

March 2024



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## *Resident Meeting*

IMPORTANT: The March resident meeting is **cancelled** due to the cultural events taking place the week of March 25th. Our next resident meeting will be on Tuesday April 30th at 3:30 pm. Details will be included in April's newsletter.

NOTE: On the following pages you will see news and updates from our various working circles. A reminder to residents that if you are interested in learning more, we have a binder in the office with the minutes from the circle meetings.

*As you know, our dear Brian Eckler passed away on Sunday March 3rd. Brian moved into Heperus in June 2014. He touched many lives at Hesperus. We will miss seeing him in the dining room and listening to his stories. Julia and Mark, along with Brian's family are hosting a celebration of his life for residents, on Thursday April 4th at 4pm.*

## *Julia's Corner*

### **Brian's Table**

I hope you had a chance to sit at Brian's table: Brian's table in the dining room. I mean Brian's most recent table in the dining room. For many years he sat at the table closest to the kitchen with Renate, David, Frank, Eunice and Vera. After covid when the dining room was only open for takeout meals, Brian joined Gerda, David, Jon, more recently Vadim and me at the large round table in the middle of the dining room. Why Brian's table? Why not David's table or Jon's table? Perhaps one had to be there. Brian held court at that table; it was definitely Brian's table.

Brian was a family man. Although divorced both he and his wife were always present at family celebrations and birthday dinners. They had three daughters, Cheryl, Nedi and Lorri, in that order. For some reason Brian found it expedient to refer to his children as Daughter #1, Daughter #2 and Daughter#3. In his small, long window facing the corridor one could admire the artwork of one of his great grandchildren. It was not the most sophisticated of pieces but spoke volumes about the man's love for his family. When Nedi still practised here at Hesperus she frequently came by at lunchtime to connect with her father. She would come from behind and place her hands on his shoulders and say "Hi Dad". The man's eyes took on a glow as he softened under her touch.

In his professional life our Brian was Dr. Eckler D.D.S. He practiced the art of dentistry. He was a trail blazer. He was left handed and didn't want to work within a right handed arrangement, so he became the first to have a dental chair and instruments set up on the left hand side of the patient, instead of the right. When I told him that I had worked for a dentist who practised near stop 14 on Kingston Road he was amazed. "That's where my first office was!" We had actually worked in the same building, albeit in different offices. There was a small family

restaurant across Kingston Road where Brian remembered meeting fellow dentists for lunch. He also remembered the bowling alley there, where I bowled with my high school bowling league. I went to R. H. King Collegiate, two bus stops away from Brian's office; the only high school in Scarborough then. We had a delightful time reminiscing about the area and discovering that we had this connection to each other many years before becoming fellow residents, and eventually friends at Hesperus.

Brian had a sparkling smile: One of those smiles that shone from his eyes and lit up his entire face. He always took your opening salvo and turned it back at you with a twist. Recently I heard of his ex-wife saying to him, "Well! You can still make me laugh!" Brian was a master at the pun and he and David knew so many colloquial sayings that they often mused about writing a book containing them all. Brian and Jon specialized in put-downs and Gerda loved to push Brian's buttons and get him going. Vadim grinned and shook his head at the lot of us carrying on. Yes, it was Brian's table. The first time after his passing when someone sat at his place I felt a twinge. But, that is life among elders. Hesperus has many shades lingering among our greying circles. Like Banquo, they are loathe to leave us.





# *Social Circle*

## UPDATE

This past Monday Morning Coffee was Birthday Monday. We would be celebrating YOU if you had a birthday this month. Please join us every Monday in the lobby at 10 am for coffee and a sweet. Please consider bringing a treat to share.

On Tuesday at 6:30 pm we presented a special Hesperus Film Club event featuring a documentary about Cobalt, a small mining community in northern Ontario. Cobalt is the name of the exhibit that about 20 of us went to see at the McMichael Gallery on Wednesday. As most of you know Sally Lawrence and Rob Moir are sculptors who have a special connection with Cobalt. They joined us to talk about their sculpture there, their connection to the mining community and about Charlie Angus, M.P. for whom they illustrated a book about Cobalt, and the mining industry in Canada.

