

Winter 2012

# Momiji Mosaic



The Momiji Music Club take the stage for their Annual Christmas Concert, November 30.

## Season's Greetings

by Pam Waintraub, Chair,  
Momiji Health Care Society

This year has been amazingly busy for our Board of Directors with our usual major fund-raising events like the Bazaar in March, the Bowlathon in May, the Art Café in June, as well as the Annual General Meeting in September and the Volunteer Appreciation Event in October. It has also been challenging for Momiji operations, but thanks to our excellent staff under the leadership of Birgitte we have dealt with uncertain economic conditions, rising energy costs, and a provincial election.

What really amazes me is how our staff and Board meet the challenges of increased demand as the number of clients increase and care becomes more complex year after year. Programs and services are added or tweaked and additional excellent staff is hired. It all appears to happen so seamlessly, but I know the significant effort and dedication required to ensure that Momiji can respond to the demand.

### Board of Directors:

This year, we bid farewell to Board members; Vija Mallia, who completed two consecutive 3-year terms, and Roy Kusano, who completed a one 3-year term. We will

miss their enthusiasm and commitment on the Board, but look forward to seeing them at our events.

To ensure that our Board is well-rounded in terms of experience and capability, we welcomed two new members, Jody Hamade and Dereck Oikawa. Jody is a Risk Management professional currently working at Ontario Power Generation, and had served previously as a volunteer board member for the Nikkei Voice and Horizon House. Dereck is currently a Regional Manager with Bell Canada, and also a member of the JCCC Board of Directors as a life-long active volunteer. We are very pleased to have these gentlemen on our Board.

### Fundraising:

Fundraising is a major focus for Momiji since the government does not fund activities that take place in the community centre portion of the building. We strive for excellence, and at the same time we are challenged by increasing demand, which always stretches our dollar. Thankfully, all of our fundraising events met or exceeded our expectations this year. We are so grateful for the hard work and commitment of the Board and staff and for the support from Momiji families and the community. It was great to see everyone having fun while volunteering or supporting us financially. See **Season's Greetings** on page 2



Momiji Health Care Society is a not-for-profit charitable organization whose objective is to assist seniors, primarily of Japanese Canadian descent, to live independently in their own homes as long as possible by arranging for services.

When needed, Momiji will assist individuals in finding appropriate accommodation and services to maximize their independence, health, and personal growth where seniors can enjoy an enriched quality of life.

**Momiji Health Care Society**  
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Scarborough, Ontario, Canada  
M1M 3W4

tel: (416) 261-6683  
e-mail: mosaic@momiji.on.ca  
web: www.momiji.on.ca

## Passages

*Sincere condolences are extended to the families of the following residents who passed away in recent months:*

### Macassa Lodge

Kyo Teshima

### Momiji Residence

Koshiro Komatsu

Fred Kosugi

Akira Shishido

Harry Tateishi

Chiyoko Washimoto

### Momiji Office Holiday Schedule



Dec. 23: closed 12:00 noon  
Dec. 24 – 27: closed  
Dec. 28 – 29: regular hours  
Dec. 30: closed 12:00 noon  
Dec. 31 – Jan. 2: closed  
Jan. 3: regular hours resume

## Season's Greetings continued from page 1

### Volunteers:

Momiji is much more than a building, and our volunteers allow us to extend our reach to seniors far beyond our main location. Three years ago Momiji received a grant from the Ontario Trillium Foundation to help expand our volunteer programs. With the help of this grant we have been able to increase the number of volunteers to over 800, providing the equivalent of more than 15 full-time employees. Without our volunteers, we would not be able to touch and enrich as many lives as we do.



I am a member of the “sandwich generation”, a growing group of baby boomers whose children are finding their own independence, and whose parents are aging and may need additional care. We learned from our program review that people are far more likely to volunteer if one or more parents volunteered in the community. We of the sandwich generation are grateful that our parents are role models in this way, and that we are part of a community that steps up and helps our seniors.

We always have opportunities to help out, whether as a friendly visitor or, for our Bazaar when we make manju and sushi the day before – don't worry, there are plenty of people to learn from. Our fundraising and social events are wonderful occasions for working and celebrating together as a community. We look forward to seeing you all.

