



## VACCINATION ROLLOUT GOES OUT IN HIGH SPIRITS AT THE CARE CENTRE



As surprising as it may seem vaccination rollout took on a festive tone at the Care Centre. Lining up was made fun under the tunes of iconic songs such as “We’re the Champions” and “I am Feeling Good,” which put everyone in a good mood. Staff, who were vaccinated, proudly wore the Care Centre’s beautifully branded T-shirts with “feeling good#vaccinated” tagline on the front, and encouraged their co-workers to take the shot.

“Today it felt like a celebration and it was indeed a celebration! With more of my co-workers getting vaccinated I feel safer and more optimistic!”, says Miroslawa Ginda, Personal Support Worker, who provided daily care to residents with COVID-19 throughout the four months of the COVID-19 outbreak at the Care Centre last spring.

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## STAY CONNECTED COMMUNITY OUTREACH PROGRAM



From line dancing to art, to cooking to exercise classes, brain games and more.....

Join Our Online Community Programs ....

... to read more see pg 8

PLEASE REMEMBER THE CARE CENTRE WITH A GIFT IN YOUR WILL

# NAVIGATING A NEW REALITY THROUGH UNCERTAIN TIMES

A MESSAGE FROM IRENA DOUNETS, EXECUTIVE DIRECTOR

When the pandemic struck, our Home had to undergo major changes and adjustments in all its areas of operation at an unprecedented pace in a highly unpredictable environment, with regulatory recommendations and requirements constantly changing. As the pandemic evolved, we had to navigate multiple new challenges in order to continue to ensure the physical safety of our residents, while also keeping them active and engaged.

As challenging as this process was, it uncovered some great opportunities for new partnerships and further development of the care, programs and services we offer to our seniors. Through a partnership with Humber River Hospital we improved our infection prevention and control capacity, bringing it to the level being applied in hospitals. With the generosity of our donors, we were able to purchase tablets and start a live video chat program, which has kept our residents and their families connected throughout the pandemic. We remain committed to expanding the use of technologies to further enhance the care and quality of life of our residents.



The pandemic forced us to reconsider the ways in which we use our communal spaces on the floors. When it became impossible for our residents to spend time in our beautiful Winter Garden on the ground floor, we focused on bringing its attractiveness to the floors. With the generosity of our donors, we were able to create nooks, install floor-to-ceiling vinyl wall art and paint the walls on the floors in brighter and warmer colours. We are planning do more retrofits and maximize the potential of our communal spaces to enrich the lives of our residents, while also adhering to the enhanced standards of infection prevention and control.

Recognizing the huge negative effect of isolation on the mental and physical health of our seniors living in the community, we revamped our drop-in Wednesday Social Program, turning it into a rapidly-expanding virtual “Stay Connected” Community Program for Older Adults, offering training on new technologies and physically and mentally stimulating virtual recreational programs, created together with our volunteers. Our virtual program will continue beyond the time of the pandemic, providing opportunities to those who due to health challenges may not be able to leave their homes to participate in in-person activities.

Looking back to the early days of the pandemic, when all of us were up against a challenge of magnitude no one had ever expected or imagined, I can say with confidence that we learned a lot and we achieved a lot. We achieved a lot because we were all in this together. Our staff continued to come to work throughout the four hard months of the outbreak last year, and our community continued to support us. In the midst of an unprecedented crisis in the world, together with you, we created an inspiring story of compassion and care. It is the story of each and every one of you who supported us during this challenging time – the story of compassionate and caring people, who remained compassionate and caring despite all the disruptions in their own lives, caused by this pandemic.

Today, we all continue to live in a reality with a wide range of unknowns as the pandemic continues to evolve and new challenges arise. We are committed to do everything we can to make our home as pandemic resilient as possible so that no one ever goes through what our staff, residents and family members went through last year during the four months of the outbreak.

As we continue to navigate through new challenges, I remain focused on the opportunities that come along with every challenge. Because I already know that we – the staff, residents, family members, donors, volunteers and friends of the Ukrainian Canadian Care Centre are all one big strong community with one big strong heart. This is how we are all in this together. We uplift each other with how we care for one another.



LET US CELEBRATE JUNE, SENIORS' MONTH WITH SHARING IN OUR GENEROSITY!

## YOUR GIFT TO THE CARE CENTRE WILL BE MATCHED DOLLAR FOR DOLLAR BY THE CARDINAL MATCHING GIFT CHALLENGE

We are very pleased to announce that Jimmy Cardinal and Andrew Cardinal, 4th generation business owners of Cardinal Funeral Homes, will match every gift received at the Care Centre in the month of June, Seniors' Month in Ontario for up to \$25,000.

"Our gift is an expression of our deep appreciation for the lives of our seniors and the many contributions they have made to our society. We see the Matching Gift Challenge as an opportunity for all of us to come together as a community of individuals who share the same values of respect for our seniors, and inspire each other with the difference we can make in their lives. We are inspired to match every donation received at the Care Centre in the month of June dollar for dollar up to \$25,000! Let us all together celebrate June, Seniors' Month as one community where we all share in our generosity in support of our seniors during this challenging time, showing them how much we respect and honour their lives" says Jimmy Cardinal on behalf of him and Andrew Cardinal.



Established in 2017, the Cardinal Family Matching Gift Challenge has been vital to the Care Centre's capacity to sustain and further enhance the care and services for our seniors.

"The Cardinal Family Matching Gift Challenge has been able to mobilize incredible community support that in the last five years has enabled us to tackle large scale projects such as the replacement of our entire room and the installation of a new nurse call bell system, as well as inspire new life-enriching projects such as the creation of our community garden. Today, we count again on the Matching Gift Challenge to help us address our most pressing priorities. Our Home is aging but not old enough to qualify for the announced government support for capital projects, and we urgently need to replace our 25 year old air-conditioning and cooling system to improve the ventilation in our Home as per the government enhanced standards for infection prevention and control. It will take doubling the power of each donation, received at the Care Centre to tackle this huge task," says Irena Dounets, Executive Director.

"Jimmy Cardinal and Andrew Cardinal have personally inspired me and my husband to make a donation to the Care Centre last year, and I am very happy that the Matching Gift Challenge is back this year again. My husband and I will be happy to make another donation. I want Jimmy Cardinal and Andrew Cardinal to know how much we, the older generation, appreciate their deep commitment and respect for our seniors, and how much we look up to them to be the leaders of the next generation of philanthropists from our community," says Christine Coote, a long-time volunteer and supporter of the Care Centre.

The Care Centre extends its deep gratitude to Jimmy Cardinal and Andrew Cardinal for their outstanding generosity, compassion and commitment to our seniors.

