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# *The Tie that Binds*

Internal Newsletter



Holland Christian  
Homes

June 2026

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## **Dutch Heritage Month**

On Tuesday May 5th, 2026, we celebrated Dutch Heritage Day and held our traditional Flag Raising Event. Master of Ceremonies was Case Geleynse, Chair of the Board of Directors. Guests included Mrs. Elizabeth Witmer former Kitchener-Waterloo MPP and Deputy Premier of Ontario; Mayor Patrick Brown and Regional Councillors for Wards 3 & 4, Dennis Keenan and Martin Medeiros. Ms. Marjan Schippers, the new Consul General of the Kingdom of the Netherlands in Toronto sent regrets as she was attending a Dutch Heritage Day event in Manitoba.



## **The Garden of HCH**

*Pastor David Tigchelaar*

I spent the weekend pruning trees, pulling what felt like millions of dandelions from my lawn, and doing a general cleanup of my garden beds as we prepare for planting flowers and vegetables in the coming days. I've noticed similar work happening all over our campus.

As I worked, I couldn't help but think about how a garden serves as a metaphor for life in community. This is, in fact, a rich biblical image used by Jesus in John 15 and by the Psalmist: "You will be like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither" (Psalm 1, paraphrased). Resilience and fruitfulness lie at the heart of both passages.

A healthy community resembles a flourishing garden: rooted in nourishing soil, strengthened through interconnected relationships, carefully tended through wisdom and correction, and ultimately bearing fruit that gives life to others.

### **The Soil**

The soil determines everything. It contains unseen organic matter, microorganisms, moisture, and nutrients that sustain life and growth. In the same way, the unseen spiritual and relational soil of a community shapes everything that eventually becomes visible.

Trust, hospitality, truthfulness, grace, and love form the soil in which people flourish. Where these nutrients are absent, the fruit we bear becomes less sweet, and the beauty of our budding lives grows brittle and wilted.

### **The Interconnectedness of the Garden**

Modern ecology has shown that gardens and forests are cooperative systems, not merely collections of isolated plants. Fascinatingly, plants share nutrients, transfer water, and even send distress signals when disease or pests appear.

Healthy human communities thrive in much the same way—when wisdom, encouragement, burdens, and resources are shared; when generosity and love are both offered and received. We are not meant to grow alone.

## Tending the Garden

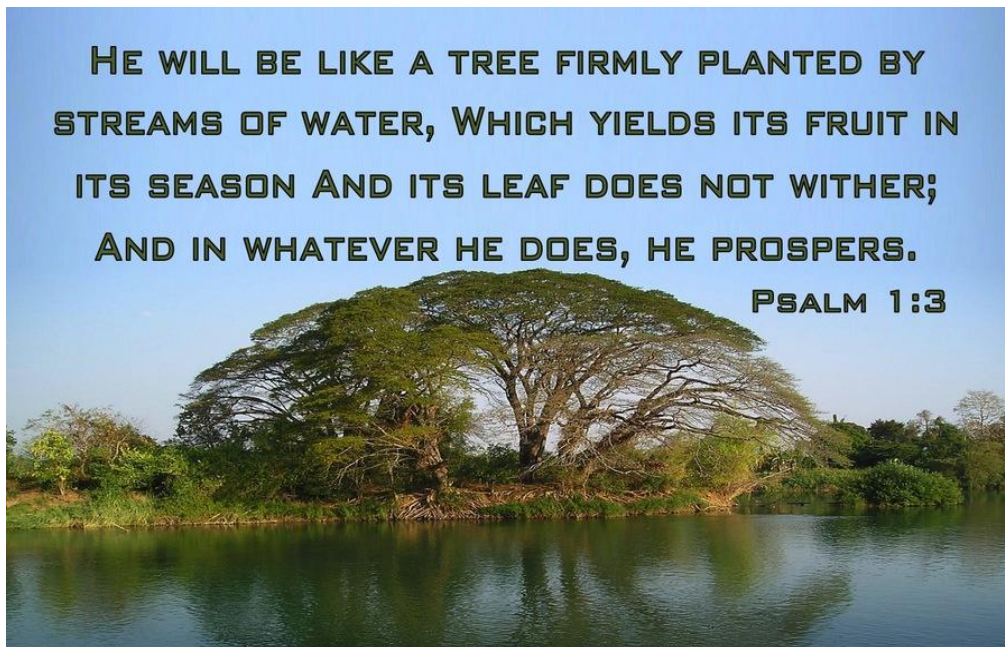
I spent some of my younger years working on farms. One of the jobs I had in my uncle's apple orchard was called "suckering." The roots of the tree would send out small shoots - "suckers" - that competed with the tree for sunlight, nutrients, water, and space. Left unchecked, these parasitic shoots would eventually weaken the tree. Our job was to cut those suckers off! (You don't often hear a pastor write a line like that one 😊).

Communities face similar threats. When the suckers of bitterness, gossip, resentment, neglect, and isolation are allowed to grow, communal life suffers. Scripture reminds us to tend the garden of our hearts and communities carefully: "See to it that no bitter root grows up to cause trouble" (Hebrews 12:15).

## Bearing Fruit

When we nurture the soil, attend to our interconnected lives, and cut away all that robs us of the life-giving nutrients of grace and love, something beautiful begins to grow.

As we practice compassion, extend hospitality, offer mercy, and share wisdom and encouragement, the fruit borne within the garden of this community becomes the sweet fruit of God's Spirit—fruit that nourishes not only our own lives, but the lives of others as well.



## From the desk of the CEO

Dear Holland Christian Homes Community,

It is hard to believe that we are already in the month of June. Mother Nature has been showering us with unseasonably cold weather.

Brampton by-law requires landlords of residential buildings to maintain a minimum indoor temperature of 20 degrees between September 15th and June 1st of the following year. We will monitor the weather and make the switch from heat to air conditioning/cooling when appropriate.



Congratulations to Faith Manor for being recognized as one of the first long-term care homes in Canada as having met the national target for the appropriate use of antipsychotic medications. As a Best Practice Spotlight Organization (BPSO) and through ongoing work with the Eden Alternative, Holland Christian Homes remains committed to advancing person-directed care and excellence in seniors care. Achieving this national target reflects the commitment of our interdisciplinary care partners and our focus on person-directed care. By prioritizing meaningful, non-pharmacological approaches, we are improving quality of life while advancing safer medication practices in long-term care. ***Congratulations to the entire Faith Manor Team!***

Town Hall Meetings were held on May 24th with tenants of Covenant Tower to explain the scope of the upcoming construction on the exterior of the CT building commencing at the beginning of June to October 2026. Work will include: brick cleaning, balcony concrete and brick repairs, new railings installed on all balconies (similar to the ones at Providence Tower with glass), window caulking, painting of soffits on every balcony, balcony flooring to be sealed with waterproof coating.

The entrance to Covenant Tower will close just for one day to allow the contractor to erect scaffolding to ensure safety for all tenants, staff and visitors coming and going. Other than this one-time closure, the Covenant Tower entrance will remain opened during the construction period. Work will be completed during daytime hours Monday to Friday, from 8:00am to 6:30pm. Occasional Saturdays when required to keep on schedule due to missed days of work due to inclement weather during the

week days. There will be noise and dust – we apologize for this in advance but unfortunately this is unavoidable. For your own safety, please obey signage and do not cross over barriers.

Construction will affect every tenant living in Covenant Tower, so please see reception to pick up the detailed handout that was provided if you are a CT tenant and were unable to attend the town hall meeting.

The lawn contractor is designated to be at HCH every Thursday to cut the lawn (weather permitting). The planting of flowers is in progress. There are some delays in the annual planting due to the colder weather. Please note that the area in front of HCH near Covenant Tower will not receive flowers this year due to the ongoing repairs and maintenance being done in that area.

On Tuesday May 5th, 2026, we celebrated Dutch Heritage Day and held our traditional Flag Raising Event marking the 81st Anniversary of the Liberation of the Netherlands from Nazi occupation following the Second World War. The rain interrupted our event but did not dampen the mood or the festivities. It was a beautiful reminder of the strength found in community and heritage.

Thank you to the City of Brampton, who provided HCH with a proclamation declaring the month of May as Dutch Heritage month in the City of Brampton. A copy of the declaration can be found in the Tie.

