

# 'Tis the Season!

31 Years at the Wellesley with Executive Chef, Connie Young-Davis:

*"At the end of the day when I look back, I have performed my tasks to the very best of my ability with no regrets"*

Cover photo –  
Connie Young-Davis answers the call.  
Wellesley of Victoria December 12 2023



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"Getting to know the residents well also ensures that the residents feel at home and look forward to a lifetime of enjoyable meals in their home which is the Wellesley."

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Celebrating our team members' work achievements

### COMMUNITY UPDATES

*#momentsthatmatter*  
Here's how our teams are ending 2023!

# Connie Young-Davis

## GET TO KNOW THE WELLESLEY'S EXECUTIVE CHEF!

My name is Connie Young-Davis and I am the Executive Chef at the Wellesley of Victoria where I have been employed for 31 years.

As a young child I was taught the valuable lesson that whatever occupation I was employed in, I was to perform that job to the best of my ability to ensure that I was able to take pride in myself with the reward of a job well done. This valuable and vitally important lesson has been so effective to me that I have passed it on to my children.

Meeting every new resident and listening to their dietary requirements and in some cases restrictions is essential to creating delicious and healthy meals. Getting to know the residents well also ensures that the residents feel at home and look forward

to a lifetime of enjoyable meals in their home which is the Wellesley. You can't build a good rapport without listening to the residents' wants and concerns. I meet monthly with a resident committee to listen to their compliments and suggestions. Communication is vital to a successful kitchen.

Three years ago I received the extreme honour and privilege of designing and baking a special birthday cake for four of our centenarians. To witness the expressions of surprise and elation on the faces of these four beautiful women and their families was a reminder to me of why I love my job. It also allowed me to dust off my skills as a trained cake decorator to work on this very special project.

On my days off from early Spring to late Autumn, I can be found in my garden up to my elbows in soil, pulling weeds and treating my Dahlias to every nutrient possible to ensure they will mature into beautiful and exceptional specimens that hopefully, with a lot of tender loving care, become plants of prize-winning quality. As Thomas Jefferson once said: "I have found that the harder I work, the more good luck I have." I have been competing locally and internationally since 2003. Currently I have over 800 plants and as a result of my recent interest in hybridization, 13 blooms have been registered in my name. This past summer I travelled to Portland, Oregon, USA to compete in the American Dahlia Society's National Show. The results from hours, months and years of hard work was placing 11 blooms on the head table and winning overall Best Triple of Show which was chosen from a field of over



Connie Young-Davis, Executive Chef  
Wellesley Victoria



Connie Young-Davis, Executive Chef  
*Wellesley Victoria*

thousands of blooms. Over the two decades, I've annually welcomed visitors to explore my garden during the summer, offering a delightful tour accompanied by a high tea experience. This event has consistently garnered widespread popularity amongst residents. During the flourishing growing season, I adorn the building with carefully selected blooms, creating a vibrant and inviting atmosphere for all to enjoy.

The Wellesley recently celebrated its 35th anniversary, with a few team members boasting over 30 years of service. This would not happen without the staff feeling affection, compassion and respect for the residents. Respect and the awareness that they are guests and guardians of the residents. Recently one of front line workers and first responders, Sheryl Mearns, retired after 12 years of employment. As well as her paid duties, of her own volition, Sheryl volunteered to work in the Wellesley gardens, tending to the needs of the 13 resident rooftop gardeners; maintaining the

four feeders and being a protective warden to the hummingbirds. Recently she assisted with decorating the courtyard and patio with holiday lights for the residents to enjoy from the dining room. The lights provide enjoyment through the long evenings and are a reminder that the hours of daylight will be growing soon.

What makes 'my job' more than just 'my job' goes back to my early childhood lesson about performing to the best of my abilities in whatever occupation I undertook. Though the passage of time has changed me and my perspectives over the years, as well as my responsibilities and passions brought about by the addition of my marriage, my children and my most recent treasure, my granddaughter, it seems that at the end of the day when I look back, I have performed my tasks to the very best of my ability with no regrets.



Connie Young-Davis, Executive Chef  
*Wellesley Victoria*

# December team milestones

Thank you to all our staff members for your continued dedication to making our communities the best they can possibly be. Be sure to give them a congratulations if you see them around!

