

In Sync... In the Village

The biannual newsletter of Shepherd Village Inc.



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Message from the President and CEO



Dear Reader,

We have had a busy year so far at Shepherd Village, with extraordinary work happening across our organization.

Every day, I see examples of dedication that go far beyond duty—acts of kindness, patience, and empathy that define who we are and what we stand for. In seniors care, we don't just provide services—we build relationships, preserve dignity, and create moments of hope where our seniors can flourish.

To our residents: thank you for trusting us with your care and for the wisdom and joy you share each day. To families and service providers: your partnership is a gift. To our staff and volunteers: you are the drivers of our mission—your skill and

compassion turn values into action. Whether supporting residents directly, working behind the scenes, or leading initiatives that shape our future, everyone's contribution matters deeply. Our people are the heartbeat of this organization.

I am so proud of all that we have accomplished together recently. We hosted our largest ever annual charity golf tournament for the 30th Anniversary. We exceeded our goals in the number of participants and the total revenue. Shepherd Lodge was recognized as a Best Practice Spotlight Organization by the Registered Nurses Association of Ontario. This stellar achievement reflects the dedication and hard work across all departments in their commitment to quality, safety and person-centered care.

Next year we celebrate the 65th birthday of Shepherd Village. Our celebration will honour our past, respect our present and embrace our future. A future infused with inspirational vision and a future where we innovate and invest in purpose designed technology as part of our overall plan for delivering excellence.

We are progressing well in our strategic planning for 2026 – 2030 with a determination to move beyond maintenance into significant growth. Looking ahead, we'll be launching new programs, expanding training opportunities, and deepening our commitment to personcentered care. I encourage you to share your ideas, celebrate your wins, and lean on each other–because the best care comes from a united team.

With partners like you, Shepherd Village will flourish as a great place to live, a great place to work, and a great place to invest. Thank you for your unwavering commitment. It's an honour to lead alongside you. If you see me around, please say hello. I welcome your ideas and stories.

Warm Regards Wendy Beckles

Resident Spotlight: Lena Wise



Some people carry a warmth and strength that deepens with time. Lena is one of those rare souls. At 102, she holds a lifetime of stories that speak softly but powerfully, shaped by love, resilience, and quiet sacrifice.

This year, at the Scarborough Business Association Mayor's Luncheon, Mayor Olivia Chow honoured Lena in recognition of a life filled with kindness, courage, and purpose. As Lena stood to acknowledge the distinction, her smile lit up the room. It was as delicate and bright as her favourite flower, the carnation, carrying a quiet warmth that lingers long after.

If you want to see an even more beautiful smile, listen to her talk about her family, especially the deep love she shared with her husband. When she was newly married, Lena dreamed of having four children, two boys and two girls. But when her daughter was diagnosed with autism, that dream shifted. She devoted herself entirely to raising her two children, a son and a daughter, placing their care above all else.

At a time when support for children with autism was scarce, Lena learned about a specialized medical program in Montreal. She did not hesitate. She moved there with her daughter, took a job at the facility to secure her daughter's treatment, and lived with her in-laws while balancing work and caregiving. It was never about recognition but about doing what needed to be done. She stayed by her daughter's side until the day came when her daughter moved into a group home where she could receive care Lena could no longer provide.

Lena has also faced significant loss. In the past ten years, she said goodbye to her beloved husband of nearly seventy years, a Royal Canadian Air Force pilot honoured with the Lieutenant Governor's Award for Conservation and the Queen Elizabeth Diamond Jubilee Medal. She also lost both of her children, including her son, who passed away from cancer. Such heartbreak could weigh heavily on anyone, yet Lena continues to greet each day with quiet grace and a spirit that chooses love over sorrow.

Her caregiver, Rose, shared a simple truth: "Lena's generosity comes from all she has lived through. She treats everyone with fairness and kindness." That spirit of empathy touches everyone around her.

Milestone Celebration: Wedding Anniversaries





On February 14, Shepherd Village gathered to celebrate Valentine's Day by honouring couples who have been married for 60 years or more.