National Nursing Week was held May 11<sup>th</sup> to 15<sup>th</sup>, and the theme was “Celebrating nursing action and impact”. Holland Christian Homes hosted various fun events to celebrate and appreciate our care partners during this week. On May 11<sup>th</sup>, the first day of Nursing Week (Care Partner Appreciation Week), we enjoyed a lovely visit from Ms. Marjan Schippers, the new Consul General of the Kingdom of the Netherlands in Toronto. We were treated to a delicious lunch hosted by the Peace Tower Coffee Social tenants.

On May 12th, 2026, I attended the Tenant Advisory Committee (TAC) meeting and a summary of the discussion(s) follows my report.

In June, we celebrate Seniors Month. I would like to formally recognize and celebrate the work that many of our HCH seniors have done and are doing in our community. Tenant for tenant events have served as a catalyst to keeping our seniors socially connected and engaged in our community. In addition to this, we receive government

grant funding for the social activities supported by our Tenant Activities Coordinator (Ashley). We get special funding through a program called the “Seniors Active Living Centre Program” which is intended to help seniors stay active, become more involved in their community, and get the services that meet their needs close to home. Please attend the fun and special events we have planned to celebrate Seniors Month!

Our annual parking blitz and bicycle blitz will take place in June. Notices will be posted/provided as to the dates and times.

Thank you to everyone in King Tower and Peace Tower for your cooperation during the recent emergency repairs requiring a one-hour power outage (PeT) and 2 – 4-hour elevator shutdown (KT). These were done in the night to minimize impact to tenants.

We have been told by a few tenants that they have received phone calls from Bell asking to install cable boxes, please disregard these calls as our current contract is with Rogers.

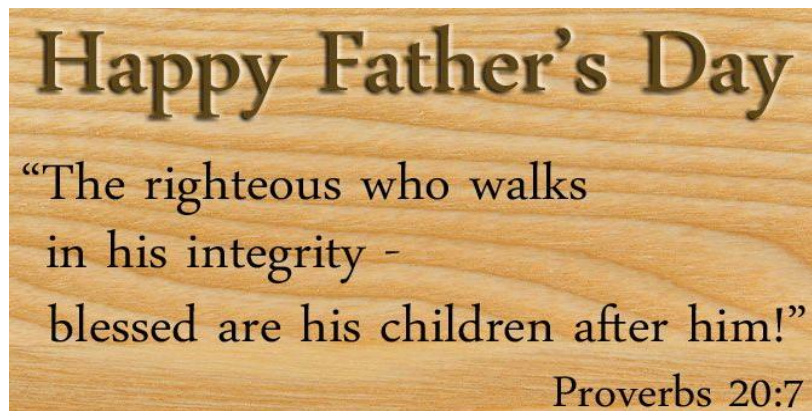
Please be reminded that any personal advertisements are to be posted in the Tower laundry rooms only. If you wish to post on the main HCH lobby boards, you must get prior approval from management.

We are busy preparing for our Annual General Meeting which will be taking place on June 13th, 2026 starting at 10:00am in Heritage Hall.

***Happy Father’s Day!*** Father's Day is observed on the third Sunday of June. On June 21st, we will celebrate Fathers. Father's Day honors all fathers, grandfathers, great-grandfathers, and father figures for their contribution.

Blessings,

Tracy



## **TENANT ADVISORY COMMITTEE UPDATE (TAC)**

The Tenant Advisory Committee meeting was held on Tuesday May 12th, 2026 at 8:30am. Tracy Kamino, CEO attended the meeting. The following is a summary of our discussion(s):

### **Minutes of the April 14, 2026 meeting**

- Hansen Towing has been bought out by Extreme Towing, who will now assume responsibility for our towing contract.

### **Business arising from last meeting**

- Covenant Tower renovations are expected to begin within the next few weeks. A Town Hall meeting will be scheduled to provide Covenant Tower tenants with an update on the scope of work. During the renovation process, balconies will need to be cleared and will be inaccessible to tenants. A plan is currently being developed to clear out the Covenant Tower summer storage lockers to accommodate tenants' belongings during the project.
- A letter was received regarding the state of the risers and back stage area of Heritage Hall. Tracy will speak with Housekeeping about having this area cleaned on a more regular basis. There are a lot of old items being stored in this area. A meeting will be held with all concerned parties to determine what items should stay and which must go.
- Omer has addressed the concern regarding contractor/staff smoking in empty apartments.
- There have been ongoing concerns regarding marijuana use and smoking within tenant apartments. Some tenants are under an older lease agreement that does not prohibit smoking within their units, which can make it challenging to restrict smoking in those apartments. Steps are being taken to support tenants who are affected by smoke from neighboring units.
- The receiving area has been tidied up and is looking great. A member inquired about the large items placed in this area, and Omer advised that these items are picked up every Wednesday. Every effort is being made to keep the area clean and organized.

## General Discussion / CEO Message

- Tracy and TAC welcomed Ethel DaCosta as the new TAC member representing Trinity Tower.
- Visitors staying for an extended period are required to register their vehicles and obtain a visitor parking pass. Tenants should see Amanda to receive a parking pass for display on the vehicle dashboard. The make, model, and license plate number of the vehicle will need to be recorded.
- A member reported that there has been vise grips placed in the door jam of Trinity Tower to keep the door propped open. The member mentioned this to the Security Guard, however, the member was reminded if seen again to report it to Maintenance.
- The Flag Raising Ceremony received positive feedback this year. Everyone was very pleased with the indoor ceremony and would like to continue holding it in this format.
- Tracy and two board members attended a Brampton City Council meeting whereby they proclaimed May as Dutch Heritage month in the City of Brampton.
- Ms. Marjan Schippers, the new Consul General of the Kingdom of the Netherlands in Toronto joined us for a visit and tour of HCH on Monday, May 11th, as she was unable to attend the Flag Raising Ceremony on May 5<sup>th</sup> due to a prior engagement.
- HCH was successful in obtaining 12 summer students this year through a Service Canada grant, compared to 9 students last year. Members inquired whether summer students are required to undergo the same vetting process as all care partners and staff. Tracy assured TAC that the same process applies to both regular staff and summer students. There is also a higher accountability on leaders to supervise the students under this program since they are considered “young workers”.
- The new Strategic Plan priorities are currently being finalized and will be launched at the AGM in June this year.
- Someone asked about the Red Tulip and whether we will open it again in the future. Tracy explained that several different models for the Red Tulip have been explored; unfortunately, none of which were viable. Alternative options for the space are being considered. One option was to open the restaurant to the public however this is not feasible in its current design due to security issues. On a positive note, the space has been working well as a kitchen for Tyndall.

- There was a gas leak in the Grace Manor Kitchen on Sunday, May 10th. The gas company, Fire Department, and Maintenance all attended the site. The issue was immediately addressed to repair the leak.
- The new Human Resources Director has joined the organization. Her name is Mary Jane “MJ” Morgan. We have also hired a new Director of Tenant Business Services, who is expected to start next week on Tuesday. The new Director will be attending TAC meetings moving forward and will be responsible for minute taking effective the next meeting in June. As a result, this will be Amanda’s last meeting with TAC. Members thanked Amanda for her assistance with the TAC minutes and meeting.
- The Covenant Tower exterior work was tendered and has been awarded to a suitable contractor. Maintenance will meet with the successful contractor next week to discuss the renovation process. A town hall will be scheduled to communicate the tentative plan for how the work will be carried out. Members inquired about the bird netting installed on some tenants’ balconies. Omer assured tenants that any existing bird netting will be returned to a condition as close as possible to its original state. The new railing will be similar in design to those installed at Providence Tower.
- Members requested a status update on the Rogers Xfinity switch over. Omer advised that Rogers is looking to upgrade the wiring in the older buildings, which is contributing to the delay. An update will be provided once more information becomes available.
- The large Habitat for Humanity containers in the receiving area were purchased by HCH, due to the lack of storage in-house and the need for the storage of supplies that must be kept in accordance with Ministry of Long-Term Care regulations (must maintain a 3-month supply).
- Tracy advised tenants that, with the hiring of the new Director of Tenant Business Services, any concerns regarding tenant matters should first be directed to him moving forward and will be redirected accordingly as needed.

### **Providence Tower**

- The garden hose at the rear of Providence Tower has been left in an untidy condition. The member was reminded to submit an R4R for this type of concern prior to bringing it to TAC.
- A complaint was received regarding the garbage chute room being left in an untidy condition, with garbage being left on the floor. Tracy noted that this can be

challenging to address as we can't assume or accuse a specific tenant of doing this, we need actual evidence.

