

# SHERBOURNE GAZETTE

## APRIL 2024

Sherbourne Place • 345 Sherbourne Place, Toronto ON, M5A2S3 • 416-964-1599

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

***"Spring will come and so will happiness. Hold on.  
Life will get warmer."***

Happy Spring! April promises to bring warmer weather. We have a busy month planned with many exciting programs for you to enjoy such as "Ripple Rhythm" Drum Circle, Seated Dance w/ National Ballet School, Pizza Making, & Root Beer Float Social. We will also be celebrating the vibrancy of Jamaica at our next Cultural Day on April 23rd with delicious food, drinks, & steel drum music.

The Resident Council will be facilitating our next fundraising initiative with a 50/50 draw starting April 1st, running until April 15th. Please make sure to purchase your tickets at Reception for a chance to win!

*Cheers!*

*Mark Lundrigan  
Manager of Programs & Volunteers*

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## **DID YOU KNOW?**

- “Did you ever wonder how April Fool’s Day started? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April new year were considered fools, and often the victims of practical jokes. Today we just like to have a little fun with our friends!

## **WELCOME NEW RESIDENTS**

Mei Ying Y.

Jerome C.

Joy R.

Josefa J.

Edward W.

Carolyn R.

## **SPECIAL DAYS**

April 1st: Easter Monday

April 1st: April Fool’s Day

April 7th: World Health Day

April 11th: National Pet Day

April 15th: World Art Day

April 16th: Stress  
Awareness Day

April 22nd: Earth Day

April 26: National Pretzel  
Day

April 29th: International  
Dance Day

## **APRIL BIRTHDAYS**

April 3rd: Emily H.

April 4th: Edward W.

April 4th: Jerome C.

April 7th: Robert H.

April 10th: Robert C.

April 10th: Elaine C.

April 18th: Drupatty M.

April 21st: Edith S.

April 28th: Ameena A.

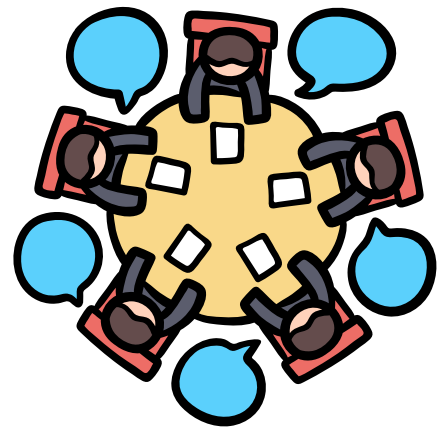
# Residents' Council

## Next Resident's Council Meeting:

Date: April 9th, 2024

Time: 1:30pm

Location: Craft Room



## Bill of Rights

3. "Every resident has the right to have their participation in decision-making respected."

**In other words: You have the right to be involved in decisions about all aspects of your life in the home. You have the right to be told about medications or medical treatments that are recommended for you. You also have the right to be asked about other decisions. For example, staff at the home should ask you what you like to eat and what activities you want to do. You may not have the final decision. But the home should let you be a part of all decisions.**



### RESIDENT'S COUNCIL UPDATES

The Residents Council Fundraiser 50/50 Draw will take place from April 1st-15th

### RESIDENT TOWN HALLS



Join the Town Hall on your floor in April to hear updates from department managers and to voice and questions, concerns, feedback you may have.

**2nd Floor: April 30th, 10:30am**

**3rd Floor: April 29th, 3:30pm**

**4th Floor: April 25th, 3:30pm**

# Gender & Sexuality Alliance

The Rekai Centres is committed to celebrating diversity and being an inclusive home for all residents, family, friends, staff, volunteers and visitors. Our goal is to foster an inclusive culture that is a welcoming and productive environment which provide quality care and services for 2SLGBTQI+ community members and allies. The Rekai Centres recognize the term “families” as inclusive of both chosen and family of origin.



LOVE WHO YOU ARE

## 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 3-4:30pm

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.

## INFECTION CONTROL UPDATE

“Masking is now recommended but not required for visitors of the home. Rekai Centre Sherbourne has returned to our Mask Friendly Policy which was created in the previous spring mask lift. Masks will remain available at the entrance and throughout for the building.

If there is a resident placed on Additional Precautions, it is required for everyone to abide by those precautions. The home can implement masking when required.

