



*“Even if something is left undone, everyone must take time to sit still and watch the leaves turn.”*

**Elizabeth Lawrence, motivational speaker (20th C.)**



Local farmer Lance brought a pig and her piglets in to show the Palermo club. What a day that was!

**CHRISTMAS PARTY FOR ALL**  
**THURSDAY** December 1,  
6:00 PM – 8:00 PM at  
53 BOND STREET location

## Conrad: My Life Story

I was born in a small town under the mountains, a town surrounded by orchards and fruit trees. I survived the world epidemic that year.

I went through all levels in the primary and high school and became a teacher of all classes in primary and high school.

I joined the South African Army in the last World War, served for four years, and on discharge, went to the University of Cape Town. I obtained a B.A. and an M.A. My major was Afrikaans and Dutch languages.

As a teacher, I taught in South Africa for 18 years, five of these years as a high school principal and eight of these years as vice-principal of a teacher training college.

I came to Canada in 1966, and taught in Woodstock and Toronto. I last taught at White Oaks High School. My teaching subjects were English, Latin and German.

For years I attended the University of Toronto after school and during the holidays, doing several courses in English, Latin, German and other languages. I gained specialist certificates in English, Latin, German, after doing five courses in each.

In my retirement, I regretted that I never learned any of many African languages, like Xhosa and Zulu. So I started my own method, teaching myself these languages, about 12 of them.

My method was to read the African language Bible side by side with the English Bible, starting early morning, several hours per day.

Doing this for years I finally deciphered these grammars and put them in writing. The African languages are, for example, Xhosa, Zulu, Sesota, and Ndebele. I did this for some Northern African as well.

*Conrad attends SENACA Palermo and wrote this very interesting saga of his life.*

## Words from Wendy

Welcome, Autumn. We had a wonderful summer here at SENACA – enjoying the weather, the garden, and many new and exciting activities. We are looking forward to the fall and much more “new” fun.

SENACA had four summer students: Jennifer and Carolyn at Bond, Nitish at Palermo and Nancy at Coptic. They were great and certainly enhanced our programs and office work.

We have set the date for our Christmas Party: Thursday, December 1, from 6 to 8 p.m. It will be held in the gym by SENACA at our main location, 53 Bond Street. Santa Don and the Harptones will be here. There will be lots of food and drinks. Everyone is welcome: clients, caregivers, students and volunteers. Just let us know numbers by mid-November.

We continue to go through the accreditation process and hope to have the surveyors see us in January or February 2012. Accreditation takes time and work but is well worth it.

Please ensure we have emergency numbers at all times so we can reach you right away in case of an emergency. Also please notify us of any changes in medication that we should know about.

The staff are also learning to do RAI CHA assessments and Integrated Assessment Records. CCAC will continue doing the initial RAI assessments and our staff will do the reassessments every six months. This process also involves lot of work, time and new software.

One thing you can always count on is change and we as a team are embracing these changes as opportunities.

We also welcome Marie Smith as a casual worker to SENACA and two students at Palermo, one from Ryerson, social work student Sarah Gabrel, and from Sheridan, Malti Menon in Social Service/Gerontology. Also we have Sheridan College student Marlee Warner at Bond Street from the Social Service Worker/Gerontology Program.

If any of us can help or if you have any questions at any time, please let us know. We are here to be the “bestest” for you.

Have a wonderful fall,

“Caring Like Family”

Wendy McBride

Executive Director

## Three Cheers for Volunteers!

FROM THE MANAGER OF VOLUNTEERS



We hope everyone had a great summer. Welcome back all volunteers from their summer vacations and welcome all of SENACA’s new volunteers. We would like to thank all volunteers who helped out over the summer.

We also would like to express thanks to Wayne Thorpe and to Suncor’s volunteers: Boris Jackman, Randy Koenig, Dan Sorochn, Howard McIntyre, Jason Vallant, George Fraser, Jim Chuey, Tamra Scott, Murray Osbaldeston, Kim Wozniak, Enrico Caruso, Jen Schaefer, Nadia Lappano, Mandi Penfold and Lindsay Osborne for a great job at Bond Street cleaning up the garden, painting as

well as visiting with our club members.

