



## Politicians who support Ivan Franko Homes' "Selo" Building Campaign

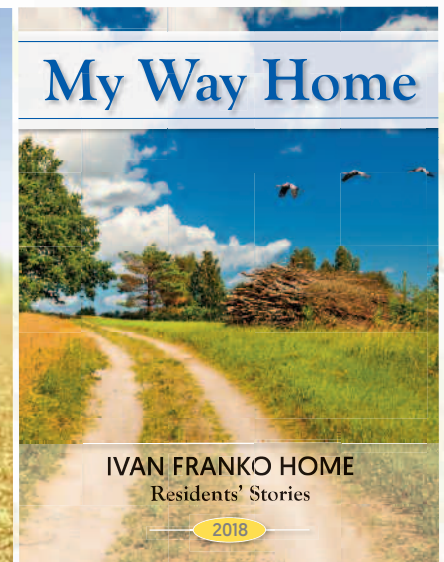


From left to right: Ron Starr (Councillor, City of Mississauga), George Horhota (IFH Board Chair), Chris Fonseca (Councillor, City of Mississauga), Bonnie Crombie (Mayor of Mississauga)

Over the years Ivan Franko Homes have developed friendly and supportive relationships with many community members and organizations that understand and uphold our mission and goals – to provide high quality care and accommodations for Ukrainian-Canadian seniors in an environment where they can spend their retirement years with dignity within a Ukrainian cultural community. This year we were honoured to have many special guests who came to support Ivan Franko Homes' events, help us celebrate Senior Citizens' Month (in June) and voice their support of the "Our Future Together Campaign". Among the guests who attended our Father's Day Open House/Picnic were: Her Excellency, the Honourable Bonnie Crombie, Mayor of Mississauga, the Honourable Iqra Khalid, MP, Mr. Sheref El Sabawy, MPP, Mr. Ron Starr and Ms. Chris Fonseca, Councillors from the City of Mississauga. Other local politicians who visited our Home during their pre-election campaigns – the Honourable Dipika Damerla, former Minister of Seniors' Affairs, as well as Mr. Matt Mahoney, the Ward 8 Councillor for Mississauga.

## "My Way Home"

In June, 2018, Ivan Franko Home, Mississauga, with a small grant from the Ministry of Citizenship and Immigration, published a book of biographies of our residents, entitled "My Way Home". Ivan Franko Home's social worker Natalia gathered the bulk of these social histories from our residents and verified them with their family members. This compilation of biographies is about their life journeys from childhood, through the horrors of the Holodomor, through the atrocities of war and the difficult experiences of new immigrants in a strange country with its foreign language and unfamiliar customs. Fifty-eight residents supported our initiative and shared their life stories. One purpose of this book is to inform the younger generations of our community about these everyday heroes and their stories. "My Way Home" is available for purchase at IFH's office.



## СЛОВО ВІД ЕКЗЕКУТИВНОГО ДИРЕКТОРА



### Дорогі Читачі!

Дозвольте поділитися з Вами думками про близьку майбутність нашого суспільства. Приблизно за двадцять років від тепер в Канаді очікується, що на кожні 4 особи одна буде мати понад 65 років життя, а число тих, кому понад 85 років, буде зростати найшвидше за всі групи молодшого віку та більшість осіб

старшого віку буде проживати до пізньої старості. Але одночасно ми побачимо, що такі недуги, як остеопороз, деменція та артрит будуть зростати саме тому, що назагал будемо жити довше. Також певна частина старших пенсіонерів переживатиме щоденну боротьбу з різними хронічними недугами, понижене функціонування і соціальну слабкість, що ставитиме їх на рівень найчастішого потребування повторної шпитальної опіки, функціональної залежності і низької якості життя.

Щоби запевнити потрібну опіку для наших старших генерацій, конечно буде прийняти деякі поважні зміни. Насамперед, необхідно буде перемінити наставлення молодших поколінь до старіння та до опіки над старшими. Процес старіння треба прийняти як нормальний період життя, а не як надзвичайний або критичний стан людини. Щойно тоді зможемо сподіватися на більш нормальний підхід та підготовку до старшого віку. І тому що Канада просто не в силі забезпечити потрібну опіку для зростаючого числа старших осіб, наступні покоління пенсіонерів мусять наперед застановлятися і готуватися до свого старшого віку.

