



Keeping you up to date on what's happening at Nisbet and The Manor

Annual Mothers Day
Walkathon Saturday May
13th, 2023 (IN PERSON)

Save the
DATE

Walk



DONATE



Special points of interest in
this issue

- **ELLA TURNS 100**
- **New Activation team**
- **New Ipac lead**
- **Walkathon registration**

Well depending on where you were in Ontario, the Ground hog either saw his shadow OR did not see his shadow this year! Either way it seems Winter is not done with us yet!



Thanks to you
Our new Wireless System is up and running

I wanted to express a heartfelt thank you to all the donors who contributed to our Christmas campaign whereby we raised just over \$10,000 towards the installation of our new phone system and WIFI. This has enabled us to upgrade our phones and our service lines as well as see significant decline in our monthly expenses.

The WIFI service will also enable us to look at new technology in medication distribution and improve upon the pharmacy services to our residents.

Moving Forward with the Sprinkler and Rebuilding the Elevators

We have restarted our discussion with the sprinkler contractors to bring them back on site and move forward with sprinklering our building. This project will take approximately 3 months to complete and will require residents to be removed from their rooms twice during installation. We will set up the penthouse with beds and supplies so residents can stay on in the penthouse while work is being done. Our goal is to have this completed by July.

At the same time, we will begin work this spring on rebuilding the elevators. Thus far parts have not been delivered on time so we may be looking at installation over the summer months. Our new elevators will be equipped with cameras so residents can be observed if there was a medical emergency in the elevator. This is in keeping with the new Elevating License requirements .

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Resident Profile

ELLA TURNS 100 !!!

Helen Smith, aka ELLA, (which she prefers to be called) turned 100 years old on February 23, 2023. The second youngest in her family (she had two older brothers and one younger) she grew up in Toronto's West End in Mimico. We asked Ella a few questions about how she feels on turning a century older.

"I feel pretty good. I'm looking forward to the chocolate cake with 100 candles and the cherry on top. I mean, I'll never live to see another 100 years. If I do, call the Guinness Book of Records."

On the big events of the century, for example, WW2, which started when she was 16 in 1939, what did she think of that?

"I was going to join up, but then I changed my mind!"

In the century that followed, she remembered some significant news stories.

"I remember JFK's assassination, and Marilyn Monroe dying of course, and that connection. I also was very sad when Lucille Ball died."

About her own life, she shrugged and said,

"It was a quiet life, I behaved myself, I went to Miami in the winter, and came back in the summer. I got married too. The wedding was alright, but the marriage was a disaster afterwards!"

Ella always loved sports, namely baseball, basketball and hockey.

"I remember when the Blue Jays won the World Series, and Joe Carter hit that home run!"

What was her favourite subject in school?

"History. I liked to read about the past, and things like that. I've always liked history. I was good at oral composition. I was good at that. I could read a book, and get up and tell them (about it) and they'd all be laughing their heads off!"

Asked if she had one piece of advice for young people starting out in life, Ella says...

"I would just tell them, don't smoke and don't drink. I never drank, I never smoked. In my day, they told me not to do it, so I didn't! I don't know about the rest of the world, but I never had any inclination to do it."

Her favourite part of her job in the GE factory?

"I have neither liked or disliked a job, I just DID it.. You know? I worked because I HAD to and I quit as soon as I could".

When asked how the Great Depression impacted the lives of Depression Era babies, Ella says..



“There was nowhere to go in Mimico, so you didn’t NEED any money. If you couldn’t walk, you couldn’t go anywhere....in the 1930’s, there was no money, nobody had a job, you were on welfare, and to us, it was a disgrace. Now today, the kids think they’re entitled to it. We had a lot of pride in my generation. Not a lot of money, but a lot of pride. I picked berries for ten seasons and I haven’t picked one since. You ate what you could get! You never bought anything; you made everything. Saturday you baked and did your housework for the week. Sunday, you went to church and your whole day was taken up with that”

When asked if she had a philosophy she lived by, Ella says...