On Monday March 18th The Hesperus Film Club hosted the newly formed Hesperus Astronomy Club. Once a month we will be presenting documentaries about heavenly bodies, (the ones in outer space). Rob Moir, an amateur astronomist is our Telescope Technician, Rita, a former professor of astronomy, is our Special Consultant and Julia is our Facilitator. As always we are looking to the skies hoping to get our Stargazers outside to view the heavens through our telescope.

The Hesperus Film Club will be hosting a livestream of the Solar Eclipse in the West Lounge on April 8th at 1:30 pm until the completion of the eclipse. We will also be livestreaming concerts by the Toronto and York Universities' Symphony Orchestras starting on April 6th.

—Julia and Christine





# *Library Circle*



## UPDATE

We have nothing new to report and will just remind you: we meet in the library on the third Tuesday of the month from 2pm-3pm to talk about some of the books we have read. All welcome to contribute or just listen.

If you are new here at Hesperus and would like a library brochure or a quick tour of the various locations of our collection, please contact Barbara Gunther.

—Barbara, Library Circle

Circle members: Eleonora, Victoria, Marianne, Mary, Rita, Barbara

# Aesthetics' Circle

## UPDATE

Part of our spring intention to freshen up a few corners in Hesperus are these new pillows for the lobby. The pillows were made by Susan Digby, daughter of Elizabeth McMillan (Thank you Susan for the beautiful work!) We hope you enjoy the new look! Together with the lazured walls, the beautiful sculptures by Lisa and the happy green, isn't it a pleasure to come back or just to sit for a while and enjoy?

Happy Spring, it may not be quite here yet, but its definitely in the air!

The Aesthetics' circle, to your service!



—Regine, Debbie, and Ute,  
Aesthetics' Circle

# *Festival Circle*

## UPDATE

The Festival Circle has been busy planning for the Easter Festival. We will be meeting in the Foundation Room at 4 pm everyday from Palm Sunday, March 24 until Saturday, March 30. Readings from a book by Emil Bock and a short writing exercise will be our focus.

On Wednesday evening, March 25, at 7:00 pm, Daniil Kalinov will give a talk on the theme The Passion of Christ as a Creative Deed. Daniil is a student at the Christian Community Seminary.

We will share a simple breakfast in the lobby after watching the sunrise on Easter Sunday morning. (March 31st)

We are fortunate that Susan Locey has agreed to read Rudolf Steiner's Easter Imagination at a time and place to be determined.

—Marianne, Festival Circle



# Garden Circle



## UPDATE



Our grow trolley, located at the entrance to Hesperus East, has been lovingly tended by Bella and Rita for the past two months. You may be noticing small containers with tiny Marigolds and Lobelia sprouting.

The Garden Circle is also in a planning mode for our upcoming busy Spring Season. We will again lead the Hesperus Garden Spring clean-up and we hope that many of our neighbours will come out to assist us. No date for the clean-up has yet been set.

With the exceptionally mild winter we have had, I encourage you to start looking for Spring bulbs, they have been planted all over Hesperus.

—Inga, Garden Circle

### Daffodils

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced, but they  
Out-did the sparkling waves in glee:  
A poet could not be but gay,  
In such a jocund company:  
I gazed'and gazed'but little thought  
What wealth the show to me had brought.

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

by William Wordsworth





# *Land & Building News*

## **Dirty Laundry**

Like all high-use appliances, our washers and dryers occasionally malfunction. Residents, if comfortable doing so, may phone Coinamatic directly, at 1-800-561-1972 to request a service call to 1 Hesperus Rd, Thornhill. Found on the front of each washer and dryer is a unique six-digit machine ID, which can be referred to. If you prefer not to contact Coinamatic yourself, please feel free to raise a work order at [hesperus.ca/resident-use](https://hesperus.ca/resident-use) or at the office. Regardless, Hesperus should be notified of which machine is not working.

