



COMMUNICATOR

Resident Profile: Tamara Nowicki...

Her Story

“The True Lives of Brunette the Horse and Goldie the Chicken”

Tamara wrote this wonderful story about her early years in the Ukraine. She grew up in a loving home with her father, mother and younger brother. In her book she tells of the unique relationship she had with her horse *Brunette*, a gift from her father, and her chicken *Goldie*.

Tamara was born in the Ukraine in 1922. She went to University to study Dentistry, but when WWII broke out, Germany occupied the Ukraine and all the universities in the Ukraine were closed. The young people were sent by force to Germany to work. She lived there with a family for five

years, working in a dental office and also looking after a small boy.



Tamara and Dr. Cumandra, her dentist and friend at the book signing

During the war, many people were being sent to Siberia.

Tamara was afraid that she would be sent there too; so she decided to migrate to

the United States. She applied at the American Embassy but was not successful because the quota was filled. She then applied to the Canadian Embassy to come to Canada. Her application was accepted and in 1951 Tamara arrived in Halifax, Nova Scotia. She moved from Halifax to Toronto and took a job at The Hospital for Sick Children sterilizing instruments.

Tuesday June 19, 2012

**7TH ANNUAL
GOLF TOURNAMENT
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inside!*

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FROM SANDY'S DESK



I want to inform you of an upcoming **planned power outage** here at The Wexford. This will take place in either late May or June and will last for **approximately 4-6 hours**. We need to replace our hydro transformer and switchgear as it is almost 35 years old and past its useful life. This is a major project and we are working with Toronto Hydro, specialized electrical and mechanical engineers and consultants to plan this work. The current hydro transformer and switchgear are located in an underground hydro vault located beneath the concrete section of the driveway, by Gooderham Drive. There had been 3 pylons placed in this area over the winter and you probably noticed that they took up two parking spaces.

There are **two main phases** to this project:
 Phase 1) The installation of the new hydro transformer and switchgear onto the grassy boulevard just outside the main dining room along Gooderham Drive.
 Phase 2) Decommissioning the current hydro vault.

All Phase 1 work will be completed prior to the cutover of power to the building. This is when power to the building will be cut off; however, the emergency generator will be on at this time. We are planning to turn off the power after lunch and expect it to be back on four hours later but we are planning for six hours. Residents will have a cold dinner plate, having had their hot dinner at lunch time. We will be bringing on extra staff to ensure that all the residents are well cared for during this time.

We are also working with the Tenant Association Executive to plan for their needs. We are hoping

that many of the tenants will go on a bus trip to Casino Rama that day, so that they will not be inconvenienced at all by the power outage.

Phase 2 begins once Phase 1 is complete and normal power is in place. The Gooderham entrance will be closed for about one month while they decommission the vault. There will be reduced parking at that time and I ask for your patience as this work must be done.

We will be submitting a plan to the MOHLTC covering all aspects of resident care. They are aware of the planning that is currently going on and will review and approve our plans prior to beginning the work.

Other Updates:

I am pleased to announce that the 3rd floor dining room will be open by the end of March. This was a very complex project and took much longer than any of us anticipated. The residents already love the bright, open space and are excited for the new location. The staff love the fact that it is so convenient to the unit and residents are encouraged to walk to the dining room, as part of their walking program; this is truly a win-win situation for everyone. Thanks to **Medical Pharmacies** for their financial support of this project!



Resident Profile: Tamara Nowicki

cont'd from page 1

Tamara wanted to get a better job so she took a secretarial course at Shaw Business College and attended Ryerson College to learn English. She is still in touch with her English teacher who is now 97 years old. She left The Hospital for Sick Children and worked as a secretary in an insurance company for more than 16 years.

When Tamara decided to retire, her boss told her that she could stay on and work longer but she did not change her mind about retiring. Her mother had since immigrated to Canada. She had not seen her in 30 years and she wanted to take care of her. She said that she enjoyed sewing clothing for her mother and herself.

Fourteen years ago Tamara started losing her vision. In spite of this, she maintained her independence to care for herself. In 2009 Tamara came to The Wexford Residence.



