

From our Fund Development Team



Annual Golf Tournament

On June 5th many staff, volunteers and partners of Shepherd Village gathered at Silver Lake Golf & Country Club for the annual golf tournament, 2018 marks its 23rd anniversary. With over 140 players, the turnout was great even though it was fairly cold. Each golf team went through eighteen holes playing various course contests like “land on the green hole,” or “chipping competition.” A few featured sponsors of Shepherd Village include Home Depot, Achieva Health & Sodexo who generously donated to the charity.



We want to thank our Sponsors, Donors and Golfers for helping to make our 23rd Annual Shepherd Village Charity Golf Tournament such a great success. They showed up with multiple layers, gloves and toques and in spite of the cold, seemed to be having a great time. Their support provides us with the opportunity to continue enhancing the lives of our residents, where there is no government funding. The funds raised this year will be used to update the Resident’s Nurse Call Bell System on another floor in the long term care building. This has been a multi-year project for the 6 floors with a cost in excess of \$40,000 per floor.

Please check out our website (www.shepherdvillage.org) for pictures & drone videos

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. These 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.

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

In Sync . . . In the Village

Celebrating our Active Seniors

June is Ontario’s Seniors’ Month and this year’s theme is “Now is the Time to Start Something New.” Shepherd Village’s something new was the Grand Opening of our Health & Fitness Centre on June 18th for the use and enjoyment of our active seniors.

Our seniors are dynamic participants in the many recreational, social, spiritual and other events in our Village. Now, with the spacious and well-equipped Centre, they have a dedicated venue to work on enhancing their physical well-being. Cardiovascular exercise and resistance training also helps in boosting cognitive functioning in addition to building a strong body.

The Centre is a welcoming place for our active seniors who seek to improve their health – physical and mental – through regular workouts. Many residents have already made the Centre a regular drop-in destination as part of their daily routine. It is hoped that many more seniors will use the Centre and lead a healthy, active and engaged social life as they interact with other residents.

The Health & Fitness Centre includes a swimming pool which enables users to keep cool by taking “Aqua-Fit” classes and has three physicians alternating on Tuesday, Wednesday and Friday to address the residents’ health issues.

Congratulations to all our seniors for their active involvement in making Shepherd Village a convivial and inclusive community for contented living.

Carlota Rubio



It's summer time!



Message from the President & CEO

Well summer is finally here and the Village is bustling with activity. The gardens have come to life with beautiful vibrancy and

squirrels and birds seem to have multiplied in numbers with lots of young ones playing gleefully in the sunshine.

There are smiles on the faces of staff and residents as they welcome the warmer weather but alas, there are some faces and voices that we miss, some who are no longer with us but whom we remember fondly in our hearts. Let’s enrich our sense of community and enjoy time with each other more, while we still can.

With the recent Provincial elections, we have a new Premier in office. During the campaign process Premier Ford was not too descriptive about his seniors’ related initiatives. The one promise of new long term care beds is not something that Shepherd Village can participate in. However, the management of Shepherd Village is involved with regional committees and organizations who are advocating strongly for our seniors and staff.

Our new Health & Fitness Centre is seeing increased membership and we have introduced programs in the Village that engage youth and young families in response to a Town Hall recommendation received.

Outdoors we have programs and exercise classes popping up in the courtyards and indoors our staff are busy with their annual on line training routines.

Along with the distribution of our 2017 Annual Report, our new logo, colours, vision, mission and values are being well received.

Have a great summer everyone and stay ‘In Sync’!

Wendy Beckles

Vacation Bible School

The theme of this year will be The Beauty of Different. Together we will watch a thought provoking foreign film, explore the life and historical context of Daniel in an in-depth Bible study, and hear about the faith journeys of Shepherd Village residents who immigrated to Canada.



The schedule is listed below:

Class 1) Lambadina: Foreign Film (FREE)

Saturday, August 11th | 2:00 PM

Three Course Dinner and Q&A with the Director of the Film (\$50.00)

Saturday, August 11th | 4:30-6:00 PM

Class 2) In-Depth Bible Study: The Book of Daniel (\$15.00)

Wednesday, August 15th and Thursday, August 16th | 2:00-4:00 PM

Class 3) The Beauty of Different: A Shepherd Village Featured Documentary (FREE)

Friday, August 24th | 2:00 PM

Summer Fest

SHEPHERD VILLAGE
A Caring Christian Seniors' Community

STAFF ONLY

summer fest

WEDNESDAY JULY 11TH
FROM 12:30 PM - 3:30 PM

JOIN US IN THE COMMUNITY HALL/ COURTYARD
FOR AN EXCITING CARNIVAL EXPERIENCE

FEATURING

LIVE STEEL PAN BAND ENTERTAINMENT
FOOD STATIONS + POPCORN MACHINE
CARNIVAL ACTIVITIES AND MORE!



