

# NEWSLETTER

## May 2026



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# CEO/Founder's Message



This message is for all the women whose hearts have mothered a soul.

Being a mother has been one of the greatest blessings of my life. Though the years pass, the love, memories, and joy of motherhood remain forever in my heart. I still cherish the moments of holding my children close, caring for them, and watching them grow. A mother's love does not fade with time — it lives on gently and beautifully within us always. For all the mothers in our home, motherhood is a bond we share with pride, tenderness, and lasting love. ~Nada

# Administrator's Message

As we approach "Staff Appreciation Week", May 11–15, I want to take a moment to extend my heartfelt thanks to each and every member of our team. Your dedication, compassion, and unwavering commitment to our residents and one another continue to define the spirit and HEART of our Home. This week is an opportunity to celebrate you—and it is well deserved. We also mark a meaningful transition as we extend our deepest gratitude to Jocelyn Page, our Director of Care, who will be retiring on May 15. It has truly been an honour to work alongside Jocelyn. Her leadership, professionalism, and genuine care have left a lasting impact on our community, and she will be greatly missed. At the same time, we are excited to welcome new and familiar faces into leadership roles. Please join me in welcoming Cheri Hodgson, our new Food and Nutrition Manager, who brings a wealth of experience to our team. Our Business Manager, Chris Lamb, has resigned her position, but I am pleased to announce and welcome back Ella Iwenya, who returns to Maple Villa on May 11 as our new Business Manager. There is so much to celebrate in May at Maple Villa —our incredible staff, the continued growth of our leadership team, and warm wishes to all staff, families, and residents for a Mother's Day filled with love, gratitude, and cherished moments together ~ Kerri-Ann



# Chief Operating Officer's Message

Dear Residents, Families, Staff and Friends,

May 12 is of great significance as it is Florence Nightingale's 206th birthday and International Nurses Day. This is a very special day as we celebrate the healing hands, caring hearts, comforting words, and brilliant minds of nurses as they support care in all countries in the world. I would like to personally say thank you to our staff who provide committed service to our Home. Our residents and their loved ones are greatly impacted by your skilled care and kindness.

Now, more than ever, we recognize the importance of nurses to every aspect of our health – physical, emotional, mental, social – and to greater societal good. Please take a moment to thank the very special nurses who work in our Home. They continue to be the backbone of the healthcare system caring not only for their residents but for families and co-workers as well.

This is also a very special time as we say congratulations to Jocelyn Page, RN, Director of Care as she begins her retirement after a long and distinguished career. As a fellow registered nurse, I am so proud to be a colleague of Jocelyn's and to celebrate her exemplary nursing career.

Happy Mother's Day to all moms and looking forward to drier weather and an opportunity to get outside and

enjoy our beautiful patio and gardens. *~Jill*



# Senior Executive Director Message

"Hello all, I hope you have been able to take advantage of the nice days when they have happened. We are all eager for more nicer days!

Our new location continues to move forward! Every visit shows more progress, and it is going to be wonderful! We will continue to share photos showing the changes as they come. I am pleased to welcome our new Director of Nursing, Julie Nagler and Food & Nutrition Manager, Cheri Hodgson to the management team. With mixed emotions, our current Director of Care, Jocelyn Page is winding down in anticipation of her next chapter in retirement. She has led our nursing team for over 14 years, and for that the Maple Villa community will be ever grateful and she will missed *~Michelle*





