



Finlandia Village



A village to call home.

SISU

Finlandia Charitable Foundation

Finlandia
hyväntekeväisyssäätiö

2026 Kyläläinen

The Villager



Hearts were captivated by the enchanting duo of Ottawa soprano Ghislaine Dionne and Finnish pianist Lili Ahopelto, an accomplished musician with strong Sudbury roots.

Together, they brought the magic of summer to life with their beautiful Midsummer Magic concert, celebrating Juhannus through an inspiring collection of songs that filled Voima Hall with warmth and joy. The afternoon concluded with a touching surprise performance by Ghislaine's 10-year-old daughter, leaving

everyone with smiles and full hearts. It was a wonderful afternoon of music, Finnish culture, and delicious refreshments shared in great company, to celebrate the beginning of the summer season.

Hyvää juhannusta!



TEAM UP to CLEAN UP

On May 3rd, Residents, Team members, family, and volunteers came together to freshen up our Village grounds and show what community spirit is all about.

Aspecial thank you to Community Living Greater Sudbury for joining us and adding to the energy and enthusiasm!

Wewrapped up the day with a well-deserved pizza lunch, lots of laughs, and great company. It was the perfect mix of hard work and fun!

Thank you to everyone who participated, you made a real difference, and we appreciate all of the hard work!

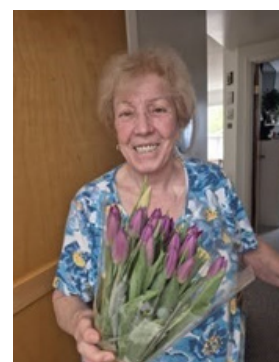


KITOS!

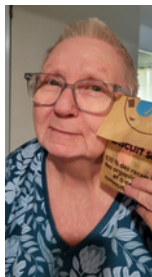


The Heart of the Lougheed Foundation

We were honored to receive very special tulip bouquet's, thoughtfully donated by the Lougheed Foundation; a heartfelt gesture to celebrate and recognize the love, strength, & care that Mothers bring to our community every day. Your kindness helped make Mother's Day a little brighter and reminded our Moms just how appreciated they are. Thank you for helping us share joy, gratitude, and smiles throughout the Village.



Smiles all around... another heartfelt donation from the Lougheed's Foundation... Over 300 Tim Hortons Smile Cookies for everyone at the Village. These sweet treats brought so much joy to both our Residents and Team members—along with plenty of smiles to match! Kiitos for your generosity!



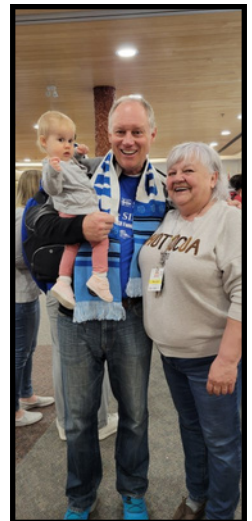
The
Lougheed
Foundation

Tim Hortons
smile cookie™

2026 Mayfair

Kiitos naisjaostollemme, vapaaehtoisillemme, myyjillemme ja tiimimme jäsenille. Keittokehotuksesta huolimatta Mayfair oli jälleen suuri menestys!

Thank you to our Ladies Auxiliary Bakers & Weavers, our volunteers, vendors, and team members, despite a boil water advisory, Mayfair was another great success!



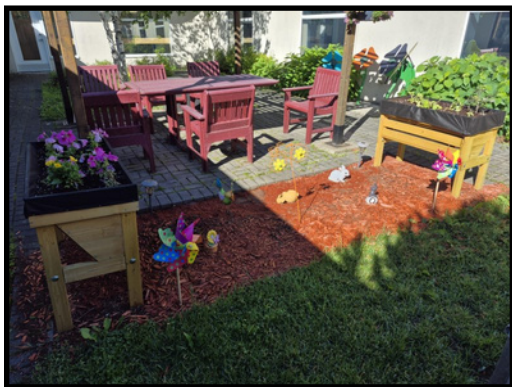
Thank you, Penny!

In June, we celebrated Penny Innes for her volunteer contributions and dedication to Residents' Council. Penny, a volunteer with Finlandia since 2007, has lead monthly Red Hat's Socials, participated in Pet therapy with her dog Spoofer, enjoyed meaningful; friendly visits and so much more! Although Penny is stepping back as Resident Council Chair, she will still have a comforting presence in Hoivakoti. Thank you, Penny, for your support with Council, and we look forward to your new ventures in Hoivakoti!



Judy in Bloom!