Tamara & Jacquie Cornwall

Through the new Life Enrichment Complimentary Care services, she was able to talk about her life as a child in the Ukraine. In telling her story, Tamara felt that her dream was accomplished... to share with others the unique friendship that developed between her and her horse "Brunette"

Tamara's book was published by the Life Enrichment Complimentary Care program. To celebrate the Wexford's first author, Tamara Nowicki, the Life Enrichment Department organized a book reading and signing. It was a lovely event. Friends, family members and staff members came to

congratulate Tamara on her achievement, listen to her story and have her sign their book. It was an emotional afternoon. The guests were touched by her story. Some were quietly Crying during the reading. With eyes open and emotions running high, many asked to have their book signed. Everyone was touched by the event!

If you would like to have a copy of the book "*The True Lives of Brunette, the Horse, and Goldie the Chicken*" please contact Almerinda in the Life Enrichment Department. See page 5 for an excerpt for her book!



Fida Al-Khatib, Almerinda Takahashi & Esther Spencer with their signed books!

THE WEXFORD COMMUNICATOR welcomes comments and announcements that would benefit friends and families of residents and tenants at The Wexford Residence Inc., and supporters of the Wexford Residence Foundation.

Our address is 1860 Lawrence Ave. East, Toronto, Ontario M1R 5B1
 T. 416 752-8877, F. 416 752-4350 Toll Free Number: 1-877-807-0810
 Website: www.thewexford.org
 CHAR REG. 118820216RR001

NEW FACES AT THE WEX-

Welcome to.....



Bijaya Singh is our new Coordinator of Tenant Services and Active Seniors Centre. She started her position in December 2011.

Bijaya completed a Masters Degree in Women and Development from the

Institute of Social Studies, in the Netherlands. She has a strong background in housing and community development, having managed a number of City of Toronto and cooperative housing for the past five years.



Mary-Ruth Food has joined us as the new Director of Development. Mary-Ruth has extensive fundraising experience in the long-term care environment and with other non-profit organizations. We look forward to working with her to raise needed funds for The Wexford Residence.

AODA: Accessibility for Ontarians with Disability Act, 2005

Effective January 1, 2012 the first standard of this new Act: **Customer Service**, became law.

The Standard: Making customer service accessible for people with disabilities.

All staff and volunteers require training on this customer service standard. The training includes:

1. Purpose of the act
2. Requirements of the customer service standard
 1. Serving customers with disabilities
 2. Service animals
 3. Support persons
 4. Assistive devices
 5. If there are difficulties accessing your Services

The other components of the Act will be phased in and are to be complete by 2025.

These include:

1. Transportation
2. Information and Communication
3. Employment
4. Built environment

You will notice that a new sign has been posted on the front door.

“THE TRUE LIVES OF BRUNETTE THE HORSE AND GOLDIE THE CHICKEN”

By Tamara Nowicki, January 12, 2012

Chapter 1: Brunette— The Horse comes home!

“Brunette kissed my head and my hands and I touched the horse and the relationship became stronger. Brunette put his neck in my shoulder and my father took the photo. The picture was taken to a Ukrainian magazine. The picture was sold for 10,000 roubles.

When I went to school Brunette felt very sad—he didn’t go out.

Brunette had the most beautiful shining eyes. When I was leaving I said “Good-bye” and Brunette replied by shaking his head.”

Excerpt from Chapter 1.

LATEX FREE BALLOON POLICY

In our efforts to provide a healthier workplace, the Wexford promotes a latex free balloon environment to minimize the potential adverse allergic and/or medical reactions that can occur among staff, residents, tenants and visitors.



We promote the use of Mylar (foil type) “Perfect balloons”, plastic balloons or “tabletop centerpieces” as decorations, as a replacement to latex balloons.

Thank you for your co-operation!



FAMILY PETS VISITING RESIDENT POLICY

The Wexford Residence recognizes that pet visitation can enhance a residents’ quality of life. However, appropriate precautions must be taken to ensure optimal health of the residents and the animals.