### 20th Anniversary:

Next year, 2012, will mark a special anniversary for Momiji! It is hard to believe that it has been more than 20 years since shovels first struck the dirt and then a dream was realized when our doors opened in 1992. Of the original residents, 26 continue to grace our halls and join the other 140 smiling faces every day.

We hope to celebrate this major milestone in many ways in the next year. Stay tuned and celebrate with us; help us with our mission to touch and enrich the lives of our seniors.

Please remember that Momiji belongs to all of us - the residents, members, community, staff, and Board of Directors; and nothing says “I love Momiji” more than the celebration of life that we see and feel every day at Momiji. We would love to hear your stories too, how Momiji has touched your life or the life of someone you love.

On behalf of the Board of Directors, we send our very best wishes to you and your family for a healthy, happy holiday season and a prosperous New Year.

## Momiji Board of Directors 2011 – 2012

At the Annual General Meeting on September 20, a new Board of Directors was elected. The following members will volunteer through the 2011 – 2012 term.

Elaine Aimone  
June Asano  
Ann Ashley  
Gayle Cali  
Cheryl Cott  
Donna Davis  
Jody Hamade

Susan Hidaka  
Laura Hirano  
Colleen Hrivnak  
Arthur Ito  
Steven Kodama  
Mayumi Maemura  
Sandra Miike

Dereck Oikawa  
Chris Okawara  
Wendy Otsu  
Fred Sasaki  
Fred Sunahara  
Pamela Waintraub

# Volunteer Appreciation 2011: An International Celebration



by Lee Mixon, Community Services Manager

The Japanese Canadian community who founded Momiji have always had an international outlook, blending the best of very different cultures together. Today, our Momiji community includes not only Canadians and Japanese, but also volunteers, staff members and clients from many other places around the world – all of whom help make our organization special and unique. We at Momiji have been sharing our Japanese Canadian culture with the community for many years, as a valuable part of Toronto’s international cultural mosaic. That’s why we decided to make our 2011 Volunteer Appreciation Event – celebrating the 10th anniversary of the International Year of Volunteers – an “International Celebration”.

On Sunday October 23, our volunteers entered a festive hall decked with flags, and were invited to show us on several large maps where in the world they came from. As it turned out, they came from every different region of Japan and of Canada, plus more than a dozen different countries around the globe. All told, 186 volunteers attended the event – even more than last year, and tables overflowed the Auditorium and filled the Atrium Lounge as well. They were treated to a delicious Japanese meal, and enjoyed entertainment by not just one, but five different international folkdance groups. These included the “Golden Luna” hula dancers, lively Scandinavian dances from Denmark, Finland and Sweden, and of course, our very own Momiji Seniors’ Odori. Our guest speakers were Tilda Hui of Yee Hong Scarborough-Finch, and Carol Gamble of Volunteer Toronto. Our volunteers also took a very challenging International Flags Quiz, whose grand prize winner was Momiji’s Elderly Persons Centre volunteer Michael Wong.

Did our volunteers enjoy the event? Well, the results of our Volunteer Appreciation Survey showed that 99.1% of the attendees were satisfied with their volunteer work at Momiji... and 100% were satisfied with the event itself. This is thanks to our tireless Volunteer Coordinator, Jovel Patricio, and all of the staff and Board members who gave their time and energy to make the event such a success. But it was the least we could do, to thank our wonderful community of Momiji volunteers for the many, many hours of work that they do for our seniors every day of the year!

To all our volunteers: Merci, Danke, Xiexie, Gracias, Salamat, Arigato gozaimashita... THANK YOU!

## SPECIAL EVENTS CALENDAR

For more information on the events below please call (416) 261-6683

Sunday, January 8  
**Kozakura Dancers**  
2:00 – 4:00 p.m.

Monday, January 9  
**Registration for Winter Education Courses**  
10:00 a.m. – 4:00 p.m. & 6:00 – 8:00 p.m.

Friday, January 20  
**Ki Workshop**  
1:30 – 3:30 p.m.

Saturday, March 24  
**Momiji Annual Bazaar**  
12:00 noon – 3:30 p.m.

### Yes, I'll help keep Momiji strong!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

### **Please accept my gift of:**

\$100  \$75  \$50  \$25

Other \$ \_\_\_\_\_

### By cheque

Please make all cheques payable to Momiji Health Care Society.

