

Finlandia Village *A Village to call home*



SISU

Finlandia Charitable
Foundation
Finlandia
hyväntekeväisyssäätiö

KYLÄLÄINEN THE VILLAGER

TALVI

2023

WINTER



ONTARIO SENIOR
ACHIEVEMENT *Award*

Reijo Viitala is Recognised for A Lifetime of SISU

On January 31, 2023, Reijo Viitala, President of the Sudbury Finnish Rest Home Society Board, was awarded the Provinces Senior Achievement Award for his lifelong volunteerism in Sudbury and within the Sudbury Finnish Community. This award recognizes those who have made outstanding contributions to their communities through voluntary or professional activities after the age of 65, and Reijo was one of 16 recipients out of a multitude of nominations.

Reijo has always been an exceptional and tireless volunteer, something that he never thought of as work. Instilled in him at a young age, Reijo's parents, Vaino and Martta Viitala, who were founding members of Finlandia Village, paved the importance of volunteering and a way to give back to your community - selflessly, and with that, Reijo became a highly respected member of the Finlandia Village and Sudbury community.

Reijo has spent more than 40 years spearheading special events, groups, committees and organizations, such as helping to charter the Suomi Lions Club, District A-5, and chaired the A-5 youth exchange and Leo Clubs, chaired the Legacy Bowl fundraising committee, was also involved with the Finnish War Veteran's Association of Sudbury since 1998, and Chair of the Canadian Region of the Finnish War Veterans' Association of Finland since 2008. In addition, Reijo has served as one of the Directors of the Sudbury Finnish Rest Home Society Board and since 2017 as Board President. Though this is a very compressed list of Reijo's volunteer ventures, it does not delve deep enough into the compelling roles, and tireless efforts he put into each one. In early 2022, Reijo was also awarded the prestigious Knight of the Order of the Lion of Finland presented by the President of Finland and later at Finlandia Village by the Finnish Ambassador to Canada, Roy Eriksson.

Our Finlandia Village family is very proud of Reijo for his incredible volunteerism within the Sudbury and Finnish Community.

Congratulations, Reijo!!





ONTARIO SENIOR
ACHIEVEMENT *Award*

Kunnianosoitus Reijo Viitalalle monen vuosikymmenen vapaaehtoistyöstä

Tiistaina 31. tammikuuta Sudbурyn Suomalaisen Lepokotiyhdistyksen johtokunnan puheenjohtaja Reijo Viitala vastaanotti hänelle myönnetyn Ontarion Senior Achievement Award -palkinnon yli neljän vuosikymmenen vapaaehtoistyöstä Sudburyssa ja sen suomalaisyhteisössä. Tämä palkinto myönnetään 65-vuotiaille ja sitä vanhemmille henkilöille, jotka ovat tehneet pitkäaikaista arvokasta vapaaehtois- tai ammattityötä yhteisössään. Reijo oli yksi kuudestatoista palkinnon saaneesta, jotka valittiin lukuisten nimitysten joukosta.

Reijo on ollut koko ikänsä poikkeuksellinen ja väsymätön vapaaehtoinen, jolle vapaaehtoistyö ei ole koskaan ollut kirjaimellisesti työtä. Martta-äiti ja Väinö-isä, oman aikansa Finlandiakylän vapaaehtoiset, istuttivat pienen Reijon sydämeen vapaaehtoistyön aatteen, oman yhteisön hyväksi tehtävän pyyteettömän työn tärkeyden. Ei siis ihme, että Reijosta kasvoi Finlandiakylän ja Sudbурyn yhteisön arvostettu ja kunnioitettu jäsen.

Reijo on ollut yli 40 vuoden ajan järjestämässä erityistapahtumia, perustamassa ja johtamassa ryhmiä, komiteoita ja yhdistyksiä. Näihin kuuluvat Sudbурyn Suomi Leijona-klubi, 12-28-vuotiaille tarkoitettu Leo-klubi sekä Legacy Bowl -varainke- räyskomitea. Hän on ollut vuosikaudet aktiivisesti mukana Sudbурyn Suomalaisen Aseveliyhdistyksen toiminnassa sen puheenjohtajana sekä 2008 lähtien Suomen Sotaveteraaniliiton Kanadan piirin puheenjohtajana. Edellä olevan lisäksi Reijo on kuulunut vuosikaudet Sudbурyn Suomalaisen Lepokotiyhdistyksen johtokuntaan ja toiminut sen puheenjohtajana vuodesta 2017 lähtien.

