

# Parkland on the Glen's Month in Pictures!



**Parkland**  
LIFESTYLE RESIDENCES  
ON THE GLEN

Greeting from Our General Manager

# January 2020

## Massage Therapy

This month we will be having the students from Trios College here to provide Massage Therapy. They will be here on Monday, January 13th and 27th from 2:00pm – 6:00pm.

You can book an appointment with Concierge for an in-suite massage (\$5 donation) or chair massage in the Lounge (\$2 donation).



Quote of the month:

“We are what we repeatedly do. Excellence then, is not an act but a habit.” - *Aristotle*



## December Maintenance Schedule

Our current maintenance schedule for the month of November is as follows:

**Fri. Jan. 24th: Nurse Call Audit 9am- 4pm**

**Mon. Jan 20th: Afternoon Fire Drill 3-4 pm**

There will be other items scheduled throughout the month and maintenance will be sure to inform all residents 2-3 days prior to any scheduled work.

## Channel 988

Have you heard? You can now access the list of daily programs, information about upcoming events, community announcements and pictures from past events all from the comfort of your suite! Just tune your TV to channel 988.



## Programs Department Updates

We hope everyone had a safe and happy holiday season!

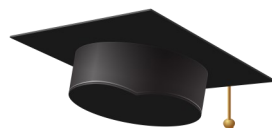


This month we have a bunch of new students starting in the programs department! Each student will be sharing one of their interests/ talents with us throughout the month of January. Please check the calendar to see when you'll be able to meet each of the students!

Please don't forget the Suggestion Box in the Lobby. We depend on every resident to share their input on programs and entertainment, in order to make the monthly activity calendar a reflection of what you enjoy.

Finally, we have an Activities Meeting at the end of every month—it is an opportunity to sit down with Lorraine and Amanda to talk about past and future events/ programs!

## Program Spotlight



### **Re-introducing: Parkland University**

This month we are re-introducing Parkland University. It is an opportunity for you to learn something new through 30min educational video courses. Please join our students on **Sundays at 2:30pm in the Theatre.**

### **Smile Theatre: From Judy to Bette**

Judy Garland, Bette Davis, Lucille Ball and Betty Hutton: trailblazers who refused to be "just another ingénue" during the Golden Age of Hollywood. In this performance of scandalous headlines and marvellous melodies, journey through the groundbreaking careers of the screen legends of yesteryear. Critically acclaimed Toronto creator and performer Rebecca Perry takes to the stage to look at the lives of the ladies who broke convention and started something bigger, perhaps, than even they knew. **January 16th, 2020 at 2:30pm in the Lounge.**



### **Chinese New Year:**

#### **Lunch at the Mandarin**

In celebration of the Chinese New Year we're heading to the mandarin for lunch! Please sign-up with Concierge ASAP to reserved your seat as spots are limited. **Thursday, January 23rd, 2020 at 11:30am.**



## Marketing Announcements



**Have a friend or family member who is considering retirement living?**

**Did you know we have a \$1000 referral benefits program?**

**Please see Grace for more details!**

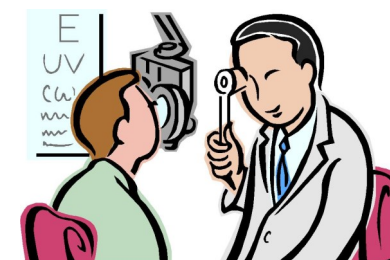
### **Eyecare Express is coming to**

#### **Parkland on the Glen**

February 6th, 2020

9:30-3:00pm

Please reserve your appointment with Concierge.



### **Food Drive**

Parkland on the Glen has partnered with the Mississauga Food Bank to help support those in need in our community. Donations can be left in the basket located in the lobby under the TV screen. Thank you for your support!



## Upcoming Special Events



Don't miss the following events that will be taking place this month:

**January 3rd - Birthday Party with**

**Francis L**

**January 8th - Home Instead: Falls Risk Reduction T**

**January 11th - Mary Kay Spa Day M**

**January 13th - CARP Intro Presentation T**

**January 16th - Smile Theatre: From Judy to Bette L**

**January 23rd - Lunch at the Mandarin \*C**

**January 25th - Toronto Woman's Sword L**

**January 26th - Parkland Spelling Bee L**

**January 30th - Progressive Relaxation: Guided Meditation with Victoria T**

Please see the monthly calendar for a detailed list of events and programs.

