

KYLÄLÄINEN THE VILLAGER

HOLIDAY NEWSLETTER



December 2023

Dear Residents of Finlandia Village,

As the year draws to a close, I want to extend my warmest wishes to each and every one of you. This holiday season, may the spirit of joy and togetherness fill your homes with happiness.

Reflecting on the past year, I am grateful for the strong sense of community that defines Finlandia Village. Your support has been instrumental in making our village a truly special place.

As we usher in the New Year, let's embrace the opportunities it brings and continue to build on the bonds that make our community thrive.

May the coming year be filled with prosperity, good health, and moments of shared laughter.

On behalf of all the Finlandia Residents, families, staff and volunteers, have a very Merry Christmas and a Happy New Year.

Kiitos / Thank you,
David Munch, CEO



Merry Christmas





*A very special thank you to our valued team members
for your continued hard work and dedication.*

Deck the Halls





EMERGENCY-GRANDPARENT SCAM

Fraudsters are targeting seniors by calling and pretending to be a family member in distress, the police or a justice official claiming that a loved one or grandchild is in trouble, and needs money immediately. **Victims are told there's a gag order, and can't speak to anyone.**

PROTECT YOURSELF



Fraudsters...

⚠ Call demanding immediate payment for bail, or fines to avoid going to jail
Remember! The courts won't ask for cash to bail out someone in custody, and will require people to be present in court.

⚠ Claim to be a lawyer, police or family member in an emergency situation demanding funds
Be suspicious of calls that require immediate action. **Hang up!** Call your local police and contact the family member directly.

⚠ Request cash and send couriers for pick up, or demand the victim send cash by courier services or via cryptocurrency
Never send cash, cryptocurrencies or any other funds to unknown persons, unverified addresses or bank accounts.

If you believe you have been scammed, contact your local police and the **Canadian Anti-Fraud Centre:**

1 (888) 495-8501 / antifraudcentre.ca

Fraud. Recognize. Reject. Report.

DECEMBER Special Events

Voima Hall

2:00pm

- 03** JR Aubertin Live Music
- 04** Margaret Kamerman Singing
- 06** Itsenäisyyspäivä (Independence Day of Finland)
- 07** Sparkly Sisters Duet
- 08** Virtual Art Class (Last session for 2023)
- 11** Eric Pukara
- 13** Dave Edwards Live
- 15** Santa Social: Caroling, with Diane Laamanen on piano, festive treats and a very special visit from Santa!
- 20** Smokey Band Live



SISU FAMILY WALK 2023



It was a Beautiful September Day for a Walk!

Thank you Lasalle Secondary School and Greater Sudbury Police Service along with special guests who participated to walk and bring greetings and encouragement to the students for their efforts in raising awareness and supporting active living for seniors who call Finlandia Village their home at the 6th annual Sling Choker SISU Family Walk held on Saturday September 16, 2023.

This year's fundraiser – which included door-to-door canvassing, the annual SISU Family Walk, a silent auction, and donations from family, friends and Finlandia staff – raised \$17,000 to support fitness and wellness for resident at Finlandia Village.

Some 300 people gathered on September 16th for the seven-kilometre walk from the school in New Sudbury to Finlandia Village in Minnow Lake. Upon arrival, walkers were greeted by the Greater Sudbury Police Pipe Band followed by a delicious lunch at the Hall.

“I am simply amazed by the generosity of our students, families and community,” says Lasalle Secondary School Principal Kristina Rivard Gobbo. “Through this collective effort, our students have demonstrated the importance of building community - one of the values modelled and taught in Rainbow Schools.”

Staff and students have become a driving force behind this fundraiser. To date, more than \$145,000 has been raised for fitness equipment, outdoor trails and signage, as well as a gardening project at the Village.

Donations will continue to support outdoor walking trails and equipment. A fully accessible trail system, which winds its way around the property, is developed and partially built. A portion is also signed. Future work will include self-directed exercise stops and more outdoor equipment to enhance the physical benefits of exercise while walking the trails.

