

# The Village Voice

SECOND EDITION

## DID YOU KNOW:

- We have over 60 fish living within the 7 tanks throughout the home
- We have 203 residents living within Chester Village

## DATES TO REMEMBER:

- **March 4&5** Mardi Gras Celebrations
- **March 8** International Women's Day
- **March 17** St. Patrick's Day
- **April 7th** Volunteer Appreciation Week
- **April 20** Easter Weekend

*" Keeping busy helps me stay happy and healthy during the cold seasons"*  
- Mary Hannon



VOLUME 11, ISSUE 2

MARCH/APRIL 2019

## Program Highlight: *Pet Therapy*

For over ten years, Chester Village has maintained a partnership with St. John's Ambulance Pet Therapy. Widely accepted as an intervention, this meaningful and beneficial program focuses on past human-animal relationships. Interacting with a friendly dog or cat has been proven to help with many physical and mental health concerns, help reduce blood pressure, improve overall cardiovascular health, help in calming the mind and body, alleviating pain,

reducing stress, and improving one's mental health.

Working with the staff of Chester Village, we are fortunate to have three separate teams visiting



**Kathleen and Annie sharing a special moment**

weekly; Barb and her black Lab Annie, Wanetta and her Golden Retriever rescue Shiloh and Dan and his lovely Husky mix Kayla. Assigned to different home areas, each team takes time to connect with interested residents, either one on one in their rooms, or in the large communal areas. Visiting the home areas makes each visit personal, and helps build relationships, as residents, families and staff look forward to the different support these K9 friends bring.

## Resident Feature: *Grace Sum*

From the moment Grace Sum moved into Chester Village, she has eagerly participated in as much as she can, and benefitted from the many supportive programs the home has to offer. Not one to stay in her room and relax, Grace enjoys staying busy and active, and prides herself on helping others as much as possible. Each day she makes an effort to attend the exercise program and a variety of intellectually challenging programs. Yet her real passion is being creative through arts and crafts, and

encouraging others to find their passion during her friendly visits.

Born in China, Grace grew up with two brothers and three sisters. At an early age she enjoyed using her artistic mind to design clothing, which later turned into a career. Working as a clothing designer, she was able to move to Germany and perfect her craft. In her mid 40's Grace moved to Canada and used her other passion, to teach and inspire children. As a teacher, she taught Cantonese and Mandarin in a Catholic school, and reading and math for Kumon learning centers.

Grace can often be found throughout Chester Village, participating in programs, chatting with peers or just looking for different ways she can help out!



# What's Coming Up...

In like a Lion...This year has definitely started with a mixed bag of weather and we are now looking forward to warmer temperatures and time spent outdoors. Although we have spent most of the time indoors, this has allowed us to celebrate a variety of special days, Chinese New Year, Robbie Burns Day, Valentines Day and even a "Trip to Japan". Keeping things busy the next few months will offer

the opportunity to celebrate Mardi Gras, International Women's Day, a Hollywood themed afternoon, St. Patrick's Day And Easter. In April, we will be wishing many of our placement students good luck with their continued studies and we thank them for their creative special events and one to one visits. The next few months will also bring new home area programs and new supplies to the activity rooms.

This coming March we will be holding our Annual International Women's day Social, where we recognize the many achievements Chester Village Resident woman have made, and there is lots! As we prepare for the nicer weather we must also be preparing our taxes. If interested, a sign up sheet to have an accountant assist you with filings, can be found at the front desk. Check your Calendars for times and dates.



"The staff have helped me make many new friends since moving to my new home"  
- Janette

## Volunteer Corner

National Volunteer Week, April 7<sup>th</sup> – 13<sup>th</sup>, is a time where organizations and individuals across Canada celebrate the extraordinary work of volunteers. We hope you can join our Chester Village volunteers after their recognition luncheon on Sunday April 7<sup>th</sup> for the 2:00 pm entertainment, to say "thank you for all you do".

## Resident Council

All residents are invited to participate in the upcoming Residents' Council meetings held on the last Thursday of every month at 2:00pm in our Chapel. We recently created an outing survey and are looking for feedback. Come out and have your voice heard!

Hope to see you there,  
Ellen Little (Council Member)

## Birthday Celebrations!

### MARCH

Anne Menear  
Debra Hendrie  
Gordon Honsey  
Doris Kerr  
Mae Quant  
Wai Kuen Loo  
Eleanor Shone  
Ronald Macelwee  
Shirley Richardson  
Bud Hopkins  
Ling Siu Chau  
Dinh Thai

Elizabeth Cleland  
Dorothy Berthelot  
Carol Ann Mole  
Edna Kelly  
Margaret Kent

### APRIL

Philip Hryhorchuk  
Mary Whatley  
Isabel Gaudaur  
Gisela Gedies  
David Heard  
Kwan Ying Chiu  
James Kearney

Anne McGrath  
Rena Ouellet  
Marie Ellis  
Catherine Thomson  
Sophie Antonopoulos  
Maria Wood



All Residents are invited to attend the monthly birthday parties. Please check your calendar for dates and times!