Sanat eivät riitä kuvaamaan Reijon pitkäaikaista väsymätöntä, pyyteetöntä ja monipuolista vapaaehtoistyötä. Alkuvuodesta 2022 Suomen presidentti Sauli Niinistö myönsi Reijolle arvostetun Suomen Leijonan Ritarikunnan Ritarimerkin, jonka Suomen Kanadan suurlähettiläs Roy Eriksson luovutti hänelle Finlandiakylässä myöhemmin järjestetyssä tilaisuudessa.

Olemme Finlandiakylässä ylpeitä Reijosta ja hänen ainutlaatuisesta vapaaehtoistyöstään Sudburyssa ja suomalaisyhteisössä meidän kaikkien hyväksi.

Sydämelliset onnittelut sinulle, Reijo!



The Spirit of SISU Runs in the Fey Family



Three generations of the Fey family have also made the Finlandia family their own.

Margot Fey, center, along with her daughter Jackie, right, and granddaughter Charlotte, left, are not just members the Finlandia Village family, they have an impact on daily living for so many who call this Village their home. These women are living the spirit of SISU through their daily encounters with their colleagues and Village Residents. They are truly fine ambassadors of the person-centered care modeled at Finlandia.

“Over the last 10 years, I have seen many changes at Finlandia Village.” shares Margot, the matriarch of the family. “One thing that never changes is how we put the person we are caring for or interacting with, first and foremost. Each Resident is different, every day is different, and we work together with each other to make a difference! WE all care and it shows!”

Providing care and support for daily living in a pandemic environment has been a ‘first’ and having three generations of one family working at Finlandia Village is also a first.

Thank you Margot, Jackie and Charlotte for choosing the Finlandia family!

Whether it be facilitating daily living activities, hosting on site events featuring delicious catering for external groups or sharing important meal times with Residents, the combined service of more than 30 years is a great gift of their time and caring nature.

A 40 year tradition of giving continues with a tremendous gift for Village Residents.



The Ladies of Finlandia Village recently donated \$100,000 to purchase a bus to provide much needed transportation services for all Residents.



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!



The Finlandia BUSSI is on order, and the ladies got things rolling!



The Ladies of Finlandia Village got things rolling with a very generous \$100,000 donation.

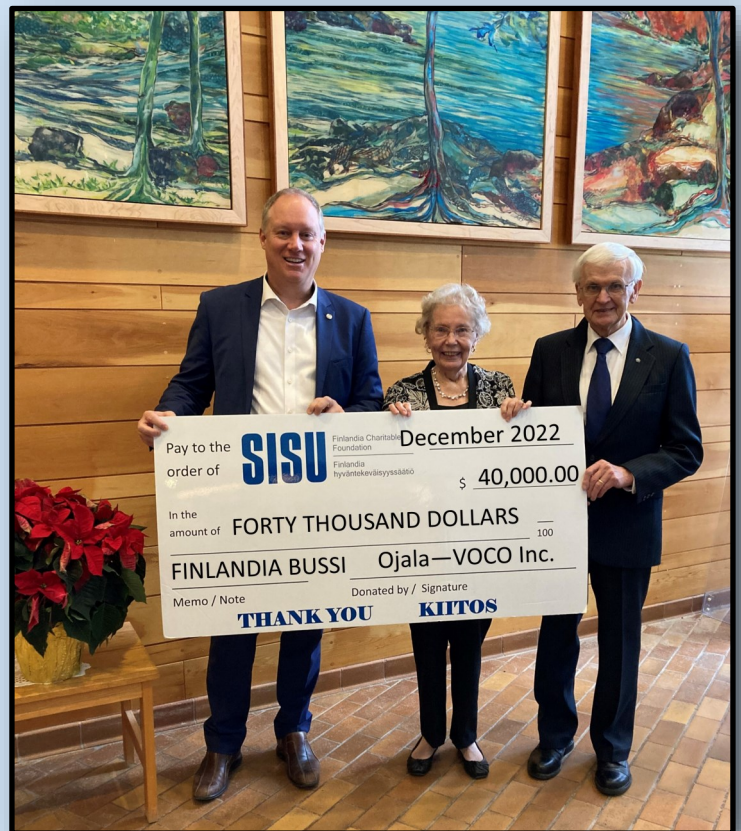
Knights and Ladies of Kaleva locally donated \$1,000 towards this special project. Kiitos!

SISU runs in the family!

Longtime Resident of Finlandiakoti and Society Lifetime Member Anja Ojala, during a visit with her son Roy, invited him to make a donation to support securing a bus for the Village.

We are grateful to Anja for engaging her family and grateful to Roy and his wife Vivienne and their family for making this very generous donation.

