



mosaic

VILLA LEONARDO GAMBIN RESIDENCE NEWSLETTER



Villa Leonardo Gambin

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Sonia Roul
Administrator

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Stephanie Romano
Cassandra Galati

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February 2022

FROM THE ADMINISTRATOR'S DESK

Warm Winter Greetings,

This month we recognize Therapeutic Recreation Awareness Month, Family Day and Valentine's Day. It's exciting to see that our recreation team is growing and this cannot come at a better time to enhance residents experience especially during the winter blues. We appreciate their skills and dedication to enhancing resident quality of life and offering meaningful and purposeful activities.

As we continue our fight against COVID-19, I want to extend my gratitude to all of you: Residents, Essential Caregivers, extended families, and friends for your continued support and adherence to the ever-changing protocols and directives that we must quickly adopt and implement.

In January we initiated our first Virtual Family Town Hall, this will be a monthly event on the third Thursday of each month from 6:30pm to 7:30pm. We welcome all family members to join and submit questions in advance to Stephanie Romano at s.romano@villagambin.com so that we can share information, address your questions and enhance our communication to you.

Sincerely,

Sonia Roul
Administrator

WELCOME/BENVENUTI

- Elisa P.

DON'T JUST SURVIVE. THRIVE! THERAPEUTIC RECREATION MONTH

February is Therapeutic Recreation Awareness Month, this years theme is
“Don't just survive. Thrive!”



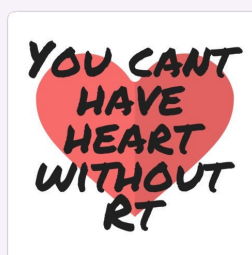
Benefits of Recreation and Leisure:

- Recreation is essential to quality of life
- Builds self-esteem and positive self-image, foundations to personal quality of life
- Nurture growth, acquisition of life skills, and independent living for those with a disability
- Prevents suicide and depression
- Enables persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society.

In this years celebration of Therapeutic Recreation Month the Recreation Staff will be working on a special scrapbooking project. Each resident home area will take part in creating a home area scrapbook involving residents in various ways. These scrapbooks may feature: favourite foods, favourite tunes, what part of the world do they come from?, favourite colour, cultural traditions, and hobbies and interests.

The Recreation Staff will work together with their residents to display these topics in creative ways. These scrapbooks will be available to view in the café area on Monday February 28th.

Join us in thanking the Recreation Department for all that they do for the residents, and raising the importance of Therapeutic Recreation. At Villa Leonardo Gambin we are grateful for our Recreation Department. These individuals work hard to ensure that our residents are supported and engaged in meaningful activities. The purpose of Therapeutic Recreation is to enable all individuals to achieve quality of life and optimal health through meaningful participation in recreation and leisure activities.





FEBRUARY EVENTS



- On Thursday February 3rd at 2:00pm residents will celebrate Mass on Channel 988
- On Saturday February 5th it's National Nutella Day and all residents on **2nd, 3rd, 4th and 5th floor** will enjoy Nutella filled cookies at 2:00pm. Residents on **6th, and 7th floor** will receive these on Friday February 4th at 2:00pm.
- On Wednesday February 9th at 2:00pm all residents on each home area will enjoy pizza for National Pizza Day
- On Sunday February 13th at 2:00pm residents on **6th, 7th, and 2nd floor** will enjoy Valentine's Day cupcakes. Residents on **3rd, 4th, and 5th floor** will receive these on Monday February 14th at 2:00pm.
- On Wednesday February 16th at 2:00pm all residents on each home area will enjoy pancakes for National Pancake Day
- On Thursday February 17th at 2:00pm residents will celebrate Mass on Channel 988

Please refer to your loved ones calendar posted in their room for all additional activities being facilitated on the Resident Home Area.

If you have any concerns please contact Cassandra Galati, Manager of Recreation and Volunteer Services at c.galati@villagambin.com or 905-265-6108

H A P P Y
*Valentine's
Day*

HAPPY BIRTHDAY / BUON COMPLEANNO

Anna R.

Vincenza A.

Antonio L.

Rossana P

Manona M.

Carmela D.

Regina G.

Margherita D.

Armando C.

Gina C.

Elisa C.

Gioconda P.

Domenica D.

Emanuele T.

Edda M.

Esmeralda D.

GETTING BACK TO BASICS

January 2022 Nutrition Nugget
by Lori Halliwushka, RD.

In the midst of the Covid 19 pandemic, eating healthy food remains an important part of maintaining health. There are no specific foods that protect from the virus, however a nutritious diet can boost the immune system. During tough times, it can be tempting to sideline healthy eating. To help support both physical and mental health, try these basic healthy guidelines on a daily basis:

- Eat plenty of fresh vegetables and fruits
- Eat plenty of cereals, preferably wholegrain, such as breads, rice, pasta and noodles
- Include lean meat, fish, poultry and/or alternatives such as beans and legumes
- Include low fat dairy products
- Drink plenty of water
- Limit intake of foods containing saturated fat, added salt and sugars
- Limit intake of caffeine and alcohol.

<https://www.helpguide.org/home-pages/healthy-eating.htm>



*Wishing you and your families a safe and
Happy Family Day!*

How can we help?

Administrator

Sonia Roul. 750

Director of Care

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Associate Director of Care

Jannet Brown Ext. 769

Associate Director of Care

Gemina Genchi Ext. 782

Office Manager (Interm)

Adam Belli Ext. 751

Director of Resident and Family Services

Stephanie Romano Ext. 752

Director of Dietary Services

Jessica Ianni Ext. 757

Manager of Recreation and Volunteer Services

Cassandra Galati Ext. 755

Manager of Maintenance and Building Systems

Voltaire Dela Cruz Ext. 756

Behavioural Support Lead

Mavis Mensah Ext. 768

Dietitian

Laleh Heidarina Ext. 754

Restorative Care Lead

Mehrangiz Mohibi Ext. 760

Family Council Committee

vlg.familycouncil@villagambin.com

Resident Home Areas

Via Mare (2nd floor) Ext.702

Via Fiore (3rd floor) Ext.703

Via Stella (4th floor) Ext.704

Via Sole (5th floor) Ext.705

Via Luna (6th floor) Ext.706

Via Bosco (7th floor) Ext.707

Donations and Event Information - Charity Office

Cinzia Del Zotto (905) 856-7619