*Dear Readers, it is already widely recognized that the number of seniors across Ontario is projected to more than double over the next few decades, peaking in 2041 when over 25% of Ontarians will be 65 years of age or over. With this forecasted growth in the number of older adults, it is becoming more and more evident that Canada will not be able to satisfactorily handle such expansion. As seniors get older, the costs associated with an aging population increase. In an attempt to curb health care spending, governments have responded by embracing "aging in place" approaches. Aging in place has seniors remain in their homes as they age, instead of living in hospitals or long-term care facilities. And it is understandable that most seniors prefer to remain in their homes for as long as possible. However, this philosophy can have unintended consequences for low-income seniors, who generally have poorer health outcomes and greater support needs than seniors who have the means to pay for private care, if and when needed. Because of the challenges of aging, older adults as a group already experience increased risks and vulnerabilities. Due to the environmental and social barriers that many seniors face, aging in place can be especially difficult when seniors don't have access to the supports they need.*

*This is one reason why Ivan Franko Homes' Board of Directors has decided to undertake IFH's ambitious and visionary building project, entitled "Our Future Together". We propose to construct an "aging in place" community – a "selo" - village concept, with all possible supports in place, thus giving our seniors the opportunity of choices and options - to begin with Independent Living, eventually moving on to Assisted Living and, if necessary, continuing with full-time, 24-hour nursing care in the proposed 192-bed Long-Term Care accommodations of the "selo". To support our residents, we will provide a state-of-the art facility with a medical clinic, a health and wellness centre (with a pool, as well as exercise and therapy rooms), a general store, a bistro, a cultural hub with a community kitchen, classrooms for heritage classes (such as embroidery, ceramics, weaving, pysanky-painting, etc.), a children's daycare, a seniors' day program, a chapel, a library, art studio and much more. This will also allow spouses with varying care needs to remain together on the same site.*

*However, in order to complete this unique, far-sighted project, IFH's must rely on the support and understanding of the entire Ukrainian-Canadian community. Please show that you care about the welfare of the next generations of our community's seniors by supporting the "Our Future Together" campaign in any way you can.*

*For further information please see our websites at [www.ivanfrankohomes.com](http://www.ivanfrankohomes.com) or [www.ourfuturetogether.ca](http://www.ourfuturetogether.ca).*

**Terenya Tonkovich**

**IVAN FRANKO HOMES**  
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## ЗБІРКОВІ АКЦІЇ ПАНСІОНІВ

Протягом року Пансіони ім. Івана Франка організують різні збіркові акції та проекти для підтримки добробуту Пансіонів та на будівництво нового дому. Цього року завдяки проекту „Seat Sale” ми зібрали \$40,000, які покрили кошт нових крісел для мешканців Пансіону та для майбутнього проекту „Село”.

Також ми провели дві успішні акції – Великодне та Святочне Осіннє Бінго. Усі виручені кошти були спрямовані на розвагові програми для наших мешканців. Щорічний День відкритих дверей і пікнік, який ми влаштуємо у неділю на День Батька, цьогогоріч допоміг нам зібрати понад \$8,000, які є спрямовані на реставрацію та ремонт Пансіонів.

Однією з найважливіших кампаній по зборі коштів і далі залишається „Дерево Любови” („Tree of Love”), завдяки якій за 5 років ми зібрали \$400,000! Усі кошти передбачені на планування та підготовку проекту будівництва нового дому. На даний момент ми на другому його етапі, а саме розробка архітектурних планів, збір коштів та отримання урядових дозволів на будівництво.

Пансіони ім. Івана Франка закликають українську громаду підтримати новий проект „Села” та нову ініціативу під назвою „Наше майбутнє – разом!” Ми радо вітаємо всіх волонтерів, між ними членів родин наших мешканців або аплікантів на помешкання, старших і молодших, студентів, учасників Денної програми для старших та всіх бажаючих подарувати свій вільний від роботи час або підтримати Пансіони фінансово.



Щасливі переможці Великоднього бінго п. К. Малецька з внучкою



Під час однієї з наших імпрез. Мешканці Пансіону сидять на кріслах, придбаних під час кампанії „Seat Sale”.

## Letter from Dr. Ihor Gadacz, Medical Director of IFH -Toronto



During my life and career as a primary care physician, I have been an active member of the Ukrainian community, which has been a source of strength and support for both me and my family throughout our lives. As a physician, I have had the privilege of caring for many individuals in the past, but my experience of providing care for our elders at Ivan Franko Homes has rewarded me with unparalleled gratification.