**You can make your donation extra special and dedicate it to a special senior in your life. We will recognize your honouree in our next newsletter, and if you would like we can send them a card on your behalf acknowledging your gift in support of the care and services for seniors.**

## AN INSIDE LOOK INTO THE INFECTION CONTROL MEASURES AT THE CARE CENTRE

*"It warmed my heart to be able to help during these challenging times. You fought a long hard battle with resolve. You continue to be amazing warriors, making a difference in other people's lives. I have the upmost respect for you all."*

~ **Delores Buka-Huculak**, Donor in her letter to the Care Centre's staff

When the pandemic hit, it laid bare the many long-standing challenges long-term care homes have been grappling with for years, with one them being the lack of adequate infection prevention and control capacity to withstand a pandemic of such magnitude. It was back in April 2020, when the Ontario government issued an Amendment to its Emergency Order, enabling hospitals to form partnerships with long-term care homes and help them build their infection prevention and control capacity. This was long-awaited financial and technical support for all long-term care homes. Humber River Hospital was designated to provide technical support to long-term care homes in North Western Toronto, which also included the Ukrainian Canadian Care Centre. We spoke with Lida Myshkevich, Senior Clinical Team Leader, about the changes in the Care Centre since the beginning of the pandemic.

### WHAT HAS CHANGED SINCE THE BEGINNING OF THIS PANDEMIC?

In the beginning of the pandemic nobody in the world knew much about this virus. We experienced shortages of tests and personal protective equipment, and we also had to wait for a long time to receive the results from PCR COVID-19 tests. The rules and recommendations of Toronto Public Health were changing daily, adding to the many uncertainties we already had. With donors support, we were able to secure the much needed personal protective equipment so that our staff could continue to provide safe care to our residents. This was our lifesaver at this critical time, and I am forever grateful to all of our donors! Now, a year later we already have strong infection prevention and control capacity and effective policies and procedures. We test our staff 3 times a week, and all external visitors are administered rapid tests as they enter the Care Centre. The vaccines have come onto the scene and most of our residents, as well as an increasing number of our staff and essential caregivers are already vaccinated. Our staff are experienced and confident in applying the infection control procedures. Wearing a mask and a face shield, and practicing strict hand hygiene have become second nature to all of our staff. We have not had a single resident infected with COVID-19 since we went out of outbreak last July, and we are all very proud of it.



### WHAT CAN ONE LEARN FROM THE EXPERIENCE OF THE CARE CENTRE?

At the Care Centre, we promote personal responsibility in everyone – our management, nurses, personal support workers, housekeeping, food services and administration staff, and family members. From wearing their masks properly to practicing strict hand hygiene and getting vaccinated, everyone has an important role to play in protecting their lives and those of others. We continuously educate our staff and family members. We closely monitor the implementation of our enhanced infection prevention and control policies and procedures.



Over a year into this pandemic, the Care Centre is now a place of effective infection control and valuable knowledge. Our experience has already proven that infection control measures and vaccination minimize the risk of contracting and spreading the virus. So please, continue to adhere to the rules for physical and social distancing, wear your mask, get vaccinated, and know that these measures work. This is what our experience has shown.

## KEEPING SAFE WITH PROPER EQUIPMENT AND SUPPLIES

With the virus being highly contagious, the need for more frequent deep cleaning of all the surfaces in the Care Centre has significantly increased. This has, in turn, increased the workload of the housekeeping staff.

"Soon after I took the position of Support Services Manager back in October last year, I looked into the ways in which we can improve our infection control from the perspective of housekeeping. I realized that we wouldn't be able to meet the enhanced standards for infection control if we didn't change our decades-old equipment. However, funding for equipment upgrades was not available. Nevertheless, I researched what was new on the market and would best meet our needs. I was delighted to learn that thanks to our donors, we could replace our old equipment. We purchased new high-performing steamers and microfiber mops, specially designed for deep cleaning. We can now achieve much better results in much less time. It is motivational for all of us that we are supported in our efforts to keep residents safe! A huge, huge thank you to our donors!" Huseyin Sagbilge, Manager of Support Services.

"With the new steamer I can do more in less time, and the quality is excellent! I love creating a clean and orderly environment. It gives me true joy to know that I can contribute to our residents having a very safe and clean environment. It is so fulfilling!" Josie Feijo, housekeeping staff.



## FREQUENT TESTING AND SCREENING OF STAFF AND EXTERNAL VISITORS



Frequent testing and daily screening are effective infection control measures as they allow for early detection of the virus, thereby preventing an occurrence of an outbreak.

Rapid tests are administered to staff three times a week, and every external visitor, including family members are tested any time they enter the Care Centre. The access to the Care Centre is controlled and the visits of family members are done by appointments to ensure that the number of external visitors in the Care Centre does not go above the recommended infection prevention and control requirements. If someone tests positive, the person is not allowed to enter the Care Centre, thus preventing the spread of the virus in our Home.

A screening station is set up in the lobby, where the temperature of staff, family members and other authorized external visitors is taken as they enter the Care Centre. Markers on the floor direct the traffic of people, ensuring social distancing at all times. Additionally, a COVID-19 Information Board, set up in a visible place in the Care Centre's lobby, outlines the rules and procedures everyone should follow, while also serving as a reminder of the personal responsibility everyone has for protecting themselves and others.

## IMPROVING INFECTION CONTROL AND QUALITY CARE WITH TECHNOLOGY

The Care Centre's continuous focus on healthcare technology, including regular upgrades of its IT system has given our Home a distinct advantage in implementing new technological solutions to strengthen our infection control and improve resident care. The Care Centre's existing electronic health records system has made it possible for the Care Centre's clinical staff to access the results of PCR COVID-19 tests, which has allowed for a quick and effective response. Furthermore, with a recently added remote care electronic documentation tool (PREVIEW-ED), the Care Centre is now in a position to reduce the avoidable emergency transfers to hospitals, while also strengthening its infection prevention and control.



"The remote care deterioration tool (PREVIEW-ED) monitors four conditions; pneumonia, dehydration, congestive heart failure, and urinary tract infection, which are also the most prominent factors, leading to emergency transfers to hospitals. Information about each resident's health, based on 9 health indicators, is inputted daily in the system. When early signs of decline in the health of a resident are detected, the system triggers an alarm, enabling proactive management of the case," says Annalyn Manuel, Manager of Quality, Organizational Development and Internet Technology.

The tool went live on all floors on March 5, 2021 and within less than a month there has been a 50% reduction in diagnoses visits to hospitals.

