



# VILLAGE VOICE

HUSTLE EDITION

## MEETING THE EVOLVING NEEDS OF SENIORS

As many of you are aware, the Shalom Village Board of Directors has been working hard to ensure that Shalom Village is well positioned to meet the ever changing needs of the seniors who depend on Shalom Village, while also ensuring that we are well positioned to continue providing the best possible quality of care amidst the changing healthcare landscape in Ontario.

One of the most notable changes, is the appointment of our new CEO, Renee Guder. Today we're happy to share a personal message from Renee, to you:



*Hello! It is with excitement and enthusiasm that I write to you today. I have worked in healthcare for over 23 years after starting my career as a Registered Nurse back in 1996. Since that time my career has spanned the Community, Acute Care, and other Long Term Care Homes, in both the for profit and not for profit sectors. I feel fortunate that I can continue to serve seniors, their families and staff as a leader in not for profit healthcare.*

*Many residents, families and staff have come by to say hello and make me feel welcome and for this I thank you! I am enjoying working with*

*all of our stakeholders as I learn more about the programs we currently offer, while also hearing about the hopes and goals that people envision for the future. I look forward to speaking with all our stakeholders as we work together to continue the important work of "Honouring our Fathers and our Mothers".*

*Margaret Mead once said: "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."*

*Since arriving at Shalom Village I see this every day, and I truly feel that I am a part of something special. I am constantly inspired by everyone that lives and works here. Each day there are shining examples of staff going beyond dedication to support the residents and participants that we serve. In speaking with residents, it is clear that they are proud and happy to live at Shalom Village. I look forward to working alongside the Board of Directors, staff, families and the seniors who depend on us, as we head towards the bright future ahead!*

*I am dedicated to maintaining the traditions and values that make Shalom Village remarkable, and I look forward to having the opportunity to meet with even more of you in the days and months ahead.*

*~ Renee Guder*

# SIGNIFICANT CHANGES AHEAD FROM THE MINISTRY OF HEALTH & LONG TERM CARE



On February 26, 2019, the government introduced The People's Health Care Act, 2019, that would, if passed, support the establishment of local Ontario Health Teams that connect health care providers and services around patients and families, and that would integrate multiple existing provincial agencies into a single health agency – Ontario Health.

According to the government, Ontario's new plan will improve access to services and patient experience. Organizing health care providers to work as one coordinated team, focused on patients and specific local needs, will help people more easily navigate the system and experience easy transitions from one health provider to another. Integrating multiple

provincial agencies and specialized provincial programs into a single agency would provide a central point of accountability and oversight for the health care system. This would improve clinical guidance and support for providers, and enable better-quality care for patients.

Details and specifics have yet to be announced, but rest assured we are paying close attention to these changes and we will work to ensure that Shalom Village is in the best possible position to respond to these changes. As the new plan unfolds, we will be sure to update you about any information relevant to the programs, and services we provide.

\*\*Shalom Village: Founded by the Jewish Community, for the benefit of all individuals throughout the Hamilton Region, our Jewish values and traditions ensure that all residents and participants benefit from the respect, compassion and dignity inherent in the Jewish faith. Shalom Village welcomes and celebrates individuals from all backgrounds and faiths.

# HAPPY BIRTHDAY TO OUR 90+ GANG!

Join us as we congratulate Shalom Village Residents celebrating birthdays of 90+ years in the upcoming months!

## A FEW FACTS FROM NINETY-FIVE YEARS AGO:

- **Canada's Prime Minister was William Lyon Mackenzie King.**
- **The Canadian flag was the "Red Ensign".**
- **The Royal Canadian Air Force was formed.**
- **Prohibition was ended in Alberta, and wireless signals were detected in Vancouver and believed to be evidence of Martians!**



## APRIL BIRTHDAYS:

Laura Lowe  
Alexander Roncari  
Dorothy Arnold  
Beecroft, Gwendolyn  
Anne Gooblar  
Lawrence Pollock  
Lilly Schwarz  
Helen Yanover

## MAY BIRTHDAYS:

Leonard Devlin  
Elizabeth Soloman  
Harold Taylor  
Aurelia Markstein  
Lotti Redner  
Shannon Shapiro  
Anna Taylor

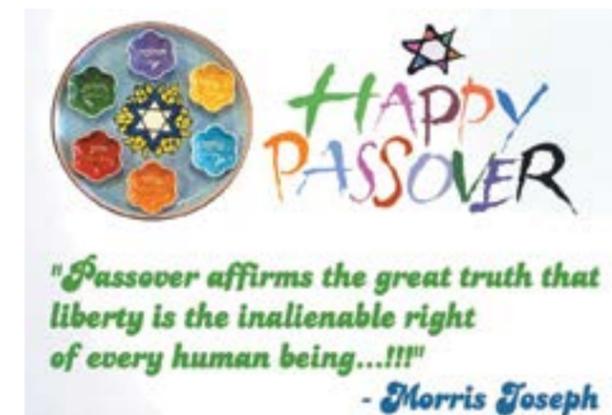
## JUNE BIRTHDAYS:

Mikhail Kinzbourg  
Sadie Feldman  
Bernard Klein  
Hermine Rank

Shalom Village is always proud to celebrate and recognize our Jewish history and traditions all year long. This Passover everyone at Shalom Village wishes you a spring fresh with new promises and a Passover blossoming with joy. Happy Passover!"

We would also like to recognize Easter celebrations for our non-Jewish residents and participants. May the beauty of Easter holidays warm your heart and bring peace and joy to your family.

If you'd like to celebrate the holidays, mother's day or other special occasions, we encourage you to make a donation to the Shalom Village Foundation and send a card to honour these important life moments and help make a difference in the lives of seniors.



# DANCING LIKE NOBODY IS WATCHING

Every day at Shalom Village, our residents and participants are defying stereotypes, celebrating life and finding new ways to stay fit and have fun.

One of the people who helps to make this possible is longtime volunteer, donor, family member, and current volunteer dance instructor, Marmie Wolfson.

Marmie, 72, began volunteering at Shalom Village more than 30 years ago. Her infectious good nature, combined with her genuine interest in making a difference, is just one example of what makes Shalom Village special. Currently, she leads an inspired group of dancers, whose Justin Timberlake routine is nothing short of impressive!

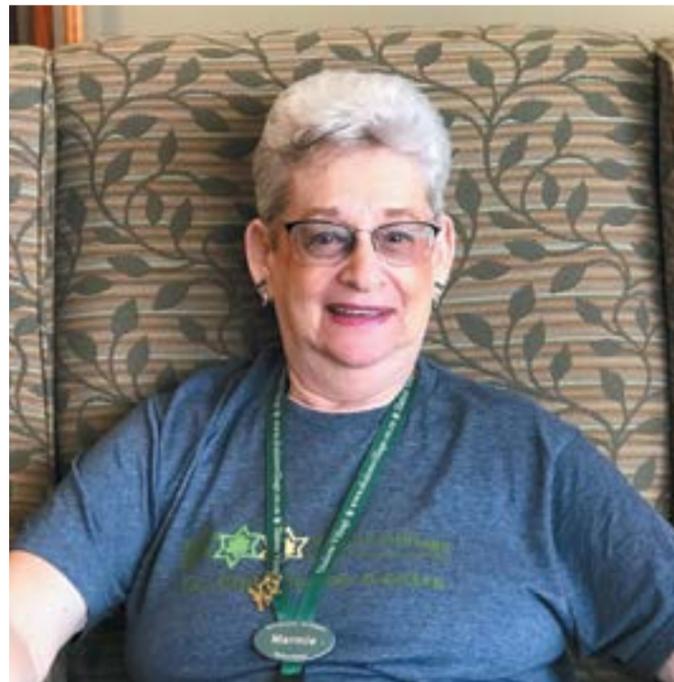
This remarkable group of fun-loving Shalom Villagers, combines tap, jazz and modern dance moves to create a rewarding experience for people of all abilities. They allowed me to join them recently and after a short time, I was elated, and exhausted!

Marmie's dedication and innovation has also led to the creation of a special dance group for people who require walkers, otherwise known as Walker-cise. This has created more opportunities for our seniors to live each day to its fullest! And if that wasn't enough, Marmie is also leading a "Sit & Be Fit" class in our fitness club – which is open to all Hamilton Area seniors.

These types of activities not only redefine people's perceptions of senior living, but they also provide our residents and participants with physical and social opportunities that they may not otherwise have the opportunity to experience. Many of our residents will tell you that "life begins at 70"!



Marmie, Daniela & Shirley demonstrating Walkercise.



From left to right: Daniela Suci, Shirley Levine, Marmie Wolfson, Gloria Mostyn, Mary Lo.

Marmie is especially proud of Shalom Village's dedication to its Jewish history and roots. She also points out that this place is uniquely special, because our residents come from all backgrounds, cultures and faiths. Here people come together, share laughter, learn about

each other – and care about each other. They celebrate difference, they learn about a culture they may not otherwise have had exposure to, and in the words of Justin Timberlake, they "Can't Stop the Feeling" of being excited to experience new things every day.



The Lo Family taking a break from dancing.

