



Wilma Jamieson celebrated her 100th Birthday on July 31st surrounded by friends family and past students. The former teacher was born on August 1st 1909 and is one of Leaside's longtime community members. It was great to see former students come out to see her. "She was such a dedicated teacher." said friend Mark Dziedzic cont...page 3

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### Contact Information

#### Meighen Retirement Residence

84 Davisville Avenue,  
Toronto, ON M4S 1G1  
Major Marie Osborne (416) 481-5557

#### Meighen Manor

155 Millwood Road,  
Toronto, ON M4S 1J6  
Major Dennis Brown (416) 481-9449

### Services at the Meighen Health Centre

- On Site Physiotherapy
- Foot Care Services
- Occupational Therapy
- Registered Dietician On Staff
- Social Worker
- Pet Therapy
- Personal Laundry Services
- Clinics: Optometry
- Dental
- Audiology
- Wound Care Specialist
- Laboratory and X-ray Services



Our Volunteers help the community by doing their part to brighten the lives of our residents.



Residents and Staff sharing the workload at The Meighen Retirement Residence Annual Christmas Tea and Bake Sale.



Residents and Family members enjoying themselves at the The Meighen Retirement Residence Pre Christmas Dinner (left) and the Halloween Country Hoe Down at the Meighen Manor (right).



### Accreditation Primer Award Received

The Salvation Army Isabel and Arthur Meighen Health Centre is pleased to announce that it has been awarded the Primer Accreditation Award from the Canadian Council on Health Service Accreditation.

The Meighen Health Centre strives to ensure the highest standards possible in all areas of care and service.



# *Allow us to Introduce Ourselves.*

*The Meighen Health Centre is made up of the Meighen Retirement Residence and the Meighen Manor.*

## **The Meighen Retirement Residence**

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Just a half block east of the Davisville subway station, the Meighen Retirement Residence is a lively and inviting home for retirees. Residents enjoy a variety of services and support while maintaining their independence in our friendly community setting in the heart of Toronto.



## **The Isabel and Arthur Meighen Manor**

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Opened in 2003, The Isabel and Arthur Meighen Manor is a 168 bed Long Term Care Facility which offers top quality services and support for its residents and their families. At the Meighen Manor, our staff and volunteers endeavor to provide an enjoyable and engaging life experience for our valued residents.



## **Meighen Health Centre Spiritual Care**

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People arrive at the Meighen Health Care Centre mainly due to physical or age related mental limitations. Every one also has a spiritual dimension that is either intact or in need of strengthening. Many have not been well enough to attend their own churches for years. Our services and programs are the first they have been able to participate in years. Residents with dementia are given special attention and programs, that allow them to participate, sing songs and prayers that are still embedded in memory from their childhood. While we are Christian based we have 16 faith based traditions represented and we encourage all our residents to draw upon their own spiritual traditions for strength, purpose and comfort.



# *Resident Profiles*

## *Wilma and Connie - continued from page 1*

On September 21st 2008 Brigadier Constance Lancaster (right) pictured with Wilma on the left, turned 100 years young. To mark the occasion, large crowds of friends and well-wishers gathered at both the Meighen Manor and East Toronto Citadel, where she has been a soldier for more than 30 years. Letters of congratulations were read from the premier and lieutenant governor of Ontario as well as the general of The Salvation Army and former corps officers.



## *Russell and Lois Bertram*

Russell and Lois Bertram (left) celebrated their 65th Wedding Anniversary at the Retirement Residence on August 12, 2009

## *Neil and Merda Wood*

Neil and Merda Wood (right) celebrated their 65th Wedding Anniversary on Sept. 19th although the actual date is Sept. 26th. Neil and Merda met during the war and were married in Calgary. Neil was a pharmacist and bought a drugstore in Lakefield, Ontario. They lived in Lakefield for 20 years then sold the drugstore and moved to Toronto. Neil and Merda have 2 children, 3 grand children and seven great grand children. It was a major move to come to our facility but they are grateful to be near their daughters and in a residential area with so many trees.



## *Captains Clifford and Bernice Flannigan*

Captains Clifford and Bernice Flannigan Officers of The Salvation Army (left) celebrated their 65th Wedding Anniversary on June 1st, 2009.

## How can we help?

The province of Ontario has announced an "aging at home strategy." Its goal is "to enable seniors to continue leading healthy and independent lives in their own homes."

We want to know how we can help the people of our community. Would you tell us how we can help?

What would help you, or a senior you know, continue to lead a healthy and independent life at home?

Write and tell us at:

**"Aging at home strategy"**

**Attention: Major Dennis Brown**

**Meighen Health Centre**

**155 Millwood Road**

**Toronto, M4S 1J6**

**Email: [aging-at-home@sa-mhc.ca](mailto:aging-at-home@sa-mhc.ca)**

In our next quarterly newsletter we will report on the ideas we receive. Watch for it in early 2010.

## How can you help?

A gift of life insurance allows you to make a major commitment to The Salvation Army Meighen Health Centre at a modest cost.

- Your gift of life insurance makes you part of an important group of individuals who support the future of senior's care.
- A gift of an existing life insurance policy may give you a tax benefits on the premiums.

**How to make a gift of insurance to the Meighen Health Centre:**

- Assign ownership of your new or existing life insurance policy to The Salvation Army Meighen Health Centre as Beneficiary of your life Insurance Policy (as primary or secondary beneficiary)
- Use the cash value of insurance proceeds of a paid-up policy to fund a gift to The Salvation Army Meighen Health Centre now.
- Use the wealth Replacement Option to enable a gift to The Salvation Army Meighen Health Centre now.

# We Take Requests



We believe a funeral should reflect and celebrate the individual. At Morley Bedford, we welcome requests that will help to personalize the service and celebrate a life lived. Your creativity can be a tribute to their memory.

Our Free On-Line Pre-Planning service can answer your questions and even calculate approximate costs, all at no obligation. Please visit our web site at [morleybedford.ca](http://morleybedford.ca) or call Alan or Phillip Crawford at 416-489-8733 for more information.

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To make a donation or obtain more information, please contact Major Dennis Brown at (416) 481-9449, ext 115

Email: [dennis\\_brown@can.salvationarmy.org](mailto:dennis_brown@can.salvationarmy.org)

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