### By Visa

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Please fill this form and fax or mail to:

Momiji Health Care Society, 3555 Kingston Road,  
Toronto, Ontario M1M 3W4

Phone: (416) 261-6683 Fax: (416) 261-9384

A tax receipt will be issued for donations of \$10 or more. Momiji Health Care Society also accepts bequests and donations in memory of a loved one.

Registered charitable number: 10771 6623 RR0001

# Strokes – What is it, what causes it, and how do my family and I live with it?

by Birgitte Robertson, Executive Director

## What is a stroke?

A stroke is a sudden loss of brain function. It is caused by the interruption of flow of blood to the brain, or rupture of blood vessels in the brain. This causes brain cells (neurons) in the affected area to die. A stroke can impact your ability to move, see, remember, speak, reason, and read and write. The longer the brain goes without oxygen and nutrients supplied by blood flow, the greater the risk of permanent brain damage.

Different parts of the brain control different functions. When a person has a stroke, the functions that are affected depend upon which area of the brain was damaged and how much damage occurred.

## What causes a stroke?

There are many factors that could increase the risk of having a stroke. Some risk factors that can't be controlled are: aging, family health history, race and gender. You can reduce the risk of having a stroke by eating a healthy diet, exercising regularly, not smoking and asking for medical advice in managing your blood pressure, cholesterol level, heart disease or diabetes.

## What are the five signs of a stroke?

A stroke can be treated. That is why it is so important to recognize and heed the following warning signs:

- Weakness – sudden loss of strength or numbness in the face, arm or leg, even if temporary
- Trouble speaking – sudden difficulty speaking,

- understanding or confusion, even if temporary
- Vision problems – sudden trouble with vision, even if temporary
- Headache – sudden severe and unusual headache
- Dizziness – sudden loss of balance, especially with any of the above signs

## Living with a stroke

If you or one of your relatives has a stroke, there is rehabilitation which can help you ease back into daily life. It is a very important part of recovery for stroke survivors. Rehabilitation doesn't reverse the effects of a stroke, but the goal is to help you regain your strength, capability and confidence to resume the activities of daily life as much as possible.

Any major illness will change your life, but almost all stroke survivors recover to some extent and go on to lead full, meaningful lives.

## How does a stroke affect your family members?

A stroke doesn't just affect the survivor, but everyone around them. If married, the stroke survivor will become more dependent on their spouse, and understanding the changes in a relationship is an important step in moving forward. If they have always been very independent, they may struggle with their new dependent role. Lifelong habits and behavior can be difficult to change, so it is important that everyone works together to find a new way of living together that works for all involved.

**Source:** The Heart and Stroke Foundation  
Tel. 416-489-7111 [www.heartandstroke.ca](http://www.heartandstroke.ca)

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# Momiji's Renovation and Retrofit Projects

by Yoneko Westergaard, Director of Seniors Residence

With two phases of Economic Stimulus Funds geared for retrofitting the existing social housing buildings from Federal and Provincial governments, Momiji



has undergone a number of retrofit projects in 2010 and 2011.

In addition, Momiji received Trillium and New Horizons grants to renovate our 2nd floor public area where we receive no government funding.

- Kitchenette cabinetry in the Craft Room and Day Lounge were replaced. New energy efficient appliances were purchased as well.
- Chairs in the Craft Room, Auditorium and Board Room were re-upholstered with washable Krypton fabric.

- Vertical blinds were replaced in all 2nd floor public areas with new roller blinds.
- Carpets were replaced in all public areas on the 2nd floor and all offices.
- Cedar pergolas in front of the building and rear garden are under repair now and scheduled to be completed by the end of December.
- 10 large pots of bamboos have been planted in the Atrium hallway and the installers will be checking every week to ensure that there are no spider mites or any other problems.
- Many paving stones in the rear garden patio have sunk and became very uneven. They have been re-leveled and restored.
- Entire wood flooring on the 2nd floor and stairs will be sanded and sealed in mid-December, during which time all activities in the amenity section will be relocated.

Please come and see our newly renovated 2nd floor public areas.

# The Principal's Office

by Maxine Rehder, Education Coordinator

By now you will have received and admired this year's Christmas card. This beautiful watercolour, *Winter's Retreat*, was created by Hi-Sook Barker, one of the many gifted art instructors at Momiji. Her classes are every Wednesday plus she starts off the new year with a full day workshop, *Watercolour Resolutions*, on Wed. Jan. 4, for those students who can't wait to put their brushes to paper.