## **Royal Flush**

Please do not flush paper towels down the toilet in our public washrooms, or in your own washroom. Flush only toilet paper. Paper towels do not break down like toilet paper and can clog pipes, leading to extensive damage and costly repairs. Likewise, do not flush food scraps, plant matter, personal hygiene products or other garbage down the toilet.

## **Spring into Action**

As this unpredictable winter slowly wanes, we are readying ourselves for spring. In the coming months, the seasonal switchover from heat to cooling will be performed—stay tuned for more updates—residents' bicycles will be released from storage; garden hoses will be taken out; the grounds will be prepared—and more.

## **You Know the Drill**

Fire safety: it's better to know and never need it than the reverse. Hesperus staff is preparing for a warmer-weather fire drill. Further information is to come. Residents will be strongly encouraged to participate.

# Land & Building News

## **Decor No More?**

Hesperus encourages and respects self-expression, and understands the desire to make this space as comfortable as possible. Sometimes, doing so is at odds with ensuring safety and remaining compliant with regulations. You may occasionally find on furniture or other items in public spaces a notice indicating that the object will be removed within a week's time. If you have questions or concerns about the removal of an object, please contact our facilities coordinator, Raphael, at (289) 329-0907, or [raphael@hesperus.ca](mailto:raphael@hesperus.ca).

The Land and Building Circle (L&B), which includes representatives from staff, Aesthetics and Garden Circles meet monthly to review this important part of our common spaces. The Aesthetics Circle plays a particularly important role in helping us maintain a beautiful space. L&B recently updated the guidelines for building-wide standards for apartment entryways, endeavouring to strike a balance between individual expression and the maintenance of a cohesive and safe whole. This also included establishing guidelines for the placement and care of indoor plants. You can find both guidelines posted on the bulletin board outside the office.

Link to Entry Way Guidelines [here](#) & Link to Indoor Plant Guidelines [here](#)

## **Make an Exit**

A friendly reminder that the patio doors are fire exits, and must not be blocked by anything, including tables and chairs—which we frequently find left in front of the doors. In the event of a fire or other emergency, exits must be unobstructed to allow for safe evacuation. Please enjoy the patio space, while remaining mindful of this.

