

FAMILY COUNCIL NEWSLETTER

CHESTER VILLAGE



Family Council

STRONGER TOGETHER

The Family Council of Chester Village is a self-determining, democratic group, which is composed of family and friends of the residents of Chester Village Long-Term Care.

The overall mandate of the Family Council is to create a safe space to come together to provide support, share experiences & seek solutions to common problems to improve the quality care for all residents who call Chester Village home.

chestervillagefamilycouncil@gmail.com

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Dear Families and Friends of Chester Village,

As many of you are aware, the long-standing Chair of Chester Village's Family Council (FC) has recently stepped down. This has left a void in the leadership for the Council, and we are currently without anyone to help lead the group.

While caregiving can be a very rewarding experience, it can also be a challenging journey. A Family Council within LTC is a group where families and friends of residents can come together to lend support to one another, share resources, ideas & experiences; all while forming a collective voice. By bringing our shared concerns forward & working in conjunction with staff, we can help achieve the highest quality of care for all residents who call Chester Village home.

In the past, the workload of the FC has fallen on 1- 2 people and it is my hope going forward that we can form a supportive executive team designed to work together in their respective role, so the majority of responsibility does not fall on any one person.

Family Council is opened to all families and friends of residents of Chester Village, either as members who attend monthly meetings via ZOOM, or anyone who is willing to help lead the group. As we transition and look to restructure, please consider lending your time and skills wherever you can to help assemble a united Family Council. Together, we can build a strong network to support each other; all while working to enrich the lives of our loved-ones At Chester Village, with their well-being at the forefront of our efforts.

At this time, there are no planned meetings until we can establish a small team to lead the council. In the meantime, this newsletter was created by a family member in an effort to stay connected and share helpful resources.



VOLUNTEERS NEEDED

ALONE, WE'RE STRONG. BUT UNITED, WE'RE AT OUR STRONGEST.

ALL POSITIONS ARE OPENED TO FAMILY MEMBERS AND FRIENDS OF CHESTER VILLAGE AS WE LOOK TO REBUILD A STRONG AND VIBRANT FAMILY COUNCIL.

PLEASE NOTE: WITHOUT SOMEONE TO LEAD MEETINGS, WE MAY NOT BE ABLE TO CONTINUE.

Chair: Shall preside over all FC meetings, and in consultation with the executive team, set the agenda. The Chair will follow up with the Home on any actions initiated by the FC, and be the primary liaison with Chester Village management, addressing collective issues that affect the well-being and care of residents. In the absence of the Chair, the Co-Chair, or a designated officer shall preside. In lieu of a sole Chair, two Co-Chairs may share responsibilities.

Co-Chair: Shall assist in the Chairperson's duties and assumes leadership in the absence of the Chair.

Secretary: Shall record accurate minutes of each meeting and maintain all minutes as a permanent record.

Communications Lead: May develop a Family Council Newsletter providing relevant information and resources for families; help with any other communications on behalf of the FC as required.

Quality Care Committee Liaison: (currently filled) Shall attend and represent FC interests at Quality Care Committee meetings; report back to FC members with updates.

Treasurer: Shall lead and execute any fundraising done by the FC; distribute any funds in concurrence with FC mandates and approval; maintain a financial log; report to the FC on financial issues.

If interested, please e-mail :