## Director of Nursing

MY NAME IS JULIE NAGLER. I COME FROM ALEXANDER PLACE LTC IN WATERDOWN WHERE I WORKED FOR NEARLY 18 YEARS. I STARTED OFF AS AN RPN WORKING ON THE FLOOR AND THEN HAD THE OPPORTUNITY TO JOIN THEIR LEADERSHIP TEAM IN 2014 AS CO-DIRECTOR OF CARE. I THEN SERVED AS DIRECTOR OF CARE FOR ALMOST 5 YEARS. I COME TO YOU WITH ALMOST 10 YEARS OF LEADERSHIP EXPERIENCE IN LONG TERM CARE AND OVER THE YEARS HAVE GAINED VALUABLE EXPERIENCE SUPPORTING RESIDENTS, FAMILIES, AND TEAM MEMBERS. I STARTED MY NEW JOURNEY AT MAPLE VILLA ON APRIL 20<sup>TH</sup> AND WILL BE SPENDING THE NEXT FEW WEEKS WITH JOCELYN TO ENSURE A SMOOTH TRANSITION TO MY NEW ROLE. I LOOK FORWARD TO LEARNING AND GROWING TOGETHER AS A TEAM AS WE TRANSITION TO THE NEW MAPLE VILLA HOME. THANK YOU TO EVERYONE FOR THE WARM WELCOME. EVERYONE HAS BEEN EXCEPTIONALLY KIND AND SUPPORTIVE AND I AM EXCITED TO BE HERE ~ JULIE


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## Food and Nutrition Manager

I bring over 35 years of experience in the food service industry, with the past 16 years dedicated specifically to nutrition and health care environments. My career has been shaped by a strong commitment to quality, resident-centered dining, and the belief that meals should be both nourishing and genuinely enjoyable.

I hold a unique trifecta of diplomas in restaurant management, culinary arts, and food and nutrition management. This diverse educational background allows me to approach dining services from multiple perspectives—culinary creativity, operational excellence, and evidence-based nutrition. Throughout my career, I have worked closely with interdisciplinary teams, residents, and families to ensure dining programs support health, dignity, and personal choice. I am passionate about continuous improvement and value open communication as a way to strengthen food services and enhance the overall dining experience.

I am truly excited to hear feedback from this facility and its residents. By working together, my goal is to help create a positive, welcoming, and super enjoyable dining experience that everyone can look forward to every day ~ *Cheri*



**Retirement Tea Social for Jocelyn Page, DOC**

After 14 dedicated years as Director of Care in our Home and an extraordinary nursing career spanning nearly 50 years, Jocelyn Page will be retiring on Friday, May 15th. Throughout her time with us at Maple Villa, she has demonstrated unwavering commitment, compassion, and leadership, making a lasting impact on the lives of residents, families, and staff alike.

To honor this remarkable career and celebrate her many contributions, we warmly invite all staff, residents, families, and friends


to attend a Retirement Tea Social:

- **Date:** Friday, May 15<sup>th</sup>, 2026
- **Time:** 2:00 p.m. – 3:00 p.m.
- **Location:** First Floor Dining Room

This gathering will be an opportunity to express appreciation, share memories, and wish Jocelyn well in her retirement.

All are welcome to attend.

Please RSVP to Kerri-Ann Gelinis, Administrator  
by Monday, May 11<sup>th</sup> if you plan to attend





# Staff Appreciation Week

**May 11–15, 2026**

We are excited to celebrate our dedicated team during “**Staff Appreciation Week**”. We have a lot of activities planned to celebrate our AMAZING team! If you would like to contribute as a gesture of thanks, we welcome:

- Monetary donations
- Prize donations
- Treats for staff

Your generosity helps us recognize the hard work and compassion our staff bring every day.

Please see Kerri-Ann Gelinias, Administrator for any donations, or send an email to [kgelinias@betterlifeliving.ca](mailto:kgelinias@betterlifeliving.ca)

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## Employee of the Year Voting Now Open

As part of Staff Appreciation Week, it’s time once again to vote for the “**Lee Burlington Employee of the Year**” at Maple Villa!

This award is proudly named in honour of former resident Lee Burlington, who championed excellence in staff dedication and compassionate care.