## **Firmly Planted**

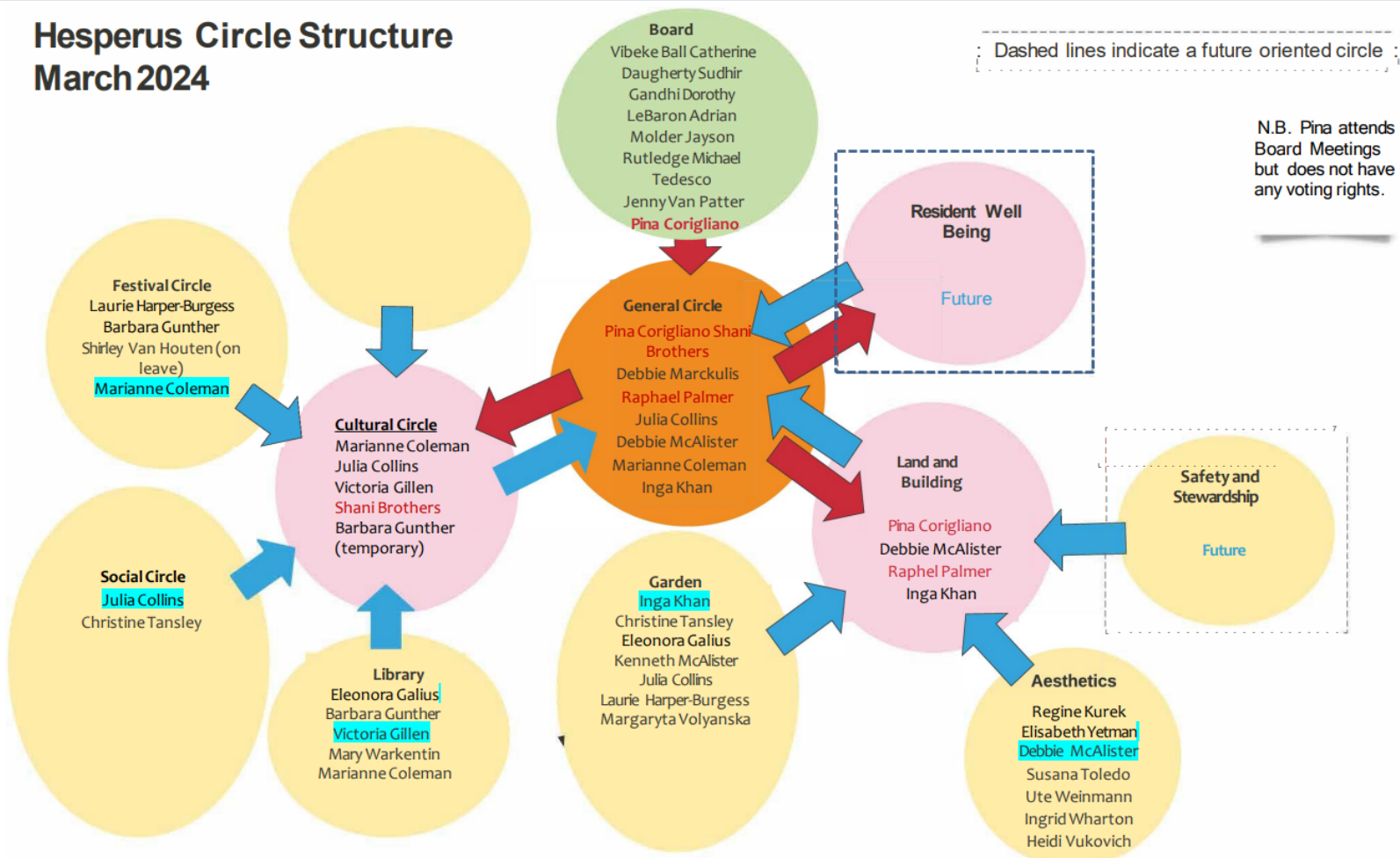
The indoor plants found throughout Hesperus add a welcome touch of nature to our public spaces and help to clean the air. But indoor plants require regular attention to survive and thrive. That's where our plant stewards—a team of residents who care for the plants in designated areas—come in. We already have a list of stewards for all but the 2nd-floor alcoves and spaces around the 2nd-floor elevators. Plant stewards may repair, repot and remove plants as they see fit, and plants will be removed from areas without a designated steward. This is to ensure that all our plants receive adequate care. If you are interested in becoming a steward, please speak to Raphael, or contact the office.

An abundance of indoor plants means that Hesperus would like to limit donations of new plants at this time. Additionally, upcoming entryway standards may affect a small number of personal plants in the building. Guidelines will be shared with residents in April.

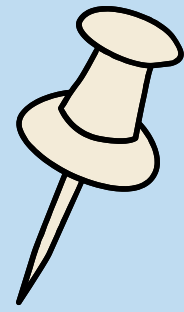
# Circle Members' List

This chart shows the members in each of the working circles at Hesperus and how they all connect. We are very lucky to have a very active group of volunteers. The volunteers working in the many circles recently reviewed their aims and domains and confirmed the list of members. Please check out the bulletin board for the details. This can also be found on our website

## Hesperus Circle Structure March 2024



# Important Announcements



## Main Office Email Address

The Hesperus Office email support@hesperus.ca has changed to info@hesperus.ca. Any future communications you receive from the office will now come from info@hesperus.ca

## Tax Clinic

Lower income residents with simple tax situations will be able to participate in the volunteer tax clinic again this year. The clinic is part of the CVITP CRA program and once the volunteer provides us with the clinic dates we will post a sign up sheet. Contact Shani with questions.