*“Remember that when you leave this earth, you can take with you nothing that you have received – only what you have given: a full heart, enriched by honest service, love, sacrifice and courage.”*  
St. Francis of Assisi

*“There are two kinds of gratitude: The sudden kind we feel for what we receive, and the larger kind we feel for what we give.”*  
Edward Arlington Robinson

We continue to look for volunteers for a variety of positions including: reception, drama, music, discussion group, book club, games (Scrabble, bridge, etc.), world travel/discovery club, and more. Hours are flexible but we do ask for a minimum commitment of one hour.

Hanna Gulcz

## News from SENACA Palermo

### Greetings from Palermo!

We have had a great summer. Our club members enjoyed the garden and the walks outside in the beautiful weather.

Chef Patti prepared some great BBQs which all enjoyed very much.



This summer Palermo had a number of volunteers who came and played the piano for us.

One volunteer brought her family and friends to play the violin and cello in addition to the piano.

The music was enjoyed by all.

As people went on holidays, we were fortunate to have presentations allowing our members to learn about various countries through pictures and stories.



Thank you so much to all our volunteers, you enrich our program and continue to enhance each day with enthusiasm and creativity.

Our local farmer Lance has brought his mother pig and piglets for us to see and learn about. What a day!

Our summer student Nick was a super addition to our team and will be missed. We wish him the best as he returns to his studies this fall.

## INFO/SUPPORT GROUPS

Informal discussions and information sharing

Refreshments served

All welcome

### Bond Street (evening)

7:30—9 p.m.

**Mondays: Oct. 17, Nov. 21, Dec. 19**

### Bond Street (morning)

9:30—11 a.m. Family Room Main Floor

**Tuesdays: Oct. 18, Nov. 15, Dec. 20**

## SENACA COPTIC UPDATE

We have two wonderful volunteers, Hidy and Nagla, who joined our program recently. They organise Social Club activity for our clients and we are so happy to have them in our family.

We have also finished our woodworking project with our volunteer, George, who helped us to put it up.

Our family is growing and we are so happy to have 19 members in our family. We hope that by the end of the year our SENACA Coptic location will be full and we are going to celebrate our first anniversary together.

We invited kids from the day care at the Coptic center to spend some time with our seniors. Everybody had so much fun that day.

We had a BBQ with all our seniors, volunteers and even some of our board members were there. The day was very lovely, weather was very nice and everybody enjoyed their time.



## SENACA WILL BE CLOSED

**Monday, Oct. 10 for Thanksgiving Day**

**Monday, Dec. 26 and Tuesday, Dec. 27 for Christmas**

**Monday, Jan. 2, 2012 for New Year's Day**

## BULLETIN BOARD



Robert, our good friend from Leons Pharmacy, gave a wonderful presentation to our clients and staff on September 23, and then supplied a yummy pizza lunch.

## SLOW DOWN AND

- ...Walk in something soft with bare feet
- ...Touch a face with your eyes closed
- ...Watch the wind
- ...Feel your breath in your nostrils as you inhale and exhale.
- ...Eat slowly and taste your food
- ...Feel your heart while you smile
- ...Smell Flowers
- ...Listen to water
- ...Watch the moonrise
- ...Touch a baby

Lee L. Jampolsky, From Smile for No Good Reason, Lists to Live By for Simple Living, Mulmoham Publishers

## HAVE A GREAT AUTUMN, from the staff

Anne, Courtney, Elizabeth, Eveline, Hina Hanna, Jacinth, Lisa, Mary Ellen, Marie, Martin, Manju, Norma, Samia, Sheryl, Susan, Vanessa Nadia, Kira, Wael, and Wendy.

## QUICK NOTES

### PARKINSON SPOUSAL SUPPORT GROUP

MEETS 1st WEDNESDAY EVENING OF THE MONTH  
MAIN ROOM SENACA, 53 BOND ST. AT 7:30 P.M.

**IS THERE ANY INTEREST IN SUPPORT GROUP MEETING IN DAY TIME AT PALERMO? LET WENDY KNOW 905 337 8937**

**BOUTIQUE OPEN – TEDDY BEARS, MITTS, SOCKS ETC. ETC. ETC.**

**ALL PROCEEDS TO SENACA**

**WINNER OF DOLL HOUSE RAFFLE – GEORGE, A VOLUNTEER AT COPTIC, TICKET #118.**

**Client evaluation will be sent out – Please complete. Very important for our funding. RAI reassessment every 6 months.**

