

# Villa Colombo Toronto Family Newsletter

## Introduction

Dear Families and Friends,

Welcome to the March edition of our newsletter! We've had a tough winter, but our hope is that spring is just around the corner. We're looking forward to sunshine, birds singing, trees and flowers blooming and lovely times in the garden eating gelato!

Thank you for completing the Family/ Resident Survey. As usual, while we've made improvements in some areas, there are still issues that require our attention. We are committed to working on these items.

We have lots of activities to announce in this edition including Easter Celebrations. We also want to feature Eden Alternative emotion-based care, a new approach to care which empowers our elders to feel more at home.

Best Regards,

**Lisa Bernadette Alcia**  
Executive Director



## In This Issue

- Introduction
- Villa Colombo Toronto Auxiliary
- Fusco Family Gift Shop
- Life Enrichment & Programs
- Recreation and Resident Program Highlights
- Easter Religious Services
- Community Services
- Resident & Family Satisfaction Survey Results
- Welcoming Back Dr. David Sedran
- Emotion-based Care: The Eden Alternative
- Nutrition Month

## Contact Us

**Phone:** 416-789-2113

**Email:** [info@villacolombo.on.ca](mailto:info@villacolombo.on.ca)

**Website:** [villacolombo.com](http://villacolombo.com)

## VCTA Updates

### Villa Colombo Toronto Auxiliary – Celebrating 50 Years!

This year marks a very special milestone for the Villa Colombo Toronto Auxiliary as we celebrate 50 years of dedicated volunteer service and fundraising in support of Villa Colombo’s residents. Since 1976, our Auxiliary has been proud to contribute to initiatives that enhance the comfort, dignity, and quality of life of those who call Villa Colombo home.

We recently concluded our Valentine’s Day Fundraiser (February 6–14), where families and visitors had the opportunity to purchase Valentine’s donation cards for their loved ones. Thank you to everyone who participated and helped make the week so meaningful for our residents.

We look forward to seeing you at our upcoming events:

- **Spring Bingo** – Thursday, April 9 at Sala Caboto. Guests will enjoy a pasta meal, games of bingo, prizes, and the opportunity to come together as a community.
- **35th Annual Golf Tournament** – Tuesday, June 2. Participants can enjoy a day of golf, a wonderful lunch, a silent auction, and more — all in support of Villa Colombo residents.

We are grateful for your continued support and look forward to celebrating this special 50th year together.



## Fusco Family Gift Shop



Please visit the **Fusco Family Gift Shop** during your next visit!

We carry a wonderful selection of:

**Coffee, chocolates, cookies, clothing, undergarments, accessories, giftware, and personal care items.**

Coming mid-March: **Easter Chocolates and Colomba Pasquale** — just in time for Easter!

We look forward to seeing you!

Happy Easter / Buona Pasqua!

## Life Enrichment & Programs Updates



At Villa Colombo Toronto, we are proud to have an incredible team of Recreation Aides who bring energy, creativity and compassion to our residents each day. Our home has 13 approved Recreation Aide positions, supported by additional team members who assist during vacancies and scheduled time off.

Programming continues seamlessly through Recreation staff on duty, complemented by special events and the wonderful support of volunteers and care team members, so that residents can access and enjoy a full and engaging recreation experience across the home.

Our recreation team offers a wide variety of enriching programs and events that support residents' spiritual, emotional, physical and social well being, guided by our Italian-Canadian heritage. Programming is a collaborative life enrichment effort, and we sincerely appreciate the support of all staff and families who help make these experiences so vibrant.

## Life Enrichment & Programs Updates

### Have you tried the Tovertafel Magic Tables?

Six interactive play systems, purchased with the generous sponsorship of the VCTA, are in use across our home. While they are specially designed to support seniors living with dementia, they can be enjoyed by everyone and are fun for groups or individuals. The tables encourage movement, cognitive stimulation, sensory engagement, social interaction and most importantly joy. They rotate between units every few months so more residents have the chance to experience them. With our lifetime subscription, residents can explore a wide variety of games and unlimited interactive experiences. Families are warmly invited to give the Magic Tables a try. Please speak with a Recreation team member if you would like guidance on how to get started.



Looking ahead, we will also be introducing an interactive social robot in early April. This innovative technology will open new opportunities for residents, including conversation and social engagement, memory and cognitive games, interactive storytelling, music and movement activities, and personalized connections that respond to each resident's preferences. Families are welcome to experience the robot alongside residents and see some of the incredible ways it will enrich daily programming.

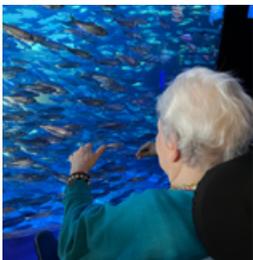
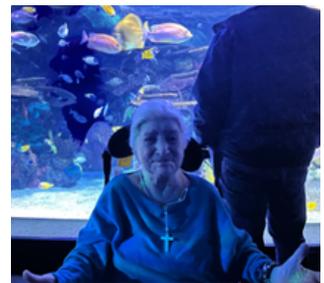
## Recreation and Resident Program Highlights

In February, residents observed Shrove Tuesday with pancakes and began Lent with a special Mass and the distribution of ashes on Ash Wednesday.

The Sacrament of the Sick began on February 23 and will continue into the first week of March for residents and families who request it.

March celebrations will include International Women’s Day, themed national days, and a special visit from Hands on Exotics.

We remain committed to offering engaging and meaningful experiences for our residents and warmly welcome families to participate whenever they can.



