



In March, we launched our first ever Staff Social Committee at Shepherd Village. The Committee's purpose is to build a more engaged internal 'staff community' by:

- organizing interesting social, recreational and appreciation events for staff to meet and have fun with each other;
- encourage teams and departments to work together;
- give people opportunities to stretch their skills outside of their particular job role;
- brainstorm ideas for staff social events & plan events for the year in advance
- ...and more

At Shepherd Village we recognize the importance of celebrating our hard-working staff. The Committee led by Chair, Cathy Fiore has wasted no time in planning some exciting events for 2018. The staff events calendar kicks off with a **Chili Cook-off** on April 10th. Our staff appreciation Summerfest will be in July and the staff Christmas party will be held in November. Other 2018 events are already being planned for June and September.

Staff recognition for years of service will also be the focus of this new Committee.

We believe that happy employees make happy residents!

Shepherd Village Acting Club

Since 2015 residents in the Village have been attending annual acting classes on site. This year marks the 4th series of 8 week sessions conducted by Alec Saidak, where participants are taught various aspects of basic stage craft.

Alec is a great acting coach and does an excellent job at highlighting participant's skills and capabilities. The classes focus on voice work, enunciation, memory, scene study, monologues, body language and emotion.

Alec has been an actor for 23 years and for the last 3 years he has been teaching 'Acting for Seniors'. In addition to appearing in several Independent films, Alec appeared in a film called 'The Contract, Men at Work' with Robyn Williams.

One of the highlights of the onsite acting course is that once the 8 week classes are finished, the participants do a performance for the Village in the Community Hall.



 **Happy Spring Everyone!**



In Sync . . . In the Village

Spring 2018

Optimism

It has been a brutal winter and we welcome the arrival of Spring with happy hearts. I'm sure we all felt cloistered by the inability to do certain things but when difficult times strike, optimism gets us through. With the celebration of Easter just past, the rising Son/sun adds a warmth that enhances our faith and brings us an extra boost of energy.

It's been said that as people get older they grow less optimistic and make less plans, but we like to think that we are more positive than that. We came to Shepherd Village not to wither away, but to try to live life to the fullest. Shepherd Village enables its residents to thrive.

Let us welcome Spring by making plans to do something we have not done in a long time. Go around the corner to Remezzo's for some pasta and delicious *Tiramisu*; buy tickets to see that quintessential award-winning Canadian musical "Come from Away", a unique story of compassion and optimism in the throes of stark terrorism south of the border; or, for the science experience of connecting with nature, visit the *Plant World* at 4000 Eglinton Avenue. West. This garden centre offers discounts on Seniors' Days (Tuesdays) and Ladies' Days (Wednesdays) to shop the gorgeous annuals, perennials, shrubs and trees, and all the pottery and decorative items or just go and view the gorgeous selection.

At the end of the day we may be experiencing painful spasms, but our creaking joints will not defeat us. Our zest for life will win out. If all else fails, let us visit the gardens of our families and friends to experience the joy of seeing the first buds turn into blooms.

Let's go for our dreams. The only thing holding us back is us.

Carlota Rubio

Message from the President & CEO



As we spring into the 2nd quarter of 2018, we have been busier than ever at Shepherd Village. We embarked on a Brand Refresh project to better demonstrate that we are "A Caring Christian Seniors' Community".

Our Renewed Vision

To be a continuum of care within a Christian community, where seniors find peace of mind.

Our Renewed Mission

Being associated with the Pentecostal Assemblies of Canada, we meet the changing physical, spiritual and social needs of seniors through quality care and compassionate service.

Our Renewed Values- C.A.R.E.

C - Compassionate Care (*We, as a team, are genuinely concerned about the well-being of those we serve.*)

A - Accountability (*We hold ourselves to a higher standard being responsible to our residents, co-workers, partners and our community.*)

R - Respect (*We treat everyone equally with integrity to earn their trust.*)

E - Excellence (*We are quality driven to exceed the expectations of those we serve.*)

We are also expanding our 'Model of Care' to be more comprehensive with enhanced physician services across the entire Village to include long term care, retirement and independent residents.

We're 'In Sync' and there's always something exciting happening in our Village!

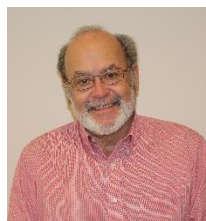
Wendy Beckles

Meet our Team of Doctors

Dr. Lubna Tirmizi is currently the Central East Local Health Integrated Network (CELHIN) Primary Care Physician Lead - Durham West. She owns and manages the Central Pickering Family Health Organization and Glendale Walk In Clinic and Family Practice. Dr. Tirmizi is active in general family practice and continues to be a mentor/project supervisor to nurse practitioners and students. Dr. Tirmizi was an attending physician at Extendicare Guildwood and Sienna Living Long Term Care.



