



*December 2022*



Physiotherapy can address many of the deficiencies as they affect one's functional status and abilities. One of the therapies provided by physiotherapy team is called Range of Motion Exercises (ROM for short). Range of

Motion Exercises can be grouped into 3 categories:

- Active Range of Motion or AROM (where resident moves extremities independently);
- Active Assisted Range of Motion or AAROM (where resident can partially move the extremity and physiotherapist/physiotherapy assistant moves the extremity thru the full physiological movement);
- Passive Range of Motion or PROM (where resident does not have the ability to move the extremity and physiotherapist/physiotherapy assistant performs the movement for them).

Movement may be limited by pain, change in tone (such as spasticity after the stroke) , formed joint contractures or joint deformities.

The goal of ROM exercises is to move the extremity thru the physiological range of motion for the joint that is being treated. Benefits of range of motion therapy is to preserve flexibility and mobility of the joints on which they are performed. ROM exercises reduce stiffness and will prevent, or at least slow down, the freezing of joints as the disease progresses and resident becomes more immobile.

Nina Dragas  
Registered Physiotherapist; MCPA  
ADP Authorizer



### REMINDERS

Please have all important mail addressed directly to POA's.

United Mennonite Home is a latex free environment. Please ensure that latex balloons are not brought into the Home.

If your loved one enjoys wearing broaches/pins, please have them converted to magnets. There have been instances where our laundry team have been stuck with pins when reaching into hampers.

### **United Mennonite Home**

4024 Twenty-Third St.  
Vineland, ON L0R 2C0  
tel: (905) 562-7385 fax: (905) 562-3711  
www.umh.ca thehome@umh.ca

#### **Executive Director**

Walter Sguazzin ext. 5001

#### **Director of Care**

Kelly Chuckry ext. 5002

#### **Nutrition Manager**

Fran Godmaire ext. 5003

#### **Programs Manager**

Jodi Thompson ext. 5004

#### **Environmental Service Manager**

Rob Millar ext. 5006

#### **Associate Director of Care**

John Rioux ext. 5032

#### **Associate Director of Care**

Lynne Chiasson ext. 5028

#### **Dietitian**

Christine Toderoff ext. 5003

#### **Physiotherapy**

Nina Dragas ext. 5027

#### **Chaplains**

David Gifford/Rob Collier ext. 5014

#### **Administration**

Lorraine Wilson ext. 5031

#### **Director of Finance**

Kerri Russell ext. 5007

#### **Systems and Payroll Coordinator**

Bobbi Lynn Bachur ext. 5005

#### **Social Service Worker**

Jenn Trudel ext. 5018

#### **Palliative Care Coordinator**

Celeste Rakowski ext. 5033

#### **Volunteer Coordinator**

Pamela Kohut ext. 5008

#### **Scheduling Coordinator**

Kenidi Gent ext. 5009

**Main Kitchen** ext. 5010

**Laundry** ext. 5016

**Hair Salon** ext. 5011

**Blossom Lane** ext. 5022

**Harbour Lane** ext. 5023

**Garden Lane** ext. 5024

**Meadow Lane** ext. 5025

#### **OVA/Supportive Housing Manager**

Bonnie Fahnestock (905) 562-1458

# HELP US FILL THE BUS

*in support of*



Non-perishable Food · Personal Care Items  
Toys · Clothing · Cleaning Products

PLEASE HAVE DONATIONS DROPPED  
OFF NO LATER THAN DECEMBER 16TH

CONTACT JODI THOMPSON FOR MORE INFO  
(905) 562-7385 ext. 5004  
jthompson@umh.ca



Greetings to each of you over this Christmas season. My name is Robert Collier and I am the new Co-Chaplain here at the United Mennonite Home. I consider myself a blessed man, having a wonderful wife, Anne, four amazing children, and five delightful grandchildren.

Over the years we have lived in Mexico, United States and Canada enjoying a variety of ministry experiences including working with street kids, developing a skate park, to managing a soup kitchen. Nothing gives me greater enjoyment than to see someone grow in their faith in Christ and to realize the gifts and calling that God has given to each one of us.

The last few years have been certainly a challenge for many of us with the Covid Pandemic, so I hope the following story will brighten your day and maybe even provide a situation you can relate too.

Grandpa decided that shopping for Christmas presents had become too difficult especially since passing of his wife a few years back. All his grandchildren had everything they needed, so he decided to give them money instead. He proceeded to fill out the checks to each grandchild and then he grabbed a box of Christmas cards and wrote the following:

'Merry Christmas ~ Grandpa'  
P.S. 'Buy your own present!'

Now, while Grandpa enjoyed the family festivities, he thought that his grandchildren were just slightly distant and this preyed on his mind into the New Year. Then one day he was sorting out his study, he discovered the reason for his grandchildren's cool reception....there under a pile of magazines were the Christmas checks.

As you prepare for another Christmas season, remember that regardless how life happens, you can smile, laugh, and bring good cheer to every situation.

Have a blessed Christmas season as we celebrate the birth of our Saviour, Jesus Christ.