## Easter Religious Services

- **Palm Sunday Mass**  
March 29th at 10:30pm.
- **Holy Thursday Mass**  
April 2 at 3:00 pm.
- **Good Friday Mass**  
April 3 at 3:00 pm.
- **Holy Saturday** will be a day of quiet reflection with no Mass.
- **Easter Sunday Mass**  
April 5 at 10:30 am.



## Community Services

February was a busy and joyful month in Community Services, filled with creativity, celebration, and meaningful connection.

Clients had a wonderful time preparing for Valentine's Day by making festive crafts such as keychains and beaded bracelets. We also hosted a special Valentine's Tea Party, where everyone wore beautiful handmade fascinators, baked and decorated cookies, and practiced their hospitality and social skills in a fun and welcoming setting.

We began the month by celebrating Shrove Tuesday with a delicious pancake breakfast. Later, we recognized Chinese New Year with an educational presentation and themed refreshments, offering an opportunity to learn about and appreciate different cultural traditions. An Ash Wednesday service was also available for those who wished to participate.



## Community Services

We were pleased to welcome a visiting art instructor from Australia, who led a small-group art class that provided a unique and enriching creative experience. To round out the month, clients celebrated National Banana Bread Day by baking together — continuing to build confidence and independence through hands-on culinary activities.

Overall, February was filled with engaging experiences that supported creativity, community involvement, and meaningful participation across all programs.



## Resident & Family Satisfaction Survey Results

The Resident Satisfaction Survey results will be shared with Resident & Family Council in March 2026. Health Quality Ontario, set a target in 2025 at 75 % for the satisfaction survey question regarding fear:

“Share thoughts/opinions without worrying about negative consequences”

Our residents rated us at 85% exceeding the 75% target:

- 2025 - 85% exceeds the set target of 75%

Resident & Families recognized the following areas improved in 2025:

1. Treat resident with respect
2. Quality of food is good
3. Building/grounds maintained
4. Temperature of the Home is comfortable

Residents & Families identified the following areas for improvement for 2026:

1. Privacy for residents
2. Provide activities liked
3. Provide variety of foods/drinks

We will work on improving and addressing the areas identified. Thank you for your feedback and time in completing the survey!

## Medical Staff Change Welcome Back Dr. Sedran

We would like to extend our sincere thanks to Dr. Khan for the care and dedication he has provided to the seniors on the 5th floor over the past few years. We are grateful for his contributions and wish him all the best in his future endeavors.

At the same time, we are very pleased to welcome back Dr. David Sedran to Villa Colombo.

Dr. Sedran returned to Villa Colombo in February and many of you may remember his longstanding commitment to



senior care. With over 25 years of experience, including many years caring for residents on the 5th Floor Dementia Unit, Dr. Sedran has been known for his compassionate, thoughtful, and expert approach to resident care.

A highly experienced Family Physician certified by the College of Family Physicians of Canada, Dr. Sedran is recognized for his patient-centered and holistic approach to medicine. Throughout his career, he has built strong relationships with residents, families, colleagues, and staff, and has consistently demonstrated a commitment to best practices, collaboration, and mentorship.

We are delighted to have Dr. Sedran rejoin our Villa Colombo community and look forward to the continued positive impact he will bring to our residents and care team.

# Emotion-based Care: The Eden Alternative



## What is the Eden Alternative?

The Eden Alternative ® focuses on moving away from the institutional hierarchical (medical) model of care into a constructive culture of “home” where Elders direct their own lives. The Eden Alternative ® philosophy is focused on the care of the human spirit as well as the care of the human body.

Leadership team completed Education and Certification in November 2025 to learn and become partners in changing our approach to care.

A second education session was completed in February 2026 for frontline staff to develop ambassadors.

Next, VCT will learn the new “language” of care and begin holding daily huddles to rename the units, “neighbourhoods” and build a home-like environment. We look forward to the involvement of residents and families in this exciting direction.

## Nutrition Month

In long-term care, food is never just food. It's comfort after a hard morning. It's a strength for recovery. It's a familiar taste that brings back memories. Its dignity, culture, and connection served on a plate.

During Nutrition month, we celebrate the power of nourishment - but we also celebrate you. Because it takes teamwork to ensure our elders and those in need receive not only the right nutrition, but also kindness, patience, and encouragement at mealtimes. You inspire us!

Together, we don't just serve meals. We support healing. We spark joy. We build a community.

We are grateful that our Nutrition Care Partners come to work through wind or snow, rain or shine, every day.



## Pigna di Pasqua or “Easter Pinecone” Cake

### Ingredients

- 1 ¼ cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla
- ½ cup canola or vegetable oil
- 1 cup milk
- ½ cup cornstarch or potato starch
- 1 tablespoon baking powder
- ½ teaspoon kosher salt
- 2 ½ cups all purpose flour

### Easter Cake Glaze

- 2 cups powdered sugar
- 3 tablespoons milk
- sprinkles for decorating



### Instructions

1. Preheat oven to 350 degrees and position baking rack in center of oven. Grease a standard bundt cake pan with nonstick cooking spray; set aside.
2. In a large bowl, use an electric mixer to beat together the sugar, eggs, and vanilla until light and fluffy; about 1 minute. Add in the oil, milk and mix until well combined.
3. To the batter mix in the cornstarch, baking powder, and salt until well combined. Add in the flour and mix until the mixture is just combined. Use a rubber spatula to scrape the bowl and ensure that all of the ingredients are incorporated.
4. Pour the batter into the prepared bundt cake pan. Bake on center rack in oven for about 35-40 minutes, or until a toothpick inserted in the middle of the cake comes out clean. Place on wire cooling rack and let sit for 10 minutes. Then, gently flip cake out of pan and let cool completely.
5. Once the cake is cooled, make the simple frosting by whisking together the powdered sugar and milk. Drizzle the frosting over the cooled cake and top with sprinkles.