

Employee Highlights, Celebrating International Women's Day

At Forestview Retirement Residence, we are proud to celebrate the incredible women who bring joy, connection, and vitality to our residents every day.

This **International Women's Day**, we are shining the spotlight on **Vivien**, a dedicated Life Enrichment Assistant originally from **Beijing, China**, whose passion for seniors has been inspiring for over a decade.

For her, seniors are the **"most underrated living libraries"** we have, full of stories, resilience, and history. Every day, she works to help residents share their legacies, bridging the gap between their past experiences and present happiness.

After training in **Social Services** at Seneca, she joined Forestview three years ago, drawn by the opportunity to create an inclusive and meaningful environment for residents. Her days are never the same, but always filled with purpose:

The **Morning Connection**: Greeting residents, noticing changes in **mood**, and ensuring everyone feels seen.

The **Energy Boost**: Leading fun and engaging

activities—from fitness and games to creative arts—adapted so every resident can participate and feel accomplished.

The **Individual Touch**: Spending time one-on-one with residents, listening to their stories, helping them with small challenges, and ensuring they feel valued and understood.

One **memorable moment** stays with her: she spent extra time with a resident who was struggling with a loss of independence, patiently supporting her at her own pace. It reminded her that true enrichment isn't always about big activities—it's about **being present**, listening, and honoring each resident's dignity.

For her, International Women's Day is about advocacy and dignity. She sees it as a moment to honor women—especially the seniors she serves—

ensuring they feel empowered, included, and joyful. She draws inspiration from the remarkable women in her life and the residents she serves: women who were trailblazers, leaders, and lifelong teachers.

Her **advice** to young women entering healthcare or senior care is simple: **"Don't underestimate the power of Life Enrichment.** Use your voice to advocate, stay curious, and lead with your heart."

Describing her work in three words: Advocate. Connection. Vitality. Her motivation comes from the residents them-

selves—their resilience, humor, and wisdom enrich her life every day.

This International Women's Day, she reminds women everywhere: **"Your stories are your strength, and your compassion is your power."** By listening, connecting, and advocating, we can create a world that is joyful, inclusive, and full of life at every age.



Vivien