Dr. Paul Caulford practices Family Medicine and has earned several Excellence and Teaching Awards over the years. Dr. Caulford was the Medical Director at The Scarborough Hospital and was the CELHIN Primary Care Physician Lead – Scarborough North. He currently runs a volunteer clinic for refugees.



Dr. Kosta Milankov is active in Family Practice, working at both the Central Pickering Family Health Organization and North Oshawa Medical Centre with duties in Urgent Care. Dr. Milankov was involved in research projects relating to the management and control of hypertension.



Dr. Bharat Kalra practices Family Medicine. He holds privileges at both the Scarborough Hospital and York Central Hospital. Dr. Kalra is an Ex-Lecturer at the University of Toronto and is involved in Clinical Research studies. In addition to being an Attending Physician at Extendicare Rouge Valley Long Term Care, Dr. Kalra is also the Medical Director at Shepherd Lodge.



God, Dignity and Courage

Pastor Amanda Camacho, MDiv, is a credentialed minister with the Pentecostal Assemblies of Canada, and serves as the Chaplain at Shepherd Village.



Amanda is committed to promoting spiritual care, theological education and a positive culture. Her mission is to empower seniors to ensure their sense of dignity and encourage them to share their invaluable gifts with the church community.

Amanda holds an Honours BA in Religious Studies from the University of Waterloo, a Master of Divinity (MDiv) Biblical Studies and a Certificate in Death, Dying, and Grief from Tyndale Seminary.

Her volunteer experience includes serving on the judging panel for the Hospice Palliative Care Ontario Conference. She also has served in palliative care and was a featured contributor on the Grief Share program.

Amanda's responsibilities include:

- Leading spiritual care for palliative patients, including planning and officiating funeral arrangements, supporting families, and providing grief counselling.
- Coordinating and leading hymn singing and devotional programs, including the recruitment of volunteers and securing special groups for sacred holidays.
- Creating the outreach "Shepherding" program. This program's goal is to partner with other churches that provide volunteers to visit residents at Shepherd Village.
- Managing the Vacation Bible School for seniors (VBSS), which is planned, organized and run by a team of resident volunteers at Shepherd Village.
- Working with a team, Amanda spearheaded the Compassion Fatigue seminar for front-line workers.
- Visiting one-to-one with the residents.

Health and Fitness Centre

Health- How it works!

A day or two after exercising at the Fitness Centre you may have noticed some pain and soreness. This pain can be discouraging, especially when you are exercising to help alleviate your pain.

What is it?

The term for this is **Delayed Onset Muscle Soreness, (DOMS)**. It is caused by micro tears in the muscles. These micro tears are what is responsible for muscle growth. DOMS usually sets in 24- 72 hours after exercising.

The good news is that the muscle rapidly adapts to reduce further damage from the same exercise. This is called the **repeated-bout effect**. This means that not only is the soreness reduced the next time you exercise, but other symptoms of DOMS, such as swelling, reduced strength and reduced range of motion, are also more quickly recovered from. Therefore, if you feel this soreness after exercise it is important to let your muscle heal, but not to stop the routine completely.

DOMS usually subsides after 72 hours. If treatment is desired before the 72 hour period, anything that returns the blood flow to the area can ease the soreness. This could include light exercise, massage, a bath, or even a heat pack on the affected area to ease the discomfort.

Stretching is also a great way to alleviate any stiffness or soreness after exercising. Feel free to stop by and ask Stephanie for ideas for some stretches you can do.



From our Communications Coordinator

Our Stories in a Nutshell

We have started an exciting project to share stories of residents across the Village. What a great opportunity to get to know each other beyond a smile and a hand shake.

A collection of heartwarming stories and pictures will be published in a coffee table book entitled 'Our Stories in a Nutshell' which will be available for purchase.

Sign up today at the main reception or with Susan, our Volunteer Coordinator, to be interviewed. We want to hear from you!

We're on Instagram!

Join us on Instagram @shepherdvillage to follow the latest excitement around the Village. Participate by viewing Instagram stories and sharing your photos with our page.



Annual Report

Our first ever Annual Report will be published in May 2018 for the year ended December 31st, 2017. Many highlights and achievements are showcased.

From our Fund Development Team

Join us for a Tour of Israel
hosted by
Shepherd Village Inc.
& lead by
Rev. Ron Matheson
A life changing experience!
For more info,
please contact Teresa Deni
(416-609-5700 Ext. 336)

Oct. 24—Nov. 4, 2018

SHEPHERD VILLAGE
A Caring Christian Community

SHEPHERD VILLAGE
Registration \$225
Available Sponsorships
Feature: \$10,000+
Major: \$5,000+
Platinum: \$2,500+
Gold: \$1,750
Silver: \$1,000
Bronze: \$500
Hole/Tee: \$200

Celebrating the **23rd** Annual
Golf Tournament Fundraiser

Tuesday, June 5th, 2018 @ Silver Lakes Golf Course
If you would like to play or be a sponsor, please contact
Teresa Deni at deni@shepherdvillage.org
or 416-609-5700 Ext. 336.

