

FALL NEWSLETTER

It is so hard to believe that summer is coming to an end and the leaves on the trees will soon be changing. Just as we can count on change every fall, we will also be seeing a number of changes in the Adult Day Program in the coming weeks.

As you may know, we have been looking for a new name to call ourselves instead of the St. Joseph's Villa Adult Day Program. With many discussions on different name suggestions and getting your feedback, we have decided to go with the name "A.C.T.I.V.E at the Villa." The acronym "A.C.T.I.V.E" stands for *Adults Coming Together in a Vibrant Environment*. This new name will take effect immediately in the program. However, externally we will make this exciting change in the New Year. There are many advertising pieces that will need to be changed to reflect this decision.

There have also been a couple of staff changes over the past month. We would like to congratulate Suzy Duncan who has accepted the position of Therapeutic Recreation in the Special Needs group. She has been working in this group already a couple days per week in addition to her time in Group D (Monday's group). She will now be in her new assignment for 5 days a week. We have found a replacement for Suzy, her name is Karen D'Alessio who will be starting on September 8th. Her dedication and motivation will bring new program ideas including Montessori activities in this group. Welcome Karen!

In regards to myself, I have recently accepted the position of Supervisor of the Adult Day Program and Volunteers. I have spent the last 7 years in the Special Needs room as their Therapeutic Recreationist, so many of you will already know who I am. Although I do miss the hands-on work with our wonderful clients in that group, this opportunity will challenge me in a different way and allow me to interact with all members from every group in addition to all the new clients starting with this program. Please contact me if you have any concerns/suggestions that you would like to bring forth. Also, continue to call your therapeutic recreationist if you or your loved one is ill and cannot make it to the program for that day. All other issues can be directed to me. My contact number is 905-627-3541 x 2240 or you can email me at d_fernandes@sjv.on.ca.

We continue to ask for your help by promoting us in the community. If you know of anyone who could benefit from our programs, please forward my contact information. Also, if you are interested in volunteering at the program or in the St. Joseph's Villa Long Term Care, please feel free to contact me about this as well. We wish you and your families a wonderful fall season and continued health.



Why walking is good for you: It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you

- 1. It strengthens your heart**
- 2. It lowers disease risk**
- 3. It keeps weight in check**
- 4. It can help to prevent Dementia**
- 5. It can also help prevent Osteoporosis**
- 6. It helps to tone legs, bottom and tummy**
- 7. It helps to tone arms also**
- 8. It boosts vitamin D levels**
- 9. It gives you energy**



And now for number 10..... *"It makes you happy"*

Brenda and Leticia at the S.I.M GYM 905-627-3541 ext: 2109



A.C.T.I.V.E at the Villa

What's Happening Fall 2014 at A.C.T.I.V.E at the Villa

The lovely summer is drawing to an end far too quickly. The children will be returning to school, the leaves will start to change colour and fall will be upon us before we know it.

Here are some the events you can look forward to over the next few months:

September 3rd - Randal Hill Entertains

September 5th – we will have our end of summer BBQ with Don Dunham

September 8th – we will celebrate Grandparents Day with Joan

September 18th – Michael Kelly Entertains **September 23rd** – Cameron Entertains

OKTOBERFEST will be held the first or second Friday in October

Please watch for more details to come!

October 14th – John Moorehouse Entertains

October 15th – The Dundas Garden Club will Build Arrangements with us

October 16th – Aidan Entertains

October 20th – Maggie Vida Entertains

October 31 – Halloween Party with Joan *****Please wear a costume*****

November 3rd – Michael Kelly Entertains **November 6th** – Martin Wall Entertains

November 11th – Garry & Jane Entertain **November 19th** – Peter Shaw Entertains

November 28th – Mike Thorton Entertains

FRIDAY DECEMBER 12TH IS OUR ANNUAL CHRISTMAS PARTY

Michelangelo Events and Conference Centre

1555 Upper Ottawa Street, Hamilton

Please watch for more details to come!

We would like to take this opportunity to welcome all of our new members to A.C.T.I.V.E at the Villa. We hope that you are enjoying your time at the Program. If you have any questions, concerns or comments you can approach any of our staff and we will be pleased to help any way we can.

BILLING INFORMATION REMINDER

Members are reminded that there is an annual increase of **2% on April 1 of each year.**

The new rates as of April 1, 2014 are as follows:

DAILY RATE:

\$18.07

DUES ONLY RATE:

\$13.07

Members are not charged for meals, **(\$5.00)** when absent from the program. However, there is a “dues only” fee when absent in order to hold the spot for your return to the program. Members will not be charged any fee if they are hospitalized. To avoid undue charges, please let us know as quickly as possible if you are not able to attend the program because of hospitalization, or if you are not able to continue with the program.