"Building on our ongoing technical capacity is important as it allows us to implement the system configuration requirements for new clinical tools and software, thus enabling us to be at the leading edge of the implementation of new technological solutions for better care and infection control," says Annalyn Manuel.

The PREVIEW- ED tool was implemented in cooperation with Humber River Hospital.

## OVERBED TABLES AND THERMO CARTS MAKE OUR DEFENCE AGAINST THE VIRUS STRONGER



Prior to the pandemic, the Care Centre had only a small number of old over bed tables which for years were just enough. Today, the Care Centre has 152 new hospital type overbed tables and 3 thermo carts, all made possible with the generous donations of many past and current family members and members of our community.

"This is such a relief! Our service is much faster now, and all of our residents receive their meals warm, and it is safer as well. On behalf of all of my co-workers, I thank all of our donors from the bottom of my heart!" says Daria Popovitch, Food Services Supervisor.

The Care Centre's staff has also found creative ways to use the tables for different one-on-one recreational activities with the residents, such as drawing and colouring, and the tables have been very convenient and safe to use for our hallway bingo on the floors.

With all of this, the overbed tables have made the Care Centre's defense against the virus stronger for our current and future residents, and the thermo carts make it possible for our residents to enjoy their meals warm and fresh, straight from the caring hands of our food services staff.





“One thing that always fascinates me is how society treats their elderly, whether they are respected, cared for and engaged. When the elderly are treated with such deep love and respect, as they are in the Ukrainian Canadian Care Centre, this gives me greater hope for humanity. Our elderly have brought us into this world, went through a lot and cared for us. It is now our time to do everything we can to support them.”

~ **Luba Kowal, Family Member & Donor**

## UKRAINIAN CANADIAN CARE CENTRE STOLE MY HEART

When a clinical professional with the calibre of Urmila Sharma, who is the Clinical Coordinator Infection Control at Humber River Regional Hospital with a Doctorate in Clinical Microbiology and years of work experience in Canadian acute complex care, the World Health Organization and Accreditation Canada International says “the Ukrainian Canadian Care Centre stole my heart,” you know there is good reason for it.

Urmila Sharma is part of the Humber River Hospital and a Representative of the Public Health Ontario-Ministry

of Health HUB and SPOKE Outreach Infection Prevention and Control (IPAC) team, whose purpose is to help long-term care and retirement homes build their infection prevention and control capacity against this pandemic and any other future pandemics. Urmila’s association with the Care Centre started in November 2020. Since then, Urmila has been coming weekly to the Care Centre to provide technical advice to all of the Care Centre’s Clinical, Dietary, Maintenance and Housing Teams in all areas of infection control and prevention, and she also monitors the implementation and effectiveness of the Care Centre’s infection control measures.

Urmila has guided the Care Centre’s team in its efforts to enhance their infection prevention and control policies and procedures in order to meet the current MOH/Public Health Directives and Guidelines. She has also led the training and re-training of the staff and has helped with the implementation of the new IPAC practices.

“We feel very fortunate to have Urmila Sharma as our designated IPAC adviser, guiding us through the process of enhancing our infection prevention and control policies and procedures. I am deeply grateful to Urmila for her outstanding professionalism and dedication to helping us build the capacity we need to make our Home more pandemic resilient. It is great to have someone so knowledgeable and competent, and with such a big heart to be our go-to person for any infection control matters during this challenging time,” says Halya Lyznyk, Director of Care.

Throughout this pandemic, Urmila has been involved with many long-term care homes, but at the Care Centre she says she feels very much at home. “The Care Centre is a unique place. The leadership team is very competent, the staff are very cooperative and the residents are lovely! I enjoy working at the Care Centre a lot! It is great to be in a place where openness to new knowledge, strive for excellence, teamwork and compassion are the driving forces. I am also very much impressed by the high ethical standards of the Care Centre’s leadership and staff, and their deep commitment to the care of the residents is both commendable and inspiring! Yes, with all that, the Ukrainian Canadian Care Centre stole my heart!” says Urmila as she hurries for her meeting with the Care Centre’s staff.



## STAY CONNECTED COMMUNITY OUTREACH PROGRAM USE NEW TECHNOLOGY TO KEEP OUR COMMUNITY'S OLDER ADULTS ACTIVE, ENGAGED AND CONNECTED



Recognizing the importance of connection and belonging to the mental health of older adults, the Care Centre's Community Engagement Team started a new community outreach program, using the power of new technology. The program offers training and coaching on the use of new technologies, lending of tablets with mobile data for free, and various recreational programs as well as education and information workshops on health-related topics.

Since the start of the program in mid-November 2020, the Care Centre's Community Engagement Team has provided one-on-one coaching sessions and mentoring on new technology to 53 seniors from the community and has involved a total of 136 seniors in various recreational virtual classes and workshops, offered through this program.

"We are all inspired by a vision of a virtual community for older adults where they are able to use new technology to connect with others and keep themselves active and engaged in times when due to health challenges they may not be able to leave their homes to participate in activities held in-person. I see the need for virtual programs for seniors continuing and growing beyond the pandemic. Our virtual program is here to stay and we will continue to develop it, leveraging new technology for reducing social isolation and keeping our community's seniors connected and engaged," says Anna Do, Manager of Development and Community Engagement.

### PROGRAM PARTICIPANTS SHARE WHAT THIS PROGRAM MEANS TO THEM DURING THIS PANDEMIC

**I get the word out. There is help out there. You don't have to be alone.**

*"I never thought I would experience isolation. I have always had strong ties to my community. Prior to the pandemic, I was an active volunteer in the church and the Ukrainian Canadian Care Centre for many years, and my life was very fulfilling. It was what I believed a meaningful life should be - that you don't live only for yourself and your family only but for something bigger and greater than yourself, and this, for me, was my community. When the pandemic struck, I found myself alone with no opportunities to volunteer and be together with my community. It was my community who found me and offered me these new wonderful opportunities to learn more about new technology and get together with others. The Care Centre's Virtual Program has been a blessing to me! It gives me an opportunity to be together with many of my friends and make new friendships as well. I get the word out. There is help out there. You don't have to be alone, you can join the program. With the training offered by the Care Centre's team you will see that new technology can work for you; and we can all be together and have wonderful new experiences."* Pat Halko







### Sometimes you need a lifeline

*"I love all the virtual programs being offered to us such as the brain games, yoga, healthy cooking classes with Nadja, armchair travel and the music workshops with Marichka. My calendar is full, I have things to do and look forward to. I also know that if I have any issues with technology I can call Melanie and she will walk me through the steps. A whole new world opened up for me, and the best part of it is that I am not alone in this new world. I can always connect with Melanie and the two Annas, and they will help me. Sometimes you need a lifeline, and it is good when it is there. You feel loved and supported and this is how you find your way back to life and the things you love." ~ Irene Kucherenko*

