

KYLÄLÄINEN THE VILLAGER

2024 Kevät | Spring

Finlandia Village *A Village to call home*



SISU

Finlandia Charitable Foundation

Finlandia työntekijäyhteisö

FINLANDIA VILLAGE PRESENTS THE RETURN OF...

MAYFAIR

**Saturday, May 11th
10:00am to 2:00pm**

**Voima & Sampo Halls
Lepokoti, Block F**

Finlandia Village Ladies Auxiliary pulla sales, Finnish cultural foods, vendors, children's FUN area, face painting, and more!

Finlandia Family Council St. Patty's Day Celebration, Live with Andy Lowe! Friday, March 15, 2024



creativity



No Experience Required ~ Join us and find your Artist Within!

The Art Gallery of Sudbury Hosts Art Classes for Finlandia Village Residents every second Thursday of the month from 1:30pm to 3:00pm in Voima Hall
(Please see the Monthly Calendar for dates)

Dineen Worth, Artist and Teacher is now hosting the classes onsite!

***** Registration is Required *** Space is Limited *****

Contact Jeanna at (705) 524-3137 ext. 269 to Register

TIME FLIES
When YOU'RE
Having fun

HAPPY
ST. PATRICK'S DAY





ART 

DOGS
Rule
THE
World



 **DRUMFIT**



FUN!

Upcoming Special Events

APRIL 2024

09 James Smith Duo—SWING!

11 Leo Cameron LIVE!!

17 Dave Edwards LIVE!!

24 Smokey Band LIVE!!



Wednesday, May 1st, 2024

Rain Day: Thursday, May 2nd, 2024

Finlandia Village Grounds



**Clean-Up Blitz
& BBQ!**

TEAM UP  **to**
CLEAN UP

TO REGISTER:

**Contact Jeanna by Friday, April 19th
705-524-3137 ext. 269**

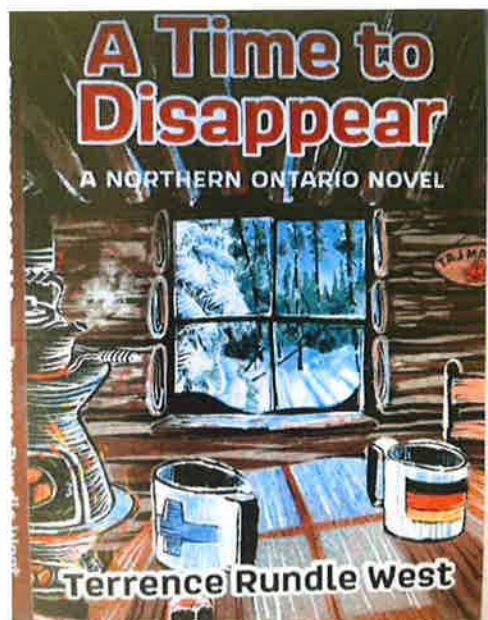
A Quintessentially Northern Ontario Story

A Time to Disappear

by
Hearst Author
Terrence Rundle West

If Northern Ontario is in your blood, it's all here!

- Finland
- Winter War & Continuation War
- German POWs
- Damaged War Vets
- Bush Hermits
- Trapping
- Fur Wars
- OPP & RCMP
- Intrigue
- Struggling Romance
- Our Northern Ont mid 20th Century



“A compelling, elaborate plot . . . remarkably rich in knowledge of Northern Ontario and the times (1939-1955) . . . a triumph of travels, research and imagination. A page turner.”

—George Emery, Emeritus Professor of History, University of Western Ontario

**Join the Presentation at Finlandia Village
Voima Hall - 2:00 p.m.
Friday, April 19, 2024**

For More Information on the author, go to: www.terrencerundlewest.com

Meet Our Students!



Kathryn is a 3rd Year Social Work Student from Laurentian University. Completing their placement in Life Enrichment until April 26th.



Amber is a 1st Year Developmental Services Student from Cambrian College, completing their placement in Life Enrichment until April 19th.



Mitshu is currently an LES Team member completing her 1st year Developmental Service Worker placement until April 19th in Life Enrichment and the Enhanced Care Support Services Programs



Hailey is a 1st Year Social Services Student with Indigenous Specialization from Cambrian College. Completing their placement in Life Enrichment until April 19th



Randy is a 1st Year Social Services Student with Indigenous Specialization from Cambrian College. Completing their placement in Life Enrichment until April 19th



ISLA



REETTA

Isla Heiskanen. Isla is from Kemi, Finland. She attends Ammattiopisto Lappia, and is in the Practical Nursing Program. She's working in the Hoivakoti Koivu Home Area. What Isla has enjoyed is how nice everyone is.

Reetta Kärkkäinen. Reetta is from Ii, North Finland. She attends Ammattiopisto Lappia and is in the Practical Nursing program. She is working in the Hoivakoti Mänty Home Area. She has enjoyed the friendliness of the people in Canada.