“I extend heartfelt thanks to members of the community who continue to support this important work,” says Principal Rivard Gobbo. “We sincerely appreciate every dollar donated, as our students work to promote active living at all stages of life.”

She adds: “We are incredibly honoured to give back to a community that has given so much to us – a community we are proud to call home. Kiitos!”

Finlandia Village has enjoyed a long-standing partnership with Lasalle Secondary School. The partnership began in 2007 with the launch of the Intergenerational Memoirs Writing Program. The program fosters co-operation, collaboration, understanding, positive interactions and fellowship opportunities for students, while bridging the gap between generations.

Kiitos to everyone for your generous support. It made our day!

Finlandia Village Ladies Auxiliary Leading the Way

The Ladies have a long history of giving at Finlandia Village. They have supported building campaigns, provided furniture for Majatalo, rocking chairs for the nursing home, and equipment for the medical clinic. The valued contributions and tremendous efforts over the past 40 years have made such a difference. A true force for good! Thank you Ladies.

A transformational gift of \$100,000 was made in December, and got things rolling to purchase a bus for Finlandia Village.

To date; with the generosity of donors and families, more than \$163,000 has been raised to support this much needed and valuable service for Residents at Finlandia Village.

The ladies gathered together just before Thanksgiving, to celebrate with the Finlandia Bussi, which has arrived and can now be seen in and around the Greater City of Sudbury.

Volunteer bus drivers are needed! Help keep our seniors independent and socially active. If you have a G-Class license, and are interested in joining the team of Village Volunteers at Finlandia Village, please contact:

Jeanna de la Morandiere, Volunteer Program Coordinator 705-524-3137 Ext. 269.

Kiitos, on behalf of the many seniors who call Finlandia Village their home.

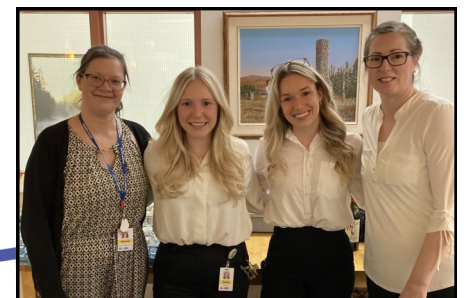


Let there be Music!!

Luther Bells were the proud recipients of this year's SISU Award presented at the annual Presidents Dinner held in November. They will celebrate their 40th anniversary of music and song in 2024.

Gratitude was shared for the many gifts of time, leadership, resourcesand music, while recognizing Presidents past and present, whose leadership and commitment have grown the Finlandia Village footprint over the last 41 years. A special guest presenter "Herald" the angel brought greetings and shared a brief history of the Luther Bells. Brian Koivu provided entertainment during the fellowship hour, hosted by the Finlandia Catering team. Melanie and Norm from Bryston's served a delicious meal, and all guests were treated to a musical performance by the Luther Bells. Generously sponsored each year by the Lougheed Foundation, donations through giving envelopes support the Lougheed Fund, established to support future projects at Finlandia Village.

Kiitos to everyone who attended and supported the event.



Memorandum



Date: November 20th 2023

To: **Retirement – Ms. Sharon Latourelle**



It comes with mixed emotions to announce the future retirement of Sharon Latourelle Supervisor of Housekeeping/Laundry at Finlandia Village on January 8th 2024.

Sharon has been an integral part of our housekeeping/laundry team for the past + 20 years and has contributed immensely to the Village. Her commitment and dedication have left an incredible mark on our organization.

Please join us in expressing our gratitude and best wishes for Sharon Latourelle's well deserved retirement.

Regards,

Angela Patrick,
Administrator

ROAD WORLDS FOR SENIORS

Cycling Around the Globe with Motiview

Motiview is a technology developed in Norway that enables people to go on virtual cycling trips. The Finlandia Fitness Centre and Hoivakoti gym are equipped with a stationary bicycle and a treadmill that are paired with software on our Smart TV's that contains a library of videos of locations around the world. While you cycle, the video moves the person through the various locations. As well, there are two Sudbury Routes trails featured, Bell Park and Lake Laurentian Conservation.