Students who have been disappointed in the past because the *Drawing* course was full will be pleased to see that we have added a second class on Thursdays, 2:30-4:30. Our art classes are extremely popular due to our talented instructors. Let's not forget our full range of general interest courses from *Bridge* to *Pottery*. Perfect a skill or try something new in 2012.

## Good-bye

After seven years two of our finest have decided to retire: Frank Paylor and Ann-Maree Edwards. Frank had just retired from the Toronto Board of Education when he somewhat reluctantly joined Momiji. Although very knowledgeable, he



Frank celebrates his retirement with Maxine and other wellwishers following his final class, November 25.

had no teaching experience but was willing to give it a try. It wasn't long before he became the sole instructor for all the computer and digital photography courses, teaching four days a week plus nights and Saturday workshops. He would come in early and stay late, always willing to help students who had missed a class or needed help with a special project.

He often checked out other facilities to see what was being offered. He suggested new courses, maintained the computer lab and distributed the brochure. It's little wonder that it has taken four instructors to replace him.

Ann-Maree has been our queen of flexibility teaching *Yoga*, *Yoga Be Seated*, *Ball & Band* plus many informative workshops. Each week she would feature a different focus to challenge the students' strength, flexibility and balance; always well prepared, extremely knowledgeable and ready to adapt the poses to meet the participants' needs.

You will be missed. We wish you happiness in whatever new endeavours you undertake.

## Welcome

It's often said that change, is a good thing so although it's sad to say good-bye we look forward to the fresh approaches and different teaching styles that the new instructors will bring to their courses. Somewhat intimidated, Frank's replacements feel up to the challenge. Noel Aranha, Janice Bennink, Gloria Courtney and Marilyn Kennedy will be continuing many of the old classes while introducing some new courses and workshops. My favourite is *Getting the Most From Your Cell Phone*. Just imagine – you can do so much more than make calls.

Anita Thachuk, an accomplished Yoga teacher from the community will replace Ann-Maree. Her gracious manner and style of instruction will uphold the standard of excellence that participants have grown to expect at Momiji.

We are pleased to introduce Fi Kabiri. She will be teaching three new courses: *A Stronger You*, *Shake Your Buddha*, and *Belly Dancing*. Fi is a perfect addition to our education program. She is very well informed, warm, friendly and keen to help participants meet their fitness goals. So many New Year's resolutions are focused on fitness. With this in mind, we have tried to put together a variety of enticing activities from *Belly Dancing* to *Zumba*. And if that isn't enough, we are offering an additional incentive. Register for any two fitness activities indicated with an \* and you will get \$10 discount from the total. What a way to bring in the New Year!

# Momiji Bazaar 2012

While most people are preparing for the holidays... here at Momiji, we're already thinking ahead to spring, and the Momiji Bazaar!

Our 2012 Bazaar – our biggest annual fundraiser and a much-loved community tradition filled with great bargains and delicious food – will be held on Saturday, March 24 from 12:00 to 3:30 p.m. Save the date, and let all your family and friends know. As usual, we're counting on your donations of items to sell: Japanese goods, handicrafts, housewares, books, toys, china, houseplants, and home baking are popular.

We'll need plenty of volunteers too, both on Bazaar Saturday and on the day before when we set up the building and hold our famous 'sushi bee' and 'manju bee'. For more information about the Bazaar, please contact Jovel Patricio at 416-261-6683 ext. 234, or Lee Mixon at ext. 224.



# モミジ モザイク

## 年末年始のご挨拶

パム・ウェイントローブ  
(モミジ・ヘルスケア・ソサエ  
ティ理事会議長)

モミジ理事会にとっては今年も忙しい一年でした。資金活動として3月のモミジバザー、5月のボウラソン、6月のアートカフェ。さらに9月の年次総会、10月のボランティア感謝の会とイベントが続きました。今年是不景気の中の燃料費高騰や州選挙の影響で運営に厳しさが増したものの、ビアギター・ロバートソン所長をはじめ職員の多大なる努力のおかげで苦難を乗り越えることができました。

