



ХРИСТОС ВОСКРЕС!

Щороку велика родина Пансіонів ім. Івана Франка – мешканці та працівники – збираються разом прославляти Христа та вітати один одного: Христос Воскрес! Навіть у важкі часи пандемії, незважаючи ні на що, ми святкуємо початок нового життя для всього християнського світу і ділимося зі світом радістю свята, насолоджуючись освяченими великодніми стравами. Готуючись до свята, наші мешканці малюють барвисті листівки, різнокольорові писанки та беруть участь у богослужіннях, що знаменують прихід цього великого дня до наших домів. Великдень – особливо радісне свято, яке наповнює серця людей надією, любов'ю та вірою у краще.

Дирекція та Адміністрація Пансіонів вітає нашу дорогу українську громаду, добровольців, жертводавців і прихильників Пансіонів ім. Івана Франка зі світлим Великоднем!

Нехай вас оберігає Бог та дарує міцне здоров'я та родинне тепло.



Resident of IFH-LTC home, A. Cokan, decorates our Easter tree and enjoys the warm spring weather



EXCITING NEWS:

Ivan Franko Homes has been granted 128 Bed Licenses

Ivan Franko Homes' Long-Term Care Development Selo Project has been approved by the Ministry of Long-Term Care. This project is one of 80 projects across Ontario to expand long-term care facilities.

As stated in the Minister of LTC, Dr. Merrilee Fullerton's, memo, 43 long-term care beds will be allocated to the Ivan Franko Homes with respect to the licensing and operation of the beds, and other conditions to be stipulated by the Ministry.

The allocation of 43 new long-term care beds and 85 eligible redevelopment beds is part of the government's commitment to create 30,000 new beds over the next decade.

Our government is investing in new and redeveloped long-term care beds in Ontario as we work to create a 21st-century long-term care sector that is resident-focused, improving quality of care and quality of life for seniors and ease hallway healthcare. It is vital to improve access to long-term care beds to ensure residents get the care they deserve, when and where they need it.

Congratulations to our Ukrainian Canadian Community who were involved in the process of submission of application and lobbying expansion of access to long-term care across our province.



Resident of IFH-LTC home, E. Witowych excited to draw her first ever "virtual" pysanka

CELEBRATING OUR VOLUNTEERS

Every April, we join Volunteer Canada to celebrate the millions of volunteers. Canada is a country of volunteers, a country of helpers. Just in Toronto there are 1.6 million volunteers. This shows who we are and what we will need to be in the future. At Ivan Franko Homes, we are proud to recognize and celebrate the volunteers that have stepped up during the pandemic response and in reflecting on the role of volunteers. Here are the names of our Heroes:

John Petrosoniak & Steve Petrosoniak – Recognition for the tree removal program at Winston Churchill.

Gregory (Vasyl) Ciupka – Recognition for technology implementation in both Homes, Toronto and Mississauga.

Mykola Moros – Recognition for serving as a Board of Directors member over 10 years.

John DiLorito & Tomato King – Recognition for supplying fresh vegetables and fruits for the Homes during the pandemic.

Dr. Ban Rassam – Recognition for the additional support and assistance provided throughout the pandemic year to Mississauga Home's residents and staff (April 2020 – March 2021)

Thank you to ALL IVAN FRANKO HOMES' PHYSICIANS for supporting us during the 1st, 2nd and 3rd waves of COVID-19 pandemic. Your input and commitment are above and beyond your assigned duties and very much appreciated by many. Thank you for volunteering your time!

Today, we would like to present to you our first two individuals from the Recognized Volunteers, **Petrosoniak Brothers**.



Very often we ask our helpers why they have decided to volunteer at Ivan Franko Homes, and their answers remain the same: "I volunteer to make a difference."

John and Steve Petrosoniak entered our Home over 14 years ago as family members of Pelahia Petrosoniak, a resident who lived with us for almost 11 years. They saw how our courageous and passionate team provided high quality care to their mother. Their family went on the journey from independent living to full assisted living. They liked our vision of a "Selo" that would enable spouses with different support requirements to not be separated by geography but to continue aging together on the same campus. On behalf of Ivan Franko Homes, our heartfelt thanks to you, John and Steve, for your incredible generosity across a number of matters – from donations of chairs for the dining room and funds for the "Selo" project, to most recently completing a huge tree-cutting program on our Mississauga property, 10 acres in size. Pursuant to an arborist's report and a City of Mississauga Permit that indicated the need to remove 72 dead or dying trees, Petrosoniak Brothers agreed to provide those required tree cutting services to Ivan Franko Homes on a donation-in-kind basis. They also cut down additional 27 unsafe and dead trees, removing them to the back of the property, separating logs from branches and chipping them. All the logs were removed from the property. John and Steve Petrosoniak worked extremely hard over the year to complete this project helping us with the ongoing enhancement of Ivan Franko Homes. Here is our heartfelt THANK YOU, Petrosoniak Brothers!

