



## WHERE THERE'S TEA, THERE'S HOPE ~Arthur Wing Pinero

For 37 years the Shalom Village Ladies Auxiliary have created a remarkable event that brings together 200+ people, who gather to enjoy the pleasures of tea, while raising funds and giving hope to Shalom Village residents and participants.

This outstanding event wouldn't be possible without the hard work and devotion of our volunteers led by our tireless Ladies Auxiliary co-chairs, Rochelle Waxman and Jo-Ann Pomerantz. These remarkable women are an inspiration to all of us, and the Ladies Auxiliary Tea would not be the tremendous success it is without them.

In addition to our co-chairs we would like to give a shout-out to our incredible Tea Callers (in no particular order): Marilyn Foreman, Sandy Fuss, Linda Goldhar, Marcia Halpren, Hyndy Halpren, Elaine Katz, Shirley Levine, JoAnn Pomerantz, Rhona Rottman, Gwen Schwab, Judy Schwartz, Sasha Weisz, Marmie Wolfson, & Kim Gorenko. Together, these ladies make hundreds of calls to remind people about the important work we do at Shalom Village and how important your continued financial support is.

**We are extraordinarily grateful to all of our staff, volunteers, donors and guests who helped to make the 37th Annual Ladies Auxiliary Tea a great success, raising more than \$55,000 to support the critical health care needs of the seniors who rely on Shalom Village programs and services.**

**Thank you!**



Batia Phillips (centre) with friends Rene (left) & Claudia (Right)



Left to right: Maureen Bergart, with friends, Phyllis Shragge and Baya Vertes



Left to right: Linda Nielsen, Maise's Granddaughter Sarah, Maise Mott & her daughters Jill & Jenn

## VIP VISIT

The Honourable Filomena Tassi, Minister of Seniors, dropped by Shalom Village recently to meet with Shalom Village residents and CEO Jeanette O'Leary to learn more about the concerns of Hamilton area seniors. The Minister is working towards a National Senior's Strategy to help fulfill her mandate. During her stay, the Minister visited with Long Term Care Residents, Apartment Residents and Goldies participants. We look forward to working with the Minister as she embarks on this new and increasingly important role. We encourage all of our residents and family members to discuss seniors issues with their representatives, as we seek to ensure that seniors continue to be an important part of the conversation with our political leaders.



Shalom Village CEO - Jeanette O'Leary, Minister of Seniors - Filomena Tassi, AdvantAge Ontario CEO - Lisa Levin

# Happy and Healthy:

The most important ingredient in wellness is fun. And fun is first for Shalom Village recreation activities. This fall Vanessa Pazzi joined us as our Wellness Coordinator. Vanessa replaces Anne Pritchard, who recently retired.

Vanessa is putting her unique personality into this role by taking a holistic approach to resident activities, with a focus on fun! Residents will enjoy having the opportunity to try new activities that many may not have previously heard of, or had the chance try.

Some of the recent activities our residents have enjoyed include playing pool, learning meditation, creating vision boards, and more! "Being social, trying new things and having fun is an important part of living well and enjoying good health. Our activities seek to ensure that residents are given opportunities to enjoy the fun of being together while also trying new things." Vanessa brings a background in social work, as well as experience in reflexology, reiki and personal development. In the coming months, residents will enjoy educational presentations from CNIB, more opportunities to enjoy scenic drives and visits to offsite locations, like Grandad's Donuts!

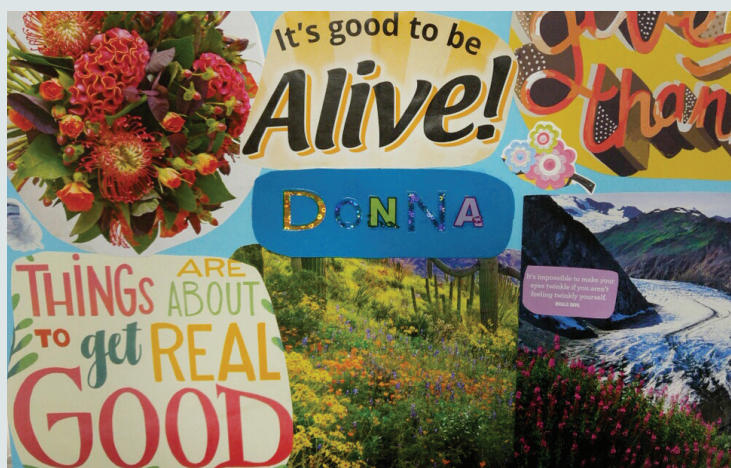
Based on the attendance and enthusiasm at the activities Vanessa has already provided, it's clear that residents are already enjoying Vanessa's activities, and are looking forward to more.