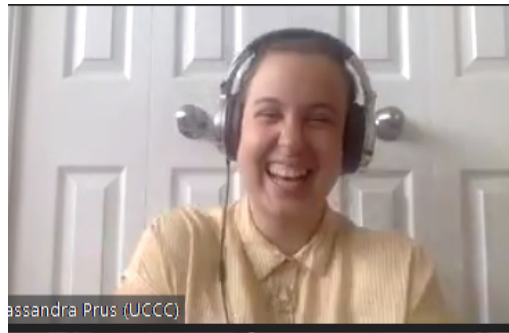
*"My comments are most positive in every way! From the beginning, I have welcomed the programs being offered and, with time, have appreciated the wide choice of subjects being added. These not only cater to my general wellbeing but also piques my curiosity into exploring new and challenging topics -- both mental, physical and creative. Doing these in the comfort of my home has presented me the opportunity to broaden my interests, bringing a great deal of fulfillment into my life. For this I am ever grateful. I would be remiss if I didn't mention and applaud the very fine calibre of instructors that guide us through all the above programs. They show remarkable talent, kindness and interest in helping us stay motivated, informed and engaged!*

*Thank you!" ~C. deS*



*"I live by myself and even the thought of going through another winter all by myself and housebound was unbearable to me. I am so grateful that we have been able to have these virtual ongoing chair yoga, mindfulness, and tech classes. The classes have been tremendously helpful for both my physical and mental health. I like it that we have time to talk and get to know each other during the classes. We have all become friends. Thank you from the bottom of my heart!" ~ Luba Andrews*

*"I look forward to every yoga class that is offered by the UCCC! The instructor, Cassandra Prus, is excellent. She demonstrates several positions and variations of poses so that the exercises can be done by everyone. The yoga classes also focus on improving balance, eyesight, coordination and relaxation too. It is a fun class, with smiles, a few giggles and very purposeful stretches and exercises. I cannot recommend it enough!" ~B.*



*"My 89 year old Mom absolutely enjoyed the armchair travel today. With much appreciation and thank you to all!" ~ Daria Olynyk*

*"On behalf of the Community Engagement Team and all of our participants, I want to extend a heartfelt thank you to all of our donors. A very special thank you to Svitlana Nalywayko, Member of the Board of Directors of the Ukrainian Canadian Care Centre, and to all of her family and friends who supported the creation of this program. Svitlana ran her own fundraising campaign to raise funds for the purchase of tablets for the program. Thanks to Svitlana and her friends and family, we were able ensure an effective start of this program. A very special thank you to a generous donor who wishes to remain anonymous and to Jimmy Cardinal and Andrew Cardinal for supporting the continuation of this program this year. Thanks to their support, we are now able to expand our reach and increase the number of our classes and workshops. This program is also supported through a grant from the New Horizons for Seniors Federal Program. With government grants and donor support, we will continue to expand our reach and develop new programs to create a vibrant virtual community for older adults, promoting a sense of belonging to a community and offering exciting opportunities to stay active and engaged."*

*~ Anna Do, Manager of Development and Community Engagement.*

## RECREATION TEAM FINDS NEW WAYS TO SUPPORT RESIDENT WELL-BEING



Striking a balance between the COVID-19 infection control measures, calling for social distancing and isolation, and the goals of the recreation programs, promoting connection, socialization and belonging, seems like an impossible task. But not for the Care Centre's Recreation Team.

Over a year into the pandemic, the Care Centre's Recreation Team already knows that thinking outside the box is the only way for the recreational activities to continue even under the most restrictive measures for physical safety and social distancing.

"When the pandemic struck, the recreation departments in nursing homes found themselves in limbo, with all of the imposed restrictions for social distancing and the cancellation of the programs delivered by a third-party or with the support of volunteers. Compounding the situation was the lack of adequate government financial support to enable the effective transformation of the recreation programs from big group activities delivered with the help of volunteers to small group and one-on-one activities delivered exclusively by the recreation staff. With our human and financial resources spread thin, but with hearts filled with enthusiasm and inspiration, we reconfigured our recreation program and made changes in our communal spaces on the floors. This is how, for instance, our bingo, held previously on the ground floor became hallway bingo, our gift shop became Julie's Mobile Tuck Shop and the empty corners in the hallways were turned into cozy nooks," says Lillian Martinez, Manager of Programs.

"The transformation of our recreation program and physical environment on the floors are beyond impressive. The Recreation Team under the leadership of Lillian Martinez has paved the way for what our recreation program will be in the future when the pandemic is over - a mix of interactive, interest-based small group and one-on-one recreational activities, complemented with big group activities and events, all happening in a supportive, attractive and cognitively stimulating environment," says Irena Dounets, Executive Director.

It is true that if you come to the Care Centre you will see the Winter Garden empty with no residents and families sitting and chatting like before, but if you go to the floors where our residents live, you will see that life continues at the Care Centre. It is said that where there is a will, there is a way, and our Recreation team has found their way to bring back the fun, joy and meaning in the residents' lives despite the many restrictions imposed on us due to this pandemic.

### OUR INTERACTIVE SMALL GROUP ACTIVITIES LEAVE NO ONE BEHIND

"Whether it is tossing a ball, drawing a picture together, playing a parachute game or having hallway bingo, all of our small group activities have their special way of bringing back the fun of interaction and socialization, while also providing mental and physical stimulation. Everyone has a role to play, a story to share and a new friendship to make. Our small group activities leave no one behind," says Svitlana Butenko, Recreation Assistant, as she calls out the winning numbers.





## NEW LIFE-ENRICHMENT FEATURES MAKE OUR PHYSICAL ENVIRONMENT ON THE FLOORS MORE ATTRACTIVE, RELAXING AND STIMULATING

"With resident access to the ground floor common areas restricted, we focused on improving the physical environment on the floors where our residents live. The attractiveness of the physical environment is important as it promotes positive feelings and increases residents' readiness to participate in physical and social activities." ~ Lillian Martinez

### FLOOR-TO-CEILING VINYL WALL ART PROMOTE A SENSE OF WELL-BEING



### COSY NOOKS ON EACH FLOOR MAKE WONDERFUL GO-TO SPOTS FOR RELAXATION AND CONNECTION WITH OTHERS



### CREATING A DEMENTIA FRIENDLY ENVIRONMENT



A nursery with therapy dolls, a kitchen and a laundry corner were added in the recreation room on the fourth floor, creating a unique cognitively stimulating environment. "The more advanced the dementia is, the more important it is to have a supportive environment, where residents with dementia can make use of skills they have not forgotten. Simple purposeful activities such as folding napkins, washing dishes, arranging cups and cutlery, or lulling a baby to sleep promote a sense of self-worth and accomplishment, and reduce feelings of anxiety, fear or apathy, which increase with the progression of this disease," says Lillian Martinez, Manager of Programs

All the life-enrichment features of our physical environment were made possible with the generous support of The Cheshire McLeod Foundation. The Care Centre is incredibly grateful to The Cheshire Homes McLeod Foundation for their gift of quality of life to our residents with cognitive challenges.