It was a special afternoon filled with heartfelt stories of love and commitment that have stood the test of time. Residents and guests enjoyed beautiful musical moments shared between partners, while roses were presented as symbols of the lasting bonds these couples have built.

This celebration was a wonderful reminder of the strength, resilience, and deep connection that define lasting relationships within our community.





Did you catch Senior Flicks this past March?

This season focused on healthy eating for seniors, covering essential topics such as nutrition facts, wholesome and straightforward recipes, smart shopping tips, and effective food storage methods. The program provided practical guidance tailored specifically to seniors' needs.

On March 13, Senior Flicks hosted a live cooking demonstration right here at

Shepherd Village to celebrate the season finale. Two expert chefs guided residents in preparing three delicious and nutritious recipes, creating an engaging and enjoyable experience for everyone involved.

If you could not attend, you can watch this episode and others on the Senior Flicks YouTube channel anytime at https://www.youtube.com/@seniorflicks/videos

Shepherd Village's Thanksgiving



Guided by the vision of our President and CEO, Wendy Beckles, we gathered on April 15 for a meaningful Service of Thanksgiving leading into Holy Week. The event was a time of singing, reflection, and heartfelt gratitude to God for His guidance, protection, and strength throughout our journey.

We took this opportunity to reflect on the challenges faced by senior communities across the country over the past five years since the onset of the COVID-19 pandemic. We gave thanks for the resilience and unity that sustained us, recognizing the victory achieved through our shared commitment and care. We also paused for a solemn moment to remember and honour those we have lost along the way.

Led by the Shepherd Village Staff Choir, the service was filled with beautiful melodies of thanksgiving, creating a warm atmosphere of spiritual growth, remembrance, and unity among all present.

Volunteers Recognition Dinner



Every year, communities across Canada come together in April to celebrate National Volunteer Week. It's a special time dedicated to recognizing the valuable contributions and positive impact of volunteers everywhere. This year's theme, Volunteers Make Waves, perfectly captured the spirit of our Village.

On April 30, we hosted a special recognition

dinner to thank our volunteers for their hard work and commitment. Each volunteer received a certificate presented by our President and CEO, Wendy Beckles, in recognition of their relentless dedication.

Lydia Li, our Volunteer Coordinator, continues to grow our volunteer team. As of June, we are proud to have 100 active volunteers supporting programs and services throughout the Village. Welcome to all our new volunteers, and thank you for all that you do!

SBA Mayor's Luncheon



On May 7, Shepherd Village President and CEO Wendy Beckles led residents and staff to the Scarborough Business Association's Mayor's Luncheon at the Toronto Zoo. The event brought together local leaders and businesses to celebrate the community and recognize those who help make Scarborough thrive, including our residents. A special moment came when Mayor Olivia Chow honoured Shepherd Village resident Lena Wise on her 102nd birthday. It was a proud reminder of how much seniors are valued here. We are grateful to be part of this event and to represent Shepherd Village in the wider Scarborough community.

Petting Zoo



June was bursting with excitement and joy at the Village! One of the highlights was our Petting Zoo Day, which brought smiles and laughter to residents, staff, and families. Chloe the Camel stole the show and quickly became a fan favourite! The event was such a hit that we hope to make it an annual tradition to celebrate Senior Month each June.

Strawberry Social

Summer wouldn't be the same without our Strawberry Social! Staff and residents came together in the Village to enjoy juicy strawberries, delicious ice cream, and plenty of good company. It was a sunny afternoon filled with smiles, laughter, and sweet treats. We can't wait to share this tradition with you again next summer!



Art Therapy



On June 13, we held our first art therapy session led by Raquel McNamee, Student Art Psychotherapist from the Toronto Art Therapy Institute. During the session, participants were given the following theme: Introducing You. Making art that tells the world one thing you want others to know about you or to describe yourself with. There was a wide variety of paintings and artwork on display at the event. Flowers were a popular subject, along with landscapes ranging from beaches to jungles. Some participants explored abstract styles, while others used mixed materials to bring their ideas to life. Overall, it was a wonderful time of creative expression for everyone involved.