## **DUFFERIN CARE CENTRE**

Sarita Devi - 13 Years  
Residential Care Aide

## **GUILDFORD SENIORS VILLAGE**

Jocelyn Balutan - 16 Years  
Residential Care Aide

Claudia Cruz - 16 Years  
Residential Care Aide

Theresa James - 12 Years  
Support Service Worker

Firehiwot Teklegiorgis - 16 Years  
Residential Care Aide

## **PEACE PORTAL SENIORS VILLAGE**

Erlinda Bailio - 30 Years  
Residential Care Aide

Socorro Boyas Guerrero  
11 Years  
Food Service Attendant

Danielle Melin - 18 Years  
Residential Care Aide

Jaswinder Randhawa - 12 Years  
Food Service Attendant

Annaliza Rolda - 13 Years  
Residential Care Aide

## **ROSEMARY HEIGHTS SENIORS VILLAGE**

Mary-Rose Pozon - 15 Years  
Residential Care Aide

Satwinder Vening - 11 Years  
Dietary Aide RC

## **TERRACES ON 7TH**

Priscila Alolor - 12 Years  
Housekeeper

Rosalyn Mandin - 11 Years  
Server

## **THE WELLESLEY**

Harinder Lovi - 32 Years  
Housekeeper

Mary Teixeira - 14 Years  
Administrative Coordinator -  
Payroll & Scheduling

Karen Wilson - 14 Years  
Cook

Connie Young-Davis - 31 Years  
Executive Chef

## **WAVERLY SENIORS VILLAGE**

Teresa Huizenga - 13 Years  
Registered Nurse

Diane Olafson - 21 Years  
Residential Care Aide



# December welcomes!



## **DAN PARASRAM**

Dan Parasram is taking on the position of Project Manager starting on December 18th, 2023.

Originally from Heidelberg, a small town in Southern Ontario, Dan decided to move to BC four years ago to pursue his passion for the construction industry. Throughout his upbringing, he had a keen interest in Architecture, sports, music, and dancing. For 15 years, he played hockey as a goaltender and also participated in other sports like golf, basketball, and football.

An interesting fact about Dan is that he holds a Grade 8 certification in classical Saxophone from the Royal Conservatory of Music and is skilled in playing the alto saxophone. During his college years, he had the opportunity to be featured in two local TV ads and at OHL hockey games for over two years. Additionally, Dan has demonstrated his acting talents in two short films, one of which won an award at the Toronto International Nigerian Film Festival for Best Web Series. His personal interests include attending live music events, exploring various cuisines, engaging in sports activities, and enjoying comedy.

Let's congratulate Dan on his new and exciting role with the organization!



# Community reviews

Our communities do an incredible job making a home for all our seniors and they deserve all the recognition in the world for their hard work and dedication! Here are some Google reviews from this month written by our residents and their loved ones showing all their appreciation for our teams!

**Shubhangini Mishra**



**KAMLOOPS SENIORS VILLAGE**

I worked with Nicole Denomey, the ADOC as a travel nurse. She is wonderful to work with. She listens to staff's concerns and resolves it immediately. I worked nights and she would come early (at 0615h) to speak with night staff if there was any concerns. She goes above and beyond for her staff. The best thing about Nicole and the management here is that they provide extra RCAs for morning shift in case there is a sick call. So, even if we do have sick calls. The extra RCA take the sick call spot. Hence, the morning staff is NEVER really SHORT STAFFED which is amazing!!!

[Google Review Link](#)

**Cynthia Tyler**



**LANGLEY SENIORS VILLAGE**

Amazing! The tour & facility for my parent's was lovely: great staff & clean/open rooms. Moving day was hard but LSV made it that much smoother! We had many items to move, as well as lots of emotions running. The staff & residents were helpful, friendly & welcomed us to the community. We were starving after moving all those boxes, and were able to buy a delicious last minute lunch for ourselves. My parents have been there for a week now, and are incredibly happy.

Highly recommend. Thank you LSV!

[Google Review Link](#)

**Lesley Robinson**



**SELKIRK SENIORS VILLAGE**

Excellent care for my mother until she passed. Would highly recommend!

[Google Review Link](#)

**M Liable**



**WAVERLY SENIORS VILLAGE**

This is a wonderful place to have your loved one go when they next step in their life - My dear Aunt was here in 2002 and she was dealt with such dignity- care - love - compassion and enrichment into her life - If you or your loved one are looking for assisted or long term care - you have found the place - care staff are wonderful and Food and Recreation were/are great as well! highly recommended!

[Google Review Link](#)



# Holiday cheer!

Rosemary Heights Seniors Village resident, Marianna Torok, dedicated an entire year to crafting 100 angels to adorn our lobby's Christmas tree. Inspired by something she saw on TV, she took up the challenge of bringing these beautiful angels to life through crochet! Way to go, Marianna!



*Marianna Torok with her 100 crocheted angels*

It was incredibly festive, lively, and fun and it was a fantastic way to recognize the dedication from our community, not only during the holidays, but throughout the whole year! General Manager, Johanne and Director of Care, Genevieve presented a number of goodies for the team! Being part of such a delightful evening was a real pleasure.



*Guildford Seniors Village Director of Care Genevieve Pelaez and General Manager Johanne Young gifting team members with prizes during the holiday party*

The team at Beacon Hill Villa is hard at work with their Christmas crafting! Take their Resident Ornament tree for example! In October, the BHV team organized a festive photo session with the residents. Now with the tree up, visiting families have come around to take home an ornament from the tree as a cherished keepsake.