“Well, I neither drank nor smoked and didn’t want to do either. And that was it. When I was young, nice girls did not smoke or drink, and being a nice girl, I didn’t! I never wanted to anyway”.

When asked about her thoughts on turning 100 ...

“I think it’s hilarious. I think it’s a big joke. I think God played a big joke on me. Part of it, as kids you know, was that you always wanted to grow up, which was a big mistake. But we always thought it was such a big deal, you know. I was sixteen, and my brother was twenty-five, and I thought, “Gee, you’re REALLY old!” He was quite insulted. Now here I am, pushing a hundred. Isn’t that ridiculous? I guess I got the good genes in the family!”

Ella was interviewed by the Activation Dept.

Happy Birthday Ella

Meet the new Nisbet Activation Team of 2023!



Trevor McNaughton, Ann Griffiths,
Yvonne Burton, and Mandeep Kaur

We have added 2 new full time members, Yvonne Burton and Mandeep Kaur to our current staff Anne Griffin and Trevor McNaughton. Activation is planning to have more programs on all 3 units as an activationist will soon be assigned to a team.

Our goal is always to ensure our residents are getting quality programming that meets their needs and interests whether in a group setting or 1:1 sessions.

This year we hope to book more trips, introduce new programs such as cooking club, bowling, planting programs, knitting circle, meet & greets and more sensory and Montessori programs.

We are always open to suggestions for new programs or events that your loved ones may enjoy. Please feel free to contact our Director of Programs & Volunteer Services at sonia@nisbetlodge.com or 416 469 1105 ext. 1144



To all our Donors, your generosity is making a difference every day!





Welcome our new IPAC Lead

I am Leo Frank Abon, Infection Prevention and Control (IPAC) Lead of Nisbet Lodge and assumed this role since December 12, 2022. I have worked as an IPAC Lead in a Congregate Living Settings in Toronto before coming to Nisbet. My background and experience in healthcare started in the Philippines.



The pandemic made me realize the challenges and difficulties that affected so many people's lives. I wanted to make a difference, to help bring awareness about infection control practices. I decided to further my education in health care by completing the IPAC course at Centennial College in Toronto in 2021.

I consider myself a lifelong learner, as I believe that learning is dynamic and continuous. I update myself with seminars and training which is not limited to Infection prevention and Control but also on Primary Care and Behavioural Support.

In my spare time, I love long drives and appreciating the beauty of nature with my family. At home, I keep myself occupied by taking care of our 2 lovely cats and guinea pigs.

Planning a Trip, here are some tips from Leo

Because of the risk of infections, there are some tips to consider so that you can enjoy a safe, healthy, and memorable Vacation:

For travel advice and advisories by destination, please check [COVID-19: travel health notice for all travellers](#).

Make sure your vaccinations are up-to-date. Consult your family physician or healthcare provider if you need additional immunization based on your planned destination.

Be aware of the possible infectious illness that can be contracted during the vacation (e.g., Hepatitis A, Hepatitis B, Traveller's diarrhea, COVID-19, etc.) Consider having a travel insurance and check on the healthcare system of your planned destination. Always remember to perform your Hand Hygiene practice. This is the most important approach in preventing or having and spreading infection. Always do personal risk assessment especially when in crowded and closed areas concerning the use of mask.

References: <https://travel.gc.ca/travelling/advisories>
<https://www.hamiltonhealthsciences.ca/share/vacation-first-aid/>



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We have said goodbye to Michelle Lemhenyi who was our Director of Care and have begun recruitment for a replacement. Our director of Care is an integral part of our day to day care of our residents and staff. In the interim Victoria Nkuutu will be leading our nursing department with the support of the entire team.

Ankita Lai has started with us as our new Behaviour Management Lead. Ankita comes to us with a significant background as an RN in the Infection Control sector in her native country. We are excited to have her join our team and help us strengthen our resources and skills in resident care.

