

Wellesley Times

January 2024

Wellesley Place Central • 160 Wellesley Street East, Toronto ON, M4Y 1J2 • 416-929-9385

A Message from Manager of Programs and Volunteer Services...

Happy New Year to One and All!

We welcome 2024 with some exciting events.

- ***Meet Your Neighbours- January 4th***
- ***Resident Art Show January- 11th***
- ***Lunch Club: Fish & Chips- January 24th***
- ***Cultural Day Scotland- January 25th***

Bus Outings

The Old Spaghetti Factory- January 10th

Ripley's Aquarium- January 16th

Here's to making more cherished memories in 2024

Cheers!

Danielle Herrington

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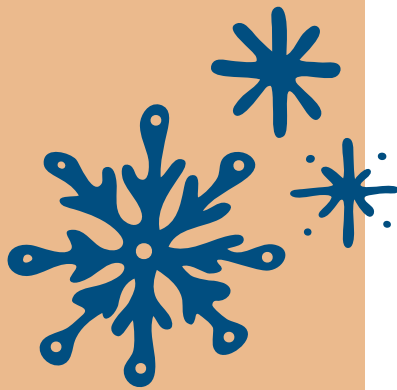
Page 19-20: Fun Pages

JANUARY TRIVIA

January's name derives from the Roman god **Janus**, known for having two faces that allowed him to look backward into the past and forward into the future. This makes January the perfect time to learn from our prior experiences while envisioning the year ahead.

WELCOME NEW RESIDENTS

Carolyn R.
Kenneth S.
Diane S.
Patricia J.
Harvey D.
Joyce D.



SPECIAL DAYS

Dec. 6th - Orthodox Christmas
Dec. 8th - Elvis Presley's Birthday
Dec. 19th - National Popcorn Day
Dec. 25th - Robbie Burns Day
Dec. 27th - International Holocaust Remembrance Day

JANUARY BIRTHDAYS

Patricia B.
Kenneth D.
Mary F.
Oswald G.
Joy G.
Patricia J.
Yune L.
Beryl M.
Diane S.
Gloria T.
Estrellita T.
James W.



JANUARY



SPECIAL EVENTS JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2PM New Years Day Tea Social - WG	2	3	4 130PM Meet Your Neighbours - WG	5 130PM New Years Cleaning & Social - WG	6 230PM Bingo - MTV
7 1030AM Spiritual Eldercare - C 2PM Winter Wonderland Cafe - WG 3PM EmpowART - MTV	8 10AM Catholic Mass - C 2PM - Great Courses Plus - MTV	9 1030AM Resident's Council - C 2PM Anglican Church - C	10	11 130PM Residents Art Show - WG	12 6PM Movie Night - MTV	13 230PM Bingo - MTV
14 3PM EmpowART - MTV	15 2PM Birthday Party - WG	16	17 330PM Letters from Afar - MTV	18 2PM Game Tournament - MTV	19 2PM Movie Matinee - MTV	20 230PM Bingo - MTV
21 1030AM Spiritual Eldercare - C 2PM Winter Wonderland Cafe - WG 3PM EmpowART - MTV	22 2PM Rainbow Committee - RH	23	24 12PM Lunch Club: Fish & Chips - MTV	25 2:30PM Cultural Day: Scotland - WG	26 2PM Curious Minds: Science - MTV	27 230PM Bingo - MTV
28 3PM EmpowART - MTV	29 2PM Puzzling Club - WG	30 2PM Rainbow Cafe: Key Ring Craft - RW	31 2PM Virtual Opera - MTV			

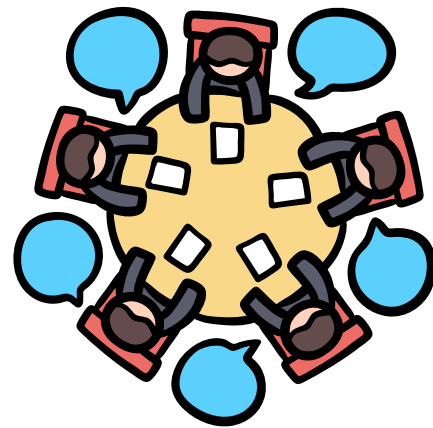
Residents' Council

Next Resident's Council Meeting:

Date: January 9th, 2023

Time: 10:30 am

Location: Chapel



Bill of Rights

1. "Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless of their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability."