Roy, his daughter and granddaughter were able to join in over Facetime to meet with Reijo, David and Patricia to receive a SISU thanks, and be part of the moment with Anja as the donation was proudly acknowledged.



In the spirit of Christmas Giving—many gave generously.

Kiitos and sincere thanks to everyone who gave so generously to the Christmas appeal this year to support the purchase of a Finlandia Bussi of our own. More than \$58,000 was raised through the generosity of Residents, their families and community donors to the Finlandia SISU Foundation.

We are pleased to announce that our Hoivakoti sauna is up and running and just in time for the colder weather!

If you are a Hoivakoti resident interested in receiving a sauna, please see the RPN in your home area.

Check out the diagram below for the potential health benefits saunas can provide!



Potential Benefits of Using a Sauna

An illustration of a woman with dark skin and yellow hair, wearing a pink towel, sitting in a wooden sauna. A thermometer is mounted on the wall, and a basket of towels is visible in the foreground.

Improves sleep

Enhances immune function

Detoxifies

Reduces stress

Slows signs of aging

Lowers risk of heart problems

verywell

Volunteer and Boccia Champ... She's a Gold Star in our Eyes!

It's volunteer Maggie Julien here!

I wanted to share an exciting update with you about my Boccia Journey. November 15th - 21st, I attended my third consecutive Canadian Boccia Championships in London as part of Team Ontario! My first two Championships Ontario placed 3rd! This year, we get to call ourselves National Champions! I achieved my first ever gold medal team wise! I consider this to be my highlight of 2022!

I began playing competitively in 2018. I have now achieved 1 gold, 3 silver, & 5 bronze medals. Four were achieved individually, the rest of as a team. I love playing individually but my Ontario coach can visibly see I'm more confident in teams. He said I'm one of the major reasons we achieved gold this year! I will never forget that he assisted in me attending my first tournament. I have come a long way since then. Thank you!

In 2023, I will be shooting for my 10th medal. I also hope to be closer to usual in volunteer hours, as I enter my 8th year with you!

Sincerely,

Maggie Julien





Congratulations to Railii Myllyharju and Marjatta Vainio as founding members of Finlandia Village and for achieving 40 years of continued volunteer dedication. Jimmy Krats, Reijo Viitala and Hannu Piironen were also recognised for their lifetime of achievement as they started as unofficial volunteers, assisting their parents who were founding members of Finlandia Village in 1982. **KIITOS!**



Congratulations to our volunteers for their milestone achievements of 5, 10, 15, 20, 25, 30, 35 and 40 years. Also, thank you to all volunteers for your time and kindness to Finlandia & residents.

TOTALLY '80S TRIVIA

What better way to celebrate 40 years of volunteerism at Finlandia Village than a hoppin' 80's themed party!?! It was great to see the volunteers have some much needed fun after a 2 year hiatus of the Volunteer Appreciation! The pictures speak for themselves.... AAAAAAAAAAAND... Cyndi Lauper stopped by to lead our Totally 80's Trivia Night!

Volunteers Just Wanna Have FUUUUN!!



Finnish Independence Day at Finlandia Village

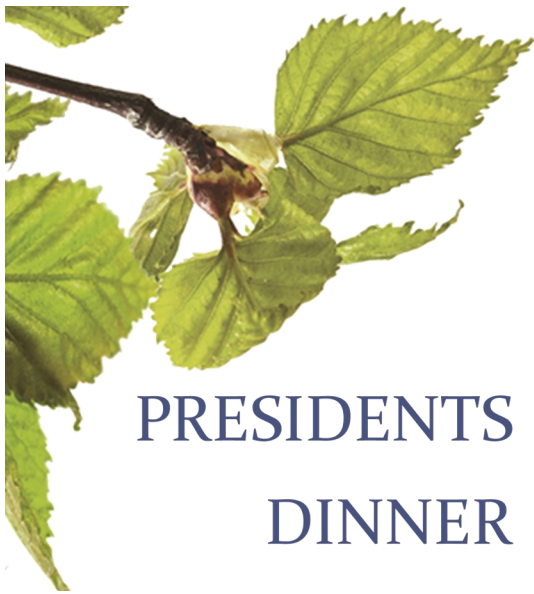


*Hyvää
Itsenäisyyspäivää!*



6 JOULUKUUTA





PRESIDENTS DINNER

An Evening of Celebration and SISU
Sponsored by: The Lougheed Foundation



A SISU Award is presented annually at the Presidents Dinner, this year's event celebrated New Hope Lutheran Church, the recipient of this year's SISU Award, as well as to recognize the journey of St. Timothy's and St. Matthew's Lutheran Churches.

