September 2026

Hellenic Care for Seniors (Toronto) Inc.

Newsletter

Upcoming Events

September 11- Education on Sepsis
September 11- International Make-Up Day
September 12- Pet Therapy
September 13- Grandparents Day: Ice Cream Truck
September 14- *Environmental Services Week (ESW)*: Raffle Draw
***Resident Council Week (RCW):* Certificate Distribution**
September 15- *ESW:* Ice Cream Day
***RCW:* Trivia Tuesday**
September 16- *ESW/RCW:* BBQ
RCW: Meet & Greet
September 17- *ESW:* Cookie and Coffee
***RCW:* Discussion**
September 18- *ESW:* Croissant Day
***RCW:* Council Appreciation**
September 21- Education on Alzheimer
September 30- Residents Birthday Celebration

Family members and significant people of importance to the residents are encouraged to review and participate in activities posted on the activity calendar.
Your feedback is welcomed and greatly appreciated.

FAMILIES AND FRIENDS OF HELLENIC CARE FOR SENIORS

As summer comes to an end and we enter the flu season we would like to remind everyone that our residents are particularly vulnerable to influenza and other respiratory illnesses. Protecting the health and well-being of our residents is a shared responsibility, and we greatly appreciate your cooperation and support.

To help reduce the spread of illness, we kindly ask all families and visitors to:

- Please do not visit the Home if you are feeling unwell or experiencing symptoms such as fever, cough, sore throat, or runny nose.
- Practise good hand hygiene by washing your hands or using the hand sanitizer provided when entering and leaving the Home.
- Wear a mask when requested by staff or when respiratory illness precautions are in place.
- Follow any additional visiting guidelines or outbreak precautions communicated by the Home.

Flu vaccination remains an important way to help protect our residents, families, visitors, and staff from influenza.

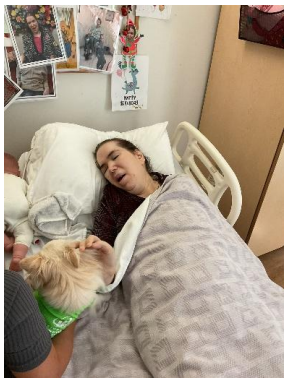
We understand how important visits are to our residents, particularly as we approach the winter months. Our goal is not to discourage visits, but rather to ensure that visits can take place as safely as possible.

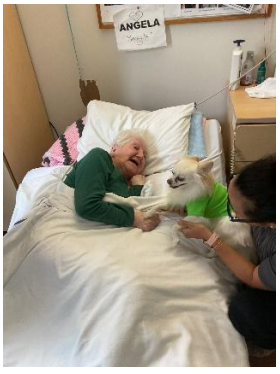
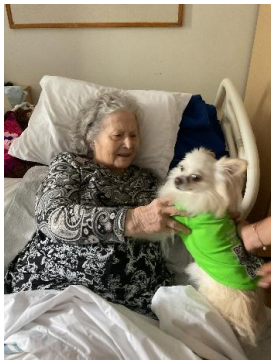
Thank you for your continued understanding, cooperation, and commitment to keeping our residents safe and healthy. Together, we can help reduce the spread of influenza and other respiratory illnesses within our Home.

Thank you for helping us keep our Home safe.

Hellenic Care for Seniors (Toronto) Inc.

Pet Therapy



Pizza Day

Church Service

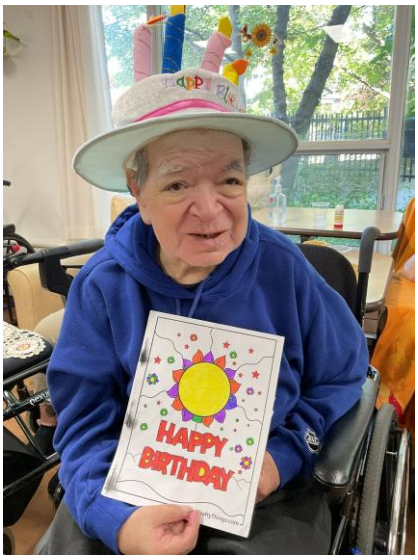
Celebration of Panagia

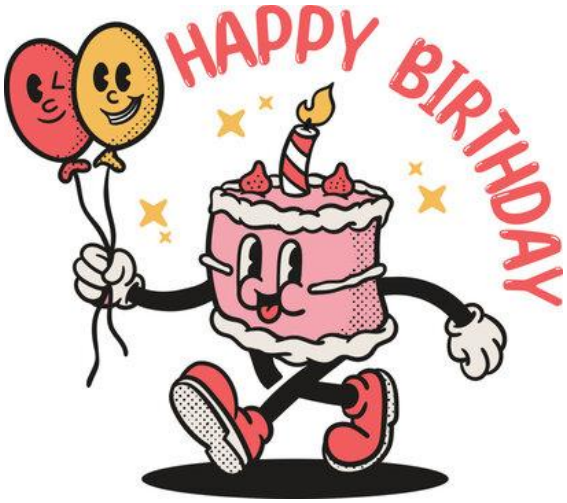
15 AUGUST

Kali Panagía

Live Music

Residents Birthday Celebration





Homemade Waffle Day

Hellenic Care for Seniors (Toronto)

Family Council
Information Session

Hellenic Care Boardroom

Date: October 1, 2026

Time: 10:30am

For more information:

Please contact,

Dheergha Srikanth, Programs Coordinator

(416) 654-7700 ext.2245

Attention Visitors

If you have at least one of the following symptoms: fever and/or new onset of cough or difficulty breathing

OR

At least two of the following symptoms:

- chills
- fatigue
- headache
- sore throat
- runny nose
- stuffy or congested nose
- lost sense of taste or smell
- hoarse voice
- difficulty swallowing
- digestive issues (nausea/vomiting, diarrhea, stomach pain), or
- for young children and infants: sluggishness or lack of appetite

please delay your visit AND contact your health care provider, or **Telehealth Ontario** (1-866-797-0000)

Ontario