Vaccination at Ivan Franko Homes

Ivan Franko Homes is excited to inform the community that all eligible residents in both Homes have been vaccinated. Ivan Franko Homes are in the process of vaccinating staff and essential caregivers.

Ivan Franko Homes in Mississauga had the Moderna vaccine administered to residents and staff in January and February by Dr. Ban Rassam, IFH's Mississauga Attending Physician and Medical Director.



Unity Health Team with Ivan Franko LTC staff

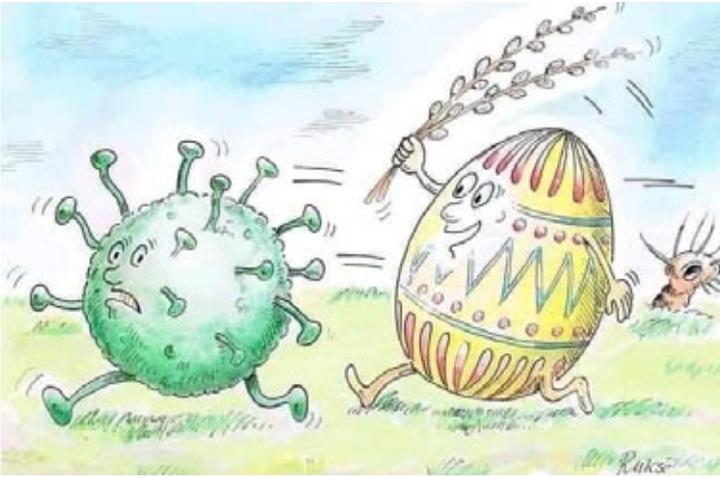
Ivan Franko Homes send a special thank you note to our hard working dedicated medical and nursing staff and the Medical Director Dr. Roman Andrusiak for their assistance and commitment during the vaccination process. Specifically, we would like to thank Unity Health Toronto, for arriving on site to vaccinate residents, staff and caregivers. We are thrilled to have been the first long-term care home vaccinated with Unity Health.

We also would like to acknowledge our nurses, true heroes who continued to come to work in the last trimesters of their pregnancies during the outbreak and this difficult time of the COVID pandemic.

They are recognized as the **Employees of the Month**:

**Zoryana Kopko, RPN,
Iryna Chernetska, RN,
Marina Pidluzhnyy, RN.**

TO BE OR NOT TO BE VACCINATED FOR COVID-19?



I wanted to share my perspective as a doctor on this, hoping that it might be of use to some.

When COVID was running amok and spreading like wild fire every one of us was praying for a vaccine.... as early as possible. Even now it's in its 2nd peak in many countries like USA & UK. But suddenly we hear from almost every university certified specialist, questioning the speed with which a vaccine was approved. I guess that's basic human nature when we are starving we might eat anything but when the same hungry person is given a choice then he forgets the hunger and starts analysing which of the choices is better. The human mind always wants more, does not it?

Suddenly everyone knows about phase 2 or phase 3 vaccine trials and starts comparing the efficacy rates and complication incidences. Such information is purely in the domain of scientific research but, unfortunately, today it's become worthy a discussion.

Whether you want to be vaccinated or not is purely your choice. That's the only fact that you need to know. Everything else is relative.

Your choice doesn't depend on the vaccine's effectiveness or side effects but on your assessment of your risk of dying from COVID. If you feel comfortable with the assessment that you will not die of COVID then you don't need any vaccine. Every medicine you and your family have taken so far, including your paracetamol, has so many side effects, including irreversible kidney failure. Every antibiotic you have taken could have caused an allergic reaction that could have killed you. Every anaesthesia that someone in your family had before surgery could have caused complications like paralysis of breathing, leading to death.

Does it sound intriguing to you that your own trusted doctor gave you something that could've potentially killed or paralysed you permanently? Wake up people. No medicine is 100% safe.

Every treatment offered by your doctor is done in extreme good faith to make you better. We, doctors, operate on a principal of risk versus benefit. If the potential benefit outweighs the risk considerably then we give this in good faith. The reason we follow this approach is that we are not god, and we are still very very far from giving 100% safe treatment for every disease.

Coming back to the safety of the COVID vaccines: all the vaccines have been approved on an emergency use authorisation only. This means that the scientific community has not had adequate time to analyse the safety and effectiveness of all these currently available vaccines, inspite of their best efforts, knowledge and resources. So it's up to you to realise whether you are in an emergency or not.