We invite all staff, families, and residents to nominate an employee based on the following criteria:

1. Compassion and kindness
2. Consistency, punctuality, and excellent attendance
3. Outstanding performance (going above and beyond job duties)
4. Teamwork

### How to vote:

- Pick up a ballot from Will at the front reception (one vote per person), or
- Submit your vote by email to [kgelinias@betterlifeliving.ca](mailto:kgelinias@betterlifeliving.ca)

**We ask that all votes be submitted by Monday, May 4<sup>th</sup>.** We will announce the winner during Staff Appreciation Week

# From the Life Enrichment Room

We are excited to announce the re-growth of our Wishing Tree Program; an initiative deeply rooted in supporting the emotional wellbeing of our residents and celebrating everyone's unique personhood. This program creates a safe, welcoming space where residents are invited to share their wishes, memories, and dreams with co-residents, Lindsay from Support Services and Jakie from Life Enrichment. Whether it is reminiscing about meaningful life experiences or expressing a wish they have always held close, these moments allow us to honour who our residents are, their stories, identities, and what brings them joy. At the heart of the Wishing Tree Program is a commitment to recognizing that every resident's voice matters and that their hopes and dreams deserve to be seen, heard, and valued. By bringing these wishes to life, we are not only creating meaningful experiences, but also reinforcing dignity, connection, and a sense of belonging. While some wishes may be adapted, the feeling of having one's wish acknowledged and realized is what truly matters. No wish is too big or too small. With the 're-growth' of the program, residents will meet monthly, and we will work together to make as many wishes come true as possible. We warmly invite families, loved ones, and caregivers to be part of these experiences, as your involvement helps strengthen the connections that mean so much to our residents' wellbeing. We have already witnessed the profound impact of this program. One resident, who had served as a volunteer firefighter for over 25 years, was able to reconnect with this important part of his identity through a special visit to the Burlington Fire Headquarters. Picked up in a fire truck, sharing a meal with the crew, and receiving recognition for his service—while accompanied by his wife and daughter and wearing his original uniform, this experience honoured not just a wish, but a lifetime of meaning and contribution. Another moment, a resident was able to relive her love of driving with the top down in her mustang convertible where she felt the most freeing feeling, through a surprise ride in a Mustang convertible during her 90th year. Surrounded by her family, she experienced the joy, freedom, and nostalgia of those cherished memories once again reminding us all how powerful it is to reconnect with moments that define who we are. If you have any questions or would like to get involved in the Wishing Tree Program, please connect with Lindsay Shahin in Support Services or Jakie Markovic in the Life Enrichment Department. Together, we will continue to honour our residents' stories, celebrate their personhood, and create meaningful moments that support their emotional wellbeing~



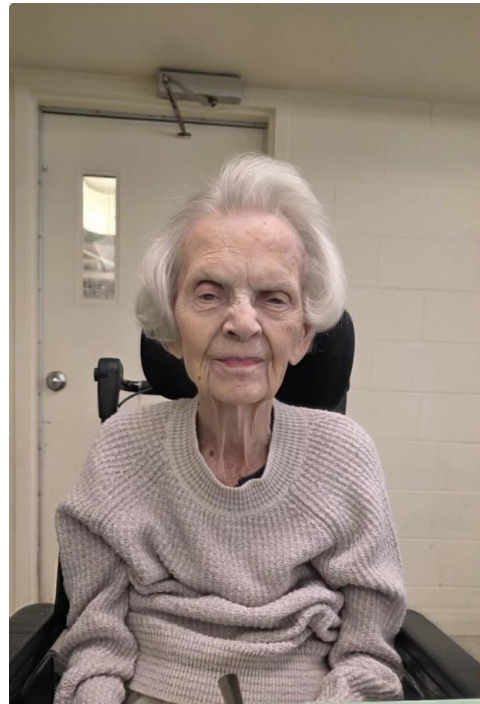
*Lindsay Shahin & Jakie Markovic*



**Barbara reading about the Wishing Tree**



**Jane - Easter Social**



**Cathie – Music Program**

# Speech and Hearing Month

## May is Speech & Hearing Month!

It's a time to raise awareness about communication health and how we can support one another in maintaining strong speech, language, and hearing abilities.

