

# Seniors Services Development Newsletter



Spring 2021

Tall Pines

## Director's message

### An update from the desk of Donna Kern, Peel Region's Director of Seniors Services Development



I sincerely hope you are all doing well and staying safe. I'm excited to share with you our first quarterly newsletter for Seniors Services Development divisional staff, registered and waitlisted clients, and their families. As we continue our pandemic response, this is one of our many ways to stay connected with you virtually. It has been a year since we have had to all adapt to a new normal, and even though it is difficult not seeing our colleagues and our Adult Day Services (ADS) clients and caregivers in-person, we continue to ensure that the lines of communication among us are always open and that we share information and resources to keep everyone well informed.

As well, we continue to respond to the evolving needs of our ADS clients and caregivers through virtual programming and monthly education sessions, until it is safe for us to resume in-person.

We recently introduced a virtual Telephone Companion Program, reaching isolated seniors on our ADS program waitlist, and are providing virtual nursing and social work supports, counselling and education to them. We are also referring waitlisted clients to the Community Paramedicine Program.

Construction progresses at the Seniors Health and Wellness Village (SHWV) at Peel Manor, and the structure has reached the roof level. An advisory committee meets virtually every month to support the development of the Service Hub located on the main level. Our focus is the development of integrated care and supports for seniors in the community to age in place. We

will continue to share updates on our progress during our staff townhalls in the coming months and through the distribution of our community newsletter.

The Region's vaccination rollout continues, and a phased approach is being deployed in offering vaccinations to individuals. More clinics will be activated in the community as we continue to receive more vaccine supply.

Vaccines will be available to the general public in Phase 3. There is no waitlist for vaccinations and no pre-bookings can be made.

Please visit our [website](#) to stay up to date with the Region's vaccination plan and progress.

We will continue to stay connected with you and share our latest updates. Please email us at [seniorsvillage@peelregion.ca](mailto:seniorsvillage@peelregion.ca) for any SHWV-related questions. You can also reach out to an ADS Centre of interest or email [adulthoodservices@peelregion.ca](mailto:adulthoodservices@peelregion.ca) for questions related to the ADS program.

Please continue to stay safe and take good care of yourselves.

Sincerely,

Donna Kern  
Director of Seniors Services Development

## From the Community Support Service Manager's desk...

It is a pleasure connecting with you all by means of this quarterly newsletter. At this time, we continue to stay connected with our ADS clients and caregivers through resource sharing, education sessions and virtual programs. As well, we are very excited about our newly implemented Telephone Companion Program, which is helping us reach out to older adults who are waitlisted for our ADS program.

We are planning the re-opening of in-person programs with modifications to our centres this spring. Our clients will receive a guide to returning to ADS during COVID-19 by email and mail. This guide is also posted on our [website](#). We hope you find this guide helpful and look forward to hearing your feedback on our plans.

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Please consider attending our monthly virtual ADS family town halls to receive up to date information on our evolving programs and services that you may find helpful.

Stay safe and connected!

Jennifer D'Amico  
Manager, Community Support Services(A)

## From the Senior Project Manager's desk...

I hope you're doing well and enjoying the warmer days that are upon us. Construction progresses on the Seniors Health and Wellness Village (SHWV) at Peel Manor, and the building structure has reached the roof level. We recently shared a [construction time lapse video](#) on the Region's [Twitter](#) page.

At this time, the SHWV project team is working on a variety of important activities, including transition planning in collaboration with the team members at Peel Manor and our partners across the Region of Peel. We are also working with Peel Art Gallery, Museum and Archives (PAMA) and Peel Manor staff members to create a time capsule to record some of the existing building's rich history. We will share further updates on the time capsule in our upcoming newsletters.

Lastly, planning and development continues for our integrated care services that support seniors in the community to age in place for as long as possible. These emotion-based, integrated care services will be supported through our Service Hub, which will be situated on the main floor of the new building. This Service Hub is being developed with the guidance of an Advisory Committee that includes diverse representation from both the Region of Peel and the broader community.

The SHWV project team looks forward to providing you with the latest updates in the coming months.

Take care and stay safe,

Christopher Fernandes  
Senior Project Manager, Seniors Services Development

## From the ADS Program Supervisor's desk...

On behalf of the Tall Pines ADS program team, I would like to thank you for continuing to stay connected with us whether it be by phone or e-mail, through participating in our telephone or virtual programs, by attending our education sessions, or by joining our town hall meetings. It brings us great joy to keep in touch with you and stay connected during this time.

We are currently in the process of planning for the re-opening of our onsite program and are making modifications to the program space to comply with Public Health recommendations. We look forward to welcoming some of our clients back to our program this spring. In the meantime, we hope that you continue to enjoy our telephone and virtual programs as well as the activity kits we have been providing you by mail each month.