Each year, Motiview hosts the Road Worlds for Seniors which is a virtual sporting event and is the only global indoor championship for Seniors and people with dementia. Every year, thousands of cyclists from Nursing Homes, Day Care Centers and Seniors' centers participate.

The Road Worlds for Seniors challenge took place from October 2nd to 27th, 2023, and Finlandia Village participated with two teams at eight members per team. The "Finlandia Steppers" who trained in the Fitness Centre along with the "Finlandia Spinners" in Hoivakoti, cycled their way through various trails and streets around the world, and they had AMAZING results...

- Finlandia Steppers logged 243.3 km traveled
- Finlandia Spinners logged 123.6 km traveled...

Great work everyone and Congratulations!!



HEALTHY RECIPE CORNER

Sweet Potato Pie

INGREDIENTS

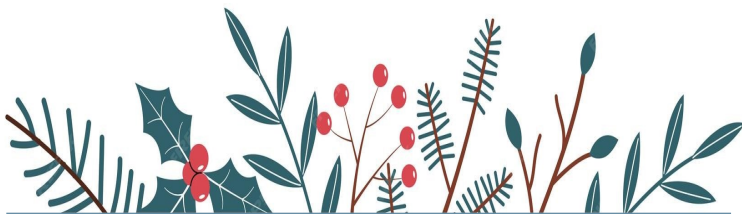
- 1/3 cup of soft butter or margarine
- 1/2 cup sugar
- 2 eggs, lightly beaten
- 3/4 cup evaporated milk
- 2 cups mashed sweet potato
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 9 inch unbaked pie shell

PREPARATION

1. Preheat oven to 425°F
2. In a mixing bowl, cream butter and sugar.
3. Add eggs and mix well.
4. Add milk, sweet potatoes, vanilla and salt. Mix well.
5. Pour mixture into the pie shell
6. Bake at 425°F for 15 minutes.
7. Reduce heat to 350°F and bake for an additional 30—45 minutes.

**Serve
&
Enjoy!**





Jouluruno

Mitä on nää tuoksut mun ympärillään?

Mitä on tämä hiljaisuus?

Mitä tietävi rauha mun sydämessäin,
tää suuri ja outo ja uus?

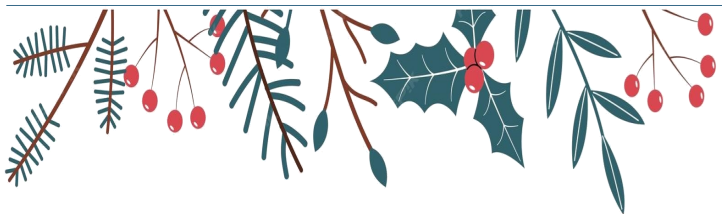
Minä kuulen, kuink' kukkaset kasvavat
ja metsässä puhuvat puut.

Minä luulen, nyt kypsyvät unelmat
ja toivot ja tou'ot muut.

Kaikk' on niin hiljaa mun ympärillään,
kaikk' on niin hellää ja hyvää.

Kukat suuret mun aukeevat sydämessäin
ja tuoksuvat rauhaa syvää.

– Eino Leino –



Kotilieden lukijan jouluruno

Joulu kuulostaa kulkuselta.
Joulu tuntuu pumpulilta.

Joulu maistuu piparilta
tai namuselta
tai manteliilta.

Joulu näyttää tähtöseltä.
Joulu näyttää kynttilältä.

Joulu tuoksuu vihreältä
tai punaiselta
tai ruskealta.

Sillä joulukuusi on vihreä
ja kuusen oksan kätöksessä
on piparipossun seurana
kirkkaanpunainen omena.