The Speech-Language & Audiology Canada reminds us that communication is essential to connection, independence, and overall well-being.

## How Staff & Families Can Help:

- Speak clearly, at a moderate pace, and face the person when communicating
- Reduce background noise (e.g., turn off TVs or radios) to improve listening and understanding
- Be patient and allow extra time for responses
- Support the use of communication aids such as hearing aids, glasses, or communication boards
- Watch for signs of hearing or communication changes (e.g., withdrawal, confusion, difficulty following conversations)
- Encourage social interaction to help maintain communication skills
- Report or share any concerns about hearing, speech, or swallowing to the nursing team

## Speech & Hearing Month – Did You Know?

- Good hearing and communication are key to staying socially connected and maintaining mental well-being
- Untreated hearing loss can increase the risk of isolation, depression, and cognitive decline
- Simple strategies like facing someone when speaking or using visual cues can make communication easier
- Hearing aids and assistive devices can greatly improve quality of life
- Speech-language pathologists and audiologists play an important role in supporting safe swallowing, communication, and hearing health

# Upcoming Events

## Cinco de Mayo Fiesta!

Tuesday, May 5<sup>th</sup> 2:00p.m. 2<sup>nd</sup> fl. Dining Room

## Mother's Day Celebration

Sunday, May 10<sup>th</sup> at 2:00p.m. 1<sup>st</sup> fl. Dining Room

## Resident Spring Art Show

Thursday, April 14<sup>th</sup> at 2:00p.m. Life Enrichment

## Armchair Travel to England

Monday, May 18<sup>th</sup>, at 10:00am 1<sup>st</sup> and 2<sup>nd</sup> floor

## High Tea

Monday, May 18<sup>th</sup> at 2:00pm, 1<sup>st</sup> fl. Dining Room

## Gardening Club

Sunday, May 24<sup>th</sup> at 2:00pm in the Courtyard



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# Regular Events

Coffee Club every morning 7:15a.m - 7:45a.m.

Bingo every Wednesday at 2:00p.m.

Monthly Birthday Celebration is the last Friday of each month at 2:00p.m.

Hairdressing every Tuesday

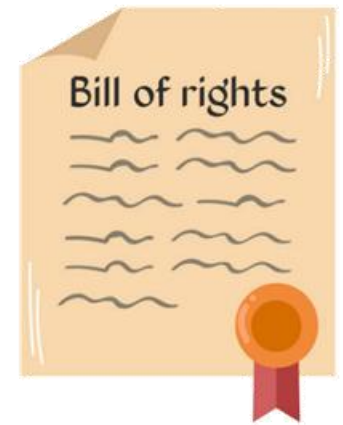
Church Service on YouTube on the weekends

Residents' Council & Dining Committee Meeting is the last Monday of each month

## Special Days

- 2<sup>nd</sup> Kentucky Derby
- 4<sup>th</sup> Space Day
- 5<sup>th</sup> Cinco de Mayo
- 8<sup>th</sup> Victory in Europe Day
- 9<sup>th</sup> Train Day
- 9<sup>th</sup> Migratory Bird Day
- 10<sup>th</sup> Mother's Day
- 10<sup>th</sup> Skilled Nursing Week
- 12<sup>th</sup> Intl. Nurses Day
- 17<sup>th</sup> Eurovision
- 18<sup>th</sup> Victoria Day
- 19<sup>th</sup> Cannes Film Festival
- 20<sup>th</sup> World Bee Day
- 22<sup>nd</sup> Biological Diversity Day
- 23<sup>rd</sup> World Turtle Day
- 24<sup>th</sup> Scavenger Hunt Day
- 25<sup>th</sup> Memorial Day

# Resident's Bill of Rights



People living in long-term care homes in Ontario are protected by the Residents' Bill of Rights under the *Fixing Long Term Care Act 2021*. There are 29 rights that help to ensure every resident is treated with dignity, respect, and fairness.