I have seen first-hand the significant number of seniors in our community who have benefitted from the services of a long-term care home and the support that Ivan Franko Homes has provided over the years.

The number of seniors is rising as our community continues to age. With the development of the proposed ‘Selo’ at its Winston Churchill site, Ivan Franko Homes is looking at increasing the number of individuals to whom it can provide care by creating more long-term care and assisted living beds, as well as an intergenerational cultural hub designed to accommodate and bring together both younger and older members of our community.

My family’s donation of \$50,000 to the ‘Selo’ project affirms our personal belief in excellent care at all stages of life. Ukrainians have made tremendous sacrifices in their lives for their children, grandchildren, and the community at large, and my professional and personal approach as a physician is always centered around showing my sincere gratitude to these incredible individuals.

Our family donation was made through a donation of appreciated shares. The shares have grown, and had I sold them, I would have had to pay taxes on the capital gains. However, by transferring the shares from my investment account to the Ivan Franko Homes’ investment account as a donation, I bypassed the tax-payment requirements on my capital gains.

I hope my story inspires you to take the time to look at finding your own special way to support the development of the ‘Selo’ project at Ivan Franko Homes.

## День Вишиванки

„А сорочка мамина серцю мила...” Під таким гаслом мешканці Пансіону (Торонто) святкували День Вишиванки.

Вишиванка – це оберіг, який приносить радість і щастя у кожну родину, захищає та оберігає від лиха. Із цієї нагоди мешканці нашого дому одягнули вишивані сорочки, зроблені своїми руками, або які дістали як найдорожчий скарб від матерів та бабусь.

Пані К. Краус представила колекцію своїх рушників, сорочок, подушок та серветок, вишитих нею за молодих років.



На фото зліва направо сидять: мешканці М. Сухар, Й. Яремус, К. Краус, В. Лучків, М. Мерза. Стоять: О. Вовниш (адміністратор), мешканці М. Дубас та Г. Шух, І. Маркевич (керівник активних програм)

## Pet Therapy

A very special 4-legged guest visits Ivan Franko Home at Royal York. Milo, a Labrador retriever, along with his handler, Victoria, come by regularly for pet therapy sessions. He excitedly goes around the building, greeting residents who, in return, enjoy petting him very much.



Left to right: Residents H. Rypan, A. Cokan, volunteer Victoria Knight with Milo the dog, and P. Swystun

## Zumba class

Residents and staff of Ivan Franko Home were given the chance to participate in an exciting Zumba class. They had a great time outside on the patio, learning dance moves. Exercises like Zumba help to build muscle strength in seniors, and accommodate both sitting or standing positions.



„Музична терапія” з допомогою Ігора Артемяка та Володимира Кохановського, а саме популярні українські пісні і запальні мелодії, швидко згуртовують і підіймають настрій.



Ігор Артемяк та мешканці Пансіону



О. Бойд, Володимир Кохановський та мешканці Пансіону

## Peter Magdenko's Art Exhibition at Ivan Franko Home



On Thursday, August 23<sup>rd</sup>, staff, residents and family members were treated to a special exhibition of the art and life of former IFH employee and later resident Peter Magdenko. The exhibition, which was put together by Magdenko's grandson Nicholas, celebrated his life through a verbal presentation, a display of his art, and a catalogue of his work. Residents enjoyed watching a PowerPoint presentation of so many beautiful paintings by Peter Magdenko. Around 30 paintings were on display, all of them donated to or purchased by Ivan Franko Home throughout the years.



## Trip to Centennial Park

Residents of IFH (Toronto) recently made a trip to Centennial Park. The group was able to see, smell and touch many of over 200 different tropical plants housed at the Conservatory.



Residents H. Rypan, M. Romach, H. Rehanyuk and K. Kraus accompanied by a family member.



In September, residents of IFH (Toronto) were visited by Ruslana Lotsman, a widely-known singer from Ukraine

## День Незалежності України

Зберігаючи свою духовну спадщину, культуру і традиції, Пансіони ім. Івана Франка відсвяткували день Незалежності України 24 серпня 2018 року. До щорічного свята натхненно і добросовісно готувалися як мешканці, так і працівники. Кольорові вишиванки, українські пісні та танці відтворили український колорит та нашу ідентичність далеко від рідної Батьківщини.