Staff Appreciation Day



On July 30, staff came together to celebrate summer with a fun Canada-themed Staff Appreciation Day. Everyone enjoyed a tasty variety of meals, played trivia games, jammed to Canadian tunes, and connected with each other. The event was a great success, and we thank all the staff for making it such a memorable day.

LEAD Day



On July 3 and August 7, Angelica Tantengco and Valerie Le, Program Coordinators from The Canadian Multicultural LEAD Organization for Mentoring and Training, facilitated mentorship workshops for youth working at Shepherd Village. The workshops focused on networking and advanced interview preparations.

Throughout the event, youth had opportunities to engage in interactive and impactful activities.

30th Annual Charity Golf Tournament



On June 3, we held our **30th annual charity golf tournament** in support of our seniors. This year's event was the biggest yet, with 200 participants, three courses to choose from, and a supporting community that truly cares.

Thanks to the generous support of sponsors, participants, and friends of the Village, we raised over \$154,000, which is 19% above our financial goal, to help fund innovation that will improve the quality of life for our seniors. We are grateful to everyone who participated and made this event such a success. Special thanks to Sodexo, our Title Sponsor, and Silver Fox Pharmacy, our Presenting Sponsor, for their generous support.

As we look ahead to next year, we invite you to join us in celebrating 65 years of Shepherd Village and enjoying another memorable day on the course together.







"Always a GREAT tournament, no matter the location."

Shepherd Lodge: BPSO Launch





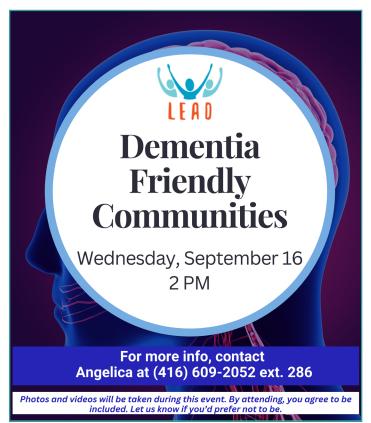




Shepherd Village is proud to announce our launch as a Best Practice Spotlight Organization (BPSO), a milestone that reflects our commitment to quality, safety, and person-centered care at the Lodge. On July 31, staff, residents, and guests came together for a lively parade filled with music and singing to mark the occasion. We have already implemented seven Best Practice Guidelines, each enhancing the care we provide to our Long-Term Care residents. The celebration also introduced Watson Shepherd, our new BPSO mascot, who will accompany us on this exciting journey.

This achievement was made possible through the dedication of our BPSO Champions, Lodge nursing leadership, personal support workers (PSWs), nurses, managers, directors, and our President and CEO, Wendy Beckles. Their passion and teamwork have brought us to this moment and will continue to guide us toward excellence in the years ahead.

Upcoming Events



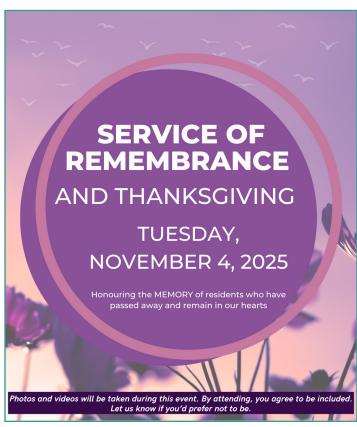


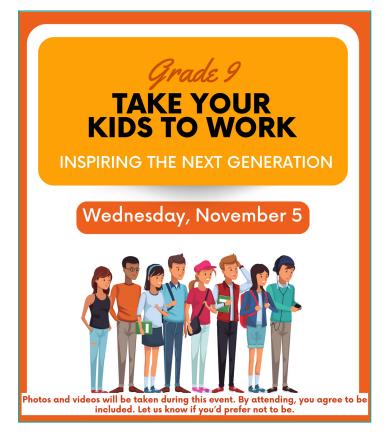




Upcoming Events







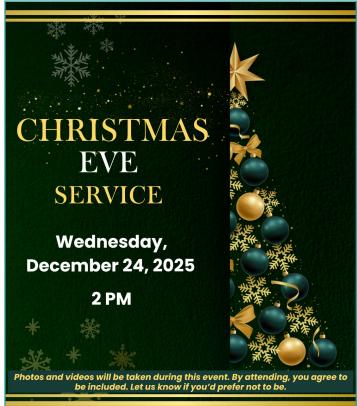


Upcoming Events









What's in The Village?