Robert Collier  
Co-Chaplain

## *In Memoriam*

Marie "Beatrice" LeBlanc  
November 8, 2022

Andrew Pegels  
November 10, 2022

Greg Mattinson  
November 16, 2022

Barbara "Jean" Oblender  
November 25, 2022

Trudy Labrie  
November 28, 2022



William "Stan" Annable  
Harbour 132

### STAFF SERVICE AWARDS

Congratulations to the following staff and thank you again for being part of our organization!

#### Years of Service

##### **15 Years**

Debbi Hudson (OVA)

##### **25 Years**

Lorraine Boutin (Housekeeping)

##### **20 Years**

Kathy Schmidt (RN)

#### Attendance

##### **Full Time**

Kenidi Gent (Admin)

##### **Part Time**

Trish Lang-Chadwick (RN)

#### Retirements

Else Froese (Laundry)

Linda Brubacher (OVA)

Susan Ling (OVA)

Jeff Taylor (OVA)

Rosemary Flynn (OVA)



### RESIDENTS

Patricia Hall  
December 3, 1948

Gertrude Goit  
December 5, 1938

Steve Ruddy  
December 11, 1933

Peter Dyck  
December 18, 1922

Elizabeth MayerDeBerncastle  
December 19, 1935

Johanna Fast  
December 20, 1923

Mark Wood  
December 22, 1950

Tyrone Kalinovich  
December 24, 1942

Alice Janzen  
December 28, 1929

Sandra Rapper  
December 28, 1942

### VOLUNTEERS

Isabella Briek  
December 14th

Deanna Cressman  
December 22nd

Rachel Hamm  
December 26th

Edith Millar  
December 28th



## DECEMBER SPECIAL EVENTS

### **Communion with VUMC**

Friday December 2nd at 10:00am

### **Christmas Shopping Outing at Pen Centre**

Friday December 2nd at 10:00am

### **Mark Corman Concert**

Monday December 5th at 2:00pm

### **Birthday Party**

Wednesday December 7th at 2:00pm

### **Festive Special Lunch Club (First Floor)**

Thursday December 8th at 11:45am

### **Spa Afternoon: Getting Ready For The Holidays!**

Saturday December 10th at 2:00pm

### **John Pebble Caribbean Christmas Concert**

Monday December 12th at 2:00pm

### **Cathy's Scarves & Jewellery Show**

Wednesday December 14th from 10am-2pm

### **Gary Smith Concert**

Wednesday December 14th at 2:00pm

### **Festive Special Lunch Club (Second Floor)**

Thursday December 15th at 11:45am

### **Roman Catholic Mass**

Friday December 16th at 10:00am

### **David Chapman Photography Show**

Tuesday December 20th at 2:00pm

### **Christmas Dance Party**

Wednesday December 21st at 2:00pm

### **Christmas Eve Service**

Friday December 23rd at 10:30am

### **Christmas Video Calls**

Saturday December 24th from 10am-2pm

### **New Years Concert with Gary & Diane**

Wednesday December 28th at 2:00pm

### **Travelling New Years Party**

Saturday December 31st at 2:00pm





Elsie Braun  
December 28th



A special thank-you to all who donated and contributed to putting our shoeboxes together this year.

We were able to donate 32 boxes! This could not have been possible without your contributions, so thank you!

Many children will be so happy this Christmas!

## What's Happening In....



Thursday December 1st will be **Christmas Travelogue** at 2:00pm in the auditorium.

Monday December 5th will be a **Christmas Painting Activity** in the auditorium at 2:00pm.

Wednesday December 7th we will show a **Christmas Movie**; "Check Inn to Christmas" at 2:00pm in the auditorium.

There will be **Christmas Bingo** on Thursday December 8th at 2:00pm in the auditorium.

Wednesday December 14th will be a Christmas **Willi and Rodi Longenecker sing-a-long** in the auditorium at 2:00pm.

There will be **Christmas Jeopardy** at 2:00pm in the auditorium on Thursday December 15th.

Monday December 19th we will be **decorating gingerbread cookies** at 2:00pm in the auditorium.

There will be **manicures** on Thursday December 22nd at 2:00pm in the auditorium.

**Worship Services** will continue to be Tuesdays at 2:00pm in the auditorium.

**Bible Study** is Thursdays at 10:30am in the auditorium.

**Exercise** will continue Mondays and Wednesdays at 10:15am in the auditorium.

*There will NOT be exercise on Monday December 26th as it is a holiday.*

*Have a Very Merry Christmas and Happy New Year!*



## International Volunteer Day



Each year we recognize International Volunteer Day which takes place December 5th. We take this time to thank our volunteers who are so valuable to us. Thank you to all of our volunteers, new and returning, who work each day to help our residents live a full life. Each volunteer contributes in their own unique way and we are so grateful to have such dedicated volunteers. It is so lovely to see volunteers return to their positions, or start again in a different position. Once again, we thank you for all that you do.

Pamela Kohut  
Volunteer Coordinator