Determination, firm resolve, and an abundance of SISU forged a path to today, in faith and with hope.

Maureen McNamara

Chair, Finlandia SISU Foundation

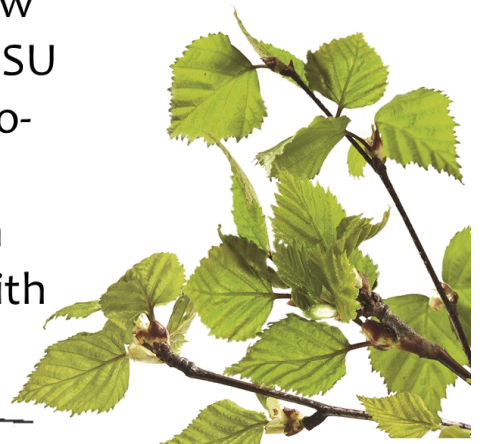
It is with great pleasure, I welcome you to the Presidents Dinner. The return of the Presidents Dinner in 2022 is significant as this year we look back to honour and commemorate the 40th anniversary of the founding of Finlandia Village.

The continued journey of dedication and commitment to a place so many call home is reflected in the founding members' vision and the countless volunteer contributions and efforts to bring the successful story of Finlandia Village to a sustainable place of care, hope, safety, and quality of life for so many. The community at large, inclusive of youth, has come to understand and appreciate the value of all those that work and live at the Finlandia Village. A true gift to those we love and support to live their life to the fullest.

We have been blessed to have received generous support and donations through endowment gifts, partnerships, government grants, and numerous fundraising campaigns to further the ongoing efforts to continually improve the quality of life for all living at Finlandia Village.

This evening we recognize and congratulate New Hope Lutheran Church, the recipient of this year's SISU Award, as well as to recognize the journey of St. Timothy's and St. Matthew's Lutheran Churches. Determination, firm resolve, and without a doubt, an abundance of SISU have forged a path to today in faith and with hope.

M. McNamara





Gerry Lougheed Jr.
Founding Chair
Finlandia SISU Foundation

According to Finlandia Village’s history, its location was determined in good Suomi fashion—in the sauna. It was the heat of the sauna

being enjoyed by Leo Raaska and Oliver Korpela that Oliver said to Leo “that if you build a rest home, I will donate the land.” That sweat equity produced a gold standard of elder care for our community and country.

Our SISU Foundation was created after the very successful SISU Capital Campaign that built the assisted living apartments. The foundation has supported the purchase of equipment, development of the property and enhancement of programs.

If Finlandia Village started in a sauna—the Suomi spirit of the foundation is found in the kitchen. The delicious Finnish dessert bread is sometimes called Nisu for our SISU, but most often called Pulla. The staff, directors, volunteers, supporters, and donors have “Pulla’d together” to make the SISU Foundation a jewel at this 40th Ruby anniversary.





Music was in the air this past Christmas!



A musical group formed by three Rivitalo residents at Finlandia Village have come together to share their musical talents and bring music back to the Village. They entertained to a full house and we are happy about their return in the new year with a more regularly scheduled program of performances.



The Spirit of Christmas continued as we had special visits from Santa, Diane Laamanen leading us with the piano during our Christmas Carols, Brian Koivu who played accordion Christmas music so beautifully, and musician Leo Cameron who joined us in celebration as we sang the night away at the annual Family Council Tree Lighting Celebration.



The Finlandia Village Leadership team and Social and Wellness Committee spread the Christmas Cheer by hosting a very special Christmas event for team members and their families... whoever received a ham is sure to have enough left over for Easter and maybe even next Christmas!!

The Ladies Auxiliary Christmas Bazaar returned in 2022!



The Finlandia Village Ladies hosted a very successful return of the Christmas Bazaar this past November. Many loaves of pulla, beautiful mats, gently used items from the thrift shop, hand knit treasures, sewing, and draws. It was so great to see everyone!

Let it Snow

Sara and Art recently took a sticky snow situation into their own hands! They bundled up and ventured out into the courtyard to build a snowman!