### Mobility Device Clinic

**Wednesday , January 15th, 2019**

**at 10:30am in the Lounge**

Sherwin from Access Abilities will be providing onsite mobility device assessments (wheelchairs, walkers, etc.) Sherwin is able to provide adjustments, repairs, and is also a great resource for other assistive devices.

**Please sign-up at Concierge**

## January Birthdays



Please join us on January 3rd at 3:00pm in the Lounge to celebrate all the January birthdays with cake and entertainment!

**Andrew D.—January 1st**

**Sanni M.—January 5th**

**Donald C.—January 5th**

**John H.—January 14th**

**Lois R.—January 16th**

**Charlie S.—January 17th**

**Ed F.—January 22nd**

**David C.— January 24th**

## January is Alzheimer Awareness Month



To help raise dementia awareness and show support to those living with Alzheimer's and related dementia we are asking our community to wear a Forget Me Not Flower pin.

**By wearing a Forget Me Not pin, we are letting those who have been impacted know that they are not alone.**

Similar to the Remembrance Day Poppy, pins will be available beside a donation coin box at Concierge.



**Alzheimer Society**  
P E E L



## Program Decoder

Descriptions of some of the exciting new programs being offered!



<p><b><u>Trivia</u></b> Join the recreation girls as they test your knowledge on a variety of different topics.</p>	<p><b><u>Coffee Time with the Manager on Duty</u></b> Every Sunday one of our Managers is here on duty to ensure all is well in the building. The Manager on Duty will be hosting a Coffee Time in the Lounge.</p>	<p><b><u>Progressive Relaxation: Guided Meditation</u></b> Victoria will lead you through a relaxing meditation to help you relax and clear your mind.</p>
<p><b><u>Word Games—Word in a word, Guess the Phrase and Giant Crosswords</u></b> Give your brain a little exercise with one of our many fun word games.</p>	<p><b><u>TED Talk</u></b> We'll watch a short TED Talk and then have an open discussion about it!</p>	<p><b><u>Family Feud</u></b> Just like on TV, see if you can guess the right answers in a fun game where the most popular answer wins.</p>
<p><b><u>Jeopardy with Amanda</u></b> A fun interactive trivia game made by Amanda herself. All skill levels welcome.</p>	<p><b><u>Musical Hour</u></b> Lunchtime music on the 3rd Floor performed by one of our talented students.</p>	<p><b><u>Activities Meeting</u></b> A chance for you to see what's happening next month and discuss what programs you liked and did not like during the previous month.</p>
<p><b><u>Penny Ante</u></b> A fun new card game that'll help you get to know your neighbours better!</p>	<p><b><u>Song Circle</u></b> A fun sing along with our very own Vanessa, from the dining room, playing the ukulele.</p>	<p><b><u>Pictionary</u></b> A fun game where we all put our drawing skills to the test. No talent required!</p>
<p><b><u>Students</u></b> Beginning the week of January 6th you will have a chance to meet our new bunch of students. See the activities calendar for specific dates and times to meet each student!</p>	<p><b><u>Zumba</u></b> A fun and energetic seated workout with a Latin flair!</p>	<p><b><u>Massage</u></b> 1 hour in suite massage for a \$5 donation—book through Concierge</p>
<p><b><u>Men's Coffee Club with John</u></b> Enjoy a cup of coffee while chatting about sports, current events and whatever else men talk about!</p>	<p><b><u>Chef's Table</u></b> A chance for you to watch one of our Culinary team make a delicious snack right in front of you and sample the creation.</p>	<p><b><u>Chair Massage</u></b> 15 min. chair massage in the Lounge for a \$2 donation</p>



# Lifemark Programming

The new Lifemark programs began on July 1st, we hope you've had a chance to try them out and are enjoying our new vibrant classes.

## Box Fit

The box fit class involves a combination of endurance and low intensity muscle training. This class will have a positive impact on your cardiovascular system, strength and balance. This class involves both sitting and standing, and has three levels of intensity to accommodate all participants.



mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. Tai Chi improves balance, strengthens the upper and lower body, improves the immune system, reduces blood pressure, helps to reduce bone loss, helps relieve arthritic pain, promotes faster healing and positively impacts various ailments and conditions.

## Falls Prevention

The falls prevention class will focus on the strength and balance required to aid in the prevention of falls.

## Dance Fit

This class involves a combination of endurance and low intensity muscle training. This class will benefit your cardiovascular system, strength and balance.

## Pump it Up

The Pump it Up class focuses on the strengthening of the upper and lower extremities, improving overall function and reversing some of the muscle loss and deterioration associated with aging. This class features higher intensity exercises that involve more standing based exercises.