In other words: You have the right to be treated with politeness, dignity, and respect, no matter who you are.

For example, staff must call you by the name, title, or pronoun that you prefer.

RESIDENT'S COUNCIL UPDATES

The first Resident's Council meeting of the year will take place January 9th at 1030am in the chapel. Everyone is welcome to attend!





Hope you can join us!

When?

First Monday of the month @ 6:30 p.m.

Where?

Via Zoom - details are in Olivia's regular emails.

Who?

All family members are welcome.

Why?

It's a great way to get updates as well as meet WCP staff and other family members!



Rainbow Committee

Next Rainbow Committee Meeting:

Date: January 22nd, 2023

Time: 2:00 PM

Location: Rainbow Hub on 3W



2SLGBTQI+ Community Programming

Join the **Golden Age Rainbow Chat** for a weekly drop-in chat and explore a variety of topics while building social connection and support. Every Friday afternoon at Family Service Toronto located 355 Church Street from 3-430pm.

Join **The 519** for a 2SLGBTQI+ Older Adults drop in every Monday, from 2-4pm, and Thursday, from 5-8pm. Join for meals, connection, board games, socialization and more! Located at 519 Church Street.



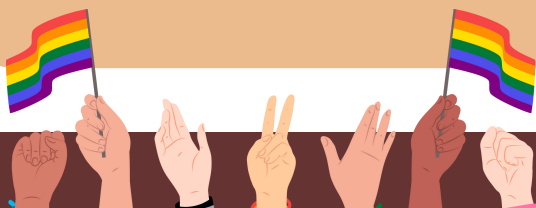
RAINBOW COMITTEE UPDATES

The first Rainbow Committee meeting of the year will take place January 22nd at 2PM in the Rainbow Hub on 3w. Everyone is welcome to attend!

THIS MONTH IN HISTORY

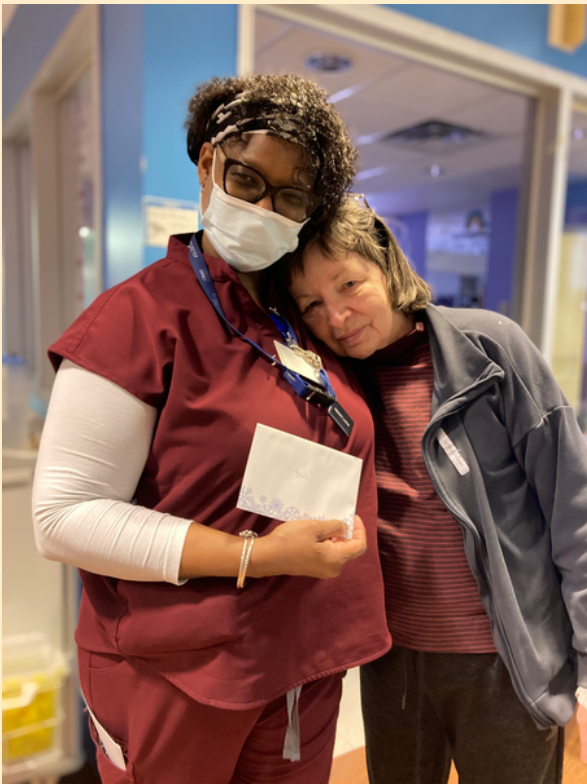
On January 1st, 1991, the City of Toronto Officially endorsed Lesbian and Gay Pride Day in Toronto.

LOVE WHO
YOU ARE



Month In Review

We had a great time watching the Marlies play!



Happy Holidays from everyone at Rekai!



Month In Review

Animal Exotics is always a hit!



Month In Review

Join us for some crafts, puzzles, and other fun and games!





Cultural Day: Scotland!

