

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

May 2024

**Contact Us:**

*The Village of Aspen Lake*  
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Our Spring Bazaar was a great **SUCCESS!**



Thank you to all who supported our event!





# Notes from the General Manager's Desk

This month, we are sharing our gratitude in a few different ways!

Caregiver's Week is celebrated by Schlegel Villages from May 12th-18th. We recognize the caring, compassionate care given to Residents by Team Members of all departments and roles during this week. Each role is important and each role makes a difference in the lives of our Residents and their Families. We thank each person for their contributions.

As a continuation of this appreciation, our Team Member Appreciation Banquet is scheduled for May 24th. The Success Award Recipients for 2024 will be announced at that event. We are so grateful to all and are eager to share with you the results of the nominations that you all submitted.

Gratitude also features in our Wisdom of the Elder question series. Each month, Schlegel Villages presents a question to be answered by our Residents as part of our Wisdom of the Elder program. This month the question is about gratitude... "What moments or experiences are you most grateful for?" We invite all Residents to share their response.



Some of those responses will be featured in next month's newsletter.

I am sure many of us are feeling gratitude for the wonderful weather we have been enjoying lately. Clean-up of our outdoor spaces is underway and we are looking forward to seeing Residents enjoying themselves outside in the sunshine. A special note of gratitude is extended to one of our Residents, Steven, who assists with keeping things tidy by sweeping the patio and balconies. We think you are doing a great job!

With thanks for your support,

Melody Jackson,  
General Manager



# Caregivers' Week: May 12-18



We are  
**CAREGIVERS**





## In the Spotlight



If you have not yet had the pleasure, I'd like to introduce our volunteer, Carolee Stieler! Carolee began volunteering with us at Aspen Lake in November of 2023. From the moment she walked through the front doors, Carolee seemed comfortable and ready to help in any way needed. Since that time, she has helped out in numerous ways such as one on one visits, reading to Residents and working in the General Store.

Carolee enjoys reading, baking and cooking. She began volunteering because she enjoys helping others, and said it gives her great enjoyment knowing that she has made a difference.

Carolee has already made many meaningful relationships with residents, and we are very grateful to have her with us as a volunteer. Thank you, Carolee, we appreciate you! Keep up the great work!

The Next Volunteer Orientation Session is scheduled for:

**Saturday, May 26th  
at 12 noon**

If you are interested in attending, please call the village to register at:  
**(519) 946-2062 ext. 8016**



# Chapel News

# & EVENTS

## UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

### WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

### THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

### FRIDAYS

10:00am - **Sandwich Towne**  
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

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### Roman Catholic Mass

Tuesday, May 28th at 2pm  
in the Chapel

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**Bible Study** - Mondays at 6:30pm  
in the Chapel

## In Memory



**We remember...**

**Edith "Jean" B.**

Celebration of Life Services to honour this individual is planned for June.



**Chapel Music Service**

May 27th at 10:30am



## Sleep

Happy May everyone! We often hear that April showers bring May flowers, but this month is important for many other reasons as well! This month, we celebrate Mother's Day on May 12, recognizing all mothers, step mothers, and maternal figures. On May 20<sup>th</sup>, we honour Queen Victoria, who is known as the "Mother of Confederation". This holiday is typically celebrated with bright fireworks and is during the May Two-Four weekend! While this month is special for many reasons, it is also known as "Better Sleep Month". By following the steps below, we can improve our sleep hygiene and enjoy the beautiful spring season!

When working to improve sleep hygiene, the first step is to get enough hours of sleep each night. Sleep is an essential component of well-being and reduces the risk of many physical and mental illnesses. To maximize sleep quality, it is recommended to sleep for at least 7-8 hours a night. Sleep improves brain performance, reduces risk of injury, and boosts mood, so it is important to get enough sleep at night to ensure we stay happy and healthy.

While it can be difficult to fall asleep at times, it can be easier when you stay consistent. It is recommended to go to bed and get up at the same time each morning to create a routine. This resets our bodies' internal clock, known as the circadian rhythm. By staying consistent, even on weekends, you will begin to naturally wake up at the same time each day.





Another crucial component of sleep hygiene is the environment in which you sleep. It is important to ensure the bedroom is dark to trigger the release of melatonin. This hormone sends signals to the brain and lets the body know that it is time to rest. The release of this hormone is decreased in the morning to reduce sleepiness and alert the body to wake up. By keeping the bedroom dark, the melatonin production is regulated, making it easier to fall asleep at the desired time. In addition to keeping the bedroom dark, it is also recommended to limit noise. While we cannot always control noises around us, we can wear earplugs when needed or use a fan to drown out the noise. By keeping the bedroom dark and quiet, we can optimize our downtime and rest easily.