Village Club



"The team at Shepherd Village is exceptional!!!
The management/staff are responsive and a caring group of professionals. I highly recommend this seniors residence for your family members care."

We are a 65+ Seniors Day Program located on the Lower Level of the Shepherd Terrace Retirement Home here at Shepherd Village. Our open-concept room with panoramic views of our beautiful gardens is one of the best locations, in our opinion.

Here at the Village Club, we provide social, recreational, and therapeutic activities that specialize in dementia care in a group setting.

We help caregivers, who provide daily care, take a well-deserved break, knowing their loved ones are in a safe, fun, and supportive environment. "It's a home away from home."

For more information contact

Nicole McGale (416-609-5700 Ext. 406)

Open Monday to Friday 9:00 a.m. – 4:00 p.m. Full day and half day options available.

ESL Classes



There are no limits to learning with the launch of our English as a Second Language (ESL) class, available to residents and the community. This class is open to seniors who want to improve their spoken and written English and learn how to communicate more effectively.

For more information

Contact Pastor Tony Baker (416-609-5700 Ext. 227)

Welcome Razmik Arzoumanian



We are delighted to introduce and warmly welcome Razmik Arzoumanian as our new Production Supervisor for Shepherd Village!

Razmik brings more than 17 years of culinary expertise from Canada and the United Kingdom. His career spans fine-dining restaurants, luxury catering, and hospitality venues, including Marriott Hotels, Aramark Canada, and LUMA by Oliver & Bonacini. He is poised to elevate our kitchen's creativity and standards with an international perspective, strong technical knowledge, and a true passion for food.

Beyond his culinary skills, Razmik is a proven leader. He has successfully managed large teams in high-volume environments while maintaining excellence in food quality, safety, and guest satisfaction. His energy,

dedication, and collaborative spirit make him a perfect fit for our team culture.

Please join us in extending a warm welcome to Razmik as he begins this exciting new chapter with us.

Here's to new flavours, fresh ideas, and continued excellence at Shepherd Village!

Courtyard Café

Our Courtyard Café is a bright and comfortable restaurant located a few steps away from Shepherd Village's main lobby. We feature a daily set menu, as well as à la carte items, desserts and snacks.

We are open 7 days week for breakfast, lunch and dinner.





Onsite Pharmacy & Convenience Store

Call 1-833-901-7369

We offer convenient blister packaging for your regularly prescribed prescriptions and over-the-counter medications to ensure optimal safety.

- FREE & discreet delivery, right to your door
- Convenience store for all your shopping needs
- 15% senior discount every Wednesday
- Medication reviews with our pharmacist
- Vaccinations & injection service
- Self-serve blood pressure monitoring
- · Access to specialty compounding
- Compression hosiery
- · Prescribing for minor ailments

Shepherd Village Clinic



SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

The Health Clinic, located across from the gym, offers free care for registered clients, with more services coming soon. The team includes a nurse practitioner, social worker, chiropractor, and mental health case worker.

Here is what you need to know:

- This is not a walk-in clinic. Appointments are available only for registered clients.
- All services are completely free.
- The clinic is currently not open to the wider community.

Open Monday to Friday (9:30 am - 5 pm) Closed for lunch (12:30 - 1:30 pm)

You can drop by the clinic or call 416-357-0816 to make an appointment

Hair and Beauty Salon



- · Hairstyling for Women
- Men's Haircut
- Waxing Services
- Nail Services
- Facial Services
- Party Hair and Makeup

Tuesday - Saturday (9:00 a.m. - 6:00 p.m.)

Sunday - Monday (CLOSED)

416-609-5700 Ext. 240

New Spiritual Life and Strategic Partnerships Department



In February 2025, Shepherd Village proudly launched a new Spiritual Life and Strategic Partnerships Department!