Assisted Living and PSW Support Services Updates

Our Services:

The Assisted Living Department at Finlandia Village boasts 32 PSW staff, 1 RN, 4 RPN's, 1 RPN student and 3 supportive housing aids.

Assisted Living staff provide care services to LHIN Assisted Living clients, Home and Community Care clients and Low Acuity clients on a 24/7 basis. We pride ourselves in providing resident-centered quality care to support residents in continuing to maintain independence, within a safe and engaging environment.

Our support services include 24/7 on-site PSW support, based on funding from the HCCSS. Our Wellness program includes 3 meals daily and housekeeping on a bi-weekly basis. The fitness and rehabilitation center provide exercise classes, physiotherapy and so much more! Please contact one of our supervisors if you feel you could use any of these supports!

Safety tips of the month:

Did you know that falls are the leading cause of injuries among Canadians aged 65 years and older? Falls are also the leading cause of injury related hospital admissions in seniors.

You can help to prevent falls by taking the proper precautions around your home.

- Ensure all rooms are well lit.
- Install night lights in areas that you frequent at night.
- Avoid throw rugs or scatter mats as they can become a trip/slip hazard.
- Ensure high traffic areas are free from obstacles and clutter.
- Have non-slip surfaces in bath tub or shower.
- Have grab bars properly placed and well anchored to the wall in the bathtub/shower and near the toilet.
- Consider using a shower chair or bench.
- Exercise regularly, attend falls prevention classes or do balance exercises.

Quality Improvements:

Our nursing team is always striving to improve care at the Village. We are currently updating our falls program to ensure our residents are safe in their home and we are working on project to enhance communication with our residents' families.

Memorandum



March 2024

To: All Finlandia Village Residents, Families, Staff & Volunteers
From: David Munch, CEO

Re: Capital Development Phase VII – Update #1

Overview:

Finlandia is very excited to announce that design work has been finalized for the expansion to the existing Hoivakoti Nursing Home by an additional 32 private rooms with an additional 20-two bedroom apartments.

Architect Sedun + Kanerva has completed the working drawings and they have been approved by the Ministry of Long-Term Care (MoLTC).

Highlights:

- On the main floor an additional 32 bed LTC home area named Tammi (Oak) Home area connected to the existing Koivu & Kuusi home areas including a new lounge, dining room, activity space and 32 private rooms.
- On the 2nd and 3rd floor an additional 20-two bedroom apartments for seniors with a multi-purpose meeting room and connecting internal corridor to the 2nd floor of Lepokoti.
- Beauty Salon, office space and lower level for a potential educational/training classroom

The next 1-6 months:

- Site Plan has been approved by the City of Greater Sudbury confirming roads, parking, sewer and water connections.
- Building Permit application made on March 5, 2024.
- SISU Foundation two million dollar Capital Campaign fundraising kick off on Friday, March 22nd... "Your Sharing is Caring"
- Development Agreement with MoLTC to be finalized by April 30th confirming provincial government construction funding and final design approvals.
- Tendering of development in April 2024.
- Construction process to start, "shovels in the ground" spring 2024 with contractors on site

The next 6-30 months:

- Construction time frame of 24-30 months, with an expected completion date in 2026. Occupancy and grand opening scheduled for the fall of 2026.
- Architectural design renderings of roadways, parking lots, building and room layouts are located in each of the lobbies for your viewing. As well they are available for viewing at www.finlandiavillage.ca

SISU Sharing is Caring

CAPITAL CAMPAIGN



HOIVAKOTI TAMMI HOME

Finlandia Village *A Village to call home*



SISU

Finlandia Chenatale
Förbundet
Finlandia
ryöstökesevelisyyppöittä

www.finlandiavillage.ca

Finlandia Village enters a new season of senior care in our community with a seventh phase of capital expansion beginning this year.

The SISU Sharing is Caring Capital Campaign kicked off in the Hoivakoti Nursing Home on Friday March 22, 2024 with a cornerstone donation received from the Lougheed Foundation in the amount of \$500,000.

The \$2,000,000 capital campaign will engage the community in supporting much needed housing for seniors, when they need it the most.

Show you care by sharing, and consider a pledge for support by contacting:

Patricia Clizia

Executive Director
Finlandia SISU Foundation

705-524-3137 Ext. 249.



WANDERING WITCHES WELCOME FINNISH EASTER

Finnish Easter traditions mix religious references with customs related to the long-awaited arrival of spring. If you answer the door on the Sunday before Easter, you may be confronted by endearing little witches offering to bless your home in return for treats.

In the most popular family tradition, young children (especially girls) dress up as Easter witches, donning colorful old clothes and painting freckles on their faces. “The little witches then go from door to door, bringing willow twigs decorated with colorful feathers and crepe paper as blessings to drive away evil spirits, in return for treats,” says children’s culture expert Reeli Karimäki of the Pessi Children’s Art Centre in Vantaa, just north of Helsinki.

