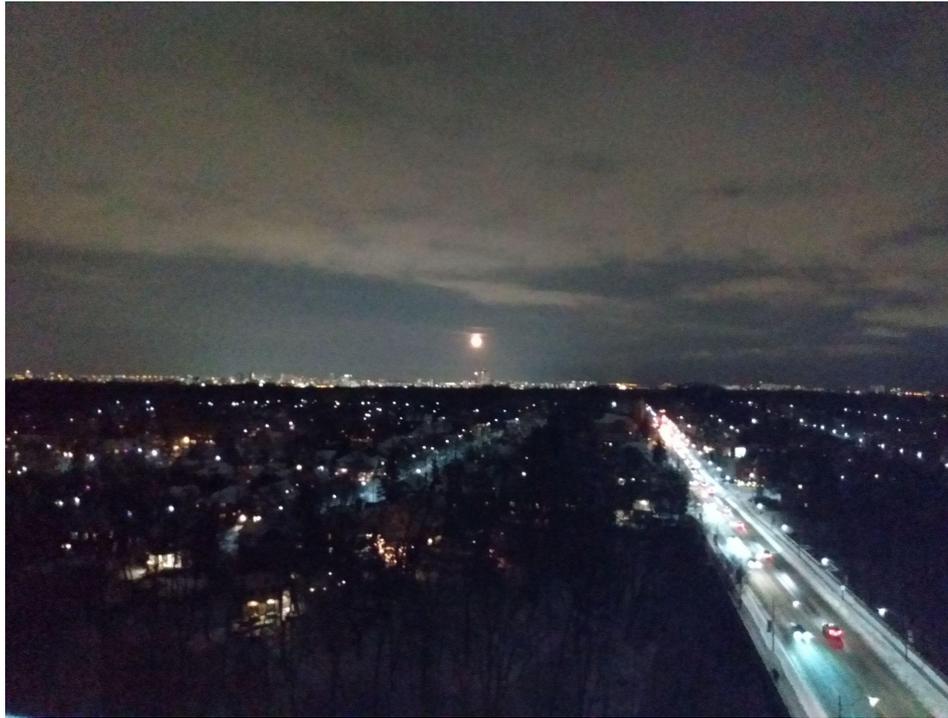


2022: Year in Review

Photo Version



At the end of January, I left my position as Alzheimer's Day Program Worker at Dixon Hall for a short contract in Parks for the City.



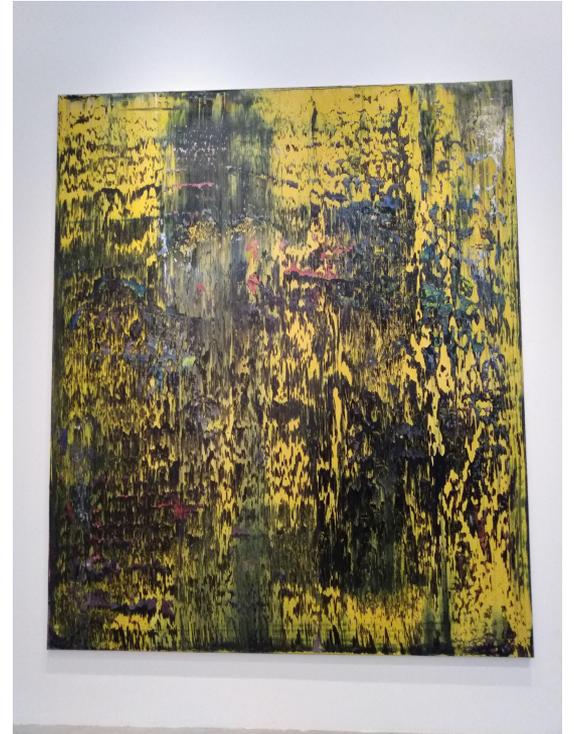
My office was in the forest. It would only be two months until I would accept the Recreation Services Assistant position at Castleview Wychwood Towers (CWT) I'm happy with the career transition so far.



I was able to attend more cultural events this year. Went to several concerts and to the AGO a few times. Unfortunately my latest diagnosis of high frequency hearing loss in my right ear makes it hard to tolerate certain pitches.



Angela Hewitt performing with the AGO



Running outside as soon as I wake up is the jolt I need to start my day. Running in the dark is risky and may have caused the fall that led to the fracture. It did teach me to constantly be aware stride after stride of my surroundings. Fingers crossed I stay injury-free indefinitely.



Spending lots of time alone this year, I found ways to improve my mind, body and spirit. I've have had great success (and failures) with plants indoors and on my balcony.



I am always grateful to have a balcony and a great view.



Once my foot strength was back to normal I wanted to make the most of summer. Pride weekend was AWESOME. It was exhilarating to lead the march with some of our residents from Castleview Wychwood Towers (CWT)



Summer went down hill after Pride. 2 years of abiding by all the rules, I got COVID. It wasn't fun but I survived. I was pretty much myself after 5 days and back to work in the middle of a (long) outbreak.



After endless days of COVID spreading to too many residents we finally got declared out of outbreak! In the fall we were able to celebrate Diversity Day at CWT with the amazing staff.



Spring was lost to my broken foot. Summer was lost to COVID. Even though all of fall, I was coping with constant ringing in my right ear, I still was active and out on interesting walks in the city.



Toronto the Cool.

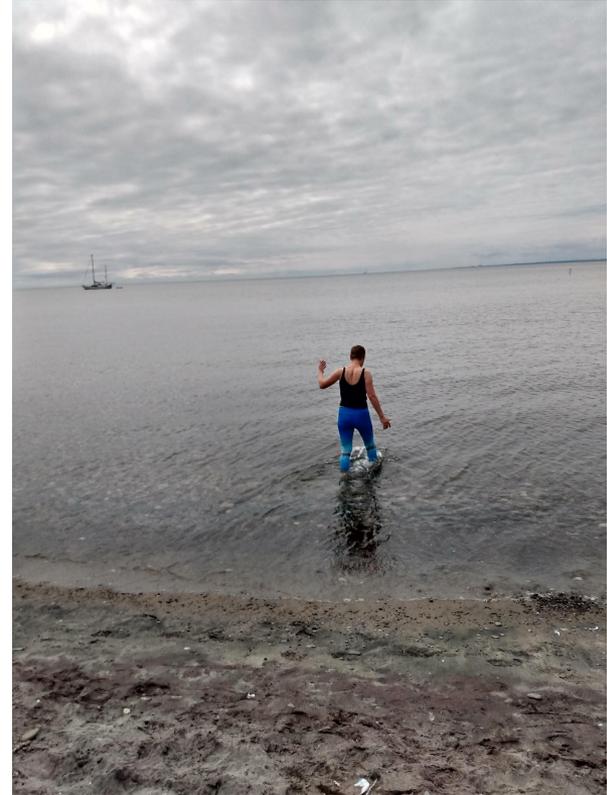
Took part in most local events at Mount Pleasant cemetery. One of my favourite spots in the city.





I also made weekly visits to my parents and so happy they are still healthy.

Lake swimming is something that brings me joy and because of my health setbacks I missed opportunities to swim in some of my favourite outdoor swim spots. Alas, I made the best with what I had and headed to the Toronto Islands for a birthday dip.





Being silly is part of my job. I'm always looking at ways to bring a smile on the 80 residents I oversee activation and engagement with each day. It's an intense job most of the time but I'm grateful to be working with such caring staff and in a field where there is never a dull moment. Let's see where it takes me in 2023!