モミジ利用者数増加に伴う支援サービスの需要が年々増加し介護の内容も複雑化している中で、モミジ職員と理事会役員は常に前向きな姿勢でチャレンジに取り組んでいます。需要に対応するためにプログラムやサービスの調整・追加、優れた職員の新規採用などが速やかに実行されていますが、その背景には大きな努力と熱意があることを私は認識しています。

## 理事会

3年間の役員任期を2回務めたヴィヤ・マリアさんと1回務めたロイ・クサノさんが退任されます。これまで役員として献身的に活動されたことに感謝しております。

理事会には様々な専門分野から役員が集まっています。新役員としてジョディ・ハマデさんとデレック・オイカワさんが加わります。ジョディさんはオンタリオ・パワー・ジェネレーシ

ョンのリスク管理部に勤務していて、これまでに日系ボイスやホライズン・ハウスの役員も務めた経験があります。デレックさんはベル・カナダの地域マネージャーとして務めながら、日系文化会館理事会の役員として長く活動しています。お二人を心より歓迎します。

## 資金調達活動

モミジの建物の中でもモミジセンターで行われるアクティビティは政府助成金の対象にならないため資金調達活動はモミジにとって重要です。年々増加する需要の対応にチャレンジは付きものですが、幸いに2011年に実施した資金調達活動は全て目標を達成し、中には期待を上回るものもありました。計画と準備に多くの労力を費やしたモミジ職員・役員、ならびに支援してくださったモミジのコミュニティの方々に感謝しております。楽しみながら活動ができたことを嬉しく思います。

## ボランティア

モミジのシニア支援をモミジセンター以外の場所で提供できるのはボランティアの方々のおかげです。3年前にボランティア・プログラム拡張のための援助金をオンタリオ・トリリウム基金から受けて以来、ボランティア数が800人以上にまで増えました。この数は正規職員15人以上に相当します。ボランティアの方々の力がなければ多くのシニアの方々の生活に触れることはできないと認識しております。

私は「サンドイッチ世代」の一人です。子供が自立する年齢になり親が年老いて介護を必要とするようになりました。プログラムの再検討を通して学んだことは、ボランティア活動を積極的にする人の中で親がコミュニティでボランティア活動をしていたという背景を持つ人が多いことです。私達サンドイッチ

世代は、親の世代がお手本を示してくれたことに感謝しコミュニティの一員としてシニア支援に励みたいと思います。

モミジの活動に参加する機会は沢山あります。フレンドリー訪問をはじめ、バザー前日のおまんじゅう作りや寿司の準備。初めての方でも大丈夫。教えてくれる人は沢山います。モミジの資金調達活動と社交イベントはコミュニティとの繋がりを通して一緒に楽しめる活動です。皆様の参加をお待ちしています。

## 20周年記念

1992年に私達の夢が実現しモミジレジデンスが開設されました。来年で20周年を迎えます。当初からの入居者は現在26人。他の140人の方々と笑顔の絶えない毎日を暮らしておられます。

来年は20周年記念を皆様と共に祝えることを願っております。シニア支援を目指すモミジに皆様のご理解とご協力をお願い申し上げます。

「モミジ」には様々な人々が帰属しています。モミジ居住者、会員、コミュニティ、職員、理事会など。そして私達は毎日の生活の中でモミジと関わることがいかに大切かを実感しています。皆様のモミジにまつわる話を聞かせていただけたら幸いです。

理事会を代表して来年も皆様のご健康とご繁栄をお祈り申し上げます。

## 脳卒中：その原因と生活の変化

ビアギター・ロバートソン  
(所長)

### 脳卒中とは？

脳卒中は突然、脳機能の一部が喪失する病気です。その原因は脳の血流障害や脳血管の破裂によって脳内領域の神経細胞が壊死するからです。脳卒中になると動作、視覚、記憶、発話、判断、読み書きなどの能力に影響

響が及びます。脳に酸素と栄養が運ばれない状態が長く続くほど脳組織の永久的な損傷のリスクが高くなります。

脳は様々な領域でそれぞれの機能を果たしています。損傷した領域や程度によって影響を受ける機能も異なります。

### 脳卒中の危険因子とは？

脳卒中のリスクを高くする要因は沢山あります。自分で管理できない要因としては加齢、遺伝、人種、性別など。自分でリスクを低くするには、健康な食生活、定期的な運動、喫煙しないこと、血圧やコレステロールの値をはじめ心疾患や糖尿病に関する医師のアドバイスを受けることが大切です。