Свято Незалежності в Пансіоні ім. Івана Франка (Торонто)

## Ukrainian Song – Soul of the Nation

Ivan Franko Home, Mississauga, hosted a series of presentations about Ukrainian folk music. Our social worker Natalia and professional pianist, resident Mrs. Iraida Cherniak, delivered two presentations, “Ukrainian Song – Soul of the Nation” and “Marusia Churay”. They spoke about the history and traditions of Ukrainian folk music, explaining the differences between the varieties of Ukrainian songs, and separately presented Marusia Churay’s biography, including her tragic love story. Our talented resident and renowned pianist, Mrs. Iraida Cherniak, played music while our residents sang.



Mrs. Iraida Cherniak, IFH resident and accomplished pianist, and Natalia, IFH's social worker



Residents of the Ivan Franko Home (Mississauga) during the event

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## Ivan Franko Home's Open House

The Ivan Franko Homes' 7<sup>th</sup> Annual Open House and Father's Day Picnic was held on Sunday, June 17<sup>th</sup>. Close to 500 people turned out to view the premises of Ivan Franko Home in Mississauga and enjoy our picnic. Again this year we had a wonderful mouth-watering BBQ prepared by our volunteer chefs, as well as a variety of attractions for the whole family, including an exotic petting zoo, pony rides, musical entertainment, a raffle, scheduled tours of the Home and property, rides in our golf cart, Ukrainian music, vocal and dance performances. This year "Baturyn" Marching Band, together with two beautiful Ukrainian girls in traditional costumes, welcomed Ivan Franko Homes' residents, their families, friends and the broader Ukrainian-Canadian community to celebrate Father's Day and Seniors' Month.

This year's Platinum Sponsor of our Open House/Picnic was UCU, Ukrainian Credit Union Ltd., represented by Mr. Taras Rohatyn and Mr. Yuriy Diakunchak, who brought with them a humongous cheque (both in size and in value) for \$5,000, for which we are very grateful.

Our Open House/Picnic is celebrated in honor of our seniors during June, "Seniors' Month". This year's event was also dedicated to our building campaign for the construction of a 'Selo' on our Mississauga



Ivan Franko Home's summer students, Daria Tomczyk and Renata Tourko, welcome everyone to the Open House and Father's Day Picnic

site. Of special interest was the entertainment, including performances of the widely known Barvinok Dance Group (artistic director Fedir Danylak) and our "Rising New Stars", vocalists Natalia Terek (19), Alisa Osaveliuk (16), and Daria Sulipka (9), as well as live music by maestro Volodymyr Kokhanovskyy and the children from Rezonans Studio.

We wish all the performers success in the further development of their outstanding talents and hope to hear their amazing vocals again in the near future.

## Ivan Franko Home's 2019 Calendar inspired by Parasia Iwanec's Artwork



Soon the new IFH Calendar of art will be available, this time highlighting the paintings of our recent resident, 98-year-old Mrs. Parasia Iwanec.

During her lifetime Mrs. Iwanec has produced a massive collection of paintings, many of which she has donated to various institutions and museums. She has also gifted IFH – Mississauga with a large assortment of her works, including landscapes and studies in still life, oil paintings and watercolours. At the age of 90+, this talented artist even created a traditional "Plashchanytsia" which she donated to IFH and which was officially blessed by our chaplain, Rt. Rev. Peter Iwachiw, during our 2015 Good Friday celebrations. Our readers may remember that, in the Spring, 2015 issue of this Bulletin, we featured an exhibition of Mrs. Iwanec's art, during which the well-known journalist, Mr. Josyf Sirka, presented a brief review of the artist's biography.



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ПАНСІОНИ ім. ІВАНА ФРАНКА –  
IVAN FRANKO HOMES  
[www.ivanfrankohomes.com](http://www.ivanfrankohomes.com)

767 Royal York Road  
Toronto, Ontario M8Y 2T3

Tel.: 416-239-7364

Fax: 416-239-5102

[ivanfrankohome@one-mail.on.ca](mailto:ivanfrankohome@one-mail.on.ca)



3058 Winston Churchill Blvd.  
Mississauga, Ontario L5L 3J1

Tel.: 905-820-0573

Fax: 905-820-8134

[ifranko@rogers.com](mailto:ifranko@rogers.com)



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**Editorial Committee:**

Terenya Tonkovich, Kvitka Hrynkiv-Lopushanski,  
Nataliia Guliak, Olha Vovnysh, Iryna Yurakh

Design and Production: **creative touch**  
photography | graphic design | digital printing

905.785.2146  
[oksana.creativetouch@outlook.com](mailto:oksana.creativetouch@outlook.com)