This innovative department is designed to enhance and expand Shepherd Village's vision of providing holistic, people-centred, wrap-around, relational care for seniors, staff, stakeholders, and supporters alike.

Our mandate is rooted in Shepherd Village's defining Christian mission and culture, and the vision of our SLSP team is to bring a fresh approach to ministry and mission. By addressing the broad range of spiritual, physical, relational, and financial needs across the community, our group aims to creatively foster growth, resilience, and flourishing for all.

You might be asking: What is Spiritual Life and Strategic Partnerships about? It can be summarized in two words: Identity and Innovation.

Spiritual Life: The Core of Our Caring Identity

The department's Spiritual Life arm will focus on cultivating a thriving Christian community built upon offering consistent spiritual care and engaging ministry programs and services to residents throughout the entire Village.

· Strategic Partnerships: Innovations in Care – Internally and Externally

What sets Shepherd Village apart is the organization's unique approach of offering a combination of compassionate clinical healthcare services within a culture of Christian chaplaincy-based ministry. The Strategic Partnerships arm of the department will champion this value with the goal of establishing Shepherd Village as a dementia-friendly campus of care. This mission will be achieved through four key initiatives:

- 1. Administrative and Assimilation Services Teams
- 2. Communications & Community Engagement Network
- 3. Fund Development and Donor Relations
- 4. Strategic Innovations in Care and Response

Our SLSP team's approach will be focused on advancing our mission through accessibility, adaptability, and agility. By integrating Christian ministry and strategic partnerships, we aim to enhance every aspect of life at Shepherd Village and build connections that will have a lasting impact on our community for years to come.

Pastor Rich Janes

Director, Spiritual Life and Strategic Partnerships



END OF LIFE & ESTATE PLANNING SEMINAR

PREPARE TODAY FOR A SECURE TOMORROW AND FOR FUTURE GENERATIONS

November 17, 2025 @ 7 pm

Community Hall



- Marlenne Doss, Doss Law
- Jordan Grant, Funeral Director, Chapel Ridge Funeral Home
- Rich Janes, Director Spiritual Life & Strategic Partnerships, Shepherd Village
- Nikolaus Reuper, Financial Consultant, IG Wealth Management
- David Salama, Financial Consultant, IG Wealth Management

You can book a one-on-one session with any of our experts for professional advice on your finances. You do not have to be wealthy to plan your finances. Even with a fixed income, an expert can help you stretch your money and make it work for you.

RSVP

Call: 416-609-5700 Ext. 0

Want to give heart to the Village through donations?







Safety Tips: Fraud Alert

In recent years, there has been a rise in the "grandparent scam," where scammers call pretending to be a grandchild or claiming a loved one is in trouble and needs urgent help. These calls can sound very convincing, using personal details to build trust.

To protect yourself and your family, choose a family-only code word that can be used to confirm if a call is genuine. It should be something meaningful to your family but not obvious to others.





To further support cybersecurity and protect our seniors and staff, Shepherd Village has partnered with Protexxa, a cybersecurity organization offering tools and resources to help guard against scams.

For more information, please contact learn@protexxa.com

Fitness Centre



Monthly Fee:

- \$20/month for Shepherd Village Staff.
- \$25/month for Shepherd Village Residents.
- \$35/month for Community Members.



Visitor Parking

Planning to visit Shepherd Village? Enjoy affordable and convenient parking with our simplified online registration:

Daily Pass: \$5/day

Monthly Pass: \$20/month

Register online, submit payment, and bring your confirmation receipt to the Reception Desk to collect your parking pass.

Visit: www.shepherdvillage.org/visitor-parking/

Word Search

Find the words hidden in the word search

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Appreciation	Golf	Senior	Tournament
BPSO	Life	Shepherd	Village
Café	Milestone	Social	Volunteers
Canada	Partnerships	Spiritual	Walkathon
Clinic	Petting	Staff	Watson
Club	Pharmacy	Strategic	Wave
Fashionista	Protexxa	Strawberry	Zoo
Flicks	Razmik	Thanksgiving	



Shepherd Village Inc.

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