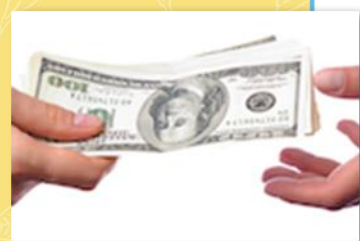




Notable Quotable

“A nickel ain’t worth a dime anymore.”

~ Yogi Berra, baseball catcher and coiner of Yogi-isms



September Horoscopes and Birthdays

In astrology, those born from September 1–22 are Virgo’s Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity gives them a love for others. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they resolve conflicts and are champions of justice and equality.

- Lily Tomlin – Sept. 1, 1939
- Beyoncé – Sept. 4, 1981
- Kim Yuna – Sept. 5, 1990
- Idris Elba – Sept. 6, 1972
- Hugh Grant – Sept. 9, 1960
- Misty Copeland – Sept. 10, 1982
- Tyler Perry – Sept. 13, 1969
- B.B. King – Sept. 16, 1924
- Greta Garbo – Sept. 18, 1905
- Dorothy Vaughan – Sept. 20, 1910
- Ray Charles – Sept. 23, 1930
- Serena Williams – Sept. 26, 1981
- Gene Autry – Sept. 29, 1907



Laundry/Maintenance/Housekeeping Appreciation Week is September 12th-18th



West Park would like to thank our amazing environmental services team, including our housekeepers, janitorial, laundry and maintenance staff for their continued dedication and hard work. Thank you team!

West Park LTC

September 2021

West Park LTC
Resident, Staff, Family & Visitor
Home Newsletter

Summer Concert Series



Tapestry Orchestra’s Box Office Opera Company, The Chunky Monkeys, Jay Franco, Michelle White, Tina Talent, and Robert D’Cruz. September concerts continue with Ryan Andrews, Gerry Larkin, Peter and Helen and Tina’s Talent.



This summer our residents enjoyed music from a variety of performers during the outdoor summer concert series. Some of the performances included:

Recreation Programs to look forward to:

Lounge revitalization is taking place on units. This home movie area is an example from the Humber/ York unit.



ROAD WORLDS FOR SENIORS



Motitech resumes for another year of Road World Seniors. The West Park Warriors are participating in a virtual reality bicycle competition with seniors around the globe beginning September 7th. Go Team!

Celebrating September

Intergeneration Month

Hispanic Heritage Month

Sewing Month

World Beard Day
September 4

Labor Day (U.S.)
September 6

Resident Council Meeting
September 15
2:15pm

Family Council Meeting
September 15
6:00pm

Yom Kippur
September 15
(Begins at sundown)

Houskeeping/ Laundry/ Maintenance Appreciation Day
September 13

Parking



Bluebirds do not have blue pigment in their feathers, but instead their feather structure scatters blue light for our eyes to see.

Thanking you for your continued patience while West Park is building the new hospital. Parking will continue to be a challenge over the next few years while the hospital is being built. If you are having challenges, please call security.

Reminder that there is also visitor spaces on the other side, Entrance #1 in addition to being able to apply for a parking pass through Reception or the Office Manager Andrea Reid. . LTC parking passes Steps to register for an LTC parking pass:

1. Request parking registration for from the receptionist or office

manager. You can choose from either a 30 day virtual hangtag or a multiday H pass physical pass

2. Call 416-243-6990 to register your vehicle and provide all necessary information
3. If you have an h pass you will need to insert it into the parking machine and receive a ticket to display on your car dash.
4. If you have a 30 day pass once it is processed your license plate is recorded virtually so no need to have anything displayed.

Resident and Family Council to Resume

Resident Council and Family Council are starting up again after a nice summer break.

While we were all able to spend some time in the sun and enjoy the nice weather, the fall has brought us back to some more routine with our meetings back on track.

Scheules are posted on each unit for RC meeting dates and we will continue on Zoom to try and reach the most amount of residents we can

on each floor.

Family Council will again resume in the zoom meetings to enourage and support easier participation. Have your voice heard, help shape the home, have an input and get updated. Apply with the social worker Charlotte to become a member of the Family Council. She can be reached at extension 2239.



If Mario of Super Mario Bros. was real, he would have a 27-foot vertical leap.



There are over 10,000 hydrothermal features in Yellowstone National Park.

Employee Changes

Congratulations to Josephine Lopez who is our new ADOC!

The nursing team is expanding and they are ready to keep supporting you and the residents in the home.

For the nursing management team we now have:

Vannett Hamilton- Director of Care
Diana Cole Harris- Assistant Director of Care
Svitlana Kerel- Assistant Director of Care
Josephine Lopez- Assistant Director of Care

We continue to look for a nursing practitioner.

Accidental Breakthrough- Creation Penicillin

By many accounts, the Scottish physician Alexander Fleming was a rather untidy lab technician. So, when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.

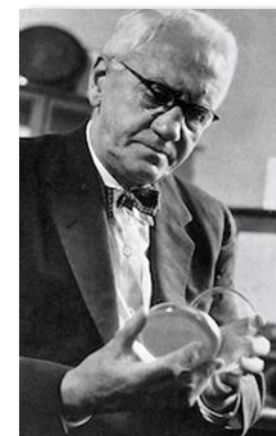
Fleming was experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic...

But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced and used all over the world.



Fleming, Florey, and Chain were jointly awarded the Nobel Prize in 1945.