Activities for Scotland Cultural Day

January 25th

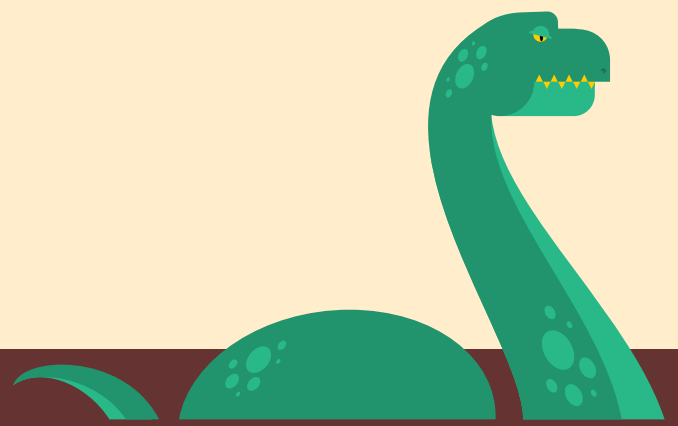
930AM Fun Facts
About Scotland - 4L

10AM Travel to
Scotland - RW

4PM Craft: Scottish
Tartan - Art Room
(2W)

Fun Facts about Scotland

- The official animal of Scotland is the **Unicorn**.
- Scotland is home to the **oldest tree** in Europe. A twisted yew that has been around for over 3,000 years, it is one of the oldest living organisms in the world!
- Scotland is home to the **world's shortest commercial flight**. The journey from Westray to Papa Westray in Orkney is approximately 1.5 miles long and takes just 47 seconds.
- Scotland has the **highest proportion of redheads** in the world. A whopping 13% of the population are redhead.
- Scotland officially has **three different languages** - English, Scottish Gaelic and Scots.





IN MEMORIAM

May we all remember those who have passed with gratitude and a ready smile— despite the sadness we feel missing them. May we follow the good examples that they set for us. May we all be well, and may we live in peace all the days of our lives.

George Nagy

Carl Shain

Nancy Dey

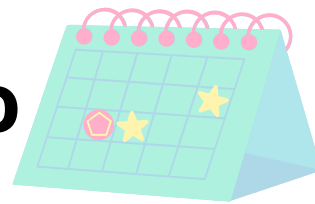
Eva Frona

Phyllis Thomas

Memorial March 2024



Upcoming events in Toronto



New Music Festival

An international festival of contemporary music presented annually by the University of Toronto Faculty. Join us for 10 days of concerts, workshops and master classes as we celebrate new music.

When: January 27, 2024-February 4th, 2024 **Price:** Free

Where: Walter Hall, 80 Queen's Park, Toronto

More Information: <https://utnmf.music.utoronto.ca/>



Pride and Prejudice* (*sort of)

Direct from its triumph in the West End where it won the Laurence Olivier Award for Best Comedy and the prestigious Evening Standard Theatre Award, *Pride and Prejudice* (*sort of)* is a unique and audacious retelling of Jane Austen's most iconic love story.

Where: CAA Theatre, 651 Yonge St, Toronto

When: December 14, 2023 – January 7th, 2024 **Price:** Various prices

More Information: <https://www.mirvish.com/shows/pride-and-prejudice-sort-of>



Canada's Top Ten Film Festival

Established by TIFF in 2001, the Canada's Top Ten Film Festival celebrates and promotes contemporary Canadian cinema and raises awareness of Canadian achievements in film.

Where: 12 Alexander St, Toronto, ON

When: January 25– January 28, 2024. **Price:** Various prices

More Information: <https://tiff.net/canadas-top-ten>



Toronto Marlies vs. Cleveland Monsters

American Hockey League, Toronto Marlies Home Game.

Where: Coca-Cola Coliseum, 45 Manitoba Drive, Toronto

When: January 3rd, 2024.

Price: Various prices

More Information: <https://theahl.com/stats/game-summary/1025654>

Upcoming events in Toronto



Indigenous Fire and Storytelling Community Event

A family-friendly event featuring Indigenous cultural education from Kandy Kennedy of Kennedy Indigenous Consulting.