If you have any questions regarding the resumption of in-person services or about our telephone and virtual programs, please do not hesitate to contact me by phone at 905-791-2449 extension 2310 or via e-mail at [shannon.lytle@peelregion.ca](mailto:shannon.lytle@peelregion.ca).

Please continue to stay safe and well.

Shannon Lytle  
Supervisor, Adult Day and Community Support Services

## An update from Tall Pines ADS virtual team

We are pleased to now be offering two Zoom group programs daily. As of April, we will be providing the group programs from a new Zoom account using Zoom Pro. We recommend that you set up your own Zoom account so you can add Tall Pines Adult Day Program as a client. We will then be able to invite you to participate in the scheduled programs.

You will still be able to join the programs if you prefer not to create a Zoom account. To join a program, click on the program you would like to join on the Zoom program calendar. You will then be automatically directed to the Zoom meeting where the program will take place.

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If you would like assistance to set up your own Zoom account, please connect with a member of the Tall Pines ADS virtual team and they will be happy to assist you. The team can be contacted by phone at 905-791-2449. Please enter extension 8645 for Kayla, extension 8966 for Aaron, or extension 8648 for Lana.

## Virtual Celebration of Life memorial service

Please join us as we commemorate the lives of the clients that have passed between 2020 and 2021 from our five Adult Day Centres' on [Thursday, April 8 at 2 p.m. via Zoom](#) or by phone at 647-558-0588 (meeting ID: 891 6317 8420, passcode: 685737).



For further information, please contact Svetlana via phone at 905-791-2449 extension 8648 or e-mail at [Svetlana.odinok@peelregion.ca](mailto:Svetlana.odinok@peelregion.ca)

## Toronto Zoo tour

You are invited to join us for a virtual tour of the Toronto Zoo on April 23 from 2 to 3 p.m. We will be going on an adventure to the Arctic Tundra where you will have a chance to explore the world of many different arctic animals. A Zoom link will be sent a week prior to the program. If you have any questions, please connect with a member of the Tall Pines ADS virtual team.



## Diabetes 101: introduction to diabetes and nutrition education session

You are invited to join us for a diabetes and nutrition education session offered by a Diabetes Educator (Nurse) and a Registered Dietitian from WellFort Community Health Services.



[April 14 from 7 to 8:30 p.m. via Microsoft Teams](#)

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## [April 15 from 2 to 3:30 p.m. via Microsoft Teams](#)

Please RSVP to our Registered Nurse, Jay Patel via email at [jay.patel@peelregion.ca](mailto:jay.patel@peelregion.ca) or by phone at 905-872-2477.

## Social work update

What a year it has been! It still takes me a moment to let it truly sink in. This unprecedented year has truly impacted how social work services are being delivered to our ADS clients and caregivers. I am offering clinical services over the telephone and will soon also offer virtual care. Considering the current times, these services are much needed and well received.

I'd like to acknowledge the incredible support of my very capable social work students, Jennifer Bulthuis and Anastasia Pejic, who have and continue to help me provide clinical services, system navigation support to various community resources and caregiver education to our active and waitlisted clients and caregivers.


We are also in midst of planning a very exciting event, our first Virtual Caregiver Retreat day! This is our humble way of giving back to the incredible caregivers living in the Region of Peel. This event will replace our lunch and learn, and we are very excited to share the "Feel Good Day" theme for the Virtual Caregiver Retreat. We can all use some of that!

The retreat will take place on May 26 from 9:30 a.m. to 12:30 p.m. Please keep an eye out for registration and other details. We are looking forward to having you join us!

# Take care, stay safe

## Peel Adult Day Services **Do it for me** COVID-19 vaccination campaign




**Facts:** 

- The COVID-19 vaccine will not give you COVID-19. In fact, receiving the two vaccine doses protects you by up to 95%.
- No steps were skipped in developing these vaccines. The quality and efficacy of these have been carefully reviewed and approved by Health Canada.
- The vaccines were developed quickly as they were supported by never before seen levels of collaboration and funding around the world.
- When a large percentage of the population becomes immune to COVID-19, the spread of the virus will slow down or stop. Many experts believe two-third of the population would need to be vaccinated to reach "herd immunity."

### Take care of each other



**Myths debunked:** 

- There is NO microchip in the vaccine.
- Injecting mRNA into your body will not interact or change the DNA of your cells. Human cells break down and rid themselves of the mRNA after the instructions have been used.
- The side effects post vaccine administration are generally mild or moderate, such as, pain at the site of injection, body chills, feeling tired or feverish. These are common side effects of many vaccines and do not pose a health risk. Serious side effects are extremely rare. If you have medical allergies, please contact your health care provider.

**Book an appointment:**  
You can book an appointment to receive the COVID-19 vaccine through [peelregion.ca/coronavirus/vaccine/book-appointment/](https://peelregion.ca/coronavirus/vaccine/book-appointment/) 



More than 100,000 vaccines have been administered to consenting individuals across Peel. Thank you for being vaccinated!