## Upcoming Programs and Events



## HOLD THE DATES!

*(check the calendar and pinboards for more info)*

**April 4, 2024 at 4:00 pm:** Celebration of Life for Brian Eckler

**April 6, 2024 at 8:00 pm:** Live-Streamed Concert of 'The Planets' performed by University of Toronto Symphony Orchestra

**April 18, 2024:** Goodbye to Stella & Isabella

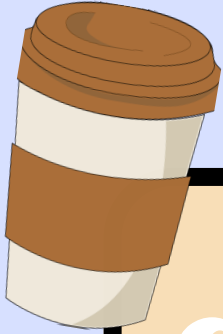
**April 21, 2024:** The Sybille Hahn Volunteer Recognition Event

**May 26th:** Strings Attached Orchestra performance at Hesperus



# AN INVITATION FROM STELLA

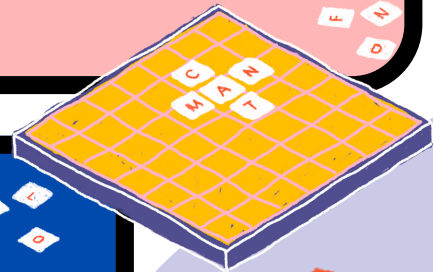
# ***A BOARD GAME AFTERNOON***



# SOCIALIZE AND PLAY



# PUZZLES TEAM WORK COMPETITIONS



**ANY QUESTIONS PLEASE ASK STELLA IN THE OFFICE**

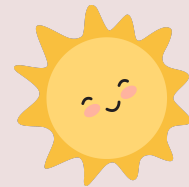
**THURSDAY MARCH 28 AT 2:30 PM**

## SEMINAR ROOM

# Exercise Classes at Hesperus

Exercise Classes will be starting again on **Saturday April 6 at 11:00am**. North York Seniors Centre staff will be offering exercise classes for residents every Saturday morning from **11:00 am to 12:00 noon**. Please contact Tal at NYSC to register (416-733-4111 ext. 410). There is no charge to residents for this program.

## EXERCISE CLASSES



**Saturday mornings  
(Starting April 6th)  
11:00 am to 12:00 noon**

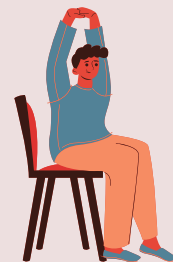
**Seminar Room**

**No fee to attend  
Registration is required  
Maximum = 12 participants**

**Contact Tal Barak**

**Phone: 416-733-4111 ext.410**

**E-mail: [tbarak@nyseniors.org](mailto:tbarak@nyseniors.org)**



# Community News

## A message from TWS teacher, Robyn Stevan

On Friday, March 1st, eighteen Grade 11 students from TWS went over to Hesperus to share with the residents a dramatic presentation of some stories they had written. These stories were inspired by tales told to them from an elder person in each of their own lives.

What transpired that day was something even more special than I could have asked for or imagined. I left time, after Grade 11 had taken their places on "stage" and before they started, for the residents at Hesperus to stand up, if they were able, and to share, if they so chose, a little about themselves with the Grade 11 students. And I am so appreciative of each one of the Hesperus residents who had gathered there that day. There were so many spontaneous and beautiful stories told—some about the building of the school, some about the mice that used to scurry across the floor during class, some about the rain that used to come in before the roof was fully built... it was marvellous!

The transformation in the Grade 11 students was palpable as they were standing there listening to all of these stories. Their hearts opened, their backs straightened, and they then stepped up for their turn with a newfound purpose and reverence, to rise up to the warmth and spirit that these elders had created in the room.

The Grade 11s all spoke loudly, clearly, and from their hearts—it was beautiful! When it was done, the Grade 11s served the elders cookies and helped to stack all the chairs.

It was thrilling for me to see how this project, something I have been trying to establish as an annual event, could take flight in a way that could find connection and meaning across the generations.

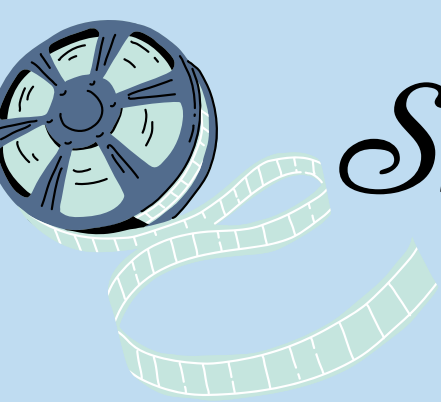
Thank you to all who contributed to that day, and an extra special thanks to Shani Brothers for helping to organize it all.