**Here are two rights our residents would like to highlight this month.**

## **#25: Right to Participate in Outings and Community Life**

“Every resident has the right to take part in activities inside and outside the home, including community outings.”

This means:

Residents should be supported to leave the home for things like family events, shopping trips, religious services, or social outings. Staff should help arrange transportation or support when needed so residents can stay connected to life outside the home and not feel isolated.

## **#27: Right to Visitors:**

“Every resident has the right to receive visitors of their choosing in a safe and respectful way.”

This means:

Residents can see family and friends regularly, without unnecessary limits on visiting times or frequency. Visits should not be blocked unless there is serious safety concern. The home must make it easy and welcoming for visitors while keeping residents safe.

# May Birthdays

In May, we celebrate birthdays with:

- Stella J.
- Maria W.
- Gloria S.
- Jim F.
- Maria R.
- Cathy S.
- Paschal H.

Please join us in the 1<sup>st</sup> floor dining room Friday, May 29<sup>th</sup> at 2:00p.m.



## May Trivia

Mother's Day became an official holiday in 1914, celebrating the love and dedication of mothers.

The first Cannes Film Festival was held in 1946 and continues to celebrate storytelling from around the world.

May's birth flower is the lily of the valley, often associated with sweetness and humility.

Florence Nightingale, the founder of modern nursing, was born on May 12, now celebrated as International Nurses Day.

### **Pisces (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings

### **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained

WOW!

### **The Lawn Mower**

In May 1830, English inventor Edwin Beard Budding signed an agreement to manufacture the first lawn mower. This simple machine made it easier to maintain gardens and green spaces, transforming how people cared for their surroundings.

# Recipe of the Month

## Simple Asparagus Quiche

Prep Time: 15 minutes

Cook Time: 55 minutes

Serves: 8 people

### Ingredients:

- 1 pie crust
- 1 Tablespoon oil
- 2 cloves of garlic minced
- 1 pound asparagus spears
- 1 cup milk
- 4 ounces shredded cheese
- ½ teaspoon salt
- ¼ teaspoon black pepper



### Instructions:

1. Preheat the oven to 350°F (177°C). Set out a 9" x 2" pie dish.
2. Place the dough into the pie dish. Place pie plate in the freezer while you cook the asparagus.
3. Remove the bottom third of the asparagus stalks and discard. Cut the remaining ⅔ of the stalks into 3 or 4 pieces (aim for 1 and ½" to 2" pieces).
4. Heat a large skillet over medium heat. When it is heated, pour in the oil, garlic, and asparagus, and cook until asparagus *just* starts to get tender, about 3 minutes. Remove from heat and set aside.
5. Remove the pie crust from the freezer and prick the crust a few times with a fork. Parbake the crust for 10 minutes. While the crust bakes, prepare the rest of the filling/
6. In a large bowl, whisk together the eggs and milk until smooth. Stir in the cheese, salt, and pepper. Set aside.
7. When crust is done baking, remove from the oven, remove pie weights and parchment, and place asparagus on the bottom of the pie crust.
8. Pour the egg and cheese mixture over the asparagus,
9. Bake the quiche for 50-55 minutes or until egg is set in the center. Allow to cool at least 20 minutes before serving.
10. Store leftovers covered tightly in the refrigerator up to 5 days. Quiche freezes well, wrapped tightly, up to 2 months. Thaw in refrigerator overnight

# Poem to Share

## Mother o' Mine

Rudyard Kipling

If I were hanged on the highest hill,  
Mother o' mine, O mother o' mine!  
I know whose love would follow me still,  
Mother o' mine, O mother o' mine!

If I were drowned in the deepest sea,  
Mother o' mine, O mother o' mine!  
I know whose tears would come down to me,  
Mother o' mine, O mother o' mine!

If I were damned of body and soul,  
I know whose prayers would make me whole,  
Mother o' mine, O mother o' mine!



