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| **Spring/Summer Newsletter 2018** |
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Ilarion Residence



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| Enjoy the Sun! |
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| **A Message from our New Tenant Association President!**  **Over these past five years, I have made many lasting friendships and have been treated by many fellow residents as family, which I shall cherish my entire life.**  **I would like to encourage us all to be most inclusive toward others and not exclusive with the various activities we have offered to us. Regardless of race, creed, color or religious denomination, we all, as tenants of Ilarion are all of one big family, so to speak and we must learn to treat one another with kindness and respect; and we must also keep in mind that respect begets respect.**  **A simple smile, a “good morning”, or “how are you today?” all go a very long way in brightening someone’s day. May we all do our part in trying to brighten someone’s day…each and every day. Whether it be a visit over coffee, assisting one another with groceries or errands, going out together for walks; joining one another in activities like cards & bingo, bowling & bocce ball, shuffleboard & pool, may we do our best to invite others to participate…..encourage your neighbors to become involved.**  **I would ask that negative criticism and hurtful words be kept to oneself and anyone that may feel that they could do a better job in any aspect of volunteerism here at Ilarion, please do step forward to help out at any time.** Cont’d on next page … |
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**I would like to take this opportunity to thank first of all my fellow executive members: Orest Mysak, Zennia Yuzik & Gloria Hraboway. I am blessed to have the opportunity to work with very knowledgeable people with many years of experience in executive matters. I would also like to thank the executives of the other committees.**

**As president of the tenants association, I look forward to working effectively with everyone and I shall strive to represent the tenants of Ilarion to the best of my ability.**

**Respectfully submitted,**

**Larissa D. Cipywnyk**

**Get to Know Your Ilarion Tenant Association**

**President- Larissa Cipywnyk**

***1. What is your full name, and where were you born?*** **Larissa Diana Cipywnyk, Saskatoon.**

***2. How long have you lived at Ilarion Residence?* Almost 5 years**.

***3. What is your favorite thing about living at Ilarion?* “Many people here at Ilarion look out for each other and the one thing that have come to realize during my time here is that one should never have a reason to be lonely… we can be involved in many different activities as much or as little as we want to be.”**

***4. What made you want to be a part of the Tenant Association?* “Although I was very hesitant to accept the position as Tenant Association President, I would like to do my part to have the Tenant Association continue to exist and hope to somehow encourage all tenants to become engaged and involved; not only with the different committees we have here at Ilarion, but also to come out and participate in the various activities.”**

***5. If a resident has a question about something going on at Ilarion, what is the best way for them to get an answer?* “Notes may be slipped under my door or messages may be left on my message manager at any time and I will respond as soon as I am able to do so. If required, concerns will be taken to either administration or the board of directors for resolution.”**

***6. What else would you like Ilarion residents to know about you?* “I attended post-secondary education both here in Saskatoon and Regina several years ago. I have been employed in office administration most of my working career, presently employed at Proprint, here in Saskatoon. Although I am working full time during the week and at times busy on weekends cantoring within the Ukrainian Orthodox Church here in the city and abroad, I am available to address questions or concerns that any tenants may have.”**

**Vice President**

***1. What is your full name, and where were you born?-*** **“Orest Mysak, Punnichy SK.”**

***2. How long have you lived at Ilarion Residence?-* 5 Years**

***3. What is your favorite thing about living at Ilarion?-* “Being with other people, security and social life”**

***4. What made you want to be a part of the Tenant Association?-* “I have always been involved in organizational activities”**

***5. What is your favorite activity/hobby?-* “Reading and TV”**

***6. If a resident has a question about something going on at Ilarion, what is the best way for them to get an answer?-* Use the Maintenance request form.**

***7. What else would you like Ilarion residents to know about you?-* “That I have been happily married to Mary for 68 years!”**

**Treasurer**

***1. What is your full name, and where were you born?-* “Gloria Hrabowy- Smuts Sask.”**

***2. How long have you lived at Ilarion Residence?-* “Eighteen years”**

***3. What is your favorite thing about living at Ilarion?-* “No yard work or snow shoveling to do. Made all of friends.”**

***4. What made you want to be a part of the Tenant Association?-* “As many do not know but I was Treasurer from 2004 to 2016. That’s 12 years. Want the Tenant’s Assoc. to continue in harmony.”**

***5. What is your favorite activity/hobby?-* “Used to be Ukrainian Embroidery. Now reading and making perogy’s at the church.”**

***6. If a resident has a question about something going on at Ilarion, what is the best way for them to get an answer?-* “Ask people in charge. Then Dianne or Kim and Ken in the office.”**

***7. What else would you like Ilarion residents to know about you?-* “I was in charge and volunteered on the Chapel Lunch’s Committee since 2006. Due to some coworkers and my health we had to give it up. I have been on the Social Committee for 12 years. My Coworkers Doreen Dutka, Helen Nixdorf and Late Helen Hryciw we did a lot of fundraising for Ilarion. We had a great time and fun doing it. Please volunteer for the Social Committee. We will help you.”**

