



# MONTHLY NEWSLETTER

SEPTEMBER 2025

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## Community at 40 Homewood

*By Sam Mooney*

Last week, a few of us got together to discuss aging in place at 40 Homewood.

If you're young, please don't stop reading; this is about community as much as it is about aging. Although chances are, if you're young, you probably aren't reading this anyway because it arrived by email.

Aging in place means having the health and social support and services you need to live safely and independently in home (SIC) or your community for as long as you wish. (Social Development Canada, 2016)

The four of us discussed the possibility of setting up an Aging in Place Committee here to explore the things we can do to help older residents stay at 40 Homewood for as long as they want. Ideally, these committees have a range of ages as part of their membership. See, not just about the older folks.

As you can imagine, there's a fair bit involved in setting up a new committee, starting with approval by the Board.

As we talked, we realized that two pieces of information-gathering need to happen. Once the Board approves the new committee, we'll need a version of a needs assessment before we get too far into things.

But there's a vital part before that. The bit where we find people who are interested in being involved and helping.

We're hoping to leave a note at everyone's door that briefly outlines the committee's purpose and plans. We decided to go this route because we need to find a way to reach as many people as possible. We know that not everyone reads the newsletter or the Friday report from Management. Not everyone is online. This way, we get the information to everyone.

We're aiming to deliver the note soon. Along with the outline, it will invite ideas and suggestions as we start and will ask for volunteers.

Speaking of volunteers, we'll definitely need help delivering those, so if you're available, let us know!

One of the things we discussed was the possibility of a skills exchange as a general concept. Not age-specific but still something that the committee could facilitate.

About 800 people live at 40 Homewood. That's a vertical village. Think of all the abilities and skills that people living here have.

Perhaps you'd like to share one of yours. Teach someone to cook. To use their mobile or iPad. Knit. Play pool. Exercise \*in\* the pool. Tap dance. So many possibilities. So many ways for us to meet our neighbours. Young and old.

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# Community at 4oH

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Let all of this churn away in the background until you get the note at your door. Then you'll be full of brilliant insights when the note comes, and we'll be ready to hear them!

## Green Committee

*By Michael Csiki*

How preparing multiple meals saves time, energy and money. Taking the time to cook a well-planned out meal in a larger quantity can help save you time in the future by not having to start from scratch each time. If you don't like eating the same thing over and over again, space out the prepared meals by freezing them or supplementing with various salads each time you thaw out a main dish. Our food industry uses a ton of energy and natural resources, so aim to buy local ingredients that use less energy to ship to our local markets. By planning and meal prepping, you are less likely to find that old bag of lettuce in the back of the fridge forgotten as well as save money over time.

Here is a recipe to make your own vegetable broth that can be used to prepare rice, quinoa or any dish that requires broth or water. This "Compost Broth" recipe gives a second life to food scraps.



**Look who had a  
birthday last month.  
Our very own Eugene.**

In the meantime, if you are available to help in any capacity, or if you have a terrific idea and can't wait to share it, let us know.

You can email us at [aip.40homewood@gmail.com](mailto:aip.40homewood@gmail.com) or leave a note for AIP at the desk with Hailey.

- Wash your veggies and fruit before peeling.
- Collect scraps from veggies, onion, garlic, apple cores, citrus fruits and herb stems. Avoid pits of fruits and only add what you enjoy and safe to consume.
- Store in the freezer in a bag or container dedicated for broth creation.
- Once your container is full, heat up a pot of water on the stove top with your scrap collection. Bring up to boil and lower heat to simmer broth for 1 hour.
- No need to add salt or other additives since your veggies and fruit will provide the nutrients that would otherwise be composted.
- You may simmer for one hour, but the longer the better.
- Straining broth through a mesh strainer is optional: squeeze scraps to collect as much of the broth soaked into the veggies.
- Compost the veggie scraps.
- Store broth in the freezer into smaller containers that fit 1 or 2 cups worth. You could also use a muffin tray to prepare small amounts and transfer to a bag once the shapes are set.
- When broth is needed, run the frozen container under warm water briefly from the underside to easily pop-out your broth to use in your cooking.

Best of luck meal prepping!



# Good Eats, Cheap Eats & Sweet Spots

*By Dr. Cammy Lee Bostwick*

Summer is for exploring our vibrant city, right? Just a College streetcar ride away is the iconic Real Jerk at Gerrard and Carlaw.