## **Trinity Tower**

- A concern was presented about not having enough bus trips into the community. Tracy explained that it was her understanding that trips are booked, however, to be viable, we need a certain number of participants registering to go on the trip and we are not getting the numbers we need. As a result, the trips get canceled. Many HCH tenants who go on trips need or request mobility assistance which also add challenges to booking appropriate trips.
- It was mentioned that tenants do not like taking a school bus and would much rather use a coach, which in general will double the costs of these outings. Club 106 provides bus trips and uses a coach bus. Club 106 is a city run program with access to a lot more seniors due to their program mandate. Costs for their trips are an average \$155.00 per trip. Many HCH seniors find the Club 106 trips pricey. Club 106 seniors are generally more independent than HCH seniors.
- Tracy stated that HCH will reach out to Club 106 to see if there is an opportunity to partner with them to increase community bus trips since their buses already do a pick up and drop off at HCH.
- A member inquired whether tenants are required to be present in person to sign their lease when moving in. Tracy reiterated that all tenants must attend in person to sign their lease agreements. This concern was raised due to a few new tenants appearing lost or confused after moving in. Members were reminded that this is a large facility and can be overwhelming, particularly for seniors. Neighbors were encouraged to contact the HCH Social Worker if they notice someone who appears lost or in need of assistance with orientation.
- Garbage chute rooms are still being used outside of the recommended hours. Members inquired whether signs indicating the permitted hours of use could be posted on each garbage chute room door. Management stated we can do this.
- It was noted that garbage is regularly being thrown on the ground outside the front of Trinity Tower. Omer advised that if this is witnessed, it should be reported to him as soon as possible so he can review the camera footage and identify the individual responsible. If too much time passes, it becomes difficult to locate the specific incident within the footage.

## **Hope Tower**

- Members also requested signs on the doors of the garbage chutes and laundry rooms in Hope Tower regarding hours of use.
- It was reported that a tenant regularly parks their vehicle in visitor parking, despite having an assigned underground parking space meaning they are taking two spaces. Considering that there is a parking crisis, this should not be allowed. Tracy stated that she will follow up with Tenant Business Services regarding this matter.
- A letter regarding the condition of Heritage Hall's risers and backstage area was received and is being addressed accordingly (see under Business Arising).

## **Covenant Tower**

- A member raised concerns regarding smoking outside, noting that cigarette butts are being left on the grounds and making the facility appear untidy. Members suggested installing additional butt disposal stations where possible. Unfortunately, this may encourage more smoking on the property, which HCH is trying to restrict. Staff continue to do their best to clean the area and manage the issue; however, it is expected to remain an ongoing concern.
- It was noted that the garbage bins do not appear to be cleaned regularly, as they are often overflowing on weekends. Omer advised that the department has been short-staffed, and unfortunately some tasks have been missed. However, summer students will be starting next week, and this issue will be addressed more consistently during their time with us.

## **Peace Tower**

- Moving forward, ducts will be cleaned whenever an apartment is vacated. Maintenance has purchased the necessary equipment to complete the duct cleaning, and a catch-up schedule will be implemented to address existing units requiring cleaning.
- Members asked whether anything can be done regarding water bottle waste. Tracy stated that she would like to see a "Green Team" at HCH whose mandate is to put strategies in place to reduce the carbon footprint; to do our part. Tracy has already discussed this issue with the new Director of Tenant Business Services and that he has agreed to lead this team. More information to follow.

## King Tower

- Members expressed their thanks to staff for repairing the light at the back door of King.
- Members expressed concern that the new elevators are still being held open, which may lead to the same issues experienced with the previous elevators – all agreed that this is difficult to control.

**Next Meeting will be held on June 9, 2026**

***Happy Father's Day on Behalf of the TAC!***

Respectfully Submitted on behalf of TAC,  
Leah Lenstra and Len Joesse, Co-Chairs



## Tenant Advisory Committee

If you have any tenant concerns that you wish to be discussed at the Tenant Advisory Committee, please contact your Tower representative.

### Trinity Tower

Ms. Ethel DaCosta TT507

Mr. John Merritt TT616

### Hope Tower

Mr. Terry Dunn HT608

Mr. Keith Lohnes HT612

### Covenant Tower

Ms. Leah Lenstra CT711

Mr. Len Joosse CT1001

### Providence Tower

Ms. Lucy Vandersluis PT501

Mr. Simon Riemersma PT904

### King Tower

Mr. Len Roos KT1301

Mr. Cor Buikema KT805

### Peace Tower

Ms. Liz Terpstra PeT1004

Ms. Trudy Adema PeT1504

## Thank You, City of Brampton

On May 6th, Tracy Kamino, CEO, along with Greg Riedstra and Charles Sjaarda from the Board of Directors attended Brampton City Hall whereby City Council read a proclamation declaring the month of May as Dutch Heritage month in the City of Brampton. The declaration was formally presented to HCH and is posted in the Boardroom.



# PROCLAMATION

## Dutch Heritage Month

**WHEREAS:** On May 5th, 1945, the Canadian forces were instrumental in the liberation of the Netherlands from occupation during World War II. The Netherlands celebrates its independence and liberty, along with the heroic efforts of the Canadian forces, with a national holiday known as Liberation Day, which takes place annually on May 5th.

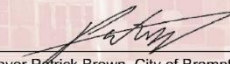
Holland Christian Homes, located in Brampton, was incorporated in 1969 by a group of forward-thinking Christians who wanted to see their loved ones cared for in their senior years. In addition to their Christian faith, they shared common Dutch roots having come to settle in Canada, primarily after World War II.

The Dutch community's impact in Brampton extends beyond their economic contributions. They have actively participated in community organizations, volunteered their time and resources, and shared their traditions and Christian values with open hearts. Their commitment to preserving and sharing their Dutch culture has fostered a sense of unity and inclusivity among our diverse population.

Whereas today, the second and third generations of the early pioneers are leading and driving Holland Christian Homes to continue to have a strong and engaged membership base, a highly committed member-elected Board of Directors, and the support of a large team of faithful volunteers and dedicated care staff to ensure best practices and resident/tenant satisfaction.

Dutch Heritage Month allows us to take a moment to celebrate the Dutch community's journey, the struggles they have overcome, and the contributions they have made and continue to make to our community.

**THEREFORE:** I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim May 2026, as "Dutch Heritage Month" in the City of Brampton.

  
Mayor Patrick Brown, City of Brampton

## CONGRATULATIONS TO FAITH MANOR

Faith Manor is one of the first long-term care homes in Canada to be recognized by the Appropriate Use Coalition as having met the national target for the appropriate use of antipsychotic medications. This achievement reflects Faith Manor's commitment to person-directed, evidence-informed care that prioritizes the well-being and quality of life of elders. Across Canada, 24.4 per cent of long-term care residents are on antipsychotic medications potentially inappropriately. In 2025, the Appropriate Use Coalition established a national target that no more than 15 per cent of residents should be on these medications without a diagnosis of psychosis due to the significant risks associated with their use.



## Consul General Visit to HCH

On May 11<sup>th</sup>, the first day of Nursing Week (Care Partner Appreciation Week), we had a lovely visit from Ms. Marjan Schippers, the new Consul General of the Kingdom of the Netherlands in Toronto (second person from the left, below). It was her first time visiting HCH. Consul General Schippers was impressed by the community we have here and promised to be at next year's Dutch Heritage Day flag raising event.



The Consul General, along with Tracy, was also provided with a delicious lunch by the tenants of Peace Tower. She enjoyed visiting with our tenants and hearing their stories of life at HCH.



## Walking Club

We will be starting our Walking Club up again starting in June. All are welcome to join us for a 30-minute walk - you can use Nordic poles, a walker, or whatever you have. We also have some extra Nordic poles available if anyone needs them.

Meet at Front Reception at 9:30am – on June 17<sup>th</sup>, June 24<sup>th</sup> and July 1<sup>st</sup>. If its nice we will walk outside, otherwise we will walk inside.

If you have any questions, please contact John Merritt at 647-222-9854.

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## Signs on Balconies

Please do not place any signs or messages on your balconies. It is not permitted to hang anything from your balcony. Thank you for your cooperation.