Live and In Person Annual Mothers Day Walkathon

I would like to personally invite you to join us this year for our Annual Mothers Day Walkathon to be held Saturday May 13th, 2023. This year rain or shine we are walking! Live and in Person. Come join us and walk, meet new friends, and have a BBQ with the crew!

We look forward to sharing some time with you and raising money to renovate our Resident Activity Room. We are going to reset the room so residents can participate more easily in baking activities and a special place to visit over a cup of tea.

If you are unable to join us on the day, you can register to walk on a day that is convenient for you. You can register using the registration form on the back page. A pledge sheet is enclosed in this Newsletter to help you get started.

We look forward to the lovely spring flower beds blooming at Mc Clintock Manor. Our gardeners are so talented. They keep their home entry looking so fresh and vibrant.

Once again, my heartfelt thanks to you for helping us move forward with the phone upgrades!

Sandy Hall,
Executive Director, Nisbet Lodge

From the chaplain's desk

I am happy to report that I have started a spiritual program that I hope will be of great benefit to the residents and staff

Call to Worship

Every Wednesday there is a 2 minute call to worship over Nisbet's public address system. It is a time for silent reflection, scripture reading, a thought for the day and a benediction.

Communion Service

We also gather for a communion service on the 2nd floor of Nisbet Lodge. The service is held twice a month on a Friday. For those residents who are not able to join us, we offer private communion in their rooms.

Meet yourself in the Bible!

This is a new bible study group that meets to study the cast of characters in the "Greatest story ever told" (Bible). It is held twice a month on Wednesdays on the 2nd floor of Nisbet Lodge.

Looking ahead, we are planning to have a monthly group event which will include hymn singing and musical events.

We are pleased with the overall response of residents and staff. Especially the residents' interaction in the bible study and attendance at our communion service.

Pastor Garry Francis

"God is good all the time"



May you and
your family have
a joyous and
blessed Easter.



In Person! MOTHERS DAY WALKATHON



Put on your walking shoes and join us on Saturday May 13th.

Encourage your family and friends to participate by supporting you or registering to walk. Create a fundraising page on Canada Helps and encourage your supporters to donate online.

This year our goal is to raise **\$40,000**

Here are the details

- ◆ The route begins at Nisbet Lodge on Pape Ave continuing through the neighbourhood and ends back at the Lodge.
Maps for the walk will be provided.

- ◆ Check in time starts at 9:00 am (bring your pledge sheet and pledges with you).

Cash donations. We suggest that you deposit the cash donations to your bank account and issue a personal cheque to cover the cash amounts. Your cooperation will make it much easier for the volunteers at check in.

Walk begins at 10:00 am Distance 5K or 1K

- ◆ Prizes for top pledgers, oldest walker youngest walker and more.
- ◆ Post Walk BBQ.

Complete this registration form and return it in the enclosed return envelope.

We look forward to seeing you on Saturday May 13th

- Yes, I will walk 5km 1km on Saturday May 13th .
 Yes, I will walk 5km 1km on another date _____ (fill in day) walk must be done between May 13th—June 10th)

I will walk 5km 1km I will be creating a fund-raising page on Canada Helps Website

I want to volunteer for the following: Checkpoint Registration wherever there is a need

Name _____

Address: _____

Phone Number _____ email address _____

I am unable to walk but will make a donation Cheque enclosed \$ _____ or Canada Helps

To create a fundraising page on the Canada Helps website go to Canada Helps.org and click on Fundraise then click on Create a Fundraising page. Where it asks for designation, Please designate donations to **Mothers Day Walkathon 2023**

To receive an electronic copy of this newsletter please email: assistant@nisbetlodge.com

Funding for Nisbet Lodge is provided by the Home and Community Care Support Services(HCCSS-TC) and the Ministry of Long Term Care.



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