## Seated Chair Tai Chi

Did you know Tai Chi is the most popular form of exercise today?! The graceful, slow movement, coupled with an emphasis on deep breathing and

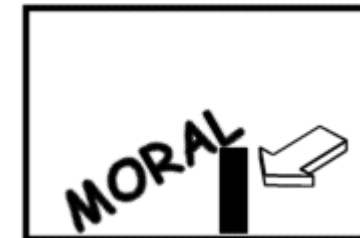
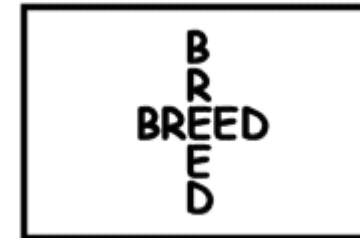
	Monday	Tuesday	Thursday
9:00	Pump It Up	Pump It Up	Pump It Up
9:35	Dance Fit	Dance Fit	Dance Fit
10:10	Falls Prevention	Box Fit	Falls Prevention
10:45	Functional Fitness 3 <sup>rd</sup> floor	Seated Tai Chi	

Please note that the calendar also includes this schedule, along with other program

recommended for physical fitness.

## Brain Teasers

Test your brain and see if you can solve these Rebus Puzzles:



## Tena Products

We would like to share with you a new incontinence program we have begun at Parkland on the Glen. We have partnered with Cardinal Health to provide Tena products that are specific to your individual needs.

If you would like to discuss the program or want further information regarding pricing, please feel free to contact Maria to schedule a one-to-one consultation.

**Maria Adeyingbo**  
Care Coordinator  
(416)-525-1759

## Wellness Corner

### This Month's Topics: Seasonal Affective Disorder

**Seasonal Affective Disorder: Don't Let it Get You Down This Winter!**



When it first arrives, winter can bring boundless joy with picturesque snowfalls and gatherings around our warm fireplace. But as the months drag on, the winter blues can set in and affect our health. This season brings an increased risk of contracting the cold or flu (get your flu shot) as well as decreased physical activity and isolation. Don't succumb to this downcast mood! By doing the following, you can continue living a healthy and fulfilling lifestyle while waiting for the warmer months ahead:

**Eat Healthy:** Increase your body's natural defenses by having a well-balanced diet

**Soak in the sunshine:** When the temperature is too much to handle, shift your focus to your diet through foods to boost vitamin D (i.e. salmon, shrimp, milk, mushrooms & egg yolks)

**Get Moving:** Physical activity is a natural mood enhancer.

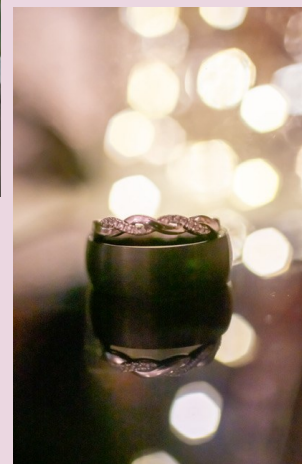
**Keep your mind Active:** An active mind is just as important as keeping your body active. Participating in our community's programs that engage the mind is a great way to stimulate your brain!

**Stay Connected:** Avoid social isolation, plan to attend events/ programs, get together with friends, even regular phone calls can help.

**Resist the urge to hibernate this winter and focus on your overall health!**



## Team member spotlight: Chef Samantha



As many of you may recall, we celebrated Chef Sam's wedding with a bridal shower back in late October. We're excited to finally share the pictures from her special day! Wishing the stunning bride and her handsome groom a lifetime of happiness!

## Resident Family Spotlight:

### 47 Years and Counting – A Story of Italian Automotive Love

By Laura Ives

"You're going to buy what?" That was my mother's (Rae Grey, Suite 808) reaction when I told her in 1973 I was going to purchase a 1972 Fiat 124 Spyder, instead of a British MG. Both my parents were British and had owned an MGA at one time. Spyder is Italian for Convertible.

This had to be wrong as it was a convertible sports car and as a single woman I could only get into trouble with it - right? Well, I loved the car and it was so advanced for the time as it was equipped with technology that many cars did not feature in 1972, like intermittent windshield wipers. The 5 speed manual transmission was much easier to shift than the stiff MG and the top could be raised or lowered in 10 seconds. Its body was designed by Pininfarina, the same designer for Ferrari at the time. I found out for insurance purposes it was not classified as a sports car so even the insurance was less expensive.