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### **Scam Alert**

If a white Bronco (or any other vehicle) suddenly stops and approaches you – DO NOT go close to the vehicle.

The people inside will offer prayers and a free beaded necklace. When they place the beads around your neck, they steal your jewelry.

Please report any incidents immediately. Be alert and safe at all times!



## Welcoming “Sugar Riches” to Windmill Way



A heartfelt thank you to **Heather Campbell** for her generous donation of a beautiful weighted baby doll to our Doll Therapy Program at Windmill Way, supporting the Eden Alternative Model.

Heather responded to our “Tie That Binds” request for therapy dolls and kindly donated a handcrafted newborn doll named “Sugar Riches.” Having attended several doll-making courses over the years, Heather originally created this special doll with hopes of one day gifting it to a granddaughter.

Although that opportunity never came, Heather was delighted to pass “Sugar Riches” on to someone who will truly appreciate and benefit from it.

We are deeply grateful for Heather’s kindness and generosity, and we know this precious doll will bring comfort, joy, and companionship to many.

Grace Manor received the following letter from a family member. It is wonderful to hear when a resident, and by extension their families, are happy and enjoying their life at Grace Manor. It is the reason we do what we do.

My mother, Cornelia Verbeek, is a long-term resident of Grace Manor 210 North, now called Tulip Terrace.

I wanted to write and let you know how pleased we are with the Eden Alternative program. It has made such a meaningful difference.

The entire unit feels brighter, warmer, and much more home-like. Before, it seemed that most residents were gathered around the television, dozing in their wheelchairs. It felt rather sad and depressing. I would bring my mother downstairs to the atrium so that my husband and son would not have to see the situation upstairs.

Now, there is so much more life and engagement on the unit. I visited on Mother's Day weekend. On both afternoons when I arrived after lunch my mother was sitting at a table with a newspaper. Usually she wants to go to her room right away. On both days she wanted to stay and 'read' her paper. Actually, she was folding and refolding the newspaper, something she really enjoys doing.

My mother does not like the guinea pigs and tells me to "go faster" when we pass them, but I think that is a positive thing. She is reacting to her environment and making an emotional connection instead of simply moving through the same dull hallway without interest.

One thing she especially enjoys is the full-door decorations. She often comments on how pretty the different stained-glass-style panels are, and she is very pleased that she can now easily recognize her own door.

The staff also seem more cheerful and engaged with the residents. There are often several staff members present and interacting with residents throughout the unit. I do not know whether this is due to the Eden Alternative program or your efforts to bring more Sheridan students onto the floor, but the difference is remarkable.

Sometimes when I visit, someone has done my mother's nails, and she is delighted by the pretty polish. As an older Dutch Christian Reformed woman, she grew up believing nail polish was rather improper. It is wonderful to see her enjoying small pleasures she never would have before.

Overall, everything feels more colorful, lively, and welcoming. Residents are spread out at tables instead of gathered silently in front of the television, and the atmosphere is so much more pleasant for families visiting loved ones.

I truly appreciate all the work you and your team have done on behalf of the residents. The changes have made a real difference in my mother's quality of life, and in our experience visiting her as a family.

Thank you again for your care and dedication.

Sincerely,

Lynne Verbeek





*Tenant Dinners*

**3<sup>rd</sup> Annual Canada Day Potluck Picnic and Market**

This will take place on July 1<sup>st</sup>, from 11am to 3pm in Horizon Hall. Vendor tables are available.

For more information, please contact Lydia Booth at 905-456-5284.

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**Springtime**

by Jenny Parkinson

Winter is in the past,  
Spring is here at last.  
Birds are happy singing.  
Pretty butterflies are now flying.

Days are long and bright.  
Sleeping plants are seeking the light.  
Beautiful displays of cherry blossoms.  
Colourful flowers still to come.

Raindrops on every window sill.  
Trees that seem dead will be alive still.  
Streams are swiftly flowing.  
People are out walking and smiling.

Sunshine for free vitamin D,  
What a treat for me.  
Quietly I show appreciation,  
For God's great creation.

**Thank you from the Heritage CRC Deacons**

The Deacons would like to thank all those who contributed to the Lighthouse Food Drive. The totals donated were:

- \$2,253 in cash
- 64 boxes of food – and these were not small boxes!
- 6 boxes of clothes and knitted items
- \$1,000 from the Deaconate

Thank you for your generosity!

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# Game Day Snacks at Sonya's Store

**It's World Cup! Are you ready?**



**Kibbeling - Fish Filets**  
Great in the air-fryer!

Notable World Cup Game Days	
Canada	June 12 @ 3:00pm
	June 18 @ 6:00pm
	June 24 @ 3:00pm
Netherlands	June 14 @ 4:00pm
	June 20 @ 1:00pm
	June 25 @ 7:00pm



**Don't forget your other favourites!**



**NL World Cup t-shirts \$26.95**

## Fashion Show

♀ *Wednesday, June 17 at 1:30pm in Heritage Hall* ♀

Everyone is invited—men and women alike—to join us for a delightful afternoon of style, community, and fun at our upcoming Fashion Show!

Your friends and neighbours will take to the runway to model a wonderful selection of clothing and accessories from Encore Thrift Boutique, showcasing looks for all tastes and occasions.

Come for the fashion, stay for the fun! Enjoy a lively atmosphere, great company, and the chance to win exciting door prizes throughout the event. Whether you're looking for style inspiration or simply a great way to spend the afternoon, this event is for you.

**Tickets:** \$10

Available at Front Reception

We hope to see everyone there for this fun and fashionable community event! All profits will go to HCH.



# Care Partner

## WHO AM I?

This month, we are featuring our Tenant Business Services Team. Garry has recently joined this team as the new Director and many of you connect with Gifty everyday - so please enjoy getting to know them a little better!



### **Garry Mercer – Director of Tenant Business Services**

Greetings tenants and care partners! My name is Garry Mercer and I have recently joined Holland Christian Homes in Tenant Services. Myself, along with Gifty Adjei and amazing tenant volunteers are looking to bring in our next generation of tenants to the towers, and support current tenants in this wonderful community.

I have only been here a short time, and having a background in property management, I have quickly noticed the environment provides an exceptional living space, in well maintained buildings, with people who take great care for their community. The activities, events, services, are varied, and well supported. It's a privilege to be involved with such a vibrant neighbourhood.

As for myself, similar to the calm and peaceful environment supported at Holland Christian Homes, I enjoy cycling and travel as a way to support my inner peace and promote good physical and mental health. Spending time with family and friends, slowing down our fast-paced life is paramount to enjoying a valued lifestyle.

I have met some terrific tenants who have kindly shared their stories of living at Holland Christian Homes, and I look forward to getting to know more of you over time. Thank you for the warm welcome!

### **Gifty Adjei – Manager, Tenant Business Services**

Hello everyone,

My name is Gifty Adjei. I started working at HCH in June 2022 as an Administrative Assistant and now I am the Manager of Tenant Business Services. I graduated from Sheridan College with a diploma in Business Administration-Accounting and went to Algoma University for my Bachelor's Degree in Business Administration.

In my role as the Manager of Tenant Business Services together with Garry Mercer, the Director of Tenant Business Services, we address tenant service inquiries and complaints, we screen and evaluate new applicants on our waiting list, securing new tenants to HCH and also ensuring a smooth transition when a tenant is moving out.

The favorite part of my role is getting to meet people every day! I get to speak with tenants and prospective tenants when they are happy, sad or angry. The experiences I have gained throughout these years are many and I am grateful that I get to learn and grow every single day at HCH.

I love to clean, cook, bake and spend time with my family. I am grateful to God for how far he has brought me.

## Spring Poem – by Dirk and Grace van der Male

The rising sun casts long shadows around  
The busy seagulls make their calling sound.  
The wrens chirp while nourishing on the ground  
They warn each other of dangerous sounds.

A cat does not meow when slinking near  
When spotted by a wren the warning is clear.  
They fly up and watch the cat from a tree  
Restart their feeding when the cat is no longer near.

Male wrens delight 10 times a day in their singing art,  
In response the females sing less frequently their part.  
Wrens are actively engaging in garden pest control  
Caterpillars and beetles are targets of their hunting role.

One of first spring flowers is the daffodil  
Its yellow color gives the eye a delightful thrill.  
Enjoy it during the few spring days when here,  
These flowers are grown by mankind far and near.