According to the Long-Term Care Homes Act, family members, friends or staff wanting to bring their animals (eg: cat,dog) to visit with a resident must comply with the following:

- All pets must have up-to-date immunizations and their immunization records, from a qualified veterinarian, must be given to the Director of Life Enrichment, Wayne Connelly, on an annual basis.
- It is the responsibility of each visitor to care for their pet and ensure their animals are not disruptive, malicious or destructive.
- Reception will have a binder with an updated list of pets who are able to visit and you will be asked to sign in your pet when you visit.



PARKING

Please note that we are now ticketing & towing cars that are parked illegally in a tenant’s parking spot. Parking is available in the Green P parking lot, east on Lawrence Avenue.

THE WEXFORD RESIDENCE FOUNDATION NEWS



On Tuesday June 19th, **The Wexford** will tee off with **Mariann Home, Nisbet Lodge, Valleyview Residence and Chester Village**, our new addition to the team.

This will be our 7th tournament and our 7th year at **Remington Parkview Golf and Country Club**. The sages say that the number 7 is the symbol for perfection, and if that is true then we will have the perfect day to have the perfect tournament.... and you will have the perfect score!

We are pleased to have Chester Village, a 203 bed long term care home in the east end of Toronto, join

us. With five homes participating, we now **represent more than 750 seniors**, who live in our homes, so we have raised the bar on our fundraising efforts this year. We expect to have a full shot gun start, more corporate sponsorships and increased revenues for each home. Our goal is to raise \$100,000. Last year we raised \$75,000. The Wexford raised \$21,000 which helped us purchase comfy chairs for our residents. The proceeds of this year's tournament will go towards the purchase of a **gazebo for our back garden**.

We are very fortunate and grateful to have corporate sponsors support us each year. This year's sponsors are: **Achieva Health** - Tournament Sponsor for the 5th year, **Medical Pharmacies**- Banquet Sponsor for the 2nd year, **Shoppers Home Health Care** - Golf Cart Sponsor .

The following sponsorship categories are still open: **Golfer's Prize Sponsorship—\$3,000** and **Silent Auction Sponsorship—\$2,000**. All sponsors will be appropriately acknowledged during the tournament and in our newsletter.

There are several ways you can help us accomplish our goal to raise \$100,000 at this year's Golf Tournament! Fill one of our sponsorship openings, register a foursome, be a friend of the tournament, donate a silent auction prize (minimum value \$100) or make a donation. (Please see the registration form on the back page) If you are a golfer but cannot make the date, ask us about **Virtual Golfing!**

For more information regarding the tournament and **Virtual Golfing** please email us at golf2012@thewexford.org or call Clement Lo at 416-701-2507.

We look forward to seeing you on Tuesday June 19th at Remington!

A VERY SPECIAL THANK YOU TO ALL OF OUR DONORS!

The Wexford Residence Foundation would like to take this opportunity to extend a deep heartfelt thank you to all of our donors. We appreciate your continued support:

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GOLF TOURNAMENT REGISTRATION FORM

A tax receipt will be issued for all donations of \$10.00 or more and can be paid by cash, credit card (Visa /MC only) or cheque.

Name: _____

Company: _____

Address: _____

Postal Code: _____

Phone: _____

Email Address: _____

YES, I WANT TO BE A SPONSOR!

- Prize Sponsor \$3,000
- Silent Auction Sponsor \$2,000

Benefits: 1 complimentary golf pass and dicounted golf fees of \$160.00 for each additional golfer.

- Hole Sponsor \$500. per hole

I would like to sponsor __hole(s)

- A Friend of the Tournament
\$ _____

(Donations of \$300 and over will be listed in the tournament program and in our newsletter).

Golf Registration:

Golf Fees: Single \$185.00
Foursome \$740.00

I would like to register a foursome

1. Name _____

Email _____

Phone _____

2. Name _____

Email _____

Phone _____

3. Name _____

Email _____

Phone _____

4. Name _____

Email _____

Phone _____

Method of payment:

Amount: \$ _____

- Cheque (payable to Wexford Residence Foundation)
- Credit Card(Visa/ Mastercard) _____

Expiry Date _____ Signature _____