– Kaarina Helakisa –



HYVÄÄ
Joulua



Joulukertomus



Viime joulun alla siskolta tuli vastustamaton ehdotus: ”Tule jouluksi Helsinkiin!” Siispä kapusin kiskobussiin lumisessa Pohjois-Karjalassa. Joensuusta etelään matkaavassa junassa oli hyvin tilaa, kun muu kansa vaelsi enimmäkseen päinvastaiseen suuntaan. Kiskojen kolkkeessa oli aikaa lähetellä joulutervehdyksiä ystäville ja ottaa muutamat nokoset.

Helsingissä nurmi vihannoi ja minun sydämessäni liikuskeli joulu. Siellä se pesii ympäri vuoden, mutta vuoden lopulla se kasvaa isoimmaksi ja on aktiivisimmillaan.

Uuden aamun valjetessa lastasimme repun eväillä ja lähdimme Nuuksion vihreään hämärään. Puro solisi ja maassa pötköttävästä puusta kasvoi oranssi röyhelöreunainen sieni kuin joulukoris-teenä. Kuusien oksat kimaltelivat kosteudesta, eikä poluilla ollut tungosta.

Samana iltana satuloimme valkeat ratsumme eli pumppasimme siskon polkupyörien kumeihin ilmaa ja karautimme laulamaan kauneimpia joululauluja valkoiseen tiilikirkkoon jonnekin Linnanmäen liepeille.

Aattonakin ratsuille oli käyttöä, kun viiletimme väliin rinnatusten, väliin perätysten Tempeliaukion kirkon hartauteen. Kuvaelman nuori Maria hoivasi Jeesus-vauvaa niin hellin ottein, että Betlehem tuli aivan luo.

Joulupäivän ilo keikkui Meikolla, kun kiersimme järven rantakallioita ja metsäpolkuja siskon ja hänen ystävänsä kanssa. Vihreän ja harmaan sävyjä tarjoileva maisema oli viileä ja viihtyisä retkikahvilamme.

Iltakylään kutsuimme velipojan. Siskon kanssa he ratkoivat pakohuonepelin pulmia ja pähkinöitä. Minulla oli sillä hetkellä otollisin osa syrjästäkatsojana. Ulkona eli joulukuun pimeys, mutta sisällä oli lämmintä, hämärää ja ruokaisaa.

Uusi joulu on taas tuossa tuokiossa, vaikka olosuhteet ovat erikoiset. Ehkä etsin joltakulta tuttavalta lainaksi toiset kunnon pitkät ja leveät sivakat siltä varalta, että sisko pystyisikin saapumaan jouluseurakseni Pohjois-Karjalaan. Salolla on varmasti sen verran lunta, että pääsemme jouluhihdolle.

-Tuntematon kirjoittaja

Christmas Season - Word Search



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

- BELLS
- CANDLES
- CANDY
- CANES
- CAROLS
- DECORATIONS
- EGGNOG
- FAMILY
- FRIENDS
- FRUITCAKE
- GIFTS
- HOLLY
- LIGHTS
- MISTLETOE
- ORNAMENTS
- POINSETTIA
- SINGING
- SKATES
- SLEIGH
- SNOWFLAKES
- SNOWMAN
- SONGS
- TREE
- WREATH



WORD SCRAMBLE!

SKOICOE _____

ASTAN ULCSA _____

OTH COOLTHACE _____

GLIHES SELBL _____

LOCARS _____

LIMSOTTEE _____

BIGGEEDARRN _____

SHLITG _____

EONGGG _____

VAINTYIT _____

PURHOLD _____

YADNC NECA _____

MOWNANS _____

BEEEDRCM _____

GLANE _____

TINCKGOS _____

landeelu.com



ANSWERS:

- | | | | |
|------------------|----------------|--------------|--------------|
| 1) Cookies | 5) Carols | 9) Eggnog | 13) Snowman |
| 2) Santa Clause | 6) Mistletoe | 10) Nativity | 14) December |
| 3) Hot Chocolate | 7) Gingerbread | 11) Rudolf | 15) Angel |
| 4) Sleigh Bells | 8) Lights | 12) Candy | 16) Stocking |

HYVÄÄ
Joulua