## COZY NOOKS WITH MAGNIFYING BOXES DELIGHT AVID READERS

What would an avid reader need? A great book to curl up with and what else? For resident Tamara, the answer is simple– a magnifying box to allow her to clearly see the letters, and a cozy spot. Tamara has it all at the Care Centre – thanks to the creative energy of the Care Centre’s Recreation Team and the generous donation of two magnifying boxes from Sue Marsh-Woods.

“Getting immersed in a good read has more positive benefits for older adults than you would think. It reduces stress, improves memory and slows cognitive decline. It stirs the imagination and renews a person’s sense of meaning and curiosity.

You may be surprised that a good read often leads to good dreams and a more restful sleep, which results in more energy and a better mood the next day. I am so happy that our book lovers can now have a delightful experience being back in the world of books, connecting with what they love and cherish, and rekindling their curiosity and imagination,” Lillian Martinez, Manager of Programs.



*“Happy to be back in the world of books”*

## GREAT ARTWORK SPARKS UP A GREAT CONVERSATION



“This looks so much like the village of my parents in Ukraine. Here is the church. It looks exactly like the one in my father’s village. It was very beautiful and peaceful there, it was just like what you see in this painting. My father was a priest. When we were there he told me that during the war...” says Care Centre’s resident Ulana Dyczok, and this is how a conversation begins. Ulana is eager to tell more and Olena Korsak, Recreation Assistant, is eager to learn more about Ulana’s wonderful experiences. Later on Ulana asks Olena to take her to her room and help her get to bed to rest. “Oh, thank you very much! It was so nice to remember these days. It was like being there and now I am ready for a nap!” says Ulana.

“When I do my one-on-one sessions with the residents, I often take them for a walk in the hallway and turn their attention to the beautiful artwork on the walls. When I see that a picture triggers some positive memories for them, I stop and I engage them in a conversation. I love the moments when residents reminisce, open their hearts, and share their life stories with me. Having more one-on-one sessions with the residents has given me the opportunity to get to know them better and build stronger bonds with them, like the ones you have with family and friends,” says Olena.

“In the absence of big group activities and the temporary cancellation of our friendly visiting volunteer program due to the pandemic, we are focused on finding new ways of keeping residents socially and physically active. A little walk and a small chat can go a long way in helping our residents feel rejuvenated and relaxed. I encourage all of our staff to use our beautiful artwork as a conversation starter,” says Lillian Martinez, Manager of Programs.

All the artwork at the Care Centre has been donated by past and current family members as well as generous members of our community for the residents to enjoy and feel connected to their lives and cultural roots.



## WHERE ONLY THE SOUND OF MUSIC CAN TAKE YOU



*"We are delighted to have supported the creation and development of the Music Therapy Program at the Care Centre. Music has the power to take us back and make us remember the happiest of days."*

*~ Adrian, Lesia, Matthew & Alexa Kostruba*

After months of enforced cancellation due to the pandemic, the Care Centre was able to re-introduce its music therapy program delivered in partnership with New Song Music Therapy. Adriana, one of the company's registered music therapists, comes with her guitar every Thursday to provide one-on-one music therapy sessions to the Care Centre residents. She puts a "Do Not Disturb. Music Therapy In Session" sign on the door of the resident room as she enters to start her session. If you, however, have a chance to look inside, you will see the magic of music unfolding right before your eyes.

You will see Dorothy's face lighting up as Adriana starts singing "Farewell to Nova Scotia," the place where Dorothy was born and raised. Dorothy will start singing along and, to her own surprise, she will discover that she still remembers the lyrics of the song and cherished memories she thought were gone forever will start coming back.

"I remember this song and the words come out so easily. I am surprised I still remember them," says Dorothy, looking delightfully happy. "I also remember the road, the forest, and the bridge. When it was time for my husband to come from work, I would stand by the window and wait to see him crossing the bridge. I liked looking at him crossing the bridge, knowing that he would soon be home. He was so handsome, and the forest around was so beautiful. It is so nice to remember all that, I thought I had forgotten it. Ah, I want to remember it forever! Will I?"

"When I am far away | on the Briney oceans tossed | will you ever heave a sigh | or a wish for me," sings Adriana and Dorothy continues to sing along.

Looking at Dorothy's beaming smile, as Adriana strikes the last chord on her guitar, you cannot help but think that if you were in Dorothy's situation, there will be places where only the sound of music will be able to take you.

"I learn about the residents' lives and I choose songs that connect to a memory they have, and as a music therapist, I connect to that memory with the person," says Adriana.

The Care Centre is profoundly grateful to The Kostruba Family – Adrian, Lesia, Matthew and Alexa for making it possible for the Care Centre to create the music therapy program and offer it for the last five years to our residents, enriching their lives with the power of music to connect, comfort and uplift.



## JULIE'S MOBILE TUCK SHOP BRIGHTENS UP THE DAYS OF CARE CENTRE'S RESIDENTS



Everyone who has been to the Care Centre prior to the pandemic remembers our beautiful gift shop where residents, family members and volunteers would stop to have a chat and buy unique gift items and snacks. Unfortunately, the gift shop has been closed since the beginning of the pandemic. Thus, an important aspect of the residents' socialization and connection offered through our gift shop was completely cut off from their lives for over a year. But not anymore.

April 6 was the first day when the residents of the Care Centre heard the intriguing tinkling sounds of a little bell in the hallway. When they peeped to see what this was all about, there it was – Julie's Mobile Tuck Shop, beautifully decorated, bright and colorful, and filled with little snacks, drinks, coloring books, pens, greeting cards and more.

"Come, have a look and buy a snack or drink if you like," Olena Leshchysheh, Recreation Assistant, encouraged the residents. And if you were there, you would see the Julie's Tuck Shop effect – faces enlivened, conversations about favorite snacks and drinks flowed, and there was this lady who knew how to crack a joke and make everyone laugh. Although standing at a safe social distance, through laughter and conversations, they all felt like the good old days had returned.