Where: Phin Park, 115 Condor Avenue, Toronto, Ontario

When: Saturday January 20th. **Price:** Free

More Information: <https://www.eventbrite.ca/e/indigenous-fire-and-storytelling-community-event-tickets-773070192757>



The OBHS 36th Annual Black History Month Kick-Off Brunch

Join us for the 36th Annual Black History Month Kick-Off Brunch Fundraising Event, celebrating African Canadian heritage.

Where: Beanfield Centre, Exhibition Place

105 Princes' Boulevard Toronto, ON M6K 3C3

When: Sun, Jan 28, 2024 12:00 PM - 4:30 PM. **Price:** Various prices

More Information: <http://blackhistorysociety.ca/>



QUEER CINEMA CLUB presents THE TIMES OF HARVEY MILK

Every month at the Paradise Theatre, curator and host Peter Knecht is offering queers (and anyone who loves them) a classic queer film, special guests and performers.

Where: Paradise Theatre, 1006c Bloor Street West Toronto, ON M6H 1M2

When: Wed, Jan 10, 2024 8:00 PM. **Price:** \$19.56

More Information: <https://www.peterknecht.com/queercinemaclub>



Salute to Vienna New Year's Concert

Timeless music, dazzling costumes, breathtaking dance, stunning floral designs. Salute to Vienna New Year's Concert returns to the Roy Thomson Hall for an unforgettable New Year's celebration that will enchant and delight audiences of all ages in Toronto.

Where: Roy Thomson Hall, 60 Simcoe Street, Toronto **When:** January 1st, 2024. **Price:** Various Prices

More Information: <https://www.salutetovienna.com/>

Directory Page - Wellesley Central Place

416-929-9385

Nursing Team

Manju Joseph - Director of Nursing
Ext. 242

Theresa Hoang
Director of Clinical Services
Ext. 595

Resident and Family Services

Olivia Francis Ext.
276.

Finances

Bin Zhan Ext. 258

Life Enrichment Team

Barbara - Executive Director
Academic, Community Partnership
& Programs Ext. 265

Danielle – Manager of Programs
Ext. 257

Max & Annosha - 2nd Floor LEA's
Ext.240

Bridget – 3rd Floor LEA Ext. 220

Millie – 4th Floor LEA Ext. 241

Maintenance

Caesar - Environmental Services
Manager Ext. 204

Food Services

Michael - Food Service Manager
Ext. 210



CONTEST PAGE

Complete this page and return it to your LE staff before the end of the month for a chance to win a draw! Prizes are available for residents and staff!

Name: _____

Room/ Department #: _____

1. What is the flower of January?

- a. Carnation
- b. Lily
- c. chrysanthemum
- d. Poppy

2. What is the most popular song associated with New Years Celebrations?

- a. Up We Go
- b. The Final Countdown
- c. Auld Lang Syne
- d. 1999'

3. In which year on January 1st was the United Nations established?

- a. 1962
- b. 1901
- c. 2000
- d. 1942

TOOLS FOR CONNECTION



5 TIPS FOR COMMUNICATING WITH PEOPLE LIVING WITH DEMENTIA

1. USE WHAT YOU KNOW ABOUT
THE PERSON
2. REDUCE DISTRACTIONS
3. CHAT FACE TO FACE
4. BE FLEXIBLE
5. STAY POSITIVE

OUR LIBRARY IS LOCATED ON THE
MAIN FLOOR.

IT IS GREAT PLACE TO RELAX, TO
CATCH UP ON THE NEWS, TO WATCH
OUR ZEBRA FINCHES, FIND A NEW
BOOK OR GRAB A GAME OR JIGSAW
PUZZLE AND TAKE IT TO THE WINTER
GARDEN TO DO AN ACTIVITY WITH
YOUR LOVED ONE!



Why Leisure and Recreation Activities Are Important for Residents

Benefits

- It improves residents' independence
- Improves cognitive function
- Enhances social life
- Promotes active lifestyles
- Enables a healthier and better qualities of life



The Most Common Leisure and Recreational Activities Our Residents Enjoy



Exercise



Art



Bingo



Music



Outings

STAFF FEATURE: LADONIA BONNER

WELCOMING THE NEW INFECTION & CONTROL (IPAC) LEAD NURSE



Ladonia is an experienced Registered Practical Nurse with a multifaceted experience in healthcare.