Of course I had my favourite mechanical engineer, then my boyfriend but now my husband, check it out for mechanical worthiness before I bought it. I often tease that he married me just to get the car! Nonetheless I have owned this car for 47 years and we will have been married for 45 years in 2020. Over that time, the Fiat has been repainted, had a new convertible top and interior installed and had the engine resealed, however not rebuilt. The car has never been completely restored.

It is not just a show car as we drive it and it only has approximately 82,000 miles on it. Some of its more recent adventures since we became Florida Snowbirds have been to Key West, the southern most point in the US, the Tail of the Dragon and Devil's Elbow in Tennessee. It has done laps at the Daytona International Speedway in Florida and Road America Racetrack in Wisconsin. We have taken it to some shows in Ontario, New York, Michigan, Wisconsin and Florida. We have the hardware to prove it winning first, second and people's favourite trophies. We regularly attend the annual Fiat Freakout, a North American gathering of Fiats that are members of the Fiat Clubs across the US and Canada.

This past year we took part in a "Classic Car Adventure" that saw classic cars manufactured before 1980 travel for three days in the Algonquin & Haliburton Highlands, Muskoka and the Kawarthas. Over 3 days, the cars travelled well over 1000 km enjoying the changing fall colours on the trees, beautiful scenery, as well as each others company.

The Fiat has now become a family heirloom.

My 8 year old grandson now claims he wants a Fiat when he can drive. I wonder if it will last?







## Resident Spotlight: Joe Green



### *And No Birds Sang*

When was the last time you saw a finch? When was the last time you heard a blue jay? Our bird population is declining at an alarming rate. Various research studies indicate that we have lost one third of our bird population (three billion) in the last fifty years. The main reasons for this decline are loss of habitat, climate change, pesticides and invasive species. Other lesser factors include tall buildings, vehicles, hunting, logging, cats and loss of wetlands.

#### Who cares?

Birds are an integral part of the ecosystem. They pollinate plants, spread seeds and control the insect population. If their numbers continue to decline at the present rate, many of the species will become ‘things of the past’.

What can we do about it? Well, if we think it is worthwhile, there are a few small things we might try.

With all its glass windows, our building is a giant mirror. What birds see is what is reflected in those large windows. If it looks like open space then they may fly right into it. The simplest solution is to place the decal of a hawk on some of the windows. They can be purchased or easily made from ‘sticky paper’ at one of our afternoon craft sessions.

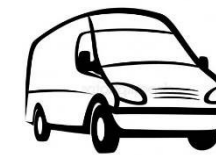
We are enamoured with neat, weed free, formal gardens with well trimmed lawns, pretty flowers and colourful trees. We import all kinds of vegetation from all over the world that is pleasing to the eye but no complementary with our environment. What about creating a “natural area” with indigenous wild flowers, weeds and shrubs? Consider our “back area” where nothing grows? Could we plant native Carolinian species to grow in the shade and will feed and/ or protect our bird population? There are lots of support groups that will give advice on “natural gardens”. It won’t be neat and tidy, but it’s not supposed to be.

Did you know that the City of Toronto gives grants to people who establish “natural gardens”?

## Bus Trips

**\*\*Please note that based on the amount of interest, bus rental will be required, and applicable charges will be applied\*\***

**\* ALL TRIPS ARE TO BE PAID IN ADVANCE TO RESERVE YOUR SPOT. NO REFUNDS\***



#### Level of Walking

Light: 

Moderate: 

Extensive: 



#### Lunch Outing: the Mandarin

**Date:** Thursday, January 23, 2020

**Depart:** 11:30am

**Approx. Return:** 1:30pm

**Cost:** \$18.99 + tax & gratuity



**MANDARIN®**

In celebration of the Chinese New Year we are having lunch at the Mandarin. Please sign-up with concierge by **January 20th.**



#### Shopping, Groceries & Banking

**Date:** Last Thursday of Every Month

**Trip:** Shopper’s Seniors Day

**Date:** Every Tuesday

**Trip:** South Common Mall & TD/BMO

**Date:** 2nd, 3rd, 4th & 5th Friday of Month

**Trip:** Longo’s Grocery Trip & CIBC

**Date:** Every Wednesday

**Trip:** Sheridan Centre & Scotia Bank/RBC

**Date:** First Friday of the Month

**Trip:** Loblaw's Grocery Trip

**Date:** Second Thursday of Every Month

**Trip:** Erin Mills Town Centre

**Please sign-up with concierge to reserve your spot.**