A bit later the tulips burst open wide  
Their many colors they can't hide.  
Coming from the Turkey landscape galore  
Are now part of the Holland folklore.

Hyacinths can be a sign of a mistake or rant  
To express remorse, give a Hyacinth plant.  
The plant lasts longer than a cut flower,  
Healing of the soul is here in all its power.

The dandelion explosion takes its turn,  
The chemical weed controller made them burn.  
This poison found its way in the food chain,  
There it became an understandable disdain.

Dandelion spring leaves are tender to the palates,  
They are used in tasty Mediterranean salads.  
The flowers and leaves do make delicious wine,  
Valued for their slightly bitter spicy flavor is just fine.

With the food prices so high  
Why not give eating dandelions a try.  
It gives the food budget a sigh of relief  
When picked in the park nearby without grief.

This is done before May twenty-five  
Just before the summer becomes alive.  
In early fall the roots are harvested and dried  
Used in soups or made into a dish that's fried.

What child has not called happily out loud,  
"Mommy here's a bouquet from dandelions I found."  
To celebrate this special Mother's Day,  
Put them in a vase for a happy display.

Be thankful for these yellow flowers,  
They pack in a lot of nutritious powers.  
Dandelions support the liver and spleen,  
Better than any pharmaceutical to be seen.

## Greetings from the Volunteer Office!

### Happy June Everyone.

What a beautiful time of year! The grass is lush and green, the trees are in bloom, and the flower beds throughout our community are looking fresh and vibrant for the growing season ahead.

A heartfelt thank you to all of our dedicated volunteers who care for our beautiful gardens, trees and indoor plants. Your hard work, commitment, and attention to detail truly brighten our community and are deeply appreciated. You are doing a wonderful job!

### Ignite Volunteerism ✨

Looking for a meaningful way to give back while having fun? Here is a list of volunteer assignments currently available. You are welcome to join one of our wonderful volunteer care partner teams and make a difference in our community!

☕ **Smile & Serve Team** - Help prepare and serve coffee at special events while connecting with residents and guests.

🏰 **Sunday Church Escort** - Support residents by escorting them from Faith and Grace Manor to Sunday morning services in Heritage Hall.

🎵 **Folk Songs Sing-Along (Garden Grove – FM1)** - Share your voice and brighten someone's day! Join us Monday mornings as we sing classics like *"You Are My Sunshine"* and *"My Bonnie Lies Over the Ocean."*

🎲 **Monday Afternoon Bingo (Harmony Hall)** - Be part of the excitement! We're looking for callers, runners, and helpers to keep the fun going.

🚚 **Meals on Wheels Team** - We currently have an opening for a regular Wednesday lunch delivery route in Covenant and Providence Towers. Pickup is at 11:15 am from the Grace Manor Kitchen (approximately a 1-hour commitment).

🏢 **Faith Manor Reception Desk** - Join our friendly front desk team! Greet visitors, provide directions, and be a welcoming presence. Various time slots available.

🍃 **Saturday Afternoon Strolls (Faith Manor)** - Enjoy fresh air while helping residents get outdoors. Volunteers assist with walks around the grounds and courtyard on select Saturdays (10 AM–2 PM, weather permitting).

🎨 **Artwork Donations Welcome** - Have artwork you would like to pass along? Consider donating it to Holland Christian Homes! Our team curates and maintains artwork displayed throughout our community. Drop-offs can be made at the Volunteer Office or contact Glenda for more information.

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**Interested in any of these assignments or in joining our team?** For more details or a full job description, please contact **Glenda** in the Volunteer Office: (905) 463-7002 Ext. 5225 or email [glenmc@hch.ca](mailto:glenmc@hch.ca)

Feel free to stop by for a chat or call to book an appointment—we'd love to connect with you!

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Together, let's continue building a vibrant, caring community, one act of kindness at a time.

**Ignite Volunteerism** ✨

# JUNE

## NEWS FROM TOWERS ACTIVITIES



## HAPPY SENIORS MONTH

### Communications/Events Board

All of our communications/events will now be on these boards, located by the mailboxes/elevators in each building. In addition, there is one by the Towers Nursing Office & Reception. We will no longer be putting posters in the elevators, so please check the boards for all the goings on here at HCH.

#### **Remember to Bring Your Mug!**

As part of good sustainability practices, this is a friendly reminder to please remember to **always** bring your mug across **designated activities with this mug indicator:**



#### **Amount of Walking**

All trips have indicators informing you how much walking is involved on the trips:

 Minimal or no walking

 Moderate walking

 Lots of walking

### Trips and Event Sign

Sign up and make payments for programs, events, and trips at Front Reception during Reception's working hours. Please note that each trip must be paid for separately. Please address your cheques to "*Holland Christian Homes*". **Please date cheques for the date of the event/trip.**

**Reception only accepts exact cash amount or cheque. If you need change it will be given to you when Towers Activity Coordinator picks up money from Front Reception at the end of the week.**

### **Refund & Missed Activities**

If a tenant does not show up on time for a program, Towers Activities cannot guarantee there will be materials left for them once the activity has finished. Tenants cannot bring materials home for another tenant, unless Towers Activities has been given notice and approved this. **No refunds are given out for activities costing \$15 or less.** Rescheduling and alternate arrangements are done on a case-by-case basis, at the discretion of the Towers Activities Coordinator.

### **Community Programs**

We are excited to share information about Movement Matters; a new program offered at Sheridan College's Davis Campus designed to support the functionality of people with Parkinson's disease through tailored exercise sessions. We welcome individuals at any stage of Parkinson's who are looking to start or continue with exercise to improve mobility, strength, and daily function. Guided exercise sessions are instructed by students with direct supervision from a Registered Kinesiologist.

Program Details:

📍 Location: Sheridan College - Davis Campus (Right a cross the street from HCH)

👤 Format: One-on-one sessions

💻 Delivery: In-person and virtual appointments available

🕒 Appointment hours: Tuesdays and Thursdays, 10:00 am - 2:00 pm

💰 Cost: Free of charge

📅 by appointment only

Appointments can be booked directly at (905) 459-7533 EXT. 5033

### **Let's Sing**

**Please note:** We will continue our Monday evening singing through the month of June, but will be skipping June 7<sup>th</sup>. Please write these dates in your calendar: June 1, June 15, June 22 and June 29.

## **Are you interested in taking a Brampton Club 106 Trip?**

We are pleased to announce that a Club 106 representative will now be available at our facility every Thursday from 10:30am -12:00pm at the Snack Bar to assist tenants with information and ticket sales for her upcoming trips and excursions. We are excited to offer even more opportunities and experiences for those living in our community. Please note that these trips are organized independently and are not affiliated Holland Christian Homes, and not coordinated by Ashley Blair – Coordinator of Tenant Activities. All trip registrations, payments, and related inquiries must be directed through Club 106. If you have any questions or would like additional information, please feel free to contact them directly.

## **Monday Afternoon Bingo**

Monday afternoon Bingo will take place on the below dates in Harmony Hall at 2pm

- Monday, June 1<sup>st</sup>
- Monday, June 22<sup>nd</sup>

## **The Sacred Thread**

Join us as we experience the longer version of the petitions from “The Lord’s Prayer” video. You will see more lands of the Bible, longer interviews, and greater detail on the petitions of the prayer we know so well. Watch on 990 or in Heritage Hall for discussions afterward. Beginning at 10AM. (Each episode is about 30 minutes long.)