Stay Safe! Take Care, Lacey H. – IPAC Lead





# Month In Review: Special Events

Residents enjoyed celebrating St. Patrick's Day with shamrock shakes, cupcakes, & beautiful fiddle music!





# Month In Review: Programs



# Embrassing Compassion: My Student Experience at Sherbourne Place by Maricel

I am grateful for the chance to share a glimpse of my journey as a student at Reikai Centre (Sherbourne place). My interactions with the residents, staff and other volunteers/students have been incredibly enriching, marked by profound connections, empathy, and happiness. From the very beginning, I received a warm welcome from the residents and staffs, unveiling the tremendous influence of companionship in fostering a sense of belonging.

One of my main responsibilities involved facilitating recreational activities for the residents. I have observed the happiness and joy that these activities bring to the residents. Establishing an interactive atmosphere not only reduces loneliness but also fosters mental stimulation and social connections which plays a vital role in preserving cognitive abilities and emotional health in older adults.

I have also provided some supports like companionship and emotional support to our residents by engaging in friendly conversation and simply offering a listening ear which is rewarding. Through this, I established rapport and gained the trust of residents specifically those who are isolated and lonely. I also had the chance to be with them in their special events and community outings wherein I witnessed the excitement, joy and meaningful experiences they had.

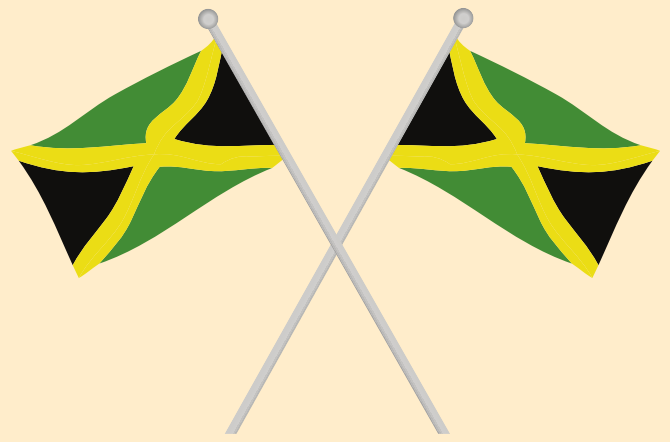
As a student at Reikai Centres, it gave me an opportunity to fully understand the difficulties and complexities of aging and the importance of advocating for their rights and autonomy. This experience reinforced my insights in the importance of creating an inclusive and nurturing atmosphere that promotes well- being.

Overall, my experience was fulfilling and life changing. It has solidified my commitment to render my service to our residents with empathy and dignity. I heartly appreciate the chance to have meaningful impact on the residents and their families. Moving forward, I am dedicated to continue my volunteer work and championing the welfare of our residents.





# Cultural Day: Jamaica



## Activities for Cultural Day April 23rd, 2024

9:45am: Virtual Jamaica  
(3)

11:00am: Music  
Appreciation “Bob  
Marley” (CH)

2:00pm Celebrate  
Jamaica Party w/ Steel  
Drums (DR)

4:00pm: Armchair  
Travel-Jamaica (3)

6:00pm: Movie “One  
Love-Bob Marley Story”  
(3)

## Fun Facts about Jamaica

- It is the third-largest island in the Caribbean and part of the Greater Antilles archipelago
- It was the first country in the Western world to build a railroad, just 18 years after Britain
- It is home to the fastest man in the world, Usain Bolt, and sprinting is the most popular sport there
- It is where British novelist Ian Fleming wrote ten of his famous James Bond spy thrillers, and some of the films were shot there
- It produces Blue Mountain Coffee, one of the rarest and most expensive coffees in the world
- It has a Bobsled team that competes in the Winter Olympics despite being a tropical island
- It is one of two countries that don't have red, white, or blue in its flag







## 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.

*Hazel “Betty” Lloyd*

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*Join us for our next  
Memorial Service  
April 30th, 3pm, Chapel  
\*honouring those who passed  
from January-March 2024)*



# Upcoming events in Toronto



## Toronto Food & Drink Fest

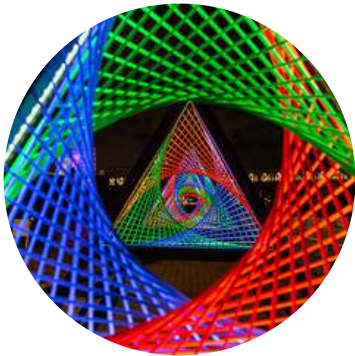
Taste the very best from local chefs, restaurants, winemakers, spirit, beer and cider companies, quality culinary products plus get all the latest food & drink trends. Grab your friends and prepare your tastebuds for 3 epic days of tastings, classes, pairings and music.