*A Christmas tree in Beacon Hill Villa decorated with ornaments of the BHV seniors that family members can take home with them.*





You'll never find the team at Rosemary Heights Seniors Village asleep on the job...but you might see them in their pajamas! The RHSV team have a little festive fun showing up in their coziest attire during Pajama Day!



*Rosemary Heights Seniors Village General Manager Bianca Goldberg and the leadership team in their cozy pajamas for pajama day*

The community at White Rock Seniors Village had a fantastically festive evening! The exceptional team at White Rock created a wonderful experience for both the residents and their family members. The evening began with a special visit from none other than Santa himself!



*A few members of the White Rock Seniors Village leadership team with Santa at the community holiday party*

The Recreation team at Nanaimo Seniors Village celebrated Christmas Sweater Day by spreading holiday cheer throughout the long-term care and assisted living communities.



*The Nanaimo Seniors Village Recreation team singing carols to the LTC and AL communities*

# Holiday cheer!

Looks like Santa and his reindeer showed up at Waverly Seniors Village!



*The Waverly team decorated the rec bus and got all dressed up and ready to head out into town!*

The gingerbread building contest at Guildford Seniors Village ignites creativity as the GSV team exhibits their innovative skills by crafting cookies inspired by riddles! The gingerbread architects were briefly shown an image of a gingerbread house and were tasked with recreating it! The results look delicious!



*The GSV team hard at work building a gingerbread house with a table full of delicious building materials*

# #momentsthatmatter:

The Leadership Team at Langley Seniors Village has introduced a new program called “Cheers to Your Peers!” Each week, a winner is selected for the “Amazing Moments” certificate. More than 25 nominations were submitted in the first week, and Maria M. was the winner! She received a certificate and a gift. We are excited to continue honoring our team members in innovative ways this year!



*Langley Seniors Village Clinical Manager, Harpreet with certificate winner Maria M.*

Rosemary Heights Seniors Village was given a generous donation of teddy bears from CIBC, brought down by a resident’s daughter, Katherine! The RHSV seniors absolutely love our new plushy friends and any leftover bears will be gifted by Santa to all the kids attending our Rosemary Heights holiday party!



*GM Bianca receives a generous teddy bear donation from CIBC rep and RHSV family member, Katherine*

White Rock Seniors Village raised money for SOURCES, a non-profit that offers a variety of social wellness programs and services through more than 20 locations, including Community Resource Centres, at the community’s Annual Bazaar, where the residents made some goodies by baking, knitting, and making jewelry! WRSV donated a total of \$700!

*White Rock Seniors Village GM, Si Cussen, presenting SOURCES with a donation from The WRSV Ladies Auxiliary!*



# Remembering Shelley Chepil

## SUMMERLAND SENIORS VILLAGE

Shelley Chepil's Memorial at Summerland Seniors Village, alongside her father and brother, was a heartfelt event. Shelley joined SSV as a full-time RCA on February 10, 2022. She had a genuine appreciation for life, which was evident with her work with the residents and team at SSV. With a vibrant personality and both inner and outer beauty, she left a lasting impression. Tragically, she passed away on September 14, 2023. She was scheduled to begin her LPN studies on September 16, 2023. Her absence is deeply felt by all of us and she will be fondly remembered.





*Shelley's brother and father standing in front of the memorial plaque placed at Summerland Seniors Village in Shelley's memory*

# Dates to remember

**January 1, 2024**

New Year's Day

**January 2, 2024**

Science Fiction Day

**January 4, 2024**

World Braille Day

**January 5, 2024**

National Bird Day

**January 6, 2024**

Epiphany

**January 7, 2024**

Orthodox Christmas Day

**January 14, 2024**

Orthodox New Year

**January 15, 2024**

National Bagel Day

**January 16, 2024**

Martin Luther King Jr. Day

**January 19, 2024**

National Popcorn Day

**January 21, 2024**

National Hug Day

**January 24, 2024**

International Compliment Day

**January 25, 2024**

Robbie Burns Day

**January 26, 2024**

Family Literacy Day

National Fun at Work Day

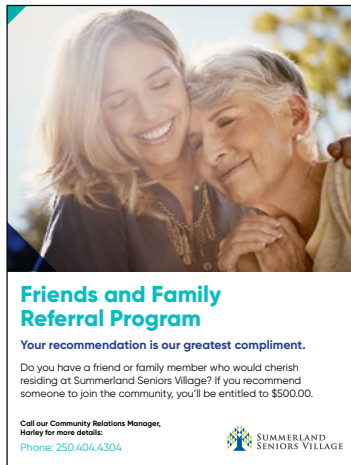
**January 31, 2024**

National Hot Chocolate Day

# Marketing highlights



External Newsletter  
WCSHM



Resident Referral Program  
Summerland Seniors Village