

# Construction Update

The exterior cladding is almost completed, forming of curbs and sidewalk grading is completed. Work continues on the interior floors, common areas and Suites are progressing with many having their kitchen and vanity counters installed as well as LVT flooring.

For more exciting construction updates please visit [DonMillsRetirement.com](http://DonMillsRetirement.com)



*Don Mills*  
RETIREMENT RESIDENCE

## the Inspired times

ISSUE #3 | FEBRUARY 2023



### CELEBRATING BLACK HISTORY MONTH



### Colouring Activity

Complete your colouring activity for a chance to win one of three \$25 Tim Hortons/Starbucks gift cards!

*Don Mills*  
RETIREMENT RESIDENCE

Presentation Centre - Suite 110, 55 Barber Greene Rd., North York, ON M3C 2A1

Visit us at [DonMillsRetirement.com](http://DonMillsRetirement.com)

### Save the Date

Join us for these upcoming events

**February 7<sup>th</sup> from 5:30-7 p.m.**

**Industry Networking Social**  
For our professional partners  
RSVP required.

**February 8<sup>th</sup> from 6:30-7:30 p.m.**

**Candlelight Concert & Ballet**  
The Great Hall  
Depositors Exclusive Event  
RSVP required by Feb 6<sup>th</sup>.

**February 14<sup>th</sup> from 2-4 p.m.**

**Valentine's Day Paint & Sip**  
Presentation Center  
RSVP required by: Feb 12<sup>th</sup>

**February 21<sup>st</sup> from 2:30-4:30 p.m.**

**Family Taco Tuesday**  
Anejo Depositors Exclusive Event  
RSVP required by Feb 18<sup>th</sup>.

### General Manager's Message

Verve means "spirited effort".



Don Mills Retirement Residence is redefining luxury Senior living in the North York community with a state-of-the-art building featuring beautifully appointed amenities, boasting exceptional care and exciting life enrichment for seniors. Our philosophy is simple: Life is precious, and we create the fulfilling lifestyle that helps to give a great sense of purpose and community to each of our residents.

I am often asked how we hire, what do you look for in your staff and I use a very simple but effective process, hiring the personality and let the training take care of enhancing skills. Some of our care and technical positions require very specific qualifications and certifications but its never just about your paperwork, the attitude behind the skills is what defines talent and drives resident experience.

As a company our spirited efforts comes from the people we employ at every level of our teams. We value and celebrate the rich diversity of our team; everyone has a voice and our strong sense of collaboration allows us to deliver service excellence consistently to our residents and families. I invite you to hear first hand from David Bird – President & CEO of Verve Senior Living on Racial Equity – Verve Racial Equity Video.

For over 45 years Verve's focus has been living its values and creating a strong culture through hiring the best, fostering collaboration and rewarding talent.

Come for the intriguing lifestyle and stay for the strong sense of community with a diverse team of service professionals dedicated to making every day your best!

**"People often forget what you said, people will forget what you did, but people will never forget how you made them feel!" – Maya Angelou**

*Jesha Hibbert*

Residence Opening Summer 2023

INSPIRED SENIOR LIVING WITH 



“The Safety & Wellness of our residents is our priority. –Denise Kato

**Denise's Take:**

It's February and we are now in the second month of the year and it feels like we just celebrated Christmas & New Year's. Time is certainly on the move and with big decisions and moves happening its easy to get overwhelmed and stress. Stress is a huge factor on our overall health no matter what our age.

The Verve website features a very interesting line up of resources and company specific information but my favourite section is Inspiring Stories. This is where you can find, health and wellness tips, sumptuous and fulfilling recipes we are using in our residences and a variety of supporting blogs/vlogs and videos to support life enrichment.

One VLOG that is posted currently resonates with me as a National Manager of Wellness is [VLOG – Beating Stress for Seniors](#) posted on January 25, 2023. The VLOG shares that proper stress management includes a healthy balance of four lifestyle factor: Mindfulness, Exercise, Socialization, and Healthy Eating. Our wellness and life enrichment programs work in tandem to create a resident experience where you can continue to be you while growing as an individual. Our array of amenities, activities, and programs are designed to empower your mind, body and spirit. Our communities will keep your friendships alive and your mind active, while our highly trained team members are there to provide you with personalized care when needed.

Staying in tune with your health and wellness is our priority, come journey with us and experience the Verve difference.



**AT YOUR SERVICE**

*Living Loving Local* is our affectionate name for Verve Senior Living's signature dining program.

This month our Chefs will source Potatoes locally and will celebrate them throughout the month in the dining experiences, recreation activities and special events.

A single medium sized potato has approximately 110 calories, zero fat, zero cholesterol and zero sodium. Orange fleshed sweet potatoes are very high in Beta Carotene which when absorbed by the body turns into Vitamin A. Vitamin A is a powerful antioxidant that the body uses for anti-aging, cancer prevention, and maintenance of good eyes, skin and teeth. Potatoes and sweet potatoes both contain Potassium, Calcium, Vitamin C, Iron and Fibre (when skin on is left on). Canada is the 13th largest potato grower in the world and the 2nd largest French fry exporter after The Netherlands. Canadians consume between 26lbs to 50lbs of potatoes per year.

**Potato & Leek Soup**

Yield: 10 portions

- 1 Kg *Local* potatoes, peeled and chopped
- 1 ½ L chicken broth (or water & chicken base)
- 1 bunch leeks, cleaned, washed and sliced
- ½ cup 35% cream
- 2 Tbsp. vegetable oil
- 2 Tbsp. chives, fine cut salt & pepper to taste

1. Sautee leeks in vegetable oil for a few min.
2. Add potatoes and stock, bring to boil and let simmer for about 30 to 40 min., or until soft.
3. Puree soup until smooth, add cream, salt and pepper to taste.
4. Sprinkle with chives and serve.

**Community Link-up**

Re-imagined Retirement living through community engagement.



On January 27th, Shawn Ouellette (VP of Operations Eastern), Denise Kato (National Director of Wellness), Kyle Toplis (National Director, Environmental Services), Bryan Simmons (Regional Director, Dining Services), Linda Tittel (National Manager, Sales & Marketing Eastern), and Stephen Holland (Area Manager & General Manager The Shores at Port Credit) joined our team at the Presentation Center to host a "Meet Our Team" Open House. It was a delightful affair with scintillating conversations and a decadent array of hors d'oeuvres to round out a wonderful evening learning more about Don Mills Retirement Residence.



January was Alzheimer's Month and we collaborated with the Alzheimer's Society of Toronto to host an Alzheimer's Seminar on January 20th. The Alzheimer's Society presentation was followed by an intimate session with Denise Kato, National Director of Wellness and Jana Simpson, Area Health & Wellness Leader Ontario on Memory Care at Verve Senior Living.

We hosted a Help Is on its Way Symposium Jan 17-19th to provide seniors with valuable information and insightful resources to help them as they make the transition to Retirement living.

**SUITE FEATURE**



Enjoy inspired spaces for empowered living with a variety of well-appointed Suite style and sizes to suite your discerning taste.

Our spotlight this month is on our 1 Bedroom + Den Suites, these are going quickly with only 10 remaining.

**1 Bedroom + Den starting at \$6552**

- Well-appointed kitchenettes
- Individually controlled heat and air conditioning
- Easy-access shower with seat and grab bar
- Wi-Fi enabled throughout