**When:** April 5th-7th **Price:** \$21 per day

**Where:** Metro Toronto Convention Centre, Toronto

**More Information:**

<https://www.museumoftoronto.com/collection/winners-losers/>



## Lumière: The Art of Light

This free outdoor light-based art exhibition invites visitors to explore Trillium Park & experience public art created by talented Ontario artists. Utilizing innovation, light and discovery, artists & creators illuminate the park under the curatorial theme of Connections.

**Where:** Trillium Park, 955 Lake Shore Blvd W

**When:** Every Tuesday until April 20th. **Price:** Free

**More Information:** [ontarioplace.com](http://ontarioplace.com)



## Cherry Blossom Season at Colborne Lodge

Come to Colborne Lodge to celebrate Cherry Blossom season! Learn about the history of the cherry trees in High Park and enjoy reproductions of 19th century Japanese art and poetry depicting this seasonal celebration. Check out haikus created by High Park visitors and add your own haiku to the display.

**Where:** Colborne Lodge Museum, 11 Colborne Lodge Dr

**When:** April 3rd-28th **Price:** Free



## Art On The Bran

Discover these inspiring works curated by the Brain Injury Society of Toronto. This exhibition illustrates the challenges, creativity, strength, resilience and talents of people living with brain injury.

**Where:** Clark Centre for the Arts, 191 Guildwood Pkwy, Scarborough

**When:** April 3rd-29th **Price:** Free

# Upcoming events in Toronto



## Chaos Menu: Disorder Up!

The Second City Toronto is serving hilarity in their 88th Mainstage Revue Chaos Menu: Disorder Up! Join our star-studded, award-winning ensemble as they navigate the confusion that is regular life.

**Where:** Second City, 1 York St **When:** Saturdays in April.

**Price:** \$29-49



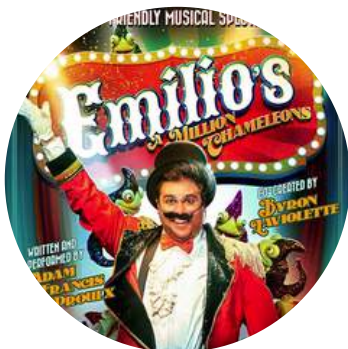
## Cheng Squared Duo

Back by popular demand, captivating audiences and critics alike, this brilliant duo distinguishes itself with its musical integrity and charismatic chemistry. The Chinese-Canadian brother-and-sister are renowned cellist Bryan Cheng & pianist Silvie Cheng.

**Where:** Walter Hall - UofT Edward Johnson Bldg, 80 Queens Park

**When:** April 21st **Price:** \$30-\$55

**More Info:** [www.mooredaleconcerts.com](http://www.mooredaleconcerts.com)



## Emilio's a Million Chameleons

A family-friendly musical spectacular! Emilio is excited to bring you his circus act with a million chameleons to entertain you with music, magic, and amazement. His favourite chameleon of them all is Juan... the shyest little chameleon.

**Where:** Wychwood Theatre, 76 Wychwood Ave #176

**When:** April 27th **Price:** \$28-\$35



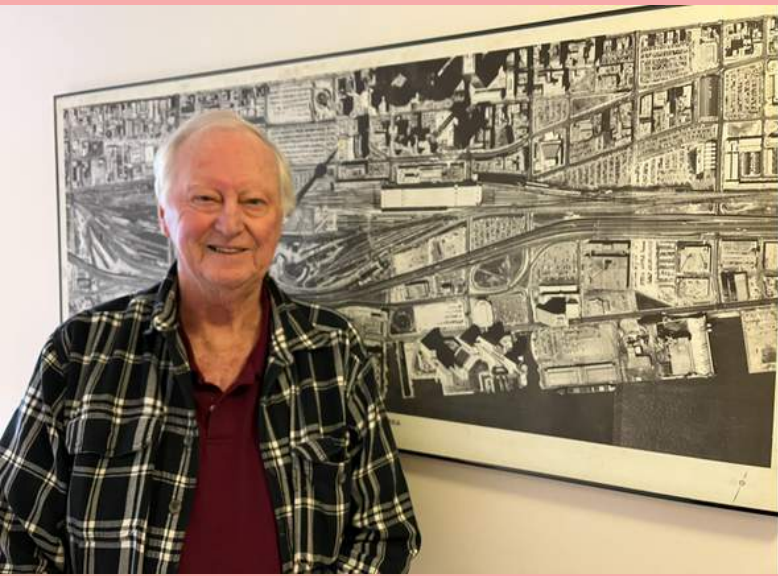
## Intrigue at the Museum: A ROM Mystery Scavenger Hunt

