



In Sync . . . In the Village

The Essence of Community

A community is where the heart is. It is the coming together of many elements that generate togetherness: friendship, support, companionship, generosity, love and hope.

Hope is a waking dream. When one joins a community – be it sports, art, culture, values, identity, or locality, there is the quiet hope that it will be the right choice.

No new experience is easy and we have little idea of what we can expect. It is a learning experience, adapting to the new neighborhood that we are in. This is the early experience of almost everyone who came to Shepherd Village. The strangeness and unease eventually turns to a feeling of comfort, acceptance and understanding – sympathy for each other.

A community's member must take ownership of its well-being. Over time, and with patience, we learn about the history of this new commune and navigate around the norms, practices, expectations and preferences of our new existence and grow to be relaxed. We are at ease with fellow residents and accept the differences and the beauty of our differences between people who care about each other's well-being - reaching out and building bridges across different cultures.

Soon we begin to feel comfortable in our new home, and enjoy the wealth of learning and recreational activities available to us in the Village.

The real wealth of a resident community is in its spirit. The spirit of Shepherd Village is rich in the programs that keep residents informed and entertained to enrich our lives. And we are content and secure at Shepherd Village, our home, where a community begins.

Carlota
Carlota Rubio

Message from the President & CEO



There is a welcoming Spirit that enriches life here at Shepherd Village from season to season and invites us all to engage. Engagement for me is about understanding the value of relationship, being fully absorbed by and enthusiastic about what we do to embody our vision, our mission and our values.

I recently read a note from an employee that inspired me tremendously. James wrote:

'I know residents and tenants of the Manor, the Gardens and the Terrace who now reside at the Lodge. I was ignorant to the fact that Shepherd Lodge does not receive enough funding from the Ministry of Health for basic everyday needs of our residents to live independently, comfortably and with dignity. My new goals and actions to help my Shepherd Lodge family will be to sign up for payroll donation deductions from now until I retire and to donate 100% of my attendance rewards each year.'

James is very passionate now about his new commitment and encourages staff and residents across the Village to join him. His passion is a great example of the purpose, the power and the privilege of engagement. This is a compelling call to action. We must each strive to be more productive and understand that our collective efforts will innovate and create value for the entire Village.

Let our collaborative actions speak: get engaged, stay engaged, be 'In Sync'. The Village needs you!

Wendy Beckles

Staff Appreciation “Summer Fest”

Wednesday July 11th was a sunny afternoon in the Courtyard as the Social Committee prepped for the party. As staff entered through the community hall an exciting surprise brought smiles to many faces. An array of colorful floating balloons across the ceiling of the hall was a show stopper and perfect spot for an Instagram selfie. Following the balloons, staff made their way through to the Courtyard that was transformed into a colorful carnival festival. The smell of freshly popped popcorn lead them to the activities and a choice of wonderful foods.



The great turnout of staff really appreciated that their managers were serving them. From pasta to tacos to the fan favorite, the “roti station,” which everyone seemed to thoroughly enjoy. What is a party without some entertainment? The staff couldn’t resist dancing to the live Caribbean tunes of the steel pan drums by *Island Accent Quartet*.

Other fun activities included a ring toss, balloon board, a raffle with exciting prizes and the good old photo booth, back by special demand. The event was heralded as a huge success.



“Kudos to the Social Committee!”

Vacation Bible School for Seniors “The Beauty of our Differences”

Summer at Shepherd Village (SV) was once again made special as Amanda Camacho our Lodge Chaplain organized a VBSS, “Vacation Bible School for Seniors.”

VBSS has been a tradition in many countries of the world for well over a Century as churches reach out to teach children the gospel story making the Bible stories come alive in their hearts and minds. Amanda held three events. The first featured the movie “Lambadina” along with a banquet that featured it’s producer and director.

This was followed by four days of VBSS, August 15-18 which centered on the Book of Daniel and the biblical account of the Babylonian captivity of ancient Israel. Daniel and the three Hebrew children stood up for their faith in a foreign land and refused to entertain idolatry and break their dietary observances. God delivered Daniel from the lions and the three Hebrew children from the fiery furnace when they refused to worship the image of the King.