"I am so happy that the residents fell in love with Julie's Tuck Shop right from the start. Julie's Tuck Shop meets an important need of our residents for connection, socialization and interaction. I am happy we were able to do it, overcoming all the logistical hurdles, to ensure that all that we do is safe. Our mobile tuck shop wouldn't have become a reality if we hadn't received a generous donation from the family of our past resident Julia Bogacz, and for that I am so grateful," says Lillian Martinez, Program Manager and initiator of Julie's Mobile Tuck Shop project.

"The Care Centre was our Mom's last home in her life journey. When she passed away we wanted to express our gratitude for the great care she received at the Care Centre with a gift in her memory. My siblings and I were very touched when we were offered the opportunity to support the mobile tuck shop and name it Julie's Tuck Shop. I couldn't think of a better way to honour my Mom's life. My Mom loved snacks and when I used to come to visit her, we would often go to the gift shop to buy her favorite snacks and treats. A mobile tuck shop is something my mother would have loved to have if she was still around, and it touches me very deeply knowing that Julie's Tuck Shop will bring a lot of joy in the lives of the Care Centre residents, just as it would have for our Mom," says Anna Martyniw on behalf of her and her siblings.

The Care Centre expresses its deep gratitude to the family of Julia Bogacz – daughters Anna Martyniw and Mary Hlywa and son Andre Bogacz for their wonderful gift in support of the residents' well-being during this challenging time. We're forever grateful.

*"I miss seeing Julie walking around with her purse. She always had little snacks in her purse, and if I saw her taking one, she would always offer me her snack. So kind, she was; and she would look at you in a way, you felt her eyes smiled; you felt loved. We would say good morning to each other, and exchange compliments of how well we looked, and she would wish me a good day. It was wonderful to start my day, having seen her smile and having felt her kindness. When I saw Julie's MobileTuck Shop and I learned that it was named after her, my first reaction was, "this is Julie"; this is what she would do, walk around and offer you a snack. Julie will be forever in my heart."*  
~ Svitlana Melnyk, Resident Care Coordinator.





## A MESSAGE FROM LILLIAN MARTINEZ ON BEHALF OF THE CARE CENTRE'S RECREATION TEAM



*LtoR: Nika Goutor, Svitlana Butenko, Olena Leshchyshen, Olena Korsak, Lillian Martinez, Danuta Gluch*

On behalf of the Recreation Team of the Ukrainian Canadian Care Centre, I would like to thank each and every one of you who has supported our recreation program during this very challenging time. You help us turn our ideas into a reality. You help us bring back the joy, meaning and connection in our residents' lives. I have worked in the recreation field for over 10 years, and this is my life choice. This is also the life choice of everyone on my team. We are deeply touched and grateful to all of you who have made a choice to support the quality of life programs for our seniors in the Care Centre during this very challenging time. Thank you from the bottom of my heart!" Lillian Martinez, Manager of Programs on behalf of her and her team.

### HOW TO MAKE THE MOST OF VISITING WITH YOUR ELDERS

If you feel you have run out of options on how to make your visit with your elderly loved one more fulfilling and joyous as it used to be, you are not alone. You may be eager to talk and share things, but your loved one may not be in the mood, or may seem withdrawn. Again, you are not alone.

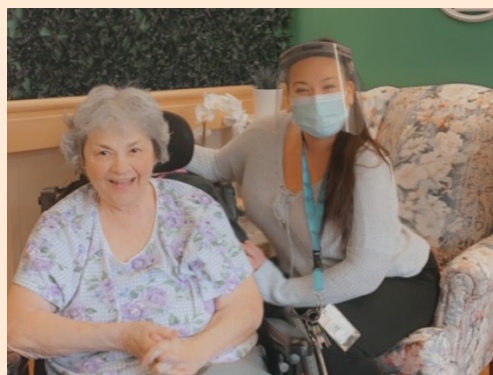
There are activities that you can do together with your elderly loved one, but I wouldn't start with an activity list. Instead, I would like to start with your expectations.

And here it is - my first tip – focus on the process, not on the outcome. Have in mind that even if your loved one was the most spell-binding storyteller you have ever known, they may not be able to tell stories like before. This doesn't mean that they will not enjoy a chat, and you can help them get in the mood. Show them an old album with their favourite photos, or use your phone (tablets actually work much better for elderly seniors as they have much bigger screens) to play a video or a song and show them what they have always liked – beaches, mountains, museums, the street they lived before or the park they used to stroll in. These are all good conversation starters, and don't forget to ask your loved one questions to help them jog their memory and tell you more.

If your loved one has always been a hands-on type of person, planting a flower together may work well, or anything else that will keep the hands busy and the mind active – leggo blocks, puzzles or anything else that requires putting things together. And just let it go, you don't need to complete the puzzle. It is the process that matters and the connection with you.

You can also draw a picture together. Even if you have to draw a lot of it yourself, ask your loved one what colour they would like the flower to be, how blue and how pink, and how big. If drawing is not an option, smelling a bouquet of flowers and arranging them together in a vase may do the trick.

Most importantly, be patient, talk slowly, do one thing at a time, try different activities, and remember that your loved one is at a different stage in life, just like you are. The good old days, as you remember them, may well be gone, but make the best of today and the days ahead by helping your elderly loved one has what positive experience for them is – being connected to what they have always loved, being engaged, and being able to just be with you and hold your hand – a little tighter or a little longer than before. ~ Lillian Martinez, Manager of Programs





## THE PANDEMIC DIDN'T STOP THEM. DEDICATED SUPPORTERS WALKED OR RAN AND RAISED FUNDS FOR THE CARE CENTRE



The pandemic did not stop our dedicated walkers and runners, many of whom were returning participants from the previous years of the Care Centre's participation in the Scotiabank Charity Challenge - Toronto Waterfront Marathon. Despite the pandemic, they were determined to cover the distance and help the Care Centre raise much needed funds to strengthen its defense against COVID-19. 31 staff, family members and volunteers of the Care Centre walked or ran 5km in small groups at a safe distance in different locations in Toronto and Mississauga on October 23, 2020. They all believe that the pandemic cannot take away their determination to come together for what they believe in – the importance of caring for our frailest seniors.