**MANY OF OUR RESIDENTS WILL TELL YOU THAT "LIFE BEGINS AT 70"!**

# EAST MEETS WEST IN GOLDIES ADULT DAY PROGRAM

John Thibideau began his career 60 years ago teaching Kung-Fu. When his son Shea became ill, he began looking into therapies and alternatives to support the traditional medical care that his son was receiving in London, Ontario. He was told that his son would spend the rest of his life in Long Term Care. The hospital allowed John to work collaboratively with his therapist, and today, John's son lives independently and is working as a marble and granite installer. This led him to explore new ways to help people by bringing the benefits of Tai Chi and related exercises to more people.



Tai Chi offers a variety of benefits, regardless of a person's abilities and challenges. Many

Goldies participants live with mobility and cognitive challenges. John adapts his program to make it accessible and beneficial to every participant. Individuals who are restricted to upper body movement, are able to gain benefits to their heart, lungs, kidneys and other organs. The breathing exercises also benefit the brain. Additionally, the social benefits of participating in group activities is shown to have positive impacts on mental health. John has worked with a local hospital psychologist who studied the benefits of these activities, and they were able to reduce the amounts of medications required in individuals struggling with depression.

John combines Tai Chi related exercise with nutrition and healthy living guidance to Goldie's participants. John offered them some sage advice just before he left for the day: "If you want to look like a donut, keep eating them"... words of wisdom we can all benefit from!

Adult day programs are available for adults living within the community who have physical or cognitive impairments. Goldie's Place provides a secure, friendly environment, promotes health maintenance, and provides opportunities for socialization and caregiver relief.

To learn more about this program, contact Krista Sheppard at 905-529-1613 X305.



## Upcoming Activities

Unlike Game of Thrones... Winter is leaving us here in Hamilton. And we're all pretty happy about that!

Over the next few months, here are some of the activities our residents, participants and family members can look forward to!

- Mother's Day Celebrations
- Art Show & Exhibition
- The Hustle 4 Health - Walk, Run & Fun in the Sun! (May 26th)
- Trinkets & Treasures - crafts, treasures and other amazing finds.
- And so much more!

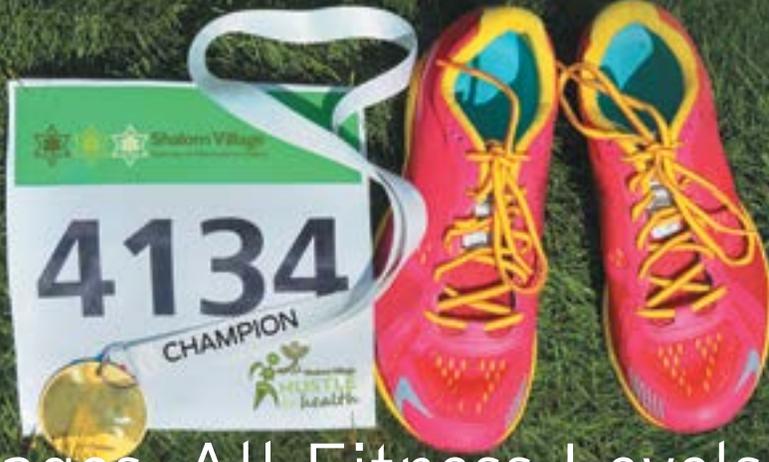
We're also delighted to share some photo's of past activities with you!



# HUSTLE4HEALTH IS BACK! SAVE THE DATE: MAY 26<sup>TH</sup> AT 9AM REGISTER ONLINE TODAY:

[www.Hustle4Health.ca](http://www.Hustle4Health.ca)

Phone: 905-529-1613 ext 264



REGISTER BEFORE APRIL 30<sup>th</sup>  
and be entered in a draw  
for one of three prize packs.

All ages. All Fitness Levels. Walk or Run!

**1K - Course/5K - Course**

“Hustle4Health” for someone you love.

## COME TO FAMILY COUNCIL & HAVE YOUR VOICE HEARD!

Family Council Advocates for Long Term Care Residents to help provide them with a better overall living experience.

Meetings are held on the third Thursday of every month, excluding July, August & December, at 6:30 pm in the Family Dining Room – basement level of SVO. Snacks and refreshments are provided. All family members and friends of Long Term Care Residents are welcome to attend. Any suggestions or new ideas are encouraged and welcomed. Family Council also invites guest speakers to meetings, including Shalom Village Senior Leaders who provide information, obtain feedback, and work with Family Council to support Long Term Care Residents and their family members and friends.

For more information, please contact Katharine May, Social Service Coordinator, at (905) 529-1613 Ext. 391.

Join us at Family Council and together we will continue to ensure an optimal experience for Long Term Care Residents at Shalom Village!

