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# Kenton Korner

ONE KENTON PLACE  
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647-932-7913  
WWW.ONEKENTONPLACE.CA



Here's what to expect at OKP in August!

## August Musical Events at Our Home



Summer is still in full swing, and we have a fantastic lineup of musical entertainment throughout the month of August.

Each week brings something special as we celebrate good music, great company, and the being together.

**August 10** – Join us for a lively Caribana celebration, featuring entertainment by Keith, who will showcase his vocals and guitar skills.

**August 17** – Enjoy an engaging performance by Shivan, bringing beautiful vocals to our home.

**August 24** – James will be here to serenade us with his smooth voice and guitar melodies.

**August 31** – Be sure to attend our end of summer celebration complete with entertainment by Ashley, whose vocals will set the perfect tone for our party.



For excellent care, it's the one.

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## **A Message from our Executive Director**

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Dear Families and Friends,

We hope this message finds you well and enjoying a warm and restful summer.

At One Kenton Place, August brings a continued focus on connection, comfort, and care for our residents.

We were proud to welcome several new residents this past month. Thank you to our staff, resident and family community for making them feel so at home — from the warm greetings and friendly conversations to helping them navigate their new routines and get involved in daily life. It's these everyday gestures that create a true sense of belonging and make One Kenton Place such a special place to live.

I also want to extend my thanks and support for the nursing department for their ongoing commitment to training and professional development, which ensures our residents continue to receive the highest standard of care.

Thank you for your continued trust and support — our doors are always open for your input

**Lev Talis, Executive Director**

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## A Message from our Nursing Leaders

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Dear Family and friends,

We hope you're enjoying the summer season. As part of our ongoing commitment to high-quality care, we're pleased to share updates on staff training and education initiatives that support our team's professional growth and enhance the well-being of our residents.

### **Upcoming Training Sessions – August Focus:**

1. Dementia Capacity Building and Training
2. This month, we will begin a series of four sessions focused on specialized care for residents living with dementia and Alzheimer's. These sessions aim to deepen our team's understanding and improve the quality of care provided.
3. CPR and First Aid Certification
4. On July 16, staff completed CPR and First Aid training to ensure everyone is current with life-saving certifications and prepared for emergencies.

### **July Training Recap:**

- Fall Prevention
- Staff received targeted training on strategies to minimize fall risks and enhance resident safety throughout our community.
- Incontinence Product Use
- Training sessions were held to ensure the proper selection and application of incontinence products, promoting better skin health and comfort for residents.
- Hoyer and Ceiling Lift Operation
- Staff received hands-on instruction in the safe and effective use of lift equipment, supporting both resident mobility and staff safety.

We are proud of our team's dedication to continuous learning and look forward to building on these efforts in the months ahead.

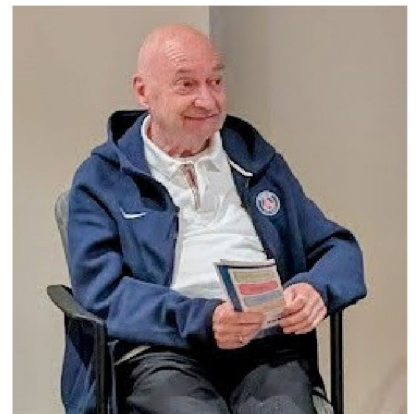
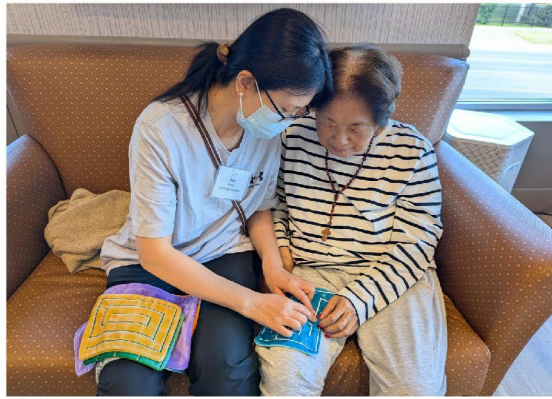
**Kiran Sarlech, Director of Care and Julieta Zaharov, Assistant Director of Care**