### 脳卒中の5つの兆候とは？

脳卒中の治療は可能です。そのためにも以下の兆候に一時的なものでも注意する必要があります。

- 脱力感 - 突然、力が無くなる。顔や手足が痺れる
- 発話困難 - 突然、話すことや理解が困難になる。頭が混乱する
- 視覚障害 - 突然、視覚に異常を感じる
- 頭痛 - 突然、これまででない強い頭痛を感じる
- めまい - 突然、バランスを失う。特に上記の症状が伴う

### 脳卒中後の生活

脳卒中になってから日常生活に戻るためにはリハビリテーションが大切です。脳卒中になる前の状態に完全にすることは無いにしても、その目的は日常生活の活動が可能な限りできるように体力・能力・自信を回復させることです。

大病をすると生活が変わります。しかし脳卒中になった人のほとんどが、ある程度回復して意義のある人生を送っています。

### 脳卒中になった時に家族に与える影響は？

脳卒中になると本人だけでなく身近な人達にも影響が及びます。夫婦の場合は配偶者への依存が大きくなります。変化を理解することが前進への大切な一歩です。これまでお互いに依存していなかった夫婦にとって依存する関係は受け入れがたいことかもしれません。昔からの習慣や普段の行動は簡単に変えられないでしょう。本人と家族が暮らしやすいような新しい生活スタイルを一緒に見つけることが大切です。

資料：心疾患・脳卒中支援基金  
Tel. 416-489-7111  
www.heartand stroke.ca

### ボランティア感謝の会と国際的な祝い

リー・ミクソン (コミュニティサービス部マネージャー)

モミジを創設した日系社会の先人達には常に国際的な展望がありました。それは様々な文化の素晴らしい点をブレンドすることでした。現在のモミジのコミュニティにはカナダと日本以外の出身のボランティア、職員、利用者が沢山います。皆が一緒になってモミジをユニークな組織にしています。モミジは日系文化をトロントのモザイク文化の一つとして他の文化の人々と分かち合ってきました。その意味で 2011 年ボランティア感謝の会は国際ボランティアの年10周年を同時に祝福するのに最適な機会でした。

10月23日(日)のボランティア感謝の会の会場は様々な国旗で飾られ、ボランティアの方々の出身国が地図で示されました。日本の各都道府県とカナダの各州をはじめ世界中からの出身者がいました。出席者は昨年を上回る 186 人で、オーディトリウムからアトリウムにまで設置さ

れたテーブルを囲みながら和食とエンターテイメントを楽しみました。国際的な民族ダンスを5つのグループが披露しました。「ゴールデン・ルナ」のフラダンスをはじめ、デンマーク、フィンランド、スウェーデンのスカンジナビアダンス、それにモミジのシニアの方々の日本舞踊。ゲストスピーカはイーホン・スカーボロフィンチセンターのティルダ・ヒュイ氏。ボランティア・トロントのキャロル・ギャンプル氏。クイズは各国の国旗に関する問題で優勝者はEPCセンターのボランティア、マイケル・ウォンさんでした。

ボランティア感謝の会のアンケートによると出席者の 99.1%がモミジの活動に満足していると答え 100%が今回のイベントに満足していると答えました。準備に奔走したボランティア・コーディネーターのジョベル・パトリシオ職員をはじめ他の職員や役員の皆様の熱心な援助により成功できたことを感謝しております。それ以上に、モミジのコミュニティの原動力としてシニアの方々のために惜しみなく時間を提供してくださるボランティアの方々に心より感謝しております。

ボランティアの皆様、ありがとうございました。

### モミジ建物改修のプロジェクト

ヨネコ・ウェスタガード  
(シニアレジデンス管理部長)