Our Grand Opening of the Health & Fitness Centre

Our Grand Opening of our Health & Fitness Centre took place on June 18th with many attendees who enjoyed themselves. Despite the inclement weather, there were several indoor activities prepared for the residents including mini putt and ring toss.

Stephanie from the Fitness Centre, gathered everyone in the Community Hall, many walkers and chairs were set aside to give room for an impromptu 15 minute exercise blitz. Even those seniors who needed to remain seated found a way to participate. It was exciting!

City Councillor Norm Kelly was the keynote speaker for the event. He was such an engaging speaker and what a surprise it was as he announced his generous donation of \$1,000 to Shepherd Village from the royalties of his '6Dad' merchandise. Feel free to find out more at www.6dad.ca.

For the ribbon cutting ceremony, Wendy Beckles was joined by Councillor Kelly; Manor resident Gwen Stirling our centenarian who is an active member of the Fitness Centre; David Hillier the former President & CEO of Shepherd Village; Tony Melles the President of Achieva Health and Mario Gugliotta our Facilities Director.

Following the ribbon cutting ceremony, we had the unveiling of the plaque 'Hillier Hall' and David Hillier was invited to bring remarks.

Once the official ceremonies were concluded, David Hazzard of the Pentecostal Assemblies of Canada prayed a blessing and everyone was invited to enjoy cake and punch as the other activities of the day resumed. Folk are still commenting on the wonderful Village celebration that brought us all together.



The Importance of stretching

For a lot of older adults, maintaining mobility can be difficult. Muscles and joints weaken and range of movement deteriorates as we age. Stretching benefits include; development and maintenance of strength, improving flexibility, and increased circulation and blood flow, to provide a greater quality of life and healthy aging.



Stretching reduces low-back pain and arthritis

The causes of lower back pain in older adults is commonly a result of osteoarthritis and spinal stenosis.

Osteoarthritis is the most common form of arthritis and is caused by the gradual degeneration of cartilage between the facet joints.

While both osteoarthritis and spinal stenosis are a natural part of aging and can't directly be avoided, the resulting pain can be managed by stretching exercises. Regular stretching benefits seniors by improving flexibility, range of motion, and elasticity to relieve stiffness in the afflicted joints.

Stretching and fall prevention

Research shows that regular bouts of stretching are critical to balance and stability helping prevent against falls. Improving flexibility in the hamstrings, quadriceps, and the lower back along with greater mobility in the hip joint is important in the prevention of falling in older adults.

Understandably it may be difficult and painful to stretch or move these joints. Always ask your health care professional to go through stretches with you to assure they are being done correctly.

The L . E . A . D Program

The Canadian Multicultural LEAD Organization for Mentoring and Training is working with Shepherd Village to run the L.E.A.D. Program for five days (Jul.3, Jul.16, Jul.30, Aug.13, and Aug.27) on site. The acronym L.E.A.D. represents:

Leadership, Empowerment, Achievement, and Determination.

Since its inception in 2007, the LEAD program has impacted over 150 high school students across the GTA. These students are drawn from multiple public and separate school boards.

The L.E.A.D. Program is designed to transition grades 11 and 12 students from high school into University, College, Trade School or the workforce. The Program is free of cost to all students and includes lunch and snacks daily.

Our goal is to support the students' growth in the areas of self-worth, self-management, life skills and community engagement.

Some program benefits include:

- Engaging group discussions, team building activities and games
- Exposure to guest speakers from a variety of careers
- A safe place to learn and practice skills that will assist in the transition into post-secondary life and adulthood
- Resume writing and interview workshops
- Mentorship and references
- Opportunities to earn community hours necessary for graduation
- Bus tickets may be reimbursed for going to and from the program as required

Shepherd Village staff and residents are also invited to recommend students to the program.

For further information please contact Susan, our Volunteer Coordinator at ext.275.