Judy, a Resident in Hoivakoti, has a passion for gardening, and she expressed a wish to have her own flower, fruit and vegetable gardens to tend to. With the help of PSW Cheryl, and student volunteers, Tiina, Blake, Darren and Nate, and after an afternoon shopping trip in our Bussi, we were able to help Judy create the colorful garden she was hoping for!



Eric Pukara Pays Tribute to his late Mother, Mildred Bak.



Eric Pukara, renowned musician, hosted a special tribute concert for his late mother, Mildred Bak, on July 15th, at Finlandia Village; it would have been her 95th birthday. Hosting a concert in her memory at a retirement home was fitting as she often accompanied Eric to the homes when he played, which was a highlight for her.

Millie passed away last November shortly after Eric performed for us, and since music was always a big part of their relationship, he wanted to do something to honor her. Eric ended the show with a piano piece that he wrote in memory of her. The concert was a moving tribute, and very much enjoyed by nearly 100 guests!

Celebrating Years of Dedication at Finlandia Village

At Finlandia Village, our people are our greatest strength, and we are proud to celebrate our 2026 Employee Service Award recipients—team members who have dedicated 5, 10, 15, 20, 25, and 30 Years of Service to caring for our residents, supporting their colleagues, and strengthening our community.

Every milestone represents years of compassion, commitment, hard work, and countless moments of making a difference in someone's day. Whether providing direct care, supporting operations, maintaining our facilities, preparing meals, coordinating programs, or serving behind the scenes, each recipient has played an important role in helping Finlandia Village fulfill its mission.

These service milestones are more than just years worked—they are years of relationships built, lives touched, challenges overcome, and memories created. Please join us in congratulating our Employee Service Award recipients and thanking them for their dedication to the residents, tenants, clients, families, and coworkers who make Finlandia Village such a special place.





In April, we celebrated Administrative Professionals Day with great food, lots of laughs, and the opportunity to recognize an amazing group of hardworking individuals. Their dedication, positivity, and support help make our workplace a better place every day, and we truly appreciate all they do.



Thank you, Adamsdale Public School!!



KiitosKiitosKiitosto Adamsdale kindergarten and Grade 3 classes for joining us on the 3rd Friday of each month in 2026.

Our Hoivakoti Residents looked forward to your visits... we had so much fun... from coloring, painting, songs and smiles, you brightened up our days at each and every visit!

Have a safe and happy summer, and we look forward to seeing you again, after your well deserved holiday break!



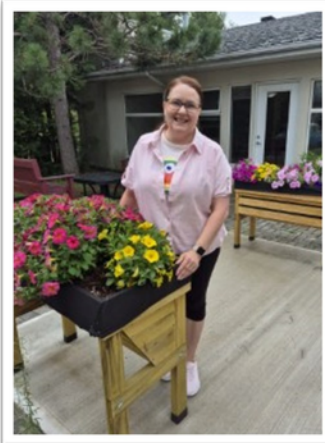
Summer Co-op at Finlandia Village

This summer, Morin (St. Benedicts CSS) and Katie (Macdonald Cartier) are completing their high school co-op placement within the Life Enrichment. During their time at Finlandia, they have been assisting in activities across the Nursing Home to keep help keep Residents active, have fun and to make creating lasting memories with our Residents....Who says school can't be fun?!

SUMMER FUN



Bridges of Care: A Finnish Student's Leap of Faith to Sudbury



Taking a giant leap of faith often requires a plane ticket funded entirely out of your own pocket. For Finnish student Jonna, a kindergarten teacher, Health Union Representative, and Social Work student, that leap brought her to Sudbury, Ontario, for a self-funded, five-week exchange at the Hoivakoti Nursing Home.

A Contrast in Care and Staffing

While studying in Finland, Jonna read about Finlandia Village's exceptional care model. Intrigued, she did extensive research, but nothing prepared her for the reality. Arriving after a long journey feeling lost and afraid, she was quickly taken under the wing of Volunteer & Cultural Coordinator Jeanna de la Morandiere, transforming her fear into a deep sense of belonging.

Finland and Canada take noticeably different approaches to elder care, particularly in how facilities operate. In Finland, Care Homes typically outsource essential staff like Personal Support Workers (PSWs) and physiotherapists from external companies. At Finlandia, the integrated staff belongs directly to the community. "Here, Residents walk around freely," Jonna observed, amazed by the dedicated Life Enrichment personnel, daily outings, snacks, and choice-driven meals. "People here can truly be who they are."