社会福祉住宅の改修を援助する連邦政府の経済刺激策基金の二つの段階を経てモミジは2010年と2011年に多くの改修プロジェクトを実施することができました。

さらに、モミジはトリリアム基金とニューホライズンからの助成金も得て、2階の公共の場の改修ができました。ぜひ一度ご覧になってください。改修は以下のとおり。

- クラフトルームとダイラウンジのキッチンキャビネットの交換。エコ電化製品を新規購入。
- クラフトルーム、オーディトリウム、会議室の椅子は洗える新しい布張りに交換。
- 2階公共の場の垂直ブラインドはローラーブラインドに全て交換。
- 2階公共の場とオフィスのカーペットは全て交換。
- 建物入り口と庭園のパーゴラ（つる棚）は改修中で12月末までに完了の予定。
- アトリウムの廊下に竹の植えられた大きな鉢が10個並び、業者がハダニなどの問題が生じないように毎週管理に来る。
- 庭園テラスの一部の敷石が落ち込んで表面がでこぼこになったため平坦になるように改修。
- 2階の板張りの床と階段の研磨・ニス塗りは12月中旬に完了予定。それまで2階でのアクティビティは別の場所に変更。

## 生涯学習コースのお知らせ

マキシーン・レーダー  
（教育コーディネーター）

皆様にお送りした今年のクリスマスカードはモミジの絵画講師ハイスーク・バーカーさんの水彩画です。バーカーさんのクラスは毎週水曜日ですが新年早々の1月4日には特別なワークショップが開かれます。

これまでスケッチのクラスが定員を満し登録できなかつた方々がいたため、今期はクラス（木曜日 2:30-4:30）を増設しました。優れた講師による美術のクラスは高い評判を得ています。そのほかにもブリッジから陶芸まで様々なコースが揃っています。2012年は新しいコースに挑戦してみてもどうでしょう。退職される講師

モミジで7年間も講師を勤めたフランク・ペイラーさんとアネマリー・エドワーズさんが退職します。フランクさんはトロント教育委員会を退職後モミジで初めて講師となり週4回のコンピュータ、デジタル写真のコースをはじめ土曜日のワークショップを教えました。クラスが始まる前や終わった後にも特別プロジェクトや欠席した生徒のために親切な指導をしました。また、フランクさんは他の施設のコースを観察しながらモミジに新しいコースのアイデアを提案しました。コンピュータの管理もパンフレットの配布も彼の仕事。フランクさんの後任は4人の講師が分担で受け継ぐこととなります。

アネマリーさんはヨガの講師としてコースとワークショップを教えました。クラスでは毎週、新しい目標を設定して柔軟性やバランスについて丁寧に指導しました。豊富な知識と万全な準備で参加者の力に合わせたヨガのポーズを教えました。

お二人の今後のご活躍を祈っております。

### 新任の講師

変化は良いことだと言われていています。新任講師の方々は独自の教え方でコースに新鮮さをもたらしてくれるでしょう。フランクさんの後任としてノエル・アランハさん、ジャニス・ベニックさん、グローリア・コートニーさん、マリリン・ケネディさんがこれまでのクラスと新しいコースやワークショップを担当します。「携帯電話の活用のしかた」では通話以外で知っておくと便利な機能を紹介します。

アネマリーさんの後任となるヨガの先生はアニタ・テチュックさんです。アニタさんの上品な教え方はモミジの参加者の期待に十分応えるでしょう。

フィットネスでは新たにファイ・カビリさんがベリーダンスをはじめ3つの新しいコースを

担当します。ファイさんは専門知識が豊富で参加者一人一人の目標に応じて親切に教えてくれます。まさにモミジのプログラムにぴったりの講師です。多くの方が新年の決意でフィットネスを選ばれます。モミジではベリーダンスからズンバに至るまで様々なアクティビティを準備しました。新年の決意だけでは不十分な方のために、もう一つのお誘いがあります。「\*」の印の付いたフィットネスのアクティビティを二つ登録される方には10ドルの割引があります。皆様の参加をお待ちしています。

## おくやみ

下記の方々のご家族の皆様にご心よりお悔やみを申し上げます。

### マカサロッジ

- キョウ・テシマさん

### モミジレジデンス

- コウシロウ・コマツさん
- フレッド・コスギさん
- アキラ・シンドさん
- ハリー・タテイシさん
- チョコ・ワシモトさん

## 特別催し物の予定

1月8日（日）

小桜会・踊りの発表会

午後2時～4時

1月9日（月）

生涯学習冬期コース申込受付

午前10時～午後4時、午後6時～8時

1月20日（金）

気（き）ワークショップ

午後1時半～午後3時半

3月24日（土）

恒例モミジバザー

午後12時～午後3時半