**Secretary**

***1. What is your full name, and where were you born?*** **Olga Zenovia (Zennia) Yuzik (nee Nychyk)**

***2. How long have you lived at Ilarion Residence?* 2 years, 10 months**

***3. What is your favorite thing about living at Ilarion?* “We enjoy being among people. One cannot get lonely with so many friends. There are so many activities to take part in.”**

***4. What made you want to be a part of the Tenant Association?* “When I was asked, I decided to do my part.”**

***5. What is your favorite activity/hobby?* Reading, embroidery**

# Thank you to the following people who made flower/ money donations prior to June 15th!

**Anonymous**

**Lorraine Stewart**

**Murray & Joanne Phillip**

**Gloria Hrabowy**

**Olga Luciuk**

**Julia Yachiw**

**Erika Olesiuk**

**Bernice Coben**

**Dorothy Cook**

**Glennis Proznick**

**Helen Nixdorf**

**Frances Robinson**

**Doreen Dutka**

**Alice Kindrachuk**

**Ernie & Janet Stefaniuk**

**Mark Patrick**

**Kay Parchewski**

**Emelia Samcoe**

**Adeline Lubianesky**

**Bill Turner**

**Peter & Zennia Yuzik**

**Irene Turner**

**Alvin Riley**

**Lavina Bukurak**

**Mary Pidwerbesky**

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**Happy Birthday to all Ilarion Residents and Staff who celebrate in the Spring or Summer**

# Keeping Your Health- a new section in the Ilarion Newsletter that will provide information on Senior’s Health

-Information taken from article “7 Things That Cause the Elderly to Fall” by Marlo Sollitto from Agingcare.com

**A fall rarely occurs due to only one of the reasons below. When any of these factors combine it can lead to a serious, possibly life-threatening injury. Read about the factors that may contribute to falls listed here to learn if you are at risk, and how you can help.**

**Decline in Physical Fitness. Failure to engage in even mild exercise on a regular basis results in reduced muscle strength, decreased bone mass, loss of balance and coordination, and reduced flexibility.**

[**Impaired Vision**](https://www.agingcare.com/Articles/Helping-Your-Loved-One-Live-With-Low-Vision-111675.htm)**. Age-related eye diseases can make it difficult, if not impossible, to detect fall hazards, such as steps, puddles and thresholds. Refusing to follow physician recommendations for treatment, including wearing eyeglasses and using necessary low vision equipment can lead to a fall as well.**

**Medications. Side-effects, such as drowsiness, dizziness and low blood pressure, can all contribute to an accident. Taking multiple medications increases the risk of medication interactions and falling.**

**Environmental Hazards. The majority of falls in the elderly population occur in or around seniors’ homes. Environmental factors such as poor lighting, clutter, areas of disrepair, loose carpets, slick floors and lack of safety equipment can jeopardize a senior’s safety in their home.**

**Behavioral Hazards. A person’s fall risk is influenced by their unique lifestyle and behaviors. This includes the types of activities they engage in, the level of physical demand these activities require, and their willingness and ability to adapt their routine for enhanced safety. Failing to modify behaviors to account for new or increasing difficulties is a serious, yet common, contributing factor for falls in older individuals.**

**Fun Things to do in Spring/Summer at Ilarion and in the Surrounding Area! (With friends, neighbors, or families who come to visit Ilarion)**

* **Play games of pool, shuffleboard, cards, checkers , chess, crib (see Board   
  Room)**
* **Weather permitting walk a complete circle outside Ilarion-east park-McEown-Louise**
* **Play horseshoes outside or in the tennis court nearby**
* **Go for a walk in the park**
* **Watch softball games in the park (north-east of McDonald/McEwen & Ilarion)**
* **Reserve lower lounge for a family function (pyrogy-making bee, potluck, children's craft time, family talent time, family show'-n-tell, etc.)**
* **Book the Assisted Living Lounge for children to watch movies, videos, etc.**
* **Visit the Market Mall (miniature golf, children's play area, walking exercise, etc.)**
* **Bowling at Eastview Bowl**
* **Borrow Ilarion's bocce ball, horseshoes, or croquet games to play in park**
* **Weather permitting, reserve either courtyard for a family function or potluck meal**
* **Family storytelling and recording of stories (to share with other family members)**
* **Play card bingo (Mondays) and/or bingo (Thur.)**
* **Join drop-in programs (yoga, exercise program, bean bag, bowling, etc.)**
* **Reserve & enjoy a meal in dining room etc. … and MANY MORE!**

# ****Newsletter Competition****

**Submit your answers to these questions about Ilarion history by July 3rd to the Program Coordinators office (mail slot). All submissions that have 100% correct answers will receive a small prize! Let’s see what you know about Ilarion Residence.**

***1) What day, month, and year was the official opening of Phase I of Ilarion?***

***2) How many units were in Phase I on the official opening day?***

***3) What year was Phase II of Ilarion completed?***

***4) What year did the Ilarion Village officially open?***

***5) Why do Ukrainians typically celebrate Christmas and Easter at a different time?***

*Thanks for reading!*

*If you have anything to submit for the next Newsletter, please contact the office.*