chestervillagefamilycouncil@gmail.com

ALZHEIMER SOCIETY OF ONTARIO

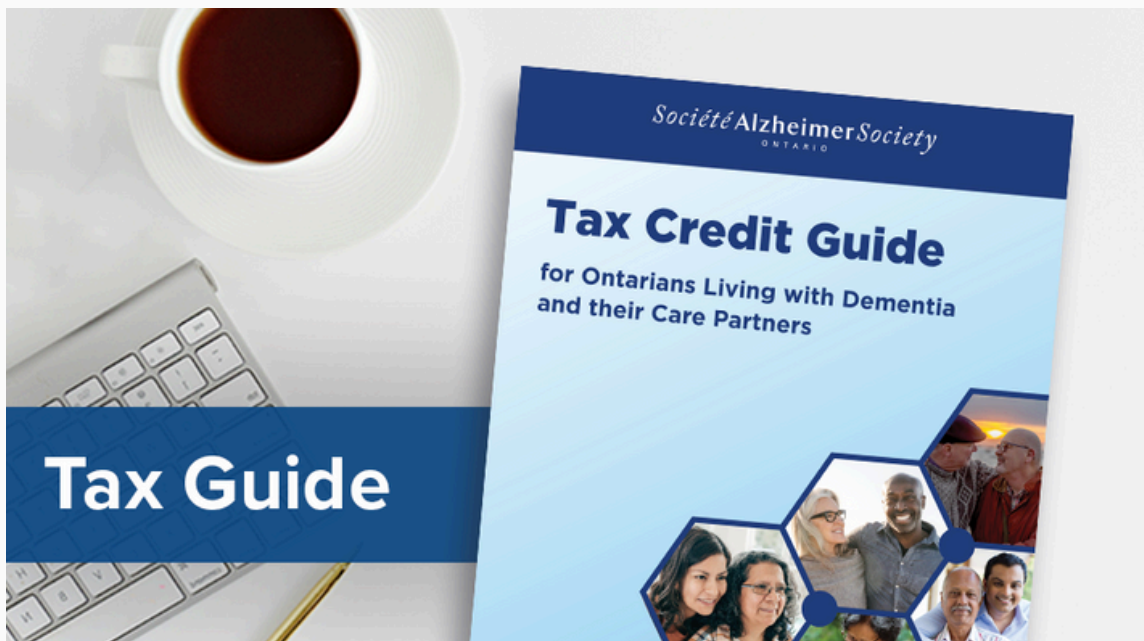
The Alzheimer Society of Ontario offers a wealth of information and resources for both, those who are living with dementia, along with their caregivers.

For more information go to :

www.alzheimer.ca/on/en

Featured Program:

Alzheimer Society 2024 Tax Credit Guide



Make sure you receive the credits and benefits available for both, your loved-ones and yourself as caregivers this year. The free 2024 *Tax Credit Guide for Ontarians Living with Dementia and their Care Partners* is now available. To download the guide, visit (and scroll down):

www.alzheimer.ca/on/en

Programs and Services for Seniors from the Government of Canada



Government
of Canada

Gouvernement
du Canada

Programs and services for seniors



The Government of Canada provides a one stop website connecting you to various programs & resources offered to seniors. Here, you can find information on the Canadian Dental Care Plan, the Canadian Pension Plan (CPP), Old -Age Security (OAS), the Disability Tax Credit (DTC), caregiving benefits and the Canada Caregiver Credit, services for veterans, and much more.

For more information, please visit:

www.canada.ca/en/employment-social-development/campaigns/seniors

ALZHEIMER SOCIETY OF TORONTO

Another useful resource for families and caregivers is The Alzheimer Society of Toronto. Offering a vast variety of free programs and services, programs include: various support groups for caregivers, dance sessions, educational training seminars, and much, much more. For more information, visit :

www.alzheimer.ca/on/en/help-support/programs-services

Featured Program:



THE BENEFITS OF MUSIC

“When an individual with dementia is exposed to music they listened to earlier in their lives, they may be able to recognize the song and even recall some part of the memory they previously associated with the song. The well-researched benefits of personalized music include improvements in mood, cognition, and communication; it can stimulate memories and promote relaxation. sharing music that is meaningful

can also promote a sense of connectedness and can be a bridge between persons with dementia and family members and healthcare professionals. Indeed, overall quality of life may be improved by reducing adverse dementia symptoms and providing an enjoyable activity to engage in. In short, the Music Project provides moments of joy to those living with dementia and their care partners.”

The Alzheimer Society’s Music Project program provides comfortable over-the-head headphones, charging equipment, and a customizable MP3 player at no cost. Music is available in a multitude of genres, eras, & languages including, but not limited to, Cantonese & Mandarin for our residents on Jade. To apply for a complimentary MP3 player on behalf of your loved-one, visit:

www.musicproject.ca/program



TESTIMONIALS :

“The MP3 player has turned his life around! I set it to shuffle and he listens almost constantly, often until the battery dies. He sings along and even dances occasionally. It’s a joy to behold! Makes me smile. When he is more content, so am I.”

Spouse of Music Recipient

“My mother is held hostage in the later stages of Alzheimer’s disease and her most responsive moments occur when she has her headphones on and is listening to the music of her time.”

Daughter of Music Recipient

“What a lovely beautiful surprise. I thought I won the lottery! How did you find out all the songs and singers in my time? I love it. Happiest moment of my life.”