*"I have participated in the Scotiabank Charity Challenge for 6 years now, since I was 15. This year was very special to me. I felt our seniors needed to know that they are not alone and that we, the young people, their grandchildren and great grandchildren, care for them and do our share in helping them get through this. I am so happy to have run 5k with other young people, who like me share the same values of respect for our seniors, and appreciate the great work being done at the Care Centre." Sophia Holowaty, great granddaughter of resident Katerina Kowalczyk*

*"I strongly believe in supporting seniors. Our community is very fortunate to have the Ukrainian Canadian Care Centre, where every senior receives great care, love and support. I was very happy to have the opportunity to join the Care Centre's team this year and show how much I respect and value the work the Care Centre does for our seniors. Surely, the pandemic couldn't stop me from doing what I believe in," says Nadia Sandor, member of the St. Demetrius Women's Circle and friend of the Care Centre.*







*"The Care Centre is a community home for seniors in the truest sense of the word. All of us - staff, family members, donors and volunteers come together in good and bad times. We celebrate together, we pull through hardships together, we succeed together. The pandemic cannot take away from our joy of coming together as a community to help our seniors! This morning we walked 5k and it felt great!"*  
~ Anna Do, Manager of Development and Community Engagement

*"It was over 26 years ago that I participated in the walkathon, which raised money for the Care Centre to be built. I walked with my mother Cassie Boyachuk at that time. Today, 26 years later, I am proud to be walking with my granddaughter Mikayla for my husband Albert who is a resident of the Care Centre, and for all the other residents. I am very, very grateful for the care my beloved Albert receives at the Care Centre and I am also very grateful to everyone who helped build the Care Centre and supports this wonderful Home. To care for one another and to help each other is who we are as a community, our Ukrainian Canadian community." Stella Wizniak, wife of resident Albert Wizniak.*



*"This shirt may look big on me, but I will grow up and it will be just fine. By the time I am tall enough for this shirt, I will be able to run really fast and do more for the seniors at the Care Centre, like running the whole marathon. I will be able to help much more when I grow up," says 8 year-old Mark Morozevych, the Care Centre's youngest participant in the 5k walk.*

*"This year, I walked 5k with my family - my husband Roman, my daughter Katherine and my son Mark. My husband and I want our children to grow up with a strong sense of belonging to a community and experience the joy of coming together with others to make a difference. Today was a day of making a difference in the lives of our seniors, and both my husband and I are happy that our children were part of it. A huge thank you to all of our walkers, runners and supporters! Your help at this difficult time was needed more than ever!" Irena Dounets, Executive Director*



# THE RACE BETWEEN VACCINES AND VARIANTS

## HOW CAN WE WIN?

### A CONVERSATION WITH DR. PETER DERKACH, MEDICAL DIRECTOR

With the surge of new variants raising concerns about the efficacy of the current COVID-19 vaccines, we sat with Dr. Peter Derkach to talk about the race between vaccines and new variants, how vaccines work in our bodies and how we can win the race.

**Dr. Derkach, you were one of the very first persons who received a COVID-19 vaccine. You didn't wait. What made you decide so quickly?**

Being 71 years old I have 10% chance of dying from COVID-19 and my chances of getting a serious side effect of the vaccine are minimal. I got vaccinated back in December last year, as soon as the vaccines became available. I was offered the Pfizer-BioNTech vaccine and I took it. I have 42 years of medical practice and have had 42 flu shots and numerous other vaccines. As a physician, I know vaccines do protect me.



*I have 42 years of medical practice and have had 42 flu shots and numerous other vaccines.*

**How do vaccines protect us and why do we need two doses of the current COVID-19 vaccines?**

The COVID-19 vaccines are not the first vaccines which require two doses. Other vaccines such as against shingles and hepatitis B also require multiple doses spaced out in time. To understand why you need two doses, it is important to know how our bodies work to exposure to the first and second dose of the vaccine. When the body receives the first dose of the vaccine, it develops a primary immune response. In the course of 12 to 14 days your body generates antibodies and special T cells to eliminate the virus and begin to create immune memory. The second dose generates a secondary immune response which is stronger, with T-Cells and now B cells further activated. Even if you receive your second vaccine dose after four months, it is still effective. Your body does not start from scratch. Your body has already developed a primary immune response and immune memory. It is the development of immune memory by vaccines that will protect the person against subsequent COVID-19 infection.

**There is evidence, which suggests that people can get infected with COVID-19 even when they are vaccinated, especially if new variants have developed. Why should we get vaccinated then?** Pfizer-BioNTech and Moderna vaccines are 94% effective. This means that 6% can become infected even though they have taken the vaccine. The AstroZeneca is less effective but it was tested when new variants emerged. The Pfizer and Moderna vaccines were not studied with the new variants, which did not exist at that time. All three vaccines are very effective at preventing, even with the new variants, and avoiding serious COVID-19 disease, reducing hospitalization, ICU admissions and death because of a smaller viral load due to the vaccines. It is the viral load that makes you sick, when the virus grows and spreads in your body. If you are vaccinated and you get COVID-19, you may only get a mild to moderate form of COVID-19 disease but it will not make you seriously sick. You will also be less likely to transmit COVID-19 to somebody else.

**How long does the immunity from COVID-19 vaccines last? Will we need a booster shot?** The immunity lasts at least up to 1 year as antibodies continue to exist from vaccines administered last year ( in the studies). It is still unclear whether a booster vaccine may be required annually like the flu vaccine.

**How can we win the race between vaccines and variants when the virus constantly mutates and new variants are created?** We will be able to eliminate the virus when the transmissibility is low and less new variants are created. This is why



it is so important to vaccinate as many people as possible in order to achieve herd immunity. If we can achieve about 70% herd immunity, the chances of new variants will drop significantly.

**There has been a dramatic drop in outbreaks in long-term care homes in the Greater Toronto Area, which is very good news. What has worked well?** We learned a lot about the virus and have enhanced our infection control procedures. When the pandemic started, it was critically important to secure a sufficient supply of personal protective equipment, and thankfully, to everyone who supported us, we were able to provide safe care to our residents and contain the outbreak at the Care Centre last year. Today, with over 90% of the Care Centre's residents having been vaccinated, the infection and transmissibility rate is low. This is evidence that vaccines are very effective and relatively safe. We saw minimal side effects after the vaccines were administered. It is important that everyone receives a COVID-19 vaccination as quickly as possible to protect themselves, their family and the communities they live in.

Since the beginning of the pandemic, Dr. Peter Derkach has held numerous education sessions with the Care Centre's staff on various topics as they relate to COVID-19 infection control and vaccination. Dr. Derkach has also held education sessions on COVID-19 related topics for the Care Centre's family members and other interested members of the community as part of the Care Centre's Stay Connected Community Outreach Program. "We are so very fortunate to have Dr. Peter Derkach as our Medical Director at the Ukrainian Canadian Care Centre. Dr. Derkach is a physician with extensive experience who has dedicated his career to complex continuing care, long-term care for seniors and rehabilitation. He has gone above and beyond to educate our staff, family members and the community in regards to COVID-19, thus helping everyone make an informed choice about vaccination," says Irena Dounets, Executive Director.