Vanessa Pazzi & Shalom Village Resident & Board Member Jim Kennelly



Shalom Village Resident Anne Smith



Vision Board example

# Everyone's Horsing Around

Recently we enjoyed a visit from Triple C farms, who visited with Shalom Village residents, participants and family members. Many of our residents are animal lovers and visits like this give them an opportunity to interact with animals that they would not normally encounter in daily life.

Residents were given the opportunity to hold baby goats, and pet a pony, amidst the cacophony of sheep & goats serenading us with their “baahhddd” songs.

This was a delightful event for the young and the young at heart. We look forward to doing this again next year.



Shalom Village Resident: Madeline



Shalom Village Resident: Sharon



Shalom Village Resident: Jeannie

**\*\*Shalom Village:** Founded by the Jewish Community, for the benefit of all individuals throughout the Hamilton Region, our Jewish values and traditions ensure that all residents and participants benefit from the respect, compassion and dignity inherent in the Jewish faith. Shalom Village welcomes and celebrates individuals from all backgrounds and faiths.

# FREE Fall Prevention Classes

According to a recent review of 111 individual studies with over 55,000 participants, the risk of falling for those over the age of 65 in any given year is about 30 percent.

What's more, about 20 percent of those falls will require medical attention; fortunately, less than 10 percent will result in a fracture. Certain types of falls have more serious consequences than others. In the case of hip fracture victims, studies show that as many as a quarter die within a year of falling, and almost two-thirds lose the ability to perform day-to-day tasks without assistance.

To help offset the increased risk factors, and to support Hamilton area seniors who want to remain living in their homes, or who simply want to help minimize illness or injuries, Shalom Village offers free Fall Prevention classes.



Donna Dwyer (above) and  
Pauline Denton

**One of the best ways we can help seniors remain healthy and living independently, is to prevent injury and illness before it happens.**

**To achieve this, Shalom Village offers free fall prevention classes to seniors.**



Fall prevention participants exercising in hallway.

These group classes provide tips for home safety, as well as exercises to increase leg strength, and to improve endurance and balance. If you ask current participants Donna Dwyer or Pauline Denton (pictured here), they will tell you that coming to Fall Prevention classes not only helps you prevent falls, but it provides much needed fun and frolic. These ladies come 2X a week and they would miss the comradery if they missed a day.

Fall Prevention Classes are 12 weeks long, and offered twice weekly, on Tuesdays and Thursdays. If you, or someone you love would like to learn more about our free Fall Prevention classes, contact Mike Nielsen at 905-529-1613 X220.

## Testing Fitness on Sundays

This November, the Fitness Club at Shalom Village is testing staying open on Sundays to determine if people would like to take advantage of having an extra day to exercise.

If you're an existing member – or if you're a senior 65+ years of age, and interested in learning more about our specialized fitness centre for seniors, feel free to visit the Fitness Club at Shalom Village.

We are open each weekday from 8am – 4pm, and this November, we will also be open on Sundays from 8am – 4pm.

## Fitness Focus Groups

The Fitness Club at Shalom Village will be holding focus groups for seniors who are NOT currently members of the Shalom Village club. We'd like to learn more about the fitness habits of seniors, as well as learning what media sources seniors trust and rely on for local information.

These focus groups will be held in late November and early December. If you are not currently a member of the Fitness Club at Shalom Village and you are interested in attending the Focus group, please contact Mike Nielsen at 905-529-1613 X220 or at Mike@ShalomVillage.ca.

**Focus group participants will receive food, beverages and a \$5 gift card.**

## REASONS TO CELEBRATE:



### **A big congratulations to Ozzie on his 101st Birthday, this November 20th!**

Oswald was born in Vienna, Austria on Nov. 20, 1917. He came to Shalom in February 2017. Oswald enjoys listening to music specifically Jazz and Classical music. He also enjoys playing dominoes, painting, and discussing history and politics, playing catch, and socializing. Oswald is particularly fond of trying new foods and has a sweet tooth for baked goods. He is a kind soul who has a warm heart and has a special bond with each member of the Shalom Village Staff – all of whom wish him a very, happy birthday!

