
- Table tennis
- Tai chi
- Watercolour painting
- Yoga
- Zumba

And there's more! We also offer services such as blood pressure, Canadian National Institute for the Blind, Canadian Hearing Society, and podiatry clinics.

For up-to-date information on programs at UCCS please drop by to pick up our monthly program calendar or call 905 477 2839 ext 4267 to speak to one of our friendly Reception volunteers.

**YOU CAN DO IT ALL at the
Unionville Community Centre
for Seniors!**

ADULT DAY Program at UHS

A Valued Community Program for Seniors

The Adult Day Program services seniors in the community offering social programs designed to stimulate and activate the mind, body and soul. The program is at full capacity and has a sustained wonderful attendance, with participants who are committed to our program. Weekly activities include Spiritual Sessions, Seated Yoga, and soon participants will have access to personalized physiotherapy services from Achieva Health on a fee-for-service basis. The program goals are to create an enjoyable atmosphere, nourish friendships and build new ones, and improve quality of life through purposeful leisure experiences.

What our participants say:

“Happy to be here, everything great, the staff are wonderful”.

“Not alone, around friends when I come to the Day Program”.

“Good people, I like seeing my favorite volunteer, he’s a kind man”.

“The Day Program helps me able to meet people and relate to people”.

For more information, contact
Kate Papillo - Manager, Adult Day Program
t. 905 477 2822 ext. 4221
e. katherine@uhs.on.ca

2011 Holiday Bazaar: A Fundraising Success

On Saturday November 26, 2011, the Unionville Community Centre for Seniors (UCCS) and Union Villa hosted their annual Bazaars to raise funds to support resident and seniors programs and initiatives.

The committed volunteers and members from the Ladies Auxiliary, UCCS, and The Family Council worked tirelessly for months to ensure this event would be a huge success. A sincere thanks to all those who generously donated handicrafts and household items, knitted wonderful items, baked goodies and gave monies for the contents of the extravagant baskets.

The combined efforts of both bazaar locations brought in almost **\$8,500**. Now that’s something to celebrate!

Wyndham Gardens & Heritage Village Updates

Fire Prevention Education

This past November, Wyndham Gardens invited the Markham Fire & Emergency Services Public Education Officer and the Fire Prevention Officer to give a presentation on Fire Prevention. This was a well attended opportunity that was very informative and very interactive.

Good Health through Fitness

York University is conducting a research study to test a new exercise device called the P44 which allows an individual to exercise by performing stepping movements from a sitting position, thereby removing the risk of falling. This study involves an 8 week, 3 times a week exercise program. This program is open all Campus Residents and will take place in Wyndham Gardens.

Green Waste Program at Heritage Village

On Wednesday January 18th, the Town of Markham’s Environmental Inspector of the Waste Management Department came to the Unionville Community Centre for Seniors. He gave an educational update to the tenants of Heritage Village on their already successful Green program. As part of the Unionville community, the tenants are totally committed to this initiative and aspire to an eco friendly lifestyle.

Bus Shelter coming

Thanks to Ward 3 Councillor Don Hamilton, York Transit, and our UHS community, we now have the green light for a bus shelter to be installed on Anna Russell Way.