*Continues from page 1 ... Vaccination Rollout Goes Out In High Spirits ....*



"We should not forget that thanks to the vaccines each and every one of us has been saved from at least one dangerous infectious disease. Today, we can save ourselves and others from COVID-19 by taking the shot, and I am ready to give it to everyone. The Care Centre has been the first choice of preference for hundreds of seniors and their families since it opened its doors 25 years ago, and I want our residents to feel safe and secure even during this challenging time," says Halina Krzywucka, a Care Centre nurse since the beginning of the Care Centre.

"Today was a great day of comradeship, team spirit and hope. I believe that leading by example is important for more people to get vaccinated, not only our staff and essential caregivers but also people in our city and elsewhere. Everyone can help stop the spread of COVID-19,

thus making a difference in the way this pandemic develops. Everyone can be an empowering example for someone else – a colleague, a friend, a family member. At the Care Centre we are committed to being a positive example for others and I hope that with more vaccination clinics under way, we may soon be able to proudly say that we are the champions," says Irena Dounets, Executive Director.



## TENANTS OF ST. DEMETRIUS SENIOR APARTMENTS GET THEIR VACCINE SHOTS ON-SITE

St. Demetrius Seniors' Apartments was one of the very first and very few senior apartment buildings in the Greater Toronto Area where everyone was offered a Covid-19 vaccination on site.

"I knew it was going to be almost impossible for many of our tenants to navigate their way through the system and get vaccinated. I was also concerned that delaying the vaccination may have very bad outcomes as new and more contagious variants continue to take hold. I am very happy that we were able to have the vaccination on site and on time. I want to thank Humber River Hospital and everyone on their team who came on-site to give our tenants the vaccine shots. I am also very grateful for all of the guidance and support I received from Irena Dounets, our Executive Director, who initiated the contact with Humber River hospital and was with us on on-site on vaccination day, helping me and my team with the organization of the vaccination clinic. I also want to thank my wonderful team for their excellent work in making the whole process seamless. A special thank you goes to all of our tenants who took the vaccine shot, thus doing their duty in protecting themselves and others. Knowing that so many staff and tenants are already vaccinated, brings a little bit of relief to me that all of us, tenants and staff are now more protected against this terrible virus, while we continue to strictly follow the rules for social distancing and infection control," says Anna Orlov, Director of Housing.

The inoculation happened on the floors where tenants live. Tenants were asked to bring a chair outside their apartments and take the vaccine shot there.

"I am very grateful to the management and staff of the St. Demetrius Apartments. I didn't know how I was going to get vaccinated on time if it wasn't for them. This whole process of finding a place to get vaccinated, phoning, scheduling and getting there seemed like something I wouldn't be able to do. Having the opportunity to get the vaccine shot here, outside my apartment, was such a relief! I am very touched by the way the Management and staff care for us. This place is a true blessing!" says Mary Davis as she hands her special thank you card to Anna Orlov and her team.



## WITH COMMUNITY SUPPORT THERE IS NO CELEBRATION MISSED



We are profoundly grateful to the ladies of the Ukrainian Canadian Women's League at Christ the Good Shepherd parish, the ladies of the St. Demetrius Women's Circle and the Messina Bakery for bringing in the true spirit of Christmas to our Home. Thanks to the ladies of the Ukrainian Canadian Women's League at Christ the Good Shepherd parish, the ladies of the St. Demetrius Women's Circle all of our residents and staff received hand-written Christmas cards and beautifully wrapped gifts, and the 152 delicious cupcakes, donated by Messina Bakery for each of our residents, made our Christmas celebration irresistibly sweet. "We miss our grandparents, and we are happy to do something good for someone else's grandparents. Grandparents are precious," says Francesco Mucio, owner of Messina Bakery.



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*"We deeply appreciate the care and services the Ukrainian Canadian Care Centre has provided to our seniors throughout the years, especially during this very difficult year. During the early stages of the pandemic, we learned that the supply of essential personal protective equipment for staff was dangerously low. We decided to offer assistance because it was important for us to know that the Care Centre's staff would have the protection they needed in order to continue to provide safe care to our seniors. We are very happy to be supporting an organization, where our community's seniors are cared for with outstanding dedication, love and respect."*

**~ Ian Ihnatowycz and Marta Witer**

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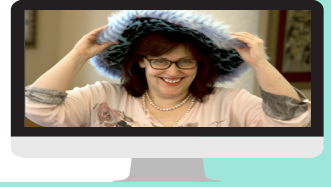
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FOR OLDER ADULTS 55+

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mobility Yoga Class</b> 11am-12noon  <b>Ask the Tech X-pert</b> May 3 & 17: 1-2pm  <b>Armchair Travel</b> May 10 & 31: 1-2pm  <b>NO CLASS MONDAY MAY 24</b>	<b>Mindfulness Class</b> 11am-12noon  <b>Community Gardens Talk</b> May 4: 1-2pm  <b>Book Club</b> May 18: 1-2pm  <b>Origami for Asian Heritage Month</b> May 25: 1-2:30pm	<b>Prevention Exercise Class</b> 11am-12noon  <b>Breathe Healthy Talk + Practice</b> May 12: 1-2:30pm  <b>Surprising Body Facts!</b> May 26: 1-2pm	<b>Social Time: Games &amp; Laughter!</b> 11am-12:30pm  <b>Art with Olga</b> 1-2:30 pm  <b>COVID Talk w/ Dr. Derkach</b> TBA: 4-5pm	<b>Yoga for Stress + Anxiety</b> 11am-12noon  <b>Line Dancing</b> 1:15-2:15pm  <b>Additional registration required for programs listed in orange</b>

Organized by the UCCC



To learn more about our drop-in programs & special events, or to get one-on-one training on how to use your tablet, computer, or Zoom  
**Contact Melanie: [mkiebalo@stdemetrius.ca](mailto:mkiebalo@stdemetrius.ca) or 647-725-0877**

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In lieu of flowers, the Care Centre is honoured to be a recipient of donations made in memory or honour of the following individuals:

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### In Honour Of

Anna Hawrylak  
Stefan Lajkosz  
Neonila Pashkovsky

From September 22, 2020  
- May 4, 2021



**Ukrainian Canadian  
Care Centre**  
60 Rickview Road  
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