Music Recipient

“Alzheimer’s is a heartbreaking disease, and it is such a relief to be able to penetrate the darkness with the joy that music brings”

Spouse of Music Recipient

“Music is big in our home and to be able to bring music to my dad now that he’s in long-term care means a lot to me and to him.”

Son of Music Recipient

“Whenever my dad listens to a particular song, all the memories connected with that song seem to come flooding back. He remembers dancing with my mother, whom he never usually speaks about.”

Daughter of Music Recipient

“Where words fail, music speaks.”

- Hans Christian Andersen



BAYCREST

As one of the foremost leaders in transformative research, along with education of the aging brain, Baycrest offers a variety of informative resources in conjunction with their partners. Here you will find information on everything from Palliative Care and End-of -Life, Health and Wellness, to healthcare programs and services. For more information visit :

www.baycrest.org

MISSION STATEMENT

A world where every older person lives with purpose, fulfilment and dignity.

Featured Program:

Baycrest’s Koschitzky Centre for Innovations in Caregiving

Baycrest’s Koschitzky Centre for Innovations in Caregiving offers pre-recorded webinars tailored to caregivers and can be accessed at your convenience. Webinars range in topics from self-care and mindfulness, preventing scams, legal advice on Wills and Estates, and much more.

Baycrest

Baycrest caregiver webinars (online seminars)

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| Caregiving, Sleep and Dementia > | Boost Your Brain: Memory training for older adults > | Ask the Experts: Everything you always wanted to know about long-term care placement and were afraid to ask > |
| Self-Care for All: A Year After > | Hiding in Plain Sight: Realities of elder abuse > | A Wolf in Sheep's Clothing: How to detect & protect older adults from abuse > |
| Assisting Caregivers with Mindfulness > | Power of Attorneys, Capacity and Decision Making in Older Adults (Part 1) > | Baycrest@Home Ask the Expert (answering questions on all things related to aging and caregiving) > |
| Providing Comfort During the Grieving Process > | What You Need to Know When Supporting a Move to Long-Term Care for a Person Living with Dementia > | Power of Attorneys, Capacity and Decision Making in Older Adults – Part 2 > |
| Top 10 Tips for Leading a Happy and Fulfilling Life > | Everything You Need to Know About Long-Term Care > | Wills, Power of Attorneys, and Real Estate > |
| Abuse & Scams: Learn how to protect yourself > | Caregiver Webinar Series: Reflections on being a family caregiver > | Brain Health: Ways to track, maintain, and improve brain health at every age > |

To access any of their webinars for caregivers, visit:

www.baycrest.org/Baycrest/Health-Wellness/Health-Wellness-Information/Baycrest-caregiver-webinars



NATIONAL CAREGIVERS DAY



APRIL 1, 2025

The first Tuesday of every April is designated as National Caregivers Day in Canada. As Essential Family Caregivers (EFC), we often sacrifice our own needs and wants in order to provide care and support to our loved-ones. Our caregiving journey can often times be filled with much joy, but also, can be challenging and stressful at times. Many of us also struggle to find a balance with our work, familial, and caregiving duties, often leaving us feeling overwhelmed. Therefore, it is important we take the time we need to care for ourselves in order to better serve those who depend on our love, care and support.

Make sure to take time for yourself; whether it is reserving time for self-care, engaging in a new hobby (or getting back to an old one), or just taking a day off to recharge. Knowing our limitations and asking for help can also help us find balance.

Let's also not forget the many hard-working and dedicated caregivers at Chester Village, who provide care for our loved-ones on a daily basis. Where would we be without them? As Rosalyn Carter once said:

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need caregivers.”

Wishing all caregivers a Happy National Caregivers Day this day (April 1, 2025), which is dedicated to celebrating all of us who provide personal care, physical, emotional and/or spiritual support to those in need.

Happy National Caregivers Day!



“Caring for others requires caring for oneself.”

- Unknown



CHESTER VILLAGE - CONTACT INFO

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STRONGER TOGETHER

CHESTER VILLAGE FAMILY COUNCIL

If you have any ideas or relevant resources which are beneficial to caregivers and families that you would like to share, or if you are interested in lending your time and efforts to form an executive team for the Family Council at Chester Village, please reach out to:

chestervillagefamilycouncil@gmail.com

Working together, we can achieve the highest quality of care for our loved-ones and all residents at Chester Village.



“Coming together is the beginning.
Keeping together is progress.
Working together is success.”

-Henry Ford