# In Memoriam

*In Loving Memory,  
Of those who are forever in our  
hearts.*

*Craig R.*

*Ivan P.*



## JOINT OCCUPATIONAL HEALTH & SAFETY

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In Ontario and across Canada, May features North American Occupational Safety and Health Week, this year we will celebrate from May 25-29. It's a time to raise awareness about workplace health and safety, helping prevent injuries, illnesses, and incidents.

Our JHSC has planned fun activities, quizzes, and prizes to highlight how our team uses their skills and knowledge to keep everyone safe. NAOSH Week is a great reminder that health and safety are a shared responsibility, and it's also a chance to celebrate the teamwork that makes our home a happy, safe place for everyone.



## IPAC CORNER

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Thank You for Keeping Our Home Safe – May is Staff Appreciation Month, and we want to recognize the incredible efforts of our team. Infection Prevention and Control is a shared responsibility, and your commitment does not go unnoticed. From consistent hand hygiene and proper use of PPE to timely reporting and following precautions—you make a real difference every day. Your attention to detail helps prevent the spread of infections, protects our residents, and keeps our workplace safe. Even during busy shifts, your dedication reflects the high standard of care we strive for. A big thank you to all staff for your hard work, professionalism, and commitment to safe practices. IPAC Tip of the Month Gloves are not a substitute for hand hygiene. Always perform hand hygiene before and after glove use.



## RESIDENTS' COUNCIL

### TO ALL THE MAPLE VILLA STAFF



## FAMILY COUNCIL MUTUAL SUPPORT -

THROUGH PEER RELATIONSHIPS, FAMILIES CAN PROCESS FEELINGS, EXCHANGE ADVICE, AND HELP EACH OTHER NAVIGATE CHALLENGES EDUCATION AND INFORMATION - ORGANIZE GUEST SPEAKERS AND INFORMATION SESSIONS THAT HELP FAMILIES UNDERSTAND HOW THE HOME OPERATES, WHAT TO EXPECT, AND HOW TO ADVOCATE FOR QUALITY CARE ADVOCACY & PROBLEM-SOLVING - AS A COLLECTIVE VOICE, RAISE CONCERNS AND SUGGEST IMPROVEMENTS, ACTING AS A BRIDGE BETWEEN FAMILIES AND ADMINISTRATION TO ENHANCE THE QUALITY OF LIFE FOR THE RESIDENTS COMMUNICATION & CONNECTION - KEEP FAMILIES INFORMED ABOUT WHAT'S HAPPENING IN THE HOME - SHARING UPDATES, GATHERING FEEDBACK, AND ENSURING EVERYONE'S VOICE IS HEARD.

## SUPPORT SERVICES

The Support Services Department at Maple Villa is committed to providing person-centred emotional support in meaningful and creative ways. One unique approach we take is supporting residents and families during hospital stays, an experience that can often feel overwhelming and unfamiliar. Our small team provides wellness checks and advocates on behalf of residents with hospital staff, ensuring their needs and voices are heard. Just as importantly, we stand alongside families, offering guidance and reassurance as they navigate conversations with nurses and physicians. Seeing a familiar, supportive face during these moments can make a significant difference. This is just one of the many ways we are inspired to lean into creativity and compassion in our care. We encourage you to connect with the Support Services Department to learn more about how we support our residents and families.

## TOWN HALL MEETING FOR FAMILIES & FRIENDS

**For May, our town hall Meeting will be held on Thursday, May 28th from 6:00p.m-7:00p.m in the Life Enrichment Room.**

**If you are unable to attend in person or virtually, the meetings are recorded. Please contact Kerri-Ann Gelinas, Administrator for access.**

# Laughing Matters



## Two Different Answers

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."

## Counting Cats with Johnny

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

# WELCOMING OUR NEW FRIEND



Fred S.



# Word Search

## MOTHER'S DAY



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

Love

Grandmother

Chocolates

Forgive

Help

Role

Cook

Brunch

Roses

Gifts

Model

Mother

Cuddle

Memories

Sunday

Read

Family

Hugs

Kisses

Flowers

Support

Console

Bake

Nurture

Special