All governments around the world know that we are in an emergency situation. That's why you are offered the option of vaccination. How did the government decide this is by looking at the millions of deaths caused by COVID-19 in just 1 year.

If you feel that you are not in any emergency, then you can deny yourself that vaccine. But you take that extra risk which your neighbour hasn't taken. That's the bottom line.

Is the vaccine the solution for this COVID pandemic? - In my opinion any vaccine, including all the COVID vaccines, are a part of the solution. No vaccine can protect against any disease 100% of the time. This I state from our experience with viral infections like polio, measles, influenza and HIV.

A good N95 mask worn with 6 feet social distancing and hand hygiene can protect you 100% from COVID. - Unfortunately, we are tired of following the above after 1 year of trial. The most difficult thing to implement is the 6 feet social distancing because we are social animals. We like to meet with fellow humans all the time. We cannot live in isolation or lockdown for much longer, not because of the economic impact, but more so due the mental distress that is caused by social distancing.

The vaccine is an easier way of attaining herd immunity, than the natural infection caused by corona virus. Any COVID vaccine is safer than getting infected with the virus and fighting for survival in an ICU with a ventilator in your throat. A vaccine is an additional safety measure, like a helmet for a 2 wheeler rider, but it has to be used with safe driving practices. The best helmet cannot save you if you are a rash driver but can protect your head in an accidental fall. Look at the COVID vaccine as an additional safety measure along with masks, social distancing and hand hygiene, not as a replacement. This we have to accept until the world develops herd immunity from COVID just like smallpox or polio.

If you feel you are a safe driver who does not need a helmet and can strictly follow the 3 important steps - mask, 6 feet distancing & hand hygiene - that will 100% protect you, then you can probably stay away from the vaccine until you are convinced. But that's a decision only you have to take, not look for advice and validation from some university.

Herd immunity is the only sure-shot way to eliminate COVID in the world we live in. The reality is that each one of us is part of this herd and it's in our hands to help reach herd immunity as soon as possible.

Either get infected or get vaccinated, or stay forever in a bubble distanced from other people. The choice is yours.

Dr. Prakash, FRCS, American Eyecare & Lasik Centre

IVAN FRANKO HOME (LTCH) TORONTO

Everyday Life

COVID-19 may have changed the way our everyday life looks, but it has not changed the outstanding care our staff provides. Our staff are true front-line heroes. Their hard work and dedication to our residents continuously shines through, no matter the circumstance. Words are not enough to thank you, our dear staff, for your strength, courage and dedication!



Our hardworking staff always find a moment to show their love



Our dedicated nurses continue to test all staff on a weekly basis

Letters for Rose

Ivan Franko LTC Home was contacted by a wonderful volunteer run initiative – Letters for Rose. As in-person volunteering is not an option due to COVID-19, this project was started to show seniors how much the community cares and appreciates them. Outreach Coordinator, Anastasiya Skydanyuk, coordinated a group of student volunteers to write personalized letters to our residents. Thank you to all the volunteers. Your letters brought joy and a feeling of connection to our residents during this difficult time.



Support

We have received an immense amount of support from our family members and community partners. We are overwhelmed with your kindness during this difficult time. Thank you again for ALL your support. We would not be able to do it without you. If you are interested in supporting our home, a donation can be made to our “COVID-19 Support Fund”



iPad Program

Our activity department obtained a number of new iPads for resident use. This program will be added to the monthly activity schedule, beginning in April. Residents will be given the opportunity to explore a wide array of APPs including virtual visits, memory games, music, art and more. We continue to implement new programs that enhance the quality of life of our residents.



IFH staff assisting residents during iPad program



Chaplain Fr. Swystun conducting on-site church services for our residents

New Look

Spring is in the air, it is time to update the wardrobe and IFH has updated our website! Congratulations to the great team of both Homes led by our long-time volunteer, **Vasyl Ciupka**, for the amazing new Ivan Franko Homes website!

Their efforts and hard work have paid off. The website www.ivanfrankohomes.com is accessible even for beginner users. The COVID updates page is essential at this time. Family members and visitors can simply check this page to see what policies and procedures we have in place and up to date for each Home. Don't forget to visit our "get involved" and "support" page, where we post our most recent events and hiring opportunities.

BCU

Кредитова Спілка Будучність

Вітаємо всю українську громаду з Великодними Святами!

We welcome our community as we celebrate the Resurrection of Christ and wish everyone a joyous Easter season!

Нехай Воскресіння Христове принесе нам всім надію на процвітання, мир і спокій для нашої Батьківщини – України та для нас усіх в цей надзвичайний час. Ми молимося за Боже милосердя та за здоров'я всіх нас.