The final event celebrated the wonderful mix of people at Shepherd Village who originated from many countries of the world. A simple poll showed that many more people here at SV immigrated than were Canadian born, so immigration isn’t a new phenomenon. A video was created that stated Christ is truly a unifying factor and their faith gives them hope for life and eternity. Thank you Amanda and volunteers who worked so hard!

Benefits of Exercising with a Partner or a Group



We all know that exercise has beneficial effects on the body such as increased strength, balance, and endurance. It can also help your brain, by improving memory retention, and overall mood. Going with a partner or joining a group class, can dramatically increase the beneficial effects of the exercise by creating a social aspect to your fitness routine.

Socializing/Camaraderie: Having a common interest (like attending the Fitness Centre) creates a bond that you otherwise might not have found. It is common for fitness buddies to grab a coffee and talk after exercise, creating even more of a bond.

Motivation: Having someone in the room with you can add that little needed pressure to not cut corners or take shortcuts when you're feeling less than motivated.

Personal Coach/Trainer: They can also help to give you cues and let you know if your form is off. Going through the same workouts, sometimes your buddy can remember things that you have forgotten and vice versa, to keep you both on track.

Endorphins: Being around others can release a feel good hormone like dopamine. When you add on the exercise that you are both doing, the result is a good rush of hormones that will leave you feeling great all day.

21st Annual Garage Sale

We've reached prime yard sale season, when people are looking to declutter their homes, kill lazy afternoons and hunt for exciting deals.



On Saturday August 25th, Shepherd Village hosted its 21st Annual Garage Sale. We had unique items of all kinds such as English tea cups, books, games, toys, VHS and some clothes, etc. The sale had something for everyone.

This annual event is also a great opportunity for our Village to engage with the community.

The L.E.A.D. Program

Our inaugural offering of The L.E.A.D. Program was a success!

We ran a small class to effectively launch the program at Shepherd Village over the summer. The Program was facilitated by Wendy our CEO, Susan our Volunteer Coordinator and three educators from across the GTA. Our enthusiastic students interacted well with each other and absorbed the important lessons taught, based on principles of **Leadership, Empowerment, Achievement and Determination**.

At graduation the students each gave moving testimonials that demonstrated the depth of their growth and development over the eight weeks of the Program. All five students expressed their interest in becoming and remaining active volunteers at SV.



SV West Memorial Courtyard Garden



Shepherd Village is raising funds to enhance our outdoor living space next to the newly-developed Hillier Hall, Health & Fitness Centre. The purpose is to create a beautiful garden courtyard to benefit residents, family members and guests, where they can enjoy an enriched life experience outdoors as well as a place to honour those loved ones who are no longer with us, with a living memorial plaque.

The plans include beautiful landscaping, fire pit, garden trellis, water features and a pavilion. This beautiful garden project is only possible through donations from faithful partners such as yourself.

Since the last season there have been a few new additions to the Memorial Garden such as two new water fountains, landscaping and more places for plaques. We hope to continue adding more to transform the Courtyard into a peaceful place for all to relax and enjoy.

For more information please contact Teresa Deni (416-609-5700 Ext 336)



*Leaves are falling,
Autumn is calling*

Strawberry Social

The annual strawberry social once again was a great success across the Village. As summer casually rolled in so did the many strawberries it took to prepare for the event. Strawberry season is the treat most of our seniors look forward to, indulging in not one but two cups of strawberries and ice cream. The fragrance and allure of fresh local strawberries was delightful.



The summer season is a perfect time to socialize with friends and neighbors about their summer plans, vacations or starting a new hobby. Folks from the Manor and Gardens made their way to the Community Hall to enjoy their share of strawberries along with lovely throwback hits from the 40's-50's.

Each floor in the Lodge often has some type of social but this time was extra special having many others from the community join for some great live music and activities.

Lastly, folks from the Terrace knew how to throw a party. In the Gardenview room staff also enjoyed the live music that made them dance all around the room while residents laughed and loved the sweet treats.