First off, absolutely dig the vibe: colourful, relaxed and welcoming. With seats made out of steel cans, we were seated at the back alongside a mural of the restaurant at its previous longtime location (Queen and Broadview). The Real Jerk has been a well-known fixture in our culinary diverse city; it is also at this location where Drake and Rihanna famously shot a video.

On the night that we went, it was a full house which is a great sign. It was my first time there, so I asked what they're known for: jerk chicken, jerk pork and jerk ribs. As I can't eat meat, I had the curry shrimp (\$22). The shrimp arrived plentiful and succulent. My two sides were curry potato and coleslaw. Instead of potatoes, I would recommend the rice and peas which come with a spicy chicken gravy on top that delivers a super flavourful punch.

Rice is the best vehicle to sop up any saucy dish. Coleslaw is your standard mayo-based variety and gives a cool and crunchy balance to some of that heat. But the star is the dumpling. For \$2, it is a knot of deep-fried dough that is crispy on the outside and pillowy on the inside and both sweet and salty.



Dumplings are the size of donuts and pair well with any entree. Portions are large so arrive hungry.

The Real Jerk is a super good eat, sweet spot, and pretty reasonable. Worth checking out!

## It's going to the dogs

*By Martha MacLachlan*

We've set aside the month of October to honour our dogs. They are one of the joys we share at 40 Homewood. Our residents show they care with caresses and treats. It's a privilege to have such friendly, lively and good-looking pets living with us.

We all love our gardens as well and are proud of our grounds, the flowers and plants in front and the Rose Garden at the back.

During this week, we will think about the needs of both the dogs and the gardens and find ways to meet these needs.

There will be activities throughout the month, so look for detailed news in the October newsletter. This month is brought to you by the Gardening Committee, with thanks to the Board of Directors.



# Ask Kat: Roots & Shoots

*By Cailin Clowes*

A resident submitted a couple of questions for our new column.

Dear Kat.

**Q** Now that the *Beastuary* on Parliament has gone, can you suggest another outlet for the two insects that help maintain healthy potting soil? ... if only I could remember the names of the critters!

They're called springtails and isopods! Springtails are great for potted plants that need a lot of water since they help prevent mold. Isopods are best for enclosed terrariums because they'll try to escape otherwise, but they're amazing at eating dead plants and keeping the soil clean.

Since the shop has closed, I'd suggest checking out *Tails and Scales*. They're not super close, but they do deliver. That said, if you're able to pop by in person, you can usually save a bit of money.

Please repeat your suggestion as to how to revive the previous year's potting soil for successful reuse the following season, and for the benefit of our readers whose gardening efforts might have taken an unexpected downturn this year, please remind us of the reason why NOT to use the soil/compost provided by the City.

In the fall or early winter, it helps to take off the top inch of soil from your pots and cover the rest with straw or burlap. Then in the spring, just remove that cover and add a fresh inch of new topsoil. The city soil works fine for filling big outdoor pots but it usually has lots of seeds and bugs in it. If you're using it that way, it's no problem, just make sure the very top layer (about an inch) is good quality topsoil.

\*Editor's note, don't use it on your balcony, you might be sorry.

Send your questions to:

40HomewoodNews@gmail.com

## More Fun in the Summer...again

*By Martha MacLachlin*

The Social Committee members would like to thank the 87 people who joined us out on the deck for the annual barbeque. Everyone was provided with a bounty of good eats and drinks and it was truly a joyous gathering of neighbours and friends. David Heymes, formerly of Absolutely Famished, was at the grill again after slicing and chopping onions, tomatoes and pickles, then tossing salad greens and slicing up the delicious watermelon for dessert. The grill work was aided by Larry, a nephew-in-law of Martha's. Her niece Heather took over the selling of 50/50 tickets. Gilles Bouffard, the lucky winner of the 50/50 draw, graciously returned part of his winning, when it was discovered that the float for the sale of the tickets was included in the cash winning amount. An expensive reminder of basic math.

And as for our volunteers, as membership declines with younger residents apparently not interested in community events in the building, this year we supplemented our regular volunteer roster with Martha's family members from outside of 40H.

Thanks go out to members of the committee, Charles, Tammy, Candace, Lorraine, Brian and Martha. Thanks also go out to Steve and Stef, who decline committee membership but love the after party in return for helping with the clean up.



40 Homewood Cinema Presents

# THE CRYING GAME

Neil Jordan's 1992 film starring:  
Stephen Rea, Jaye Davidson, Forest Whitaker



**10 SEPT.  
2025**

**AT 7:00 PM -**



party room 1B