There has been a mysterious murder, and the museum's collections hold the key. Working in teams, sleuths travel through the museum's galleries solving whodunnit, where, and with what. Will your team solve the mystery before the clock runs out?

**Where:** Royal Ontario Museum

**When:** April 28th. **Price:** 49.50





## **MONTHLY RESIDENT FEATURE:**

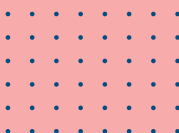
### **STEPHEN M.**

I was born in St. Michaels Hospital, Canada in 1942 and raised in Toronto in Leaside area. I studied in University of Toronto, School of Architecture. I was Self-employed, owned my company called SGM Architects in 1969. I have assisted in the planning of Toronto Harbourfront, which started in 1972. I also worked as a Senior Advisor for the Mayor of Toronto and was the Commissioner of Planning and Development in Toronto through 1970s.

I got married after university and we had 3 beautiful daughters. I also have 5 grandchildren.

I enjoy reading history and architecture books. I played baseball and hockey since I was 6, for about 15 years. I played hockey as goalie in high school with the "Leaside Lions". I also used to play in the New York Rangers farm team.

I love to go on outings in the community. I also lead a biweekly "News Review" program for residents, I hope you will join me!



# 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 are April Showers said to bring?
  - a. May Sunshine
  - b. May Flowers
  - c. May Umbrellas
  - d. May Thunder
  
2. What is April's birthstone?"
  - a. Ruby
  - b. Emerald
  - c. Diamond
  - d. Opal
  
3. What day is known as Earth Day?
  - a. April 21
  - b. April 22
  - c. April 23
  - d. April 24



# Spring Word Scramble

WBNIAOR \_\_\_\_\_

BLLAMURE \_\_\_\_\_

WFLORE \_\_\_\_\_

PLITU \_\_\_\_\_

NERGE \_\_\_\_\_

MLOBO \_\_\_\_\_

PLRIA \_\_\_\_\_

LFBTUTREY \_\_\_\_\_

NIAR \_\_\_\_\_

DREGNA \_\_\_\_\_

EBE \_\_\_\_\_

YMA \_\_\_\_\_

GNRIPS \_\_\_\_\_

HSSNIEUN \_\_\_\_\_

YBNUN \_\_\_\_\_

CAMHR \_\_\_\_\_





# April

## Word Search

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

RAINBOWS

EGGS

RABBIT

EARTH DAY

CLOUDS

CHICKS

APRIL FOOLS

GRASS

SPRING

TULPIS

JACKET

PUDDLES

# Directory Page - Sherbourne Place

# 416-964-1599



## **Executive Director**

Maria Fernandes-Ext. 234

## **Nursing Team**

Tenzin Tsochung - Director of Nursing Ext. 223

Elimar Guaca-Director of Clinical Services=Ext. 242

Lacey Hall-Infection Prevention & Control Lead Ext.

Luxy Illango-Behaviour Support Lead Ext.

Tenzin Dechen -RAI Coordinator Ext.

Celina Braithwaite- Nursing Admin Manager Ext.

## **Education Manager**

Chet Bhatt- Q.I & Education Manager Ext 231

## **Education Manager**

## **Resident and Family Services**

Marie Lane-Ext. 242

## **Maintenance**

Paolo lafrate - Environmental Services Manager Ext. 204

## **Food Services**

Jacky Nebit-Food Services Manager Ext. 232

## **Life Enrichment Team**

Barbara Michalik - Executive Director Academic, Community Partnership & Programs Ext. 233

Mark Lundrigan – Manager of Programs Ext. 233

Kiran - 2nd Floor LEA's Ext.240

Lucy- 3rd Floor LEA Ext. 246

Selina - 4th Floor LEA Ext.245