Like many Finnish householders, Karimäki keeps a basket of small chocolate Easter eggs ready by the door to pay off the marauding witches. Other families reward them with sweets or small change – or keep their front doors resolutely closed.

Eastern and western witches

The witches recite a traditional rhyme at the door: *Virvon, varvon, tuoreeks terveeks, tulevaks vuodeks; vitsa sulle, palkka mulle!* (In translation: I wave a twig for a fresh and healthy year ahead; a twig for you, a treat for me!)

“This Finnish children’s custom interestingly mixes two older traditions – a Russian Orthodox ritual where birch twigs originally represented the palms laid down when Jesus entered Jerusalem on Palm Sunday; and a Swedish and Western Finnish tradition in which children made fun of earlier fears that evil witches could be about on Easter Saturday,” explains Karimäki.

To this day, the little witches are more likely to roam on Easter Saturday in western Finland, but on Palm Sunday in other regions.

Karimäki adds that, as Easter approaches, Finnish children also plant grass seeds in shallow dishes of soil and place birch twigs in vases of water, and watch eagerly for green shoots and “mouse-ear” buds to appear symbolizing the springtime reawakening of life. Easter eggs and Easter bunnies – both pre-Christian symbols of fertility – also abound in Finland, though these are more recent cultural imports.

FINNISH EASTER BREAD (PÄÄSIÄISLEIPÄ)



A wonderful "old world" enriched bread studded with nuts and raisins. Serve at your holiday breakfast or brunch, spread cream cheese topping on thick slices.



Yield
1 (9×5-inch) loaf

INGREDIENTS

- ◆ 2.5 to 3 cups bread flour, divided
- ◆ 2 pkgs (14g) or 4.5 tsp of active dry yeast.
- ◆ 2 Tbsp. plus 1/4 cup granulated sugar, divided
- ◆ 1/4 tsp salt
- ◆ 1/2 cup warm water (120-130°F)
- ◆ 1/4 cup unsalted butter or margarine (softened)
- ◆ 3 large egg yolks
- ◆ 1 tsp grated lemon rind
- ◆ 1 tsp grated orange rind
- ◆ 1/2 cup raisins
- ◆ 1/2 cup almonds, finely chopped
- ◆ 3 large egg whites

CREAM CHEESE SPREAD

- ◆ 1 (8oz) pkg cream cheese (softened)
- ◆ 2 Tbsp. milk
- ◆ 1/2 tsp vanilla extract
- ◆ 1/8 tsp. table salt
- ◆ 2 cups powdered sugar

INSTRUCTIONS

- 1) In stand mixer fitted with paddle attachment, add 1 cup flour, yeast, 2 tablespoons sugar and salt; mix well. Add warm water, butter to flour mixture; blend on low speed for 30 seconds. Add egg yolks; beat on medium speed for 3 minutes. Gradually stir in rinds, raisins, almonds. In small mixer bowl, beat egg whites until stiff; gradually add 1/4 cup sugar. Fold into flour mixture.
- 2) Switch to dough hook attachment. Gradually stir in enough remaining flour to make a soft dough. Knead until smooth and elastic, about 3 to 5 minutes (NOTE: For hand mixing: following above steps, mix ingredients in large mixing bowl using a wooden spoon or dough whisk. Knead on floured surface until smooth and elastic.)
- 3) Place dough in lightly oiled bowl and turn to grease top. Cover; let rise until indentation remains after poking dough with finger down to second knuckle.
- 4) Grease a 9×5-inch bread pan; set aside.
- 5) Punch down dough. On lightly floured surface, roll or pat to a 14×7-inch rectangle. Starting with shorter side, roll up tightly, pressing dough into roll with each turn. Pinch edge and ends to seal. Place in prepared pan. With very sharp knife, make a lengthwise slash, 1/4-inch deep, down center of loaf. Cover; let rise in warm place until indentation remains after lightly touching.
- 6) Preheat oven to 350°F. Bake for 35-40 minutes until golden brown. Remove from pan; cool on wire rack.
- 7) Blend Cream Cheese Spread; Serve warm/cold.



Easter Sudoku

INSTRUCTIONS:

Word Sudoku plays just like a regular Sudoku. Each horizontal row must show each letter exactly once, each vertical column must show each letter exactly once, and each subgrid must show each letter exactly once.

These are fairly easy Sudoku and require only beginner solving techniques. The fact they are words however makes them a bit more challenging.



Easter Sudoku

SOLUTIONS

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S				T
	O		S	
	T	R	P	
	P			U
				O

BASKET

	B	T		S
	A			B
			T	K
K		A		
	T	E		

SPRING

		N		
I			R	
				S
	R		G	I
		I	N	
				G

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N				I	
						K	C
L					K	I	
K		U					S
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
I				L	S



Mayfair

Vendor Call-Out

\$50.00 per table (when booked by April 15th)

\$100.00 per table after April 15th

For additional information or to request a vendor package, please contact:

Kirsti Johnstone, Cultural Coordinator

kjohnstone@finlandiavillage.ca

(705) 524-3137 ext. 270