



“TOUGH TIMES DON’T LAST. TOUGH PEOPLE DO.”

I think for most of us, the last eight months have been a blur, as we made our way through a world-wide pandemic. I would like to extend sincere thanks to the Longworth family; our HERO staff who have done a tremendous job keeping everyone safe; our residents for the flexibility of all their normal routines, and families for their patience, especially during the time when only “essential visitors” were allowed. Although the reality of COVID is still all around, we are thankful that some routines are getting back to a new normalcy. In the months ahead, we will need to remain consistent, continuing to follow safe practices such as wearing masks, social distancing and good hand washing.

During COVID, while external outings were limited, we saw an increase in the use of Longworth’s beautiful courtyard. In the past, we have always had resident’s self-initiate enhancements to the courtyard by adding plants, weeding, and even labelling the plants to help with identification of each one. This Summer, in particular, we were grateful for the resident participation and the hours spent continuing to improve our already stunning courtyard. I know many residents also had the enjoyment of eating the homegrown tomatoes, and participating in the many BBQ’s and Corn Roast.

On behalf of Longworth, I would like to welcome Vitalis Health, a new service provider who will be providing Foot Care services, Physiotherapy and Massage Therapy. Virtual presentations will be booked, providing more information on the services they provide and how to register for these services. Vitalis Health has already implemented their services at other Sifton Retirement Residences and we have received very positive feedback. We look forward to welcoming them to Longworth.

I hope you are all able to enjoy the beautiful colours and harvest of the Fall.

Sincerely,

Carey McInnis – General Manager

INSIDE THIS ISSUE

- 2 LIVING WELL
 - 3 GETTING PERSONAL
 - 4-5 CENTERFOLD GALLERY
 - 6 HERE’S WHAT’S HAPPENING
 - 7 BEHIND THE SERVICE
 - 8 SPOTLIGHT
- MARK YOUR CALENDAR**

OKTOBERFEST



TUESDAY, OCTOBER 6th – 3:00 PM

Oktoberfest is the world’s largest folk festival held annually in Germany. Longworth is bringing a little culture and flavour with entertainment, and German inspired food and drinks! Raise a glass and be prepared to sing and dance!



SOMETIMES IT IS GREENER ON THE OTHER SIDE!

Here at Longworth, we pride ourselves on being an industry leader when it comes to green ideas. Currently, we recycle a lot of different things including; paper/cardboard,

containers (i.e. plastic jugs, chemical containers, cans, glass jars, etc.), lights, electronics (i.e. computers, printers, printer cartridges, monitors, telephones, stereos, tv's, etc.) ink cartridges, batteries and ballasts. All of these are either picked up by other companies or we drop them off at the environmental dump on Sanatorium Road here in London.

Some of the other green initiatives we have at Longworth are LED lighting, motion lights, and Energy Star appliances (all washers/dryers, fridges and mini fridges in suites). Our two beehives are also a green initiative, providing honey but also as pollinators, bees play a part in every aspect of our ecosystem. They support the growth of trees, flowers, and other plants, which serve as food and shelter for creatures large and small.

We all play a part in keeping our City beautiful and we want it clean for countless generations after us. Please help support these green initiatives by participating in the programs Longworth offers.

Geoff Hudson – Environmental Services Manager



FOOD SERVICES

Along with the cool weather, our Fall/Winter menu has started, providing many comfort foods. Some examples are Beef Bourguignonne, Butter Chicken with Naan, Chili Con Carne and Hot Turkey sandwiches smothered in turkey gravy. You will see on the new menu that we kept

some old favourites and introduced some new items, including Veal Marinara with provolone, Duck Leg braised in cherries, red wine and herbs, and Butternut Squash Ravioli. Happy dining and enjoy the new selections.

Chef Shawn – Food Services Manager



THE POWER OF POSITIVITY

Research suggests a strong link between positivity and health – a positive attitude can improve outcomes across a

spectrum of health conditions.

Here's the good news! There are steps you can take to improve your outlook and create positivity.

Simply Smile

Smiling, even a fake smile reduces heart rate and blood pressure during stressful situations. If you find yourself angry from a difficult situation, try humour therapy, it's difficult not to smile when you catch a "punny" punch line.