June 4 – Episode 1-3

June 18 – Episode 4-5

June 25 – Episode 6-7

## **Movie Matinee**

On Thursday, June 4<sup>th</sup>, you will have the opportunity to watch Heidi at 1:30pm in Heritage Hall. *A handful of children’s books offer such a perfect blend of thrilling adventure and warm emotion that generations of young readers eagerly embrace them as their own. Among these immortals are Treasure Island, Black Beauty, and – of course- Heidi, the spirit-lifting story of a swiss orphan girl who enriches every life she touches. The beloved tale is told anew in the charming film set against spectacular mountain vistas.*

*Radiant young Emma Bolger portrays Heidi joined by veteran star Max von Sydow, Geraldine Chaplin and Diana Rigg. Enter Heidi's captivating world as she opens her gruff grandfather's heart to love...befriends lonely Peter, the neighbor boy who herds her grandfather's goats...and gives cripple rich girl Clara the courage to try and walk. Everyone deserves the chance to know and love Heidi!* Run time 104 minutes **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

## **Yoga**

Breathe, stretch, and unwind with Chair Yoga at HCH! Join Kathleen Osmond on **Fridays June 5<sup>th</sup>, 12<sup>th</sup>, & 19<sup>th</sup> at 11am in Horizon Hall** for a rejuvenation session that nurtures both mind and body. Chair Yoga incorporates both seated & Standing exercises for breathing, meditation and poses designed to encourage relaxation and reduce stress. Some other health benefits include

- Improves Balance
- Supports Joint Health
- Teaches Better Breathing
- Improves Flexibility

**The cost of this program will be \$5. If attendance drops, this class could be at risk of cancellation.**

## **Free Grocery/Shopping Bus Trip**



Tuesday, June 9<sup>th</sup> – Walmart

Thursday, June 25<sup>th</sup> – Food Basics

This trip operates on a first-come, first-served basis, so be sure to sign up soon! The bus will depart at 9:30 AM sharp, pick-up will be at the CT Entrance at 9:15 AM, and we will return to HCH around noon. To sign-up, please visit Front Reception during working hours. **A heartfelt thanks to our wonderful fundraising ladies, Audrey and Ann, for making these free bus trips possible.**

## Music & Movement

Come join Music and Movement with Frances on **Wednesday, June 10<sup>th</sup> & 24<sup>th</sup> at 10am in Heritage Hall.**

A professional dancer and choreographer in shows like Mamma Mia!, Sister Act and The Lion King, Frances leads a lively upbeat seated movement class designed for absolutely everyone.

It starts with great music, like songs from the 50's and 60's to inspire you to move your body. This is primarily a seated movement class meaning we are dancing seated in chairs. We also add in a few songs where we stand, dancing on our feet with the support of a chair in front of us.

This class is perfect for everyone at any age, you are free to challenge yourself or modify the movement as you like.

It's social, it's fun, it's guaranteed to leave you feeling energized all day long!

**The cost of this program will be \$5. If attendance continues to be low, this class is at risk of being cancelled.**

## Travelogue with the Zinkweg's

Please join us on Wednesday, June 10th in Harmony Hall at 7pm. We will have the opportunity to join the Zinkweg's as they show us the beautiful sites of Greece – Athens, Rhodes, Crete, Santorini, Nazos, Mykonos, Delos, and Andros. We also will get to see part 2 of their trip to India. Hope to see you there!

## Fruit Parfait Social



Please join us on Thursday, June 11th at 10am in Harmony Hall for a Fruit Parfait Social. The cost of this social is \$5, and will include your yogurt parfait with fruit, granola, and tea/coffee.

## Armchair Travels

On Friday, June 12<sup>th</sup> at 2pm on Channel 990 you will have the opportunity to watch Rick Steve's' A Royal Tour. *“Our royal tour of London starts with red-coat pageantry at Buckingham Palace. Riding red buses, black cabs, and the*

*Tube, we pop into the Houses of Parliament at Westminster and visit Churchill's underground war rooms – a World War II time warp. After looking into the eyes of those who put the great in Britain at the Portrait Gallery, we cruise the River Thames to the mighty Tower of London.”*

### **Cardinal Choir**

Join us on Monday, June 15th at 2pm in Heritage Hall to watch the Cardinal Choir perform their “Spring Awakening” concert under the direction of Robert Hennig. **There will be a free will offering at the end of the performance.**

### **Movie Night**

On Thursday, June 18<sup>th</sup>, you will have the opportunity to watch Amish Grace at 7pm in Heritage Hall. *Kimberly Williams-Paisley (TVs According to Jim & Father of the Bride 1&2) leads a talented cast in the highest rated original film ever to appear on the Lifetime Movie Network. When a tragedy takes the lives of five Amish schoolgirls in Pennsylvania, Ida (Williams-Paisley), the mother of one of the girls, faces a profound test of faith. As she begins to feel like an outsider within her own community, Ida must decide whether or not to with the Amish – and her beloved husband (Matt Letcher). Delicately crafted and featuring poignant performances, this film is a moving testament to the power of forgiveness. Run time 89 minutes **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.***

### **Speakers Corner**

Please join us on Friday, June 19<sup>th</sup> at 1:30pm in Harmony Hall to see a presentation by Mi Casa Su Casa. During their presentation, they will provide an overview of their support options, including companionship, transportation, light housekeeping, meal preparation, and laundry, as well as more specialized care such as respite, complex care, palliative support, and transitional care.

They will also highlight their flexible care options, including 24/7 support, one-on-one care, overnight and live-in services, and assistance with daily needs like showering, feeding, and special diets. Additional services include accompaniment to medical appointments and support for individuals requiring GPA and ABI care.

This session will be a great opportunity to learn more about their comprehensive range of services and ask any questions.

## **Paint Night Comes to HCH**

On Monday, June 22nd at 7pm in Harmony Hall paint night comes to HCH, and the team from ART FUNDamentals will be here to help. You'll enjoy some good music, snacks, refreshments and share some laughs & new memories with your friends and guests around you.

There's absolutely NO EXPERIENCE NECESSARY & All supplies are provided - so you can focus on just having a good time!



This event is designed to be fun, non-competitive and stress-free. We don't take ourselves too seriously here and you'll be amazed at what you can create with a little guidance and encouragement! The cost of this event is \$30 per person. This includes everything you will need to create the picture

above "Moonlit Waves" and snacks & refreshments. **Please Sign up at Front Reception. Staff/Families welcome to Sign up as well.**

**DEADLINE FOR SIGN UP IS JUNE 18<sup>th</sup>**





## **The Heartland Singers**

On Tuesday, June 23rd at 7:30 in Heritage Hall you will have the opportunity to watch The Heartland Singers perform.

*"The Heartland Singers, a passionate and dedicated group of singers who specialize in the captivating art of a cappella singing. The chorus performs without any instrumental backing tracks, relying solely on the beautiful blend of their voices to create a truly one-of-a-kind musical experience. They sing a dynamic repertoire of songs, from classic ballads to contemporary hits enjoyed by all ages."* **There will be a free will offering at the end of the performance.**

## Step Back in Time at MEDIEVAL TIMES! – School Bus Trip

*Experience:*

-  Thrilling live jousting tournaments
-  Brave knights and dazzling performances
-  A delicious four-course medieval feast
-  An immersive castle atmosphere full of excitement

**Date:** Thursday, June 25th

**Location:** Medieval Times Dinner & Tournament (Toronto)

**Cost:** \$105 - tax, travel & all gratuities included \*You will get a flag and a group photo to take home\*

Don't miss your chance to experience the magic, excitement, and adventure of the Middle Ages! Sign up at front reception today!

**DEADLINE FOR SIGN UP IS JUNE 2nd**

### Community Karaoke Afternoon

Join us for an unforgettable afternoon of music, connection, and joy at this month's Community Karaoke Afternoon! This event will take place on *Friday, June 26, at 1:30* PM in Harmony Hall. Whether you're ready to belt out your favourite tune or prefer to sit back and enjoy the performances, this event is for everyone. **Light refreshments will be provided.**

### **Farmers Market Trip!**

Join us for a fun morning on Saturday, June 27<sup>th</sup>, to the local farmers market downtown Brampton. This is a great opportunity to pick up fresh produce, homemade baked goods, and unique handmade items while supporting the small businesses in our community.

#### *Trip Details:*

**Cost:** \$15

Departing at 7:30 AM

Arriving at the market for its 8AM opening, to help try and avoid the heat.

Enjoy 2 hours to shop and explore

Meet back at the bus by 10:00 AM

Expected return home around 10:30 AM

Bring your shopping bags and enjoy a relaxing morning filled with fresh finds and community spirit!