Ladonia has completed her Infection Prevention and Control (IPAC) course at Queen's University, Kingston, Ontario. She is also certified in IV Therapy & Phlebotomy. With a dedicated healthcare journey spanning from 2016 to the present, she brings a wealth of experience and a commitment to Resident care.

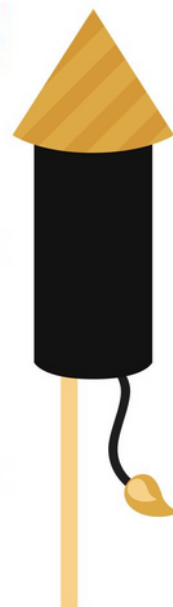
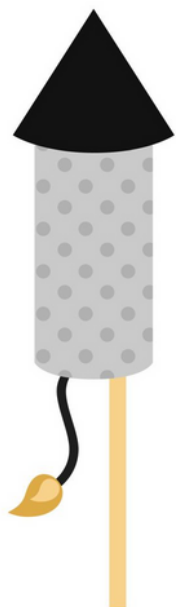
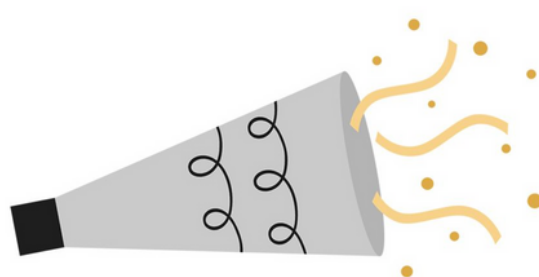
Her professional journey commenced in community healthcare, transitioning to a role as a RPN in LTC and in a retirement setting, she honed her skills and passion for providing compassionate care to seniors.

In the last few years, she has extended her scope to specializing in medically complex care in hospitals. Working in this challenging yet rewarding environment has allowed her to refine her skills in managing complex medical cases and contributing to the well-being of those with diverse healthcare needs.

Outside of the healthcare realm, you'll find her enjoying quality time with her family, diving into a captivating thriller novel, or exploring the vibrant corners of our city. She believes in the power of a balanced life, and these moments of personal exploration rejuvenate her dedication to providing exceptional Resident care.



HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
M	D	M	B	T	B	K	T	P	X	N	S	L	T	K	C	X	X	W	T
M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
L	P	D	M	V	X	P	N	Z	J	L	O	V	Z	V	Y	D	Z	Q	G
G	P	E	X	A	X	K	O	Q	N	C	O	U	N	T	D	O	W	N	I
F	V	Z	N	D	S	S	M	B	P	C	Y	W	V	F	T	W	F	B	N
T	R	S	P	S	P	A	R	K	L	E	R	S	H	Q	T	O	J	A	D
P	J	O	L	B	Y	V	M	S	Y	L	N	N	N	R	C	A	F	L	I
Y	L	P	E	N	S	K	R	O	W	E	R	I	F	Z	N	Y	C	L	M
X	J	K	E	B	D	P	P	G	W	B	K	N	J	U	G	J	W	O	J
W	I	S	C	F	S	F	L	D	B	R	G	P	A	J	E	X	A	O	K
Q	S	C	A	O	W	D	J	R	M	A	W	R	T	J	H	Q	H	N	C
F	R	Q	K	J	N	W	P	A	R	T	Y	P	O	P	P	E	R	S	O
K	E	P	A	U	J	F	G	X	M	I	Z	X	R	T	S	X	K	Q	L
V	E	N	R	I	Y	E	E	B	G	O	Q	Y	I	U	P	H	K	Y	C
Y	H	I	S	I	R	E	O	T	J	N	O	I	T	U	L	O	S	E	R
Q	C	S	H	A	P	P	Y	G	T	B	O	U	V	C	D	L	R	Z	G
R	M	Q	G	Q	X	Y	B	N	O	I	S	E	M	A	K	E	R	G	F
N	A	E	N	K	V	K	T	Y	F	H	R	R	A	Y	R	Y	I	A	V

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