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# PHOTO BOOTH

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with Dementia

Taylor Kurta, MTA, PhD(C)





# COMMUNITY RESOURCES: SPECIAL FAMILY TRAINING EVENT

**Join us for an evening of wine, hors  
d'oeuvres and education by the  
Alzheimer's Society of Toronto**

**Topic:** Understanding Behaviours and  
Supportive Communication

**Date:** Thursday, August 14th

**Time:** Please arrive between 5:00-5:30pm  
The training session will start at 5:45pm

**Location:** 1 Kenton Place, Basement Theatre  
Room

**RSVP:** Rachel at  
[programdirector@onekentonplace.ca](mailto:programdirector@onekentonplace.ca) by  
August 11th

**GUEST EDUCATOR: TSVETTY  
KOLAROVA - CAREGIVER  
EDUCATION COORDINATOR/ SOCIAL  
WORKER FROM THE ALZHEIMER'S  
SOCIETY (BSW/RSW)**



# Film Spotlight: Walk With Me



In an intimate exploration of memory, identity, and the quiet power of love, Heidi Levitt chronicles her life as a caregiver to her husband Charlie, a graphic designer, father, and community leader, after his early-onset Alzheimer's diagnosis at just 57. Determined to humanize the disease, she sets out to film their efforts to better understand the diagnosis and find new answers to the question: how do we live a good life in the face of profound change? In *Walk With Me*, Levitt captures their journey as they criss-cross the country, meet with leading doctors, investigate drug trials, and navigate the daily challenges of living with the disease. As Charlie's cognitive facilities diminish, his charm, warmth, and humour take centre stage along with Levitt's generosity of care, transforming *Walk With Me* into a testament to love and the strength and resilience of the human spirit.

**Watch the trailer:**

**<https://vimeo.com/473557488/640a4321aa>**

# Care Packages & Visits – What to Bring & How to Connect

We know how meaningful it is for you to stay connected with your loved one, and visits or care packages are a wonderful way to do just that. Here are a few helpful suggestions to make your time together—whether in person or from afar—more comfortable and enriching for everyone.

## **Thoughtful Items to Bring or Send:**

**Comfort Items:** A soft blanket, familiar pillowcase, or a favorite sweater can offer emotional reassurance.

**Memory Books or Photo Albums:** Include labeled photos of family, pets, special places, or past events. These often spark connection and comfort.

**Music:** A small playlist of their favorite songs on an easy-to-use player (like a CD or MP3 device) can lift mood and evoke positive memories.

**Sensory-Friendly Gifts:** Items like fidget blankets, textured pillows, or lavender sachets can provide calming sensory stimulation.

**Snacks & Treats:** Pre-packaged soft snacks or their favorite candy (check with our team for dietary guidelines) are always welcome.

**Letters & Cards:** Simple notes or drawings from grandkids or friends can bring joy and a sense of connection.

## **Tips for Visiting Loved Ones with Dementia:**

**Be Present, Not Perfect:** Just sitting together, holding hands, or listening to music can be meaningful—even if conversation is limited.

**Go Slow:** Give your loved one time to process and respond. Avoid correcting them if memories are confused; join their reality when possible.

**Bring Positivity:** A warm smile and a calm tone go a long way. Familiar routines, like sharing a snack or reading aloud, can bring comfort.

**Keep It Simple:** Bring an easy activity like folding towels, coloring, looking through a magazine, or doing a puzzle together.

If you're ever unsure about what to bring or how to prepare for a visit, feel free to reach out to our team. We're here to support you in staying connected with your loved one in a meaningful and loving way.





For excellent care, it's the one.

**IF YOU WOULD LIKE TO ADD SOMETHING  
TO OUR  
NEWSLETTER,  
PLEASE REACH OUT TO OUR  
COMMUNITY RELATIONS MANAGER KELLY  
AT**

**[marketing@onekentonplace.ca](mailto:marketing@onekentonplace.ca)**