Warmly,

Robyn Stevan

Grade 11 Drama and English Teacher, Toronto Waldorf School

*Note from Shani: We are preparing a folder with the stories that the students shared that day. We will have them printed and put into a folder in the main office. You will be welcome to come and read their stories.*



# Short Film Festival at Hesperus

On Saturday March 2, residents were treated to a “Red Carpet Event” presented by Shadowpath Theatre. Here are the links to the films that were shown that day and a message from Maissa, Associate Producer, Shadowpath Theatre.

*“Working on the creation of these films with the residents of Hesperus was an inspiring delight from start to finish.. Watching the evolution from ideas to scripts to full fledged movies was a privilege none of us involved will soon forget. I am proud to have been part of such an amazing artistic achievement.”*

## Films

### **As The Crow Flies:**

<https://youtu.be/u-f1og5YEns>

### **Cookie Rookie:**

[https://youtu.be/ KU61am1CKw](https://youtu.be/KU61am1CKw)

### **Hanging On:**

<https://youtu.be/qMetgHPVxpk>

### **Dusty: To Cut or Not To Cut:**

<https://youtu.be/-khr7M0URxY>



There are more photos on the Shadowpath Facebook account

<https://www.facebook.com/media/set/?set=a.792491306242595&type=3>





# *My Experience of a Home Care Program - Anna Carling*



A few weeks ago, I learned about a 6 week exercise program offered by OHIP.

The beauty of this program is that you don't have to go anywhere but practice the assigned exercises at your own home.

This involves licensed physio therapists and occupational therapists who provide you with instructions to practice the given exercises twice a day within a 6 week period.

You are given a paper with pictures and short explanation of the positions you are to practice twice each day. This will activate muscles in your body that are under used.

For me, having practiced Chinese medicine so many decades, this was a revelation, a completely different approach to awaken unused muscles. The second or third day after having started, the muscles ached slightly, as this happens when not using them for a long time.

Some of the arm exercises call for a weight held in your hand. I could not find my exercise weights so I used a can of beans in my hand as I moved my arms slowly through a required position. On his second visit George, the leading licensed physio therapist added a few more positions.

By keeping the pictures of the positions on my kitchen table I am reminded during the day. I also do a position or two when performing other tasks such as waiting for water to boil.

I'm now on my 6th week of the program which I practice each morning as well as evening before going to bed. Doing this helps to relax my body for a deep sleep.

This free government sponsored program has been offered for many years, but is known by few. Ruth Weinmann, who passed away last year was over 100 years of age. She had participated in this Home Care Program.

If you are interested, please call Home Care information line 416-222-2241/5539 to find out more.

You may also call me at 905-771-1353.

Thank you with my best wishes to you and your family.

Anna Carling

[ener-chi-medicine.com](http://ener-chi-medicine.com) (For Happy Soul, Healthy Body)

# Remembering a Former Resident

Many of you will know Annemieke Cryns, a former resident. She was part of the original group of residents to move into Hesperus West in 2011. Annemieke was an active member of the Aesthetics Circle. She eventually moved out to live with her daughter on her farm in June of 2018.

We received this invitation from her daughter, Ingrid. Any residents who knew Annemieke are welcome to connect with Ingrid Cryns directly for more details. ([ingrid@buildingsoul.ca](mailto:ingrid@buildingsoul.ca))



PLEASE JOIN US IN

*celebrating the life of*

**ANNEMIEKE CRYNS**

SATURDAY, MAY 11, 2024

1 P.M. TO 4 P.M.

12380 CONCESSION RD 2



# *Celestial Phenomenon*

## **2024 Total Solar Eclipse**

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse occurs when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. REMEMBER that you can not view the eclipse with your naked eye. Special glasses are required.

The Hesperus Film Club will be hosting a livestream of the Solar Eclipse in the West Lounge on April 8th at 1:30 pm until the completion of the eclipse.