Funding, Philosophy, and SISU

The contrast extends heavily into funding and community support. While Elder Care initiatives back in Finland increasingly leverage modern digital outreach, utilizing social media platforms like Facebook and Instagram to campaign for and secure necessary project funding, Sudbury's model relies on a deeply rooted cultural philosophy. Finlandia Village heavily utilizes localized community support and the traditional Finnish concept of **SISU**, a unique blend of stoic grit, resilience, and hard work to drive and sustain its high-standard, community-integrated care.

Culture, Connections, and Grocery Surprises

Sharing her heritage brought immense joy to the Residents, who gathered to read Finnish poems and sing traditional songs. When Jonna spoke Finnish, Residents were shocked and delighted. During one chat, she even discovered a friend of her family living here in one of the Apartment buildings.

The trip also connected Jonna to her own roots. Over 100 years ago, her great-grandfather came to Sudbury before returning to Finland. During her stay, she was able to visit the headstones of extended family buried in the Toronto region.

Adjusting to Canadian culture brought some fun surprises, both in the workplace and at the grocery store. Jonna quickly learned to navigate Canadian supermarkets, hunting for familiar tastes in the international aisle. She also had to adjust to local retail habits, laughing at how difficult it is to buy small portions. "Everything here in the stores, you can't just buy one!" she noted, pointing out the contrast with Finland's single-item shopping habits.

The standard Canadian workplace greeting, "Good morning, how are you?" also stands in sharp contrast to Finland's direct, reserved communication style where a simple "Good morning" suffices. "If you ask a Finn how they are, you better be ready to hear their life story!" she laughed.

Bringing the Lessons Home

Balancing this fast-paced exchange left Jonna with zero free time. With eight months of school left, she relies on a classmate back home for mutual encouragement.

The biggest lesson she is taking home to her husband, her university, and her healthcare union is simple: the power of kindness. "I want to bring the Canadian attitude home with me," she said. "Because they are old doesn't mean you don't have to be nice. You should always be kind." Her final advice to other international students considering a self-

funded exchange? "Take the leap. You won't regret it." **By: Natalie Proulx, SISU Capital Fund Development Coordinator**

Perinteinen leivonta

Opiskelija, Jonna Vilenius, saapuumeille Laurea-ammattikorkeakoulusta Suomesta suorittamaan seitsemän viikon sosiaalialan harjoitteluaan Finlandia Villagesissa.

Harjoittelunsa aikana Life Enrichment -osastolla hän on keskittynyt viettämään aikaa Hoivakodin suomalaisten asukkaiden kanssa sekä ohjannut leivontatuokion, jossa valmistettiin suomalaisten suosikkileivonnainen, korvapuusti, eli suomalainen kanelipulla.



Rivitalo Neighborhood BBQ

Recently, neighbors of the Rivitalo townhouses got together for their annual BBQ, enjoying an afternoon filled with good food, laughter, and great company. Families, friends, and longtime residents gathered to reconnect, welcome new neighbors, and strengthen the sense of community that makes the neighborhood so special. The annual BBQ continues to be a tradition that brings everyone together and celebrates the start of the highly anticipated summer season.



LIISA, BETTY, LORRAINE & GILLES



THERESA, VINCE & LOUISE



DAVID & BILL



EVELYN & YVONNE



ELSIE, TARJA, AULIKI, EVELINE & YVONNE

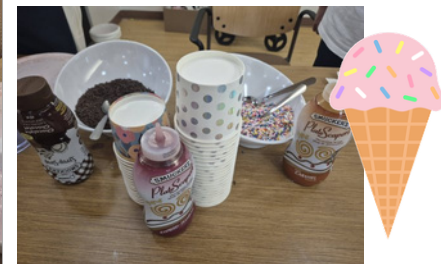


ELIAS

Lepokoti Tenants Association Ice Cream Social

Marina Lamoureux, President of the Lepokoti Tenants Association, and Executives, Gerald Beaudry, Margot Fey & Jeannine Daley, along with LK Tenants Association members and volunteers, hosted a Summer Ice Cream Social for everyone at the Village, with special entertainment by Bob Proulx.

Vanilla, Chocolate and Strawberry flavors were served and generously donated by Kawartha Dairy. Traditional cones or sundae style bowls were offered, complete with a caramel or chocolate drizzle and sprinkles ~ What a treat! It was the perfect day to host with the weather being the hottest day of the year so far- it was the ideal opportunity to cool off and enjoy a refreshing summer moment together.



Finding My Way and Finding Our Story

By Natalie Proulx, Capital Fund Development Coordinator



If you've walked past the front desk, stopped by the Housing Department, or spotted me out in the flower gardens lately, you may have noticed me shadowing different teams throughout the organization.

I recently joined the SISU Foundation as the new Capital Fund Development Coordinator. My role focuses on securing the long-term funding that will help our organization continue to grow and thrive for years to come. To help me gain a deeper understanding of the people, programs, and services that make our community so special, leadership created an onboarding experience that has taken me throughout the building and beyond.