*\*This year's Brampton Farmers' Market will stretch along Main Street South from Queen Street to Wellington Street and Queen Street East from Main Street to Theatre Lane / Chapel Street. \**

## MAY VENDORS 10AM TO 3:30PM

**Tuesday, June 2nd** – Bijoux Treasures ~ **Location:** Across from the Faith Manor elevators

**Thursday, June 4th** – Comfort Shoe Haven ~ **Location:** Across from the Faith Manor elevators

**Tuesday, June 16th** – Brands 4 Less ~ **Location:** Across from the Faith Manor elevators

**Thursday, June 18th** – Avon ~ **Location:** Across from the Faith Manor elevators

**Tuesday, June 23rd** – Mary Kay Cosmetics ~ **Location:** Across from the Faith Manor elevators

**Thursday, June 25th** – Traditions Alive ~ **Location:** Across from Horizon Hall

## Reoccurring Programs

Event	Date & Time	Location
Peace Tower Coffee Social	Mondays 10:30am	Horizon Hall
Roman Catholic Mass	Mondays 10am	Harmony Hall
Let's Sing	Mondays 7pm	Heritage Hall
Hope & Trinity Tower Coffee Social	Tuesdays 10am	Harmony Hall
Current Events	Tuesdays 10:30am	King Tower Library

Fun + Fitness	Tuesdays & Fridays 11am	Heritage Hall
Bridge Club	Tuesdays 1pm	King Tower Library
Covenant Tower Coffee Social	Tuesdays 2:30pm	Covenant Tower Lounge
Bid Euchre	Tuesdays 6:30pm	Providence Tower Meeting Room
Busy Hands	Wednesdays 9am	Trinity Tower Meeting Room
Nordic Pole Walking	Wednesday 9am	Meet at Billiards Room across Front Reception
Hymn Sing and Bible Study	Wednesdays 10am	Horizon Hall
Art Expressions	Wednesdays 1:30pm	Trinity Tower Meeting room
Cribbage Club	Wednesdays 1:30pm	Providence Tower Meeting Room
Operation Mercy Yarn Pick up	Every other Wednesdays 2pm	Harmony Hall
Poetry Appreciation Night	Wednesday's 7pm	Harmony Hall (on hold for summer)
Prayer Shawl Group	Thursdays 10am-11pm	King Tower Library
Tai Chi	Thursdays 10:30am	Horizon Hall
Klaverjassen	Thursdays 1pm	King Tower Library
Line Dancing	Thursdays 2pm	Horizon Hall
KTEE Euchre	Thursdays 7pm	Horizon Hall
Chair Yoga Cost: \$5	Fridays 11am	Horizon Hall
BINGO	Fridays 7pm	Harmony Hall

Games Night	Friday 7pm	Horizon Hall
Providence Tower Coffee Social	Saturdays 10am	Providence Tower Meeting Room
King Tower Coffee Social	Saturdays 10am	Horizon Hall

## Upcoming Events/Trips

### Movie Matinee ☕

On Thursday, July 9th, you will have the opportunity to watch *Thicker Than Water* at 1:30pm in Heritage Hall. *A faded photograph leads powerful attorney Natalie Jones to the bittersweet secrets of her late father's past. She takes to the sprawling countryside, where horses run free, families are bound by honor, true love really exists, and Natalie discovers her own past-and an enlightened future.* **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

### Music on the Patio Comes back to HCH

Music on the Patio will be live music every other Tuesday evening from 7-8pm on the NEW Faith Manor Patio. We will have a different musician each time for you to enjoy. To gain entrance to the new Faith Manor patio we ask you to go through the tenant dining room across from the snack bar. In the back-right hand corner there is a door that leads outside. For this event it will be **Bring Your Own Chair (walker or lawn chair to sit on)**. We will also have water and little bags of chips for sale for a \$1 each- *Please consider buying, it's what will help support this event.*

In case of bad weather, performances will take place in Heritage Hall.

- Tuesday July 14<sup>th</sup> – Cheryle Dueck with a youth choir
- Tuesday July 28<sup>th</sup> – Vili V.
- Tuesday August 11<sup>th</sup> – Tina Michele
- Tuesday August 25<sup>th</sup> – Ruth Ann Onley

More information in the next Tie That Binds.

☕ **Speakers Corner - Wildlife Through the Lens: Trail Camera Discoveries at Marsh's Falls Nature Reserve**

Join local naturalist Rick Stronks (*Board Member of the Lake of Bays Heritage Foundation*) on Friday, July 17<sup>th</sup> at 1:30pm in Harmony Hall for a fascinating presentation featuring captivating wildlife footage captured with remote trail cameras at Marsh's Falls Nature Reserve. Discover the hidden lives of the reserve's wildlife and gain a unique glimpse into the natural beauty of Muskoka through remarkable video recordings collected over time. **Please bring your mug, light refreshments will be provided.**

**High Tea in the Lavender Field** 

**Cost: \$150 / Coach Bus Trip**

Join us on Saturday, July 18<sup>th</sup> for a dreamy High Tea Lavender Garden Picnic experience unlike any other! Surrounded by breathtaking lavender fields, indulge in a luxurious outdoor picnic filled with Italian-inspired delicacies, sweet treats, and relaxing countryside charm.

- ❖ Start your culinary journey with freshly baked breads and creamy butters
- ❖ Enjoy a beautifully curated charcuterie featuring premium meats, cheeses, prosciutto & melon
- ❖ Savour elegant finger sandwiches and savoury quiches
- ❖ Refresh with a light citrus salad
- ❖ Finish with an irresistible assortment of pastries and sweets

*Your picnic also includes: spring water, refreshing iced tea and hot teas are available upon request.*

*Your pass includes everything needed for the perfect outdoor high-tea picnic experience, PLUS full farm access:*

- ❖ Access to the lavender fields
- ❖ Beautiful Selfie Opportunities
- ❖ Scenic river walk
- ❖ Visit the farm animals & more!

Additional on-site experiences available:

- “Cut Your Own” Lavender
- Small gift shop on site

Treat yourself to a beautiful day filled with flavour, relaxation, and unforgettable memories in the lavender gardens.

We will meet at Covenant Tower at 12:30pm and the bus will leave at 12:45pm.

*Tickets can be purchased through Front Reception.*

## Movie Night

On Thursday, July 23rd, you will have the opportunity to watch Rodgers & Hammerstein’s *The King and I* at 7pm in Heritage Hall. *The King and I* is a musical that tells the story of Anna Leonowens (Deborah Kerr), a British schoolteacher who arrives in Siam (now Thailand) in the 1860s to become the governess of the king's children. As immortalized by Yul Brynner in his Oscar winning performance, the King is a magnetic and unforgettable figure. When Anna and the King get to know each other, it is mutual respect and the surprising lessons they learn from each other – that leads to one of the most unusual and spellbinding friendships in musical history. **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

## Toronto Sinfonia Returns to HCH

On Friday, November 6th at 7pm in Heritage Hall you will have the opportunity to watch The Toronto Sinfonia Orchestra perform. Doors open at 6:30pm. This event is a ticketed event (*Performance will NOT be on Channel 990*), and can be purchased at Front Reception (**\$50 a ticket**). Light refreshments will be provided.

Irmina Trinkos Violinist  
Weinberg - Concertino For Violin Op. 42  
Montero - Violin Concerto  
Mozart - Divertimento K 137  
Sharafyan - Theatrical Suite  
Warlock - Capriol Suite

The Weinberg is a modern-Romantic mini-concerto with Eastern European folk melodies. The Montero is by an Argentinian woman composer; it won a Latin Grammy award. Warlock's Capriol Suite is one of the most famous and favourite suites for string orchestra - typically English, with choir-like and folk-like melodies. Irmina Trynkos is a Polish virtuoso who has played brilliantly with the Toronto Sinfonia before; she is known for always wearing something glamorous.

*“Sinfonia Toronto has toured twice in Europe, South America, China, United States and Canada. In Canada it tours regularly throughout its home province of Ontario. Sinfonia Toronto has enjoyed great critical acclaim both at home and in international tours. The Toronto Star noted “a remarkable range of colour,” “ample eloquence” and “gripping authority,” La Scena Musicale wrote “Nurhan Arman and his orchestra literally conquered us.” Its 2008 tour in Germany drew headlines like “A world-class ensemble”, and “Sinfonia Toronto Thrilled the Audience.” Its 2010 tour of Spain was greeted with calls for encores at every concert, including a thrilling four encores demanded by the audience at the renowned hall l’Auditori in Barcelona. The orchestra’s every concert in South America received standing ovations, demands for multiple encores, superb reviews and requests to return. The Musical Tribune in Buenos Aires hailed Sinfonia Toronto’s performances in the Centro Cultural Kirchner as “definitive performances” and went on to say, “Here we were able to appreciate not only the high technical quality of the instrumentalists but also the unity of phrasing the director has achieved and his musicality.”* **Deadline for tickets will be September 11th. With the orchestra having a busy schedule, we need to give them lots of notice.**

## Towers Nursing News

\*\*Dates are subject to change. Announcements for date/time changes will be posted on Channel 990.