Imagine how different the world was when Ozzie was born in 1917.

### **1917 Fun Facts:**

- Robert Borden was the Prime Minister of Canada
- The marketing phrase “breakfast is the most important meal of the day”, first appeared in Good Health Magazine.
- The United States purchased the Virgin Islands for 25 million dollars!
- The Lions Club was founded
- The modern concept of the grocery store was introduced by Piggly Wiggly Grocery Stores.

**Happy 101st Birthday Ozzie!**

# SNOWFLAKE SEASON AT SHALOM

**Share a Snowflake  
with our residents today!**

**DONATE TODAY**

**For every \$25 donated we  
will display a snowflake  
throughout the residences  
to celebrate your generous  
gift and the spirit of the season.**



**B**elieve it or not, winter is almost upon us once again. Along with winter comes snow and the 3rd annual Snowflake Appeal. For each \$25 dollars donated, Foundation staff hang snowflakes with donor names on them, throughout Shalom Village.

Residents enjoy the seasonal décor and walking through to see the names of all the people who care about them, written among the hundreds of snowflakes.

Funds raised by the snowflake campaign help to ensure that residents and participants at Shalom Village continue to receive the critical healthcare they require to enjoy life to its fullest.

We hope you will continue to support us in 2018, when your snowflake appeal arrives in your mailbox!

## GET YOUR FLU SHOT

In addition to snowflake season, we will soon be well into flu season. The Flu can be deadly for seniors, and young children. You can help preserve your own good health, as well as your neighbours and friends by ensuring that everyone in your family receives their flu shot.

Flu vaccinations are paid for by OHIP and available at pharmacies and doctors' offices throughout the province.

This is one of the few things that we ought not share over the holidays.

# Give the Gift of Health & Happiness this Holiday Season

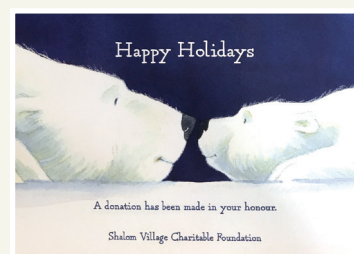
**G**ift giving can be stressful. Shalom Village wants to ensure that no matter what you are celebrating over the holidays, you are able to have fun and feel good, while also doing good.

This year, we hope you will consider sending a tribute card donation in the place of gift giving. We offer a variety of cards to choose from, and you have the option of sending an e-card or physical cards.

To send an e-card or a physical card, simply visit our website at [www.ShalomVillage.ca/Giving](http://www.ShalomVillage.ca/Giving) and select the Tribute Card option.

If you'd like to send multiple cards, or have us handle sending all your holiday cards, please contact the Foundation at 905-529-1613 X317 or email [Sarah.Carroll@ShalomVillage.ca](mailto:Sarah.Carroll@ShalomVillage.ca) with your card list and we will happily take it from there. Tribute cards are \$18 dollars each for single cards, or \$10 dollars each, if you send 10 or more cards at one time.

## Happy Chanukah and Season's Greetings!



## HENNICK GRANT GIVES SHALOM VILLAGE A LIFT!

The Jay and Barbara Hennick Foundation gave Shalom Village residents quite a lift this summer!

Thanks to their tremendous gift of more than \$28,000 dollars, the Hennicks have helped us to provide our residents with more mobility, and improved healthcare, while also giving them a greater sense of dignity. This donation enabled us to purchase five Sara-Lifts to support our residents.

Due to the minimal amount of physical manipulation required to move residents with these lifts, residents are more comfortable using these lifts. Additionally, Sara Lifts allow partial mobility residents the ability to use their

own strength and mobility to become active participants in their care, giving them a stronger sense of control over their own body. This gift will help us to provide optimal care to more than 200 residents who call Shalom "home".

We want to thank Jay & Barbara Hennick for their tremendous support of our residents. These lifts have already been used thousands of times with hundreds of residents.

If you'd like to learn more about how your gifts are making a difference, feel free to contact Laurie at the Shalom Village Foundation at 905-529-1613 X227.