Practice Reframing

Instead of stressing about a stormy day, take time to appreciate how it tickles the senses; the pitter patter on the roof top, a lightshow streaking across the sky, or the earthy smell from a nearby open window. Reframing will allow you to accept, even enjoy the things you cannot control!

Build Resiliency

Resiliency is the ability to adapt to stressful and/or negative situations and losses. To build resiliency, maintain good relationships with family and friends, accept that change is a part of life and take action on problems rather than hoping they disappear or resolve on their own.

The next time you find yourself in an uncertain situation, remember, you can improve the outcome through the power of positivity.

Cara VanMassenhoven – Wellness Manager



GETTING PERSONAL

LIDA WILLEMS

Where were you born and what interesting places have you lived?

I was born in De Kwakel, Netherlands. My family immigrated to Quebec in 1949 and I eventually made it to London, Ontario.

What were your favorite subjects in school?

I loved gym class!

What was your first job and how did your working career progress?

I was 17 when we came to Canada and I immediately took a job as a Nanny for a family with a new baby. Throughout my

working career I worked various jobs such as working on tobacco farms and factory work. I was always happy to help out when needed.

How did you meet your spouse? How many children do you have?

I met my husband through family friends. He was very persistent on taking me out on a date and I eventually gave in. We have 4 children - 1 son and 3 daughters.

What advice would you offer based on all that you have learned so far in life?

Take the time to be happy and be kind to others.

What are some of the happiest days of your life to date?

My happiest days are spent with family and friends or golfing!

What was your proudest moment?

I am proud of raising my kids. I am also proud of my young children's willingness to help out when my husband passed at an early age.

What is one thing you would most like people to know about you?

I want people to know that I love to dance and have a good time!

If you could change something you did in your life, what would it be?

If I could change one thing, I would have stayed in the Netherlands. My family came to Canada when I was 17 and it was a hard time in my life to come to a new country.

In your own words what was the most important thing you learned while working with others?

The most important thing I have learned is that you always need to keep your chin up and keep going.

What do you enjoy doing in your spare time?

I enjoy golfing, doing puzzles, square dancing (but really any type of dancing!), skating and any time spent outdoors.

During your life what is the best invention that you have seen?

The best invention I have seen is the television. I was working for a family that got a television when they first came out and I was completely amazed by it!

CENTERFOLD GALLERY

LONGWORTH



Don Spencer has called Longworth his home for the past 5 years! Don had a celebratory lunch with his friend Hughie. As well, Don was presented with a special gift and card on behalf of Longworth by Sifton.

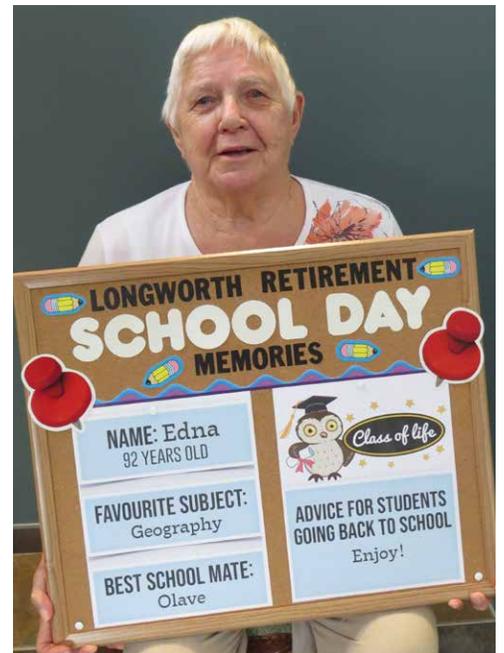




Ruth Rose is 100 years young! Happy Birthday to you Ruth! We are all so happy we could celebrate with you.



Terri enjoys an outdoor lunch from the Colonel. Another gorgeous summer day in the courtyard!



HERE'S WHAT'S HAPPENING



NEIGHBOURS ONCE AGAIN!

Having a friendly neighbour often leads to establishing a long-lasting friendship. This is certainly true in the case of new resident, Margaret Thornton and long-time Longworth resident, Tina Ferguson. Tina and Margaret were once neighbours for 36 years in their Westmount homes, where they raised their children together. As the years passed, and the children had moved on, each sold their homes and relocated, but they remained friends just the same, playing Bridge together on a regular basis and visiting each other whenever they could. Today, Tina and Margaret are neighbours once again, allowing them to enjoy meals together, play Bridge, and maintain a worry-free lifestyle that Longworth offers. Our Sifton Rewards Program has made it easy for people to continue their connections, and at the same time, split \$1,000 in reward money. What a great story of connections coming full circle!

