



# HOLY FAMILY

## LIFELONG LEGACY

SEASON OF LOVE AND UNITY

Spotlight



This holiday season brought so many smiling faces to our home! Visitors joined our elders for caroling, games, and meaningful one-on-one visits. New friendships were made, and everyone shared in plenty of fun and holiday cheer.



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### BLESSING OF HOLY FAMILY HOME



We were blessed to welcome the Redemptorist Fathers, together with the Sisters and our Spiritual Care team, who walked throughout our entire home - units, offices, and even the basement - blessing each space with holy water. This cherished tradition is part of our annual celebration of the Feast of Theophany, commemorating the Baptism of Christ by John in the River Jordan.





# STORY OF AN ELDER

When you enter the Auditorium in Building A, you'll notice a mural on the wall. On the left-hand side is a woman stirring a pot - that woman is Antonina Szumik. For more than 20 years, Antonina entered Holy Family through the staff entrance of Building A to begin her work in the kitchen. For many of those years, she proudly served as one of the head cooks. Antonina was deeply dedicated to her job and showed her love for the people she served time and time again through countless heartfelt actions.

During a blizzard in the late 1980s, many staff members were unable to make it to work - but not Antonina. She packed a bag with an extra uniform and clothes, fully prepared to stay at Holy Family for several days if needed. She even called McGregor Armory, telling them she would ride in an army tank if that's what it took. *"I need to get to Holy Family Home," she said. "I work in the kitchen. The people there need to eat. I won't let them starve."*



On another occasion, during a union strike, Antonina crossed the picket line, saying that a few extra dollars wouldn't change her life - but making sure meals reached the residents could change theirs. Every shift she worked, Antonina prepared meals with true love, cooking as if she was feeding her own family.

In May of 2014, Antonina entered Building A once again - this time as a resident. Today, she enjoys the very meals prepared in the same kitchen where she once worked so faithfully.

Thank you to everyone who now takes such wonderful care of Antonina at Holy Family. She truly feels at home.

*Written by Donna Szumik, daughter of Antonina Szumik*

# FESTIVAL OF CAROLS

We were honored to welcome three outstanding Ukrainian choirs to our Home this holiday season. Hoosli Ukrainian Male Chorus, Melos Folk Ensemble, and O. Koshetz Choir filled our halls with beautiful Christmas carols, truly blessing our elders with their voices. The performances were deeply moving and brought joy, warmth, and more than a few goosebumps to all who attended.





# PAINT NIGHT



While the winter weather outside continues to test us, our elders stayed warm and cozy with great company during Paint Night. Creativity filled the room as snowmen came to life on canvas - each one unique and absolutely beautiful. Please enjoy a few photos from this fun and memorable evening!



# SALSA WITH THE SISTERS

A huge thank-you to our amazing Ladies Auxiliary for hosting another fantastic fundraiser! Salsa with the Sisters was a night to remember, filled with dancing, laughter, great music, tasty cocktails, and nonstop fun. The fiesta outfits were on point, and the energy in the room was contagious! We're so grateful for all the time, heart, and hard work that went into making this event such a success. Every dollar raised will go right back to benefiting the residents of Holy Family Home turning a fun night out into something truly meaningful. Thank you for bringing the joy and the fiesta spirit!





# SERVING WITH LOVE

Join us as we celebrate **Valentine's Day** and **Random Acts of Kindness Month** by spreading love and kindness throughout our community!

Stop by the board near the nursing office to share *kind words*, recognize a *random act of kindness* you've witnessed, or find *inspiration for self-care and self-love*.



“WE GET SO WORRIED ABOUT BEING PRETTY. LET'S BE PRETTY KIND. PRETTY FUNNY. PRETTY SMART. PRETTY STRONG.”

—BRITT NICOLE



“I FEEL THAT THERE IS NOTHING MORE TRULY ARTISTIC THAN TO LOVE PEOPLE.”

—VINCENT VAN GOGH



“WHEN WE SEEK TO DISCOVER THE BEST IN OTHERS, WE SOMEHOW BRING OUT THE BEST IN OURSELVES.”

—WILLIAM ARTHUR WARD



**Pink Shirt Day** is an annual, international anti-bullying initiative celebrated on the last Wednesday of February.

Originating in 2007 in Nova Scotia, two students organized a school-wide pink shirt protest after a classmate was bullied for wearing pink. It has since grown into a worldwide movement.



**Visit our Gift Shop!**

Our wonderful volunteers are happy to help  
**Tues-Thurs and Fri**  
from  
**1:00-3:00 PM.**



Congratulations to Sally on winning the grand prize at our recent Ladies Auxiliary Bingo Night!

## February REMINDERS

On **February 24th**, we invite everyone to wear **blue** or **yellow** in support of Ukraine, as we mark the fourth year since the beginning of the war.

On **February 25th**, wear **pink** in support of **Pink Shirt Day**, standing together to promote kindness, respect, and anti-bullying awareness.

Show Your Support This February!

**ANGELA PEELER**  
Holy Family Home Chief Executive Officer

According to the groundhog, spring is just around the corner. As February unfolds, we are reminded that even in the coldest months, small acts of kindness can spark warmth, light, and hope - much like the promise of spring itself.

This month, I invite you to choose kindness in simple, meaningful ways. A smile, a helping hand, or a thoughtful word can brighten someone's day more than you may ever know. The world needs more kindness, and each one of us has the power to make a difference - one small act at a time.

SCAN ME