Click on the [link here to learn more.](#)



### **2024 Total Eclipse**

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens...



nasa.gov / Oct 17, 2022

# PHISHING SCAMS-HOW TO STAY SAFE ONLINE:

WEBINAR BY JESSE SMITH



## WHAT IS PHISHING?

**PHISHING IS WHEN SOMEONE TRIES TO STEAL IDENTITY AND/OR MONEY BY RECEIVING PASSWORDS, CREDIT CARD INFO, BANK ACCOUNT DETAILS, DRIVER LICENSE AND SIN #.**

## HOW TO RECOGNIZE PHISHING?

- EMAIL IS STRANGE (EX. NO\_REPLY@EMAIL.COM).
- SPELLING AND GRAMMAR ERRORS
- EMAIL ADDRESS IS NOT WHAT YOU RECOGNIZE.
- TONE OF THE EMAIL (GENERIC, ASKING FOR MONEY, LINKS OR DOWNLOADS).

- REPORT SCAM - PHISHING/JUNK FILTERS TO PREVENT EMAILS
- BLOCK SENDER - REACH OUT TO KNOWN CONTACT
- FAMILY AND FRIENDS DO NOT ASK FOR GIFT CARDS THROUGH MAIL.
- DO NOT ANSWER INNOCOUS QUESTIONS LIKE "NAME OF FIRST PET, MOTHERS MAIDEN NAME.





# *Services*

## **TRANSPORTATION OPTIONS**

### **TAXIS**

**ACE Taxi:** 905-856-2002

**ADVANCE-UNIQUE Taxi and Limo:** 416-884-1111

**Markham Taxi:** 905-477-2227

**GTA Cabs:** 905-951-3535

### **OTHER**

#### **CHATS Community Transportation:**

Provides local and long-distance drivers to medical appointments, grocery shopping, personal errands, etc.,

Monday through Friday – 7:30am-6:00pm

Minimum fee of \$16.00 -- paid directly to driver in exact change

Financial subsidy is available for transportation in exceptional circumstances

1-877-452-4287 or [seniorshelp@chats.on.ca](mailto:seniorshelp@chats.on.ca)

#### **GTA Accessible Transportation:**

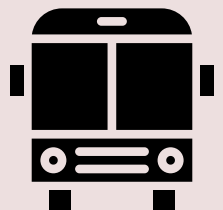
Wheelchair accessible transportation within the GTA

905-886-1000 or [GTAaccessible.com](http://GTAaccessible.com)

#### **IRide Plus Transportation Service:**

Transportation services offered to clients of Circle of Care, CHATS, North York Seniors Centre and CareFirst

905-713-6596 or [info@irideplus.com](mailto:info@irideplus.com)



## **TRANSPORTATION OPTIONS, cont'd:**

### **North York Seniors Centre:**

Provides transportation to local grocery stores and local appointments, on Thursdays. Contact the transportation office at NYSC for any questions and to register.

Cancellation at least 24 hours before

0-5k → \$6.60 per one way ride

5-10k → \$10.50 per one way ride

10-15k → \$15.25 per one way ride

15-20k → \$18.75 per one way ride

20-25k → \$23.00 per one way ride

Over 25k → \$1.10 per km

416-733-4111, ext. 314 - NYSC Transportation

647-913-6972 - Thursday phone number for transportation van

### **York Region Transit Mobility On-Request 65+ Service:**

Door-to-door, shared ride, accessible public transit

To travel within 5km of your home on weekdays

Between 7:00am-2:45pm

Prices range from \$2.40-\$4.25

1-866-744-1119 to fill out hard copy application or online application at [www.yrt.ca](http://www.yrt.ca) 65+ service

**Mobility Plus (YRT):** 905-762-2112

**Wheels Transportation Toronto:** 416-393-4222

Sign into your [mywheel-trans.ttc.ca](http://mywheel-trans.ttc.ca)

Advanced Trip Booking: 5 a.m. to 11 p.m.

Same-day Trip Booking: 5 a.m. to 11 p.m.

Trip Confirmations/Cancellations: 5 a.m. to 2 a.m.