I have to admit, my tour started with a bit of unintentional sightseeing! During my first week, I spent more time trying to find my desk than actually sitting at it. Tucked inside the Volunteer Coordinator's office, it took me a few days and a few wrong turns through different wings to finally get my bearings. If you happened to see me wandering the hallways looking a little confused, or taking the scenic route outside to find my way back, now you know why!

Connecting the Moving Parts

Now that I can find my desk, I've been spending my time learning how all the pieces of our organization fit together. Rather than staying behind a computer, I've had the opportunity to experience firsthand the incredible work happening across our community.

Along the way, I've been fortunate to:

- Learn about our long-term vision and strategic priorities from our Executive Director.
- Shadow our Director of Housing to better understand our housing programs and the people they serve.
- Spend time alongside our reception team, seeing the daily interactions that keep everything running smoothly.
- Work with residents in the flower gardens, hearing their stories and experiencing the strong sense of community that makes this place feel like home.

Every department has welcomed me with kindness and generosity. Seeing the dedication of our staff and spending time with our residents has reinforced why this work is so important. While annual fundraising supports our day-to-day operations, my role focuses on securing the capital funding that will help our buildings, resident spaces, and programs continue to thrive for future generations.

What I've Been Busy Working On

In between shadowing departments, I've also been busy with several behind-the-scenes projects that support our fundraising efforts and help preserve our organization's history.

One of my first priorities has been converting older files into formats that are accessible and easy to use today. It's been a fascinating project that has allowed me to learn more about our history while ensuring valuable records are preserved for the future.

I've also been learning about the Ladies Auxiliary and the remarkable role they have played in supporting our organization over the years. Their dedication, generosity, and countless volunteer hours have helped build the strong foundation we continue to benefit from today, and it's been inspiring to learn more about their lasting legacy.

Another ongoing project has been updating and organizing our donor records to ensure our information is accurate, complete, and current. Although much of this work happens behind the scenes, maintaining reliable records is essential to building strong relationships with our donors and supporting future fundraising initiatives.

Each of these projects has given me a greater appreciation for where we've come from while helping lay the groundwork for where we're headed.

Upcoming Events

As I continue settling into my role, I'm excited to be involved in two upcoming events that bring our residents, families, volunteers, and supporters together while celebrating the spirit of the Sudbury Finnish Rest Home Society.

SISU Family Sling-Choker Walk – September 19, 2026



This family-friendly event is a wonderful opportunity to come together, enjoy the outdoors, celebrate our Finnish heritage, and support the important work of the Sudbury Finnish Rest Home Society. Whether you're walking, volunteering, or cheering participants on, I hope you'll join us for a day of fun and community spirit.

President's Dinner

I'm also looking forward to being involved in this year's President's Dinner. I'm especially looking forward to meeting many of our supporters and learning more about the people who have helped shape the Sudbury Finnish Rest Home Society over the years. It's an opportunity to gather with residents, families, volunteers, donors, and community members for an enjoyable evening in support of the Sudbury Finnish Rest Home Society.

The President's Dinner will take place on **Thursday, November 12, 2026**, beginning at [Time]. Tickets are **\$100 per person**. We hope you'll join us for an evening of great food, conversation, and connection as we celebrate our shared commitment to the future of our organization.

Whether you attend one event or both, I hope you'll take the opportunity to connect with others, celebrate our community, and support the work we do together.

And if you happen to see me around the building, please don't hesitate to say hello. Whether I'm at reception, in Housing, out in the gardens, or finally finding my way down the right hallway, I'd love the opportunity to meet you and learn more about the role you play in making our community such a special place.



SISU SLING CHOKER FAMILY WALK

WITH LASALLE SECONDARY SCHOOL

Lace up. Show up. Give back.

Saturday,
September 19, 2026

Gather your team, rally your friends,
fundraise with purpose.
Every step helps build a stronger, more
caring community for seniors.



Finlandia Village



A Village to call Home
SISU
Finlandia Charitable Foundation
Finlandia
hyväntekeväisyssäätiö





Memorandum

To: All Finlandia Village Residents, Families, Staff & Volunteers
From: David Munch, CEO

Re: Capital Development Phase VII – Update # 9 – July 2026

Overview

Finlandia Village construction for the expansion to the existing Hoivakoti Nursing Home by an additional 32 private rooms with an additional 20-two-bedroom apartments.