HELLO Winter

Stay Safe and active this winter
BORROW

Snowshoes, Poles and boot grips!
FROM THE FITNESS AND REHAB
DEPARTMENT

located in the gazebo outside PK
Between the hours of 9-4

For more information call amanda
249-377-5566



Sampo Rythmic Gymnastics Club

PRESENTS

“RHYTHMIC FIT” CLASSES

Classes will include movements that improve strength, flexibility, balance and endurance and incorporate the use of various equipment such as balls, hoops and ropes, accompanied by music

DATES: Every Tuesday, commencing October 4, 2022
TIME: 3:00 to 3:45 p.m.
LOCATION: Fitness Centre
INSTRUCTOR: Deborah Tincombe - Certified Level 2 Coach for over 40 years with Sampo Rythmic Gymnastics Club

Whats new with Therapy Services?

The Fitness Center is now open to both residents and community members!

Looking to kick
start your morning?

Try out one of our morning classes: Strength and Balance, Upper body and Chair Yoga!

Classes run Monday, Wednesday and Friday morning at 9am for 30 minutes!

The Fitness Center will remain open during the holidays but there will be no classes on the following dates:

- December 26th
- December 27th
- January 2nd

For a complete list of classes offered please visit our website:

<https://www.finlandiavillage.ca/fitness-rehab/exercise/>

Whats new with Therapy Services?

Do you suffer from
Arthritis in your hip or
knees?

Therapy Services offers a Pre-op program to help strengthen muscles to prepare for a replacement surgery. If you are not yet a surgical candidate, our Prehab program would be more suited for you!

For more
information on our
Pre-op and Prehab
programs, contact
Amanda at
249-377-5566

Need therapy after a hip, knee or shoulder
replacement?

We also offer physiotherapy after a replacement surgery right here at Finlandia Village! Our Physiotherapist and one of our Kinesiologists will work take care of your rehab knees.

Finlandia Village



MONIQUE PIGEON REGISTERED DIETICIAN

I am pleased to inform you all that Monique Pigeon has accepted the position of Registered Dietician in the nursing home. Please assist me in welcoming Monique into her new role. She can be reached at mpigeon@finlandiavillage.ca.

Monique holds a degree in Bachelor of Science, Food and Nutrition, she is a certified Diabetes Educator and a Food Safety Certified Trainer. She is an active member of Dieticians of Canada and College of Dieticians of Ontario. Furthermore, she was the most recent Manager of Food Services and Nutritional Care at Pioneer Manor for over 18 years.

Monique has a broad range of work experience in the Long-Term Care and Home Care, hospital and in-patient and out-patient services and has a proven track record for success. She has experience in program planning, development and evaluation, systems reorganization, process improvement and innovation. We couldn't be more pleased to gain Monique as a valued employee.

Regards,

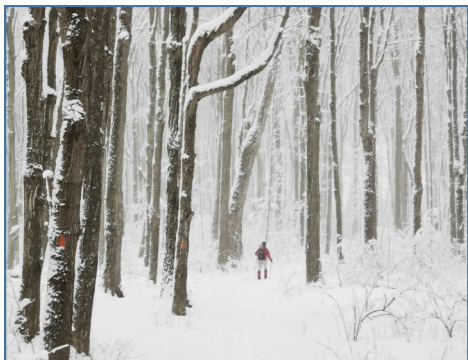
Daniel Kao

Daniel Kao
Director of Support Services

Talvella luonto nukkuu valkean lumivaipan alla...



Minulla on agraarijuuret. En tiedä, johtuuko kiintymykseni luontoon siitä. Ensimmäiset 8 vuotta elämästäni asuin pienen maalaispaikkakunnan pienimmän sivukylän viimeisessä talossa. Voitte vain kuvitella.



Lapsena tuntui aina olevan lunta. Siihen aikaan talossamme oli pieni traktori, mutta en muista, että maatalon pihaa olisi koskaan traktorilla aurattu. Ei meillä tainnut edes olla auraa siihen. Eikä lumikolaa ennen 80-lukua. Mietin onko se oikeasti totta. Kyllä kai, muistan vain lumilapiot. ..Pihaan muodostui polku, kun siellä tiuhasti käveltiin. Se riitti. Lumilapiolla puhdistettiin porraspää. Niin ja luudalla.



Hankeen me lapset teimme lumienkeleitä. Yhtenä talvena isä teki pihaan upean lumilinnan. Siinä oli ovi ja kattokin. Iltaisin kun talvella hämärtyi, ei pihassa ollut ensimmäistäkään valoa. Katuvaloista ei tullut edes haaveilleeksi. Pihalla silti liikuin iltaisinikin,



Kaikista parhaita oli illat, kun mummon vanhapoikaveli navettatöiden lomassa otti taskulampun ja juoksi piiloon heinälatoon. Ja me lapset perässä juosten etsimään...Kyllä oli niin jännittävää. Olisiko kellään nykyään sellaiseen enää aikaa omien töidensä keskellä?