- ❖ For Denturist clinic please call (905) 453-3393 to send your information in for appointment. CARRS will contact you with an appointment time.
- ❖ **Mobility Clinic:** June 17th, Clinic starts at 1pm.
- ❖ **Hearing Aid Clinic:** Call 905-793-3962 or 416-843-1986 to book an appointment with Wendy Caswell.
- ❖ **Foot Care Nurse:** June 10<sup>th</sup> & 24th. Please sign up on the list at TNO.
- ❖ Dr. Douglas Vlaskamp's **Chiropractic** open Friday afternoons 1:30-3:40pm, please call his office for an appointment at 905-451-3963
- ❖ **Physiotherapy Department:** Open. Please call 647-717-3422 to book an appointment.

# Promissory Note Program

*A simple way to invest, right at home!*

Our HCH investment program has been proudly operating for over 30 years, contributing significantly to our in-house programs & facilities for our tenants.

We offer competitive rates that are always displayed on Channel 990.  
Get started today with just a minimum of \$10,000!

Come speak with Sherene in our finance department for personalized assistance.

905.463.7002 Ext.5235  
sherene.baksh@hch.ca



**FROM THE DESK OF THE ADMISSIONS OFFICE**

Following you will find the changes that have taken place at Holland Christian Homes during the month of May.

**We welcome to the Towers:**

Mr. Robert Willis	CT 501
Ms. Brenda Heighington	PeT 1302
Mr. John Ennema	PeT 808
Mrs. Elizabeth Furo	TT 515
Mr. George Grima	TT 619

**We welcome to Grace Manor:**

Mr. Peter Schoonhoven	GM 218
Mrs. Leonor Venegas	GM 208/2
Mr. George Skopliak	GM 201
Mrs. Luz Maria Grez	GM 308/2

**We welcome to Faith Manor:**

Mrs. Veronica Symister	FM 508-2
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**Changes within the facility:**

Mr. John Lowden	GM 308/2 to GM 107/2S
Mr. Brian Battershell	GM 201 to GM 310S
Mr. Lynton Jackson	GM 310/2N to 308/2N
Mrs. Gail Morin	FM 121-2 to FM 225-1
Mrs. Gurbakhsh Khela	FM 225-1 to FM 121-2

**Moved out of HCH:**

Ms. Marcia Stehouwer	TT 411
Mrs. Janette Quinn	TT 213
Ms. Gurinder Grewal	HT 501

Our thoughts and prayers are with the loved ones of those that have passed away:

**We remember:**

Mrs. Elizabeth Lugo	GM 218S
Mrs. Beatriz Cordeiro Rego	GM 308/2
Mr. William Wemmers	FM 503
Mrs. Gerritje Hulleman	FM 508/2
Mr. Michael Spanu	GM 107/2
Mr. Robert Campbell	CT 408
Mrs. Marlene Oles	TT 317

*Sincerely,  
Gifty Adjei  
Tenant Business Services*

## June Birthdays

KT 1005	Frank Vanofwegen	01– June
PeT 1602	Nellie Ottevangers	01 – June
CT 901	June Young	02 – June
KT 1401	John Vanderschaaf	02 – June
CT 812	Peter DeBoer	04 – June
HT 109	Anna Adema	05 – June
PeT 605	Ina Banks	05 – June
KT 904	Marianne Goertzen	06 – June
KT 1303	Dan Ligterink	06 – June
PeT 606	Caroline Nobels	10 – June
CT 904	Dorothy Carson	11 – June
TT 310	June Wilson	12 – June
CT 1005	June Thomas	14 – June
HT 415	Anita Stone (Heywood)	16 – June
HT 502	Warren Faulkner	17 – June
CT PH03	Margrit Gould	19 – June
PeT 1103	Harry Speelman	20 – June
TT 613	Kathy Siderius	22 – June
KT 1405	Robert Vanzetten	23 – June
HT 101	William Vandebek	24 – June
KT 1504	Margo Vanderlaan	24 - June
CT 911	Ginnie Leong	25 – June
KT 201	Anita Bergs	27 – June
CT 1102	Dorothy Thomson	28 – June
PeT 1104	Anna DeRooy	29 – June
PT 104	David Lamb	29 – June

# *It's Summertime!*

## July Birthdays



HT 309	Ellen VanderKooy	01 – July
CT 912	Jill Provencher	02 – July
PeT 1003	Martilda Zomer	02 – July
PeT 1701	Nettie Roelfsema	03 – July
PeT 1406	Nellie Kamerman	04 – July
PeT 905	Isabel Carreiro	04 – July
KT 204	Mary Versteeg	06 – July
PeT 1102	Miriam Haan	06 – July
PeT 1601	Boukje DeRaaf	06 – July
KT 308	Corrie Vanderhoef	07 – July
PeT 1305	Robert Visser	07 – July
KT 1406	Edward Bergey	07 – July
PT 406	John Witteveen	08 – July
PeT 1706	Charles Douma	09 – July
KT 1203	Herbert Eitner	10 – July
PT 101	Beverley LeDrew	12 – July
HT 701	Max deBruyn	13 – July
HT 301	John Cappon	14 – July
KT 407	Johanna Snoeck	15 – July
PT 1102	Nelly Laning	25 – July
PeT 1304	Joe Feddema	26 – July
PT 805	Elizabeth Kwong Hing	26 – July
CT 808	Judith Hodsdon	29 – July
PT 601	Eldon Lehman	31 – July
TT 510	William Morgan	31 – July
PeT 405	Carol Benner	31 – July



## *Editor's Note*

Dear Tenants,

Welcome to June! I hope you have all been enjoying the warmer weather and the sunshine. Its lovely to see the grass and flowers coming to life after the long winter we had.

Please enjoy this issue of the Tie that Binds. As always, if you have anything you would like me to include in future issues, please don't hesitate to reach out to me or stop by my office.

Thanks,

Trish Krake

### **Tie that Binds Feedback Form**

Name:

Comments:

# Gardening

Find and circle all of the words that are hidden in the grid.

The remaining 27 letters spell a Lady Bird Johnson quote.

F S W H E E L B A R R O W W H G E G R  
 U P E G S P E T U N I A S S N F N R T  
 C A G O R T L S O I L O C I N O W A U  
 H D H R R E L R O W S A T O M A E K L  
 S E R O O A E S S E B N I E M A E E I  
 I S W C U W F N S D A T R N E P L B P  
 A E C N U O E O H L L U O G N O O S S  
 L L N A I L R G P O T O N M V E U S F  
 P A B R L N T M N L U A G E A N I L T  
 I I E E O I I I U I R S G I S T O B S  
 N N E T C A L C V D G E E H R W O S E  
 W N T A C R I I Y A T G I E E A E E I  
 H E S W O T Z H E A T N I R D O M V S  
 E R G A R D E N B S E E S D H S S O I  
 E E O O B D R L O E C I N A G R O L A  
 L P H S S D E E W G N I X A L E R G D  
 L E V O H S A E P S M U I N A R E G H  
 O P P I T C H F O R K E C A R R O T S

ANNUALS  
 BEANS  
 BEETS  
 BIENNIAL  
 BROCCOLI  
 CARROTS  
 COMPOST  
 CULTIVATE  
 DAISIES  
 DIGGING  
 FERTILIZER  
 FLOWERS  
 FUCHSIA

GARDEN  
 GERANIUMS  
 GLOVES  
 GNOME  
 GREENHOUSE  
 GROW  
 HOES  
 HORTICULTURE  
 HOSE  
 HYDRANGEA  
 LILACS  
 LILIES  
 MARIGOLDS

ORGANIC  
 PEAS  
 PERENNIAL  
 PETUNIAS  
 PINWHEEL  
 PITCH FORK  
 PLANTING  
 RAIN  
 RAKE  
 RELAXING  
 ROSES  
 ROWS

SEEDS  
 SHOVEL  
 SOIL  
 SPADE  
 SUNSHINE  
 TOMATOES  
 TROWEL  
 TULIPS  
 VEGETABLES  
 WATER  
 WEEDS  
 WHEELBARROW

Feel free to use this blank calendar to keep track of any HCH events or activities that you would like to participate in this month. You can track them in one easy place, below. We hope you find this helpful 😊

# June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				