

# The Village Chronicle

## Tyndall Seniors Village LTC & Retirement

July 2017

Tyndall's Newsletter is changing its look! Your feedback is important; let us know what you think. If you have suggestions, please speak to Shannon Sprung, Recreation Coordinator.



**HAPPY 150TH BIRTHDAY  
CANADA!**

### Commemorative stamps

All stamps produced by Canada Post during 2017 will include a reference to the sesquicentennial.

### Official Flower

The Canada 150 Tulip, also known as the Maple Leaf tulip, is the official tulip of Canada 150 and was unveiled May 9, 2016, in Commissioners Park. The tulip was selectively bred with white flower and red flames, which resembles the flag of Canada. For Canada 150, the Canadian Tulip Festival in Ottawa will plant 30,000 Maple Leaf tulip bulbs.

Join us in celebrating Canada's 150th on July 1st under the tent on the back patio at 2:15pm with Bill Dearing for entertainment.



### *With Deepest Sympathies*

*Anna Gorecki  
Jessie Hodder  
Shirley Parsons  
Ivan Kuchan*

### *Retirement Home Special Events*

**July 26th** - Monthly Birthday Party with Francis DeMello  
**Wednesday's at 6pm** join Shiva for Bingo in the activity room

### Nursing

We would like to say farewell to Paulo Dela Cruz **DOC**—Paulo's last day was June 9, 2017. We wish him all the best in his future endeavors. Any Nursing questions or concerns can be referred to ADOC Mary Jena Moso.

**Candace Cabral**—Candace is an RPN at Tyndall and we would like to welcome her as our new Behavioural Support Ontario (BSO) Coordinator.

### From Administration

Just a friendly reminder that all documentation for Rate Reduction Applications for the Period of July 1, 2017—June 30, 2018 need to be received at Tyndall SV no later than June 30, 2017.

If you have any questions, please contact Stephanie Fryzek or Pat Bedford at the business office.

### From Dietary

“Greetings from our warm sunny Dietary department at Tyndall! Time to enjoy the great food while soaking in the sun. Looking forward to our BBQ's in our back patio and to the start of our new Spring/Summer menus.

- **Nilo Sivanandan FSS & Jacky Nebit FSS**

### From Environmental Services

As suggested by Resident Council a “Slow Down” sign has been posted in the parking lot. Please be cautious when driving in and out.

Air Conditioners will be installed beginning the week of June 12, 2017.

Chairs have been purchased for the main lounge and other areas of need through out the home.



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## July Special Events and Outings - LTC

- 1st—Canada Day Celebration with Bill Dearling @ 2:15pm
- 13th—Heritage Museum presentation at 10am
- 14th—Social Club with Steve Paul at 7:15pm
- 18th—Bus outing TBA
- 26th—Monthly Birthday Party with The Silver Cords at 2:15pm
- 27th—Resident Council Meeting at 10am

**If you would like to sign up for any of the outings, please see Shannon or a staff in the Activity Dept. for more information.**

During the summer months, keeping our residents hydrated is more important than ever, especially during heat waves. The reason for this is simple: dehydration diminishes their ability to regulate temperature, and thus, their risk of developing a heat illness increases dramatically. Heat illnesses are of special concern to senior citizens, because older adults are much more affected by summer heat.

### **Why Are Seniors More Prone to Heat Illnesses?**

When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat-regulation mechanisms. Also, seniors store fat differently, which complicates heat-regulation in the body further.

**Why is this serious?** Well, as the temperature rises, so too does your internal body temperature, especially when you're exposed directly to the sun or extremely hot environments. Which is why seniors suffer from heat stroke more often than younger people throughout the summer.

### **Why's Preventing Dehydration is so Important**

Studies have shown that when you feel thirsty – just 2 percent dehydration – your ability to regulate heat begins to decline. For seniors, who already struggle to manage internal heat, dehydration can deter the body's natural cooling processes even more.

During heat waves, seniors should be drinking water and juices regularly. A good rule of thumb is to drink fluids at every meal, as well as sipping fluids throughout the day rather than drinking them quickly. Also, avoiding alcohol can encourage better hydration.

Some residents may not even be aware of feeling hot or thirsty, so it's important to pay close attention to those who are not able to get water or fluids for themselves.

## Church Services

- 2nd—New Covenant Church @ 2:15pm
  - 5th St. Patrick's Roman Catholic Mass @2:15pm
  - 9th—Promise of Life Church @2:15pm
  - 11th—Mississauga City Baptist Church @ 2:15pm
  - 12th—Church of God @ 7pm
  - 14th—Chinese Alliance Church @ 3:00pm
  - 15th—New Life Fellowship Church of God @ 2:15pm
  - 16th—Kingdom Covenant Church ML
  - 18th—Church of the Holy Spirit—Anglican @ 2:15pm
  - 19th—Rosary @ 7:00pm
  - 23rd—Applewood Gospel Hall @2:15pm
  - 25th—Westminster United Church @2:00pm
- RC COMMUNION EVERY MONDAY AT 2pm**  
**Hymn Sing is every Saturday at 10am**

## *Welcome to New Staff*

*Alethia Brown - Housekeeping*  
*Lourine Hemmings—Housekeeping*  
*Prudence Patterson—PSW*  
*Nicole Jonca—PSW*  
*Mary Anne Gallardo—RPN*

### **Goodbye and best wishes to:**

*Catherine Grey PSW*  
*Alicija Bronowicki—RPN*  
*Rozhelle Zuce-Alejandria RPN*

## **Coming soon...**

It has been a while since we've distributed the Tyndall Seniors Village Scoop Newsletter to families and residents! We are looking at revamping the CQI Newsletter as it is extremely important to us that we remain transparent in our Quality Improvement Initiatives. Look for it in the mail & around the Home soon...