

THE VILLA VIBE

Union Villa Residents' Newspaper

GREETINGS FROM THE RESIDENTS' COUNCIL PRESIDENT



With the New Year underway, we look to February and are thankful for all the exceptional care we receive here at Union Villa.

We are always excited to welcome new members to our Residents' Council members. If your interested in attending our next on Thursday, February 2nd at 10:15 am. Hope to see you there!

Bless You All, George French

MONTHLY CHECK IN FROM RECREATION

When we think of February, we think of celebrating our devotion to our loved ones on Valentine's Day. But February also holds meaning to other important observances as February is Black History Month and Therapeutic Recreation Month as well.

We will be celebrating all of these in various different ways. African Dancers will be kicking Black History Month on Wednesday February 1st. On February 15th we will be celebrating our Recreation Therapists who work hard to bring meaningful activities and special events to our residents and clients. They are a valuable part of the team and we look forward to celebrating with them. We hope you enjoy everything we have planned for February.



If you need to get in touch please email me at lbailey@uhs.on.ca or reach out to the Recreation Therapist on your unit. *Lindsay Bailey*

UNIONVILLE HOME SOCIETY LAND ACKNOWLEDGEMENT:

The Unionville Home Society sits on the traditional territories of the Anishinaabe Peoples and of the Haudenosaunee Peoples, and is also situated in Markham, one of the most diverse municipalities in North America.

All of us at Unionville Home Society take pride in that legacy and look forward to building a brighter, more honest, more inclusive future.

FEBRUARY SPECIAL EVENTS

There are so many exciting activities planned this month. so mark you calendars and join us!

LIST OF EVENTS:

See Calendar for full details and times.

Wednesday, February 1: Black History Month
Kick Off-African Dancers.

Resident Outing Dates:
- Friday, February 3 - 2nd Floor & Union Mills
- Wednesday, February 22 - 3rd Floor

Friday, February 10: Chocolate Workshop– From
Tree to Treat

Sunday, February 12: SUPER BOWL SUNDAY

Tuesday, February 14: Valentine’s Piano Bar

Birthday Celebrations:
·Thursday, February 2
 Union Mills Celebrations with Deidrey
·Saturday, February 18
 3rd Floor Celebrations with Emilio
·Thursday, February 23
 2nd Floor Celebrations with Emilio

Monday, February 27: Celebrating Black History
Month - Caribbean Vibes with Keith

Happy
Birthday

to all our residents who
are celebrating this
month!

Mary	02-Feb
Yin	05-Feb
Agnelo	06-Feb
Shu Zhen	21-Feb
Ethel	23-Feb
Eric	28-Feb
Mary	28-Feb

FEBRUARY FACTS

The birth flower of February:
Violet and primrose

February birthstone:
Amethyst

Astrology signs born in February:
Aquarius (January 20 – February 18)
Pisces (February 19 – March 20)

QUOTES OF THE MONTH

- “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
— Martin Luther King, Jr.
- “February is the border between winter and spring.”
— Terri Guillemets, *Years*
- “February is short and very sweet.”
— Charmaine J Forde

MEMORIES FROM JANUARY



A month filled with cultural, culinary and fun activities.

FAREWELL DEAR FRIENDS

Carol A.
Lucy L.
Ken L.
Zarina M.
Catherine M.
Romana H.

Poem - I Am at Peace

Speak of me as you have always done.
Remember the good times, laughter,
and fun.

Share the happy memories we've
made.
Do not let them wither or fade.

I'll be with you in the summer's sun
And when the winter's chill has come.

I'll be the voice that whispers in the
breeze.
I'm peaceful now, put your mind at
ease.

I've rested my eyes and gone to
sleep,
But memories we've shared are yours
to keep.

Sometimes our final days may be a
test,
But remember me when I was at my
best.

Although things may not be the
same,
Don't be afraid to use my name.

Let your sorrow last for just a while.
Comfort each other and try to smile.

I've lived a life filled with joy and fun.
Live on now, make me proud of what
you'll become.

-Anthony Dowson

FEBRUARY DAYS OF SIGNIFICANCE

We are proud to share these upcoming special days and holidays with our residents. Acknowledging and celebrating these days of significance supports a sense of community through inclusion.



February is Black History Month

This month-long observance in the US and Canada is a chance to celebrate Black achievement and provide a fresh reminder to take stock of where systemic racism persists and give visibility to the people and organizations creating change.



February Therapeutic Recreation Month: Let Your Passions Flow!

Therapeutic Recreation Month occurs every February and celebrates the positive impact recreational therapists make in the lives of their residents. Therapeutic recreation is the use of leisure activities to promote the health, emotional wellbeing, skills, and abilities with different. Hope you will come a celebrate with us all month long!



Pink Shirt Day - February 22, 2023

Inspired by an act of kindness in small-town Nova Scotia, Pink Shirt Day symbolizes a collective effort to end bullying and promote compassion. In 2007, Grade 12 students David Shepherd, Travis Price and a few friends saw that a Grade 9 student was being bullied for wearing a pink shirt on the first day of school. They decided buy pink shirts and hand them out to other students to wear. By the end of that week, most of the students in the school were wearing pink shirts to show support for the Grade 9 student who was bullied.

Pink Shirt Day has now spread and become a national day of anti-bullying across Canada and other countries around the world.

A WARM WELCOME TO OUR NEW RESIDENTS

Chinh H.	Kam L. Kam
Patricia O.	Verghese P.
Karen P.	Frank S.
Herawati T.	Shurab M.
Isabella B.	