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In My Own Words: Volunteering Through COVID-19

Ivan Franko Homes is a truly welcoming place for everyone, including placement students from diverse cultures. I am a placement student from Sheridan College, a future Social Service Gerontology Worker. I started my placement in January 2021 and since the beginning I have had an amazing experience working with the lovely Ukrainian seniors, staff and administration. All staff are very helpful and welcoming. Our supervisor, Natalia Razzaq, is always a support system for us, she guides us at every step. We have our supervision meetings daily to keep track of our performance and tasks. IFH has given us an opportunity to learn all aspects of independent and assisted living.

We are having a great experience working with IFH residents, providing support socially and emotionally and helping them to keep a positive attitude by socially engaging residents, with protocols and safety measures in place. We assist our residents to the dining room and doctor's office. We also helping residents during meals and delivering trays to their rooms when needed. Our job responsibilities also include shadowing our supervisor in completing the community health assessments (interRAI-CHA) and developing individual care plans.

Equal opportunities are given and even small achievements are appreciated. We can see that IFH is a caring environment and we are a part of it. Residents are genuinely happy, even during this pandemic. They wear masks and keep the distance, and all smile with their eyes.

Starting from morning till the day ends, the residents are taken care of and given a chance to be a part of stimulating activities. Our residents are cooperative and love to participate in various programs. As volunteers, we are trained to run the existing programs and required to create our own initiatives. Real life experience has taught us how much effort it takes to start something new. All placement students work as a team to get better outcomes. I believe that during these uncertain times, it's very important to provide support to seniors in our community, in-person or online, while keeping them safe at home.

We deeply appreciate that IFH gave us an opportunity to meet our amazing residents and learn about the beauty and taste of Ukrainian Culture.

Gulmehak Kaur

Our Placement Students



The students from Sheridan College Gerontology program who are on placement at IFH, have been conducting a series of presentations as part of their learning process. They incorporated remarkably interesting and engaging content (Punjabi culture, Jamaican Vibes, Taiwanese culture, and Music Therapy presentations).



IFH's residents were able to explore and learn new facts about our practicum students' ethnic traditions, food, national dance, clothes, and food.



The most enjoyable parts were the energized dances, with lots of laughter and fun! The residents were able to practice playing various musical instruments and even did a seated dance during the presentations. The students are a great asset to IFH since they are assisting our staff in all departments and have developed strong relationships with residents and support them cognitively and emotionally. The most popular programs which practicum students facilitate at IFH are the Zumba class, Beauty Salon, Spa, and art and craft programs.



Support That Is Much Needed

As a not-for-profit organization, Ivan Franko Homes rely highly on our donors and supporters.

Despite the pandemic, Ivan Franko Homes are honored to have received of multiple grants to benefit the lives of our residents and staff (under the supervision of Nataliia Guliak).

This year the Mississauga LHIN granted funding to support our COVID-19 needs: PPE, disinfectants, hand sanitizers, disposable supplies, etc.

For the first time, IFH applied and received funding from the Ontario Trillium Foundation, a Seed Grant for our “The Future is Here” intergenerational project. This program is a pilot project before building an intergenerational hub in our future “Selo” campus. “The Future is Here” project has proven the effectiveness of bringing generations together. We organized in-person and online sessions with CYM, Sheridan College, St. Francis Xavier Secondary School, Carswell Music Studio, Hart House students, Sinfonia Toronto Students, etc. The project’s goal is to reduce seniors’ isolation and loneliness through ethno-cultural activities with youth, as well as art therapy, music concerts, mentorship program, online yoga and Zumba classes, and various art and craft projects.

To mention just a few events: Virtual Shevchenko Commemoration with CYM, Easter bunny craft activity, Easter egg and how to make flower pot workshops, “Reeled Doll”- “Lialky Motanky” Workshop with Tetyana Salo, Easter egg painting with Turenko family, etc.

IFH also received funding from the United Way, Emergency Community Fund to run our “Engage the Senior” program. This funding goal was to engage socially isolated residents with families and youth, improving the communication system between departments by using technology. IFH was able to install WIFI in common areas in the building, purchase iPads and iPhones for the use of our residents and staff. There have been so many restrictions from Public Health about visiting retirement homes, and this grant made it possible to connect residents with their loved ones during times of “isolation” and lock down.



In March 2021, IFH and University of Toronto started a partnership to initiate the SAGE program. The students of the Human Biology program at U of T and our residents connect via Skype and Facetime twice a week. This project is a great asset to our intergenerational programming as part of the “The Future is Here” intergenerational project and the “Engage the Senior” program which aim for mutual interaction, sharing experiences, reducing loneliness, cognitive stimulation and reinforcing social connectedness.



Resident of IFH-WCB, P. Rozhko enjoys connecting with younger generation via sophisticated new technology.



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This Bulletin is published by Ivan Franko Homes, Toronto and Mississauga

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