Glenda Cumming – Sales & Marketing Manager



OUTDOOR OPPORTUNITIES

We were able to take advantage of the outdoor spaces around Longworth this summer to offer our residents a variety of programs. This was a way for our seniors to engage in activities and enjoy each other's company while remaining socially distant. We found creative ways to use outdoor areas to host our Walking Club, barbeques, summer games, concerts, and ice cream tastings!

The Walking Club was led by our Recreation Assistant, Amanda Raaff. She encouraged residents to get outdoors and be physically active by walking. When residents met every Wednesday night and Friday morning Amanda tracked the number of laps they walked and then displayed the results to show our residents' progress. Having a goal and a visual reminder prompted residents to stay engaged and be motivated to walk week after week.

Outside summer barbeques have always been a resident favourite and now more than ever our seniors were excited to eat off the grill. With limited seating, residents eagerly signed up and savoured some classic tastes of summer. We were grateful each week to be blessed with fabulous weather and delicious food.

Playing games every Friday afternoon in the courtyard brought variety to our physical activity programs. Residents played frisbee toss, lawn darts,

ladder ball, horseshoes and bocce ball. Small groups came together to enjoy the camaraderie of playing games, under the sun.

Our summer concert series was modified this year when we decided to entertain outside. Since the musicians that come to Longworth have had a long-standing connection with our residents, they were more than willing to adapt their usual presentations to suit our needs. They offered their music free of charge, reduced the size of their groups to maintain social distancing, and performed outside the entrance of Longworth to allow for our audience to be spaced safely along the front sidewalk of our building. These musicians truly love to share their talents and connect with our seniors. They made the outdoor concert experience a real delight.



Of course, nothing says summer like ice cream. So our Recreation Department made sure to provide weekly treats using their very own ice cream 'cart' delivery system. It was fun to see the excitement from residents as they wondered with anticipation about what flavour would be delivered from one week to the next.

All of these outdoor activities offered our residents opportunities to be closer to nature and to share experiences with friends. Which is, in our opinion, the best way to spend the summer.

Jeff Aziz – Recreation Manager



BEHIND THE SERVICE SANTOSH THAPA

How long have you worked at Longworth? I have been here for six months.

What is your favourite memory or event here at Longworth? During the early months of the pandemic, we delivered meals directly to rooms. This gave me a chance to really get to know the residents and my co-workers. I also got to know a lot about the Western culture.

What is your position here, and where have you worked in the past? I currently work as a Server in the Food Services department. Previously, I worked for an airline company as an Airport Officer.

What is your favourite meal or food to prepare and why? I like a Korean dish called Samgyupsal, it is pork belly which is cooked on the BBQ and we eat it with green leaves, kimchi and rice.

Do you have any hobbies or interests? I love playing soccer and I also like watching hockey. I enjoy hiking and trekking.

What famous people or person would you most like to meet? I would like to meet Hugh Jackman, the X-Men movie star. Seeing him in person has been a dream of mine since childhood.

What parts of the world have you been to? I have travelled to Japan, South Korea, China, India, Nepal and Canada.

What one person has been an inspiration in your life? I was inspired by a stranger I once met on a flight to Japan. He told me stories about the people and culture he had experienced around the world and this really influenced me to travel and discover new places and other cultures.

SPOTLIGHT



Share in \$1,000!

Introduce a friend or family member to Longworth and if they become a resident within six months of the referral, both parties will be given \$500! Please collect your form at the reception desk.

MARK YOUR CALENDAR

Thanksgiving Social – October 9th

Remembrance Day Service – November 11th

Tree Trimming Party – November 30th

Christmas Gala – December 10th

Festive Sweater Day – December 20th

Christmas Cheer – December 24th

Please note that events are not open to the public at this time.

Check your Monthly Events Calendar for more great events and activities!

Be sure to share your email address so we can communicate timely news and updates! Simply send your email address to us at info@longworth.sifton.com.



LIKE US ON FACEBOOK!