The next 6 months (July to December 2026)

- The roadway from 2nd Avenue (yellow bridge) to the front of the Lepokoti Apartment building is CLOSED for local traffic. You must Enter & Exit Finlandia from the 4th Avenue roadway.
- The 2nd Avenue roadway to Lepokoti is Closed due to safety as site services work continues on roads and parking areas.
- The steel structure will start to be installed in July. Once the steel structure starts progress will move quickly to start on the 2nd and 3rd floor.
- Goal is to have the roof and building closed in before winter so inside finishing can be completed during winter months.

The next 5 months (December 2026 to April 2027)

- Resident occupancy has been delayed until April/May 2027 due to the severe winter conditions and challenges with poor soil conditions in the area of the basement and elevators.
- Architectural design renderings of roadways, parking lots, building and room layouts are located in each of the lobbies for your viewing. As well they are available for viewing at www.finlandiavillage.ca
- SISU Foundation \$ 2,000,000 Capital Campaign” Your Sharing is Caring” is well underway and receiving great support from the community. Kiitos, to all who supported the annual MayFair event at the Village to raise approx. \$10,000



Senior Frauds and Scams

Common Scams

1 Phishing Scams

Phishing is an attack where a scammer calls you, texts or emails you, or uses social media to trick you into clicking a malicious link, downloading malware, or sharing sensitive information.



2 Grandparent Scam

Grandparent scams (also called emergency scams) are common scams that target seniors. These scams usually involve a phone call from someone who pretends to be your grandchild.



3 Phone or Voicemail Scams

You receive a call or a voicemail from a criminal who is posing as a government agency worker or member of law enforcement.



4 Romance Scams

If you meet someone online but have not seen them in-person, and they begin to ask you for money, it's likely a romance scam.



Tips on How to Protect Yourself

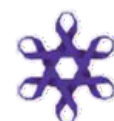
- Call the sender to verify legitimacy (e.g if you receive a call from your bank, hang up and call the number on the back of your bank card).
- Always be wary of links or attachments that you weren't expecting.
- Avoid sending sensitive information over email or texts.
- Never offer information to the caller.
- Ask the caller a few personal questions, press your caller for details.
- Never provide your credit card number over the telephone or Internet.
- Never wire money to someone under uncertain conditions.
- If you receive a call from a scammer, hang up or delete the voicemail message.
- Block the caller's phone number and report the calls to the Canadian Anti-Fraud Centre.
- If your love interest asks you to send money, be very suspicious.
- Ask them for a recent photo or do a video call.
- Fraudsters often claim they are in another part of the world as the reason for not being able to meet in-person.

For more information

Elder Abuse Prevention Ontario
416-916-6728 | Toll-free: 1-833-916-6728
www.eapon.ca | admin@eapon.ca
@FAPreventionON

SOURCES

Canadian Anti-Fraud Centre
www.antifraudcentre-centreantifraude.ca
Government of Canada | www.cyber.gc.ca



Elder Abuse
Prevention
Ontario



Staying Independent Checklist

You can use this questionnaire to assess your risk for falls.

Please Circle "Yes" or "No" for each statement below

Check your risk of falling			Actions to Staying Independent
Yes (2)	No (0)	I have fallen in the last 6 months*	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	Talk with our physiotherapy department about the most appropriate walking aid for your needs.
Yes (1)	No (0)	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls. Join our falls prevention class!
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes (1)	No (0)	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes (1)	No (0)	I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes (1)	No (0)	I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.
Yes (1)	No (0)	I often feel sad or depressed.	Talk with your doctor about symptoms of depression and help with finding positive solutions.

- Add up the number of points in parentheses for each "yes" response.
- If you scored 3 or less and HAVE NOT fallen, you are at low risk of falling.
- *If you scored 3 or less and HAVE fallen in the last year, you may be at risk of falling.
- If you scored 4 points or more, you may be at risk for falling.
- Discuss this brochure with the Assisted Living supervisor to find ways to reduce your risk.

UPCOMING SPECIAL EVENTS



Live Entertainment 2:00pm, Voima Hall:

- Fender Benders: Wednesday, August 05
- Leo Rainville: Thursday, August 13
- Smokey Band: Wednesday, August 26



Magical Paws Pet Therapy:

- **Lepokoti Building, Thursday, August 4th at 10:00am**
***Magical Paws volunteers will go to your apartment
between 10am and 11am***



Village Memorial Service:

- Thursday, August 27th at 2:00pm, Hoivakoti Chapel



New Hope Lutheran Church

welcomes you to our worship
services in **VOIMA HALL**

English services:

July 19 at 11:00 am

Aug. 2, 16 at 11:00 am

Finnish services:

July 26 at 9:30 am

Aug. 9, 23 at 9:30 am

All are welcome