Another important tip is to avoid eating at least three hours before going to bed. After eating, the food is digested, which can disrupt one's sleep. It is especially important to avoid caffeine later in the day. Studies have concluded that consuming caffeine even 6 hours before bedtime can still have effects on sleep quality! By avoiding food and caffeine before bed, sleep disturbances are lessened, promoting optimal rest.

While lying in bed, there are many relaxation techniques you can try to make falling asleep quick and easy. An example of this is box breathing, which involves inhaling for four seconds, holding the breath for four seconds, and exhaling for four seconds. This technique can be repeated for how long as desired to relieve stress. Another example is called progressive muscle relaxation. This technique involves tensing groups of muscles one at a time. As you relax the muscle group, you will notice a sense of relaxation. This technique can be done on the muscles in the neck, all the way down to the calves and feet.

By following these techniques, we can improve reduce possible disturbances and improve sleep hygiene!

Kayla Bethune  
PAL Student

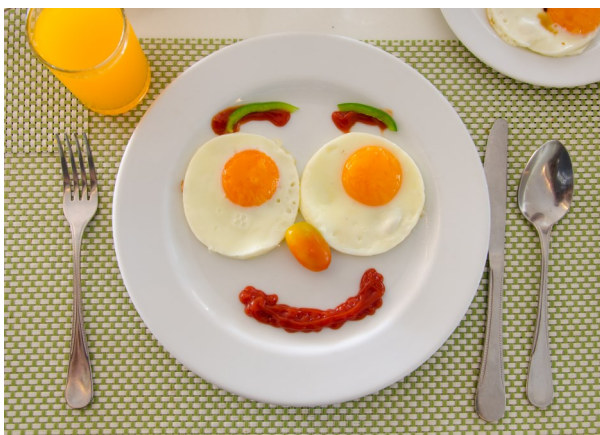
# Dates to Remember



**MAY 16th at 6:30pm**

Join us for a new program and a chance to work on your favourite craft projects with friends. Bring your colouring, painting, knitting or other craft and meet-up with others who enjoy being creative!

## **BREAKFAST BUNCH**



**in the Community Centre**  
**MAY 7th at 8:30am**



**MAY 1st - Bill Poisson**  
performs for Tecumseh at 1:00pm  
& Lasalle at 2:00pm

**MAY 7th - Bev Bechard**  
performs for Riverside at 2pm  
& Belle River at 3pm.

**MAY 8th - Bev Bechard**  
performs for Walkerville at 2pm  
& Sandwich Towne at 3pm.

**MAY 15th - Bill Poisson**  
performs for Riverside at 1:00pm  
& Belle River at 2:00pm

**MAY 22nd - Crystal St Denis**  
performs for Tecumseh at 1:30pm  
& Lasalle at 2:30pm



# Dates to Remember

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## Sweet Treats on Main Street

FRIDAY  
**MAY 31**

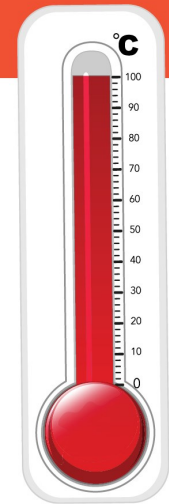


**RESIDENTS &  
TEAM MEMBERS**

Attend as a pair,  
search for 5 different  
“Get to Know You” stations,  
answer the questions &  
receive an ice cream bar!

**FOSTERING AUTHENTIC RELATIONSHIPS**

# Heat-related illness

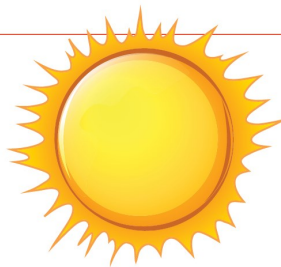


## Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



## Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



### Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



### Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



### Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



### Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



### Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.





## FOOD COMMITTEE

*May 21st at 2pm*

## RESIDENT COUNCIL

*May 2nd at 2pm*

*Meetings in the Chapel*

Join us on Social Media!



“Like” us on FACEBOOK  
The Village of Aspen Lake



“Follow” us on TWITTER  
@aspen\_lake



“Follow” us on INSTAGRAM  
aspen\_lake

# CONNECTION *corner*

Read the latest Village Voice article on our web-site:  
**[schlegelvillages.com](http://schlegelvillages.com)**

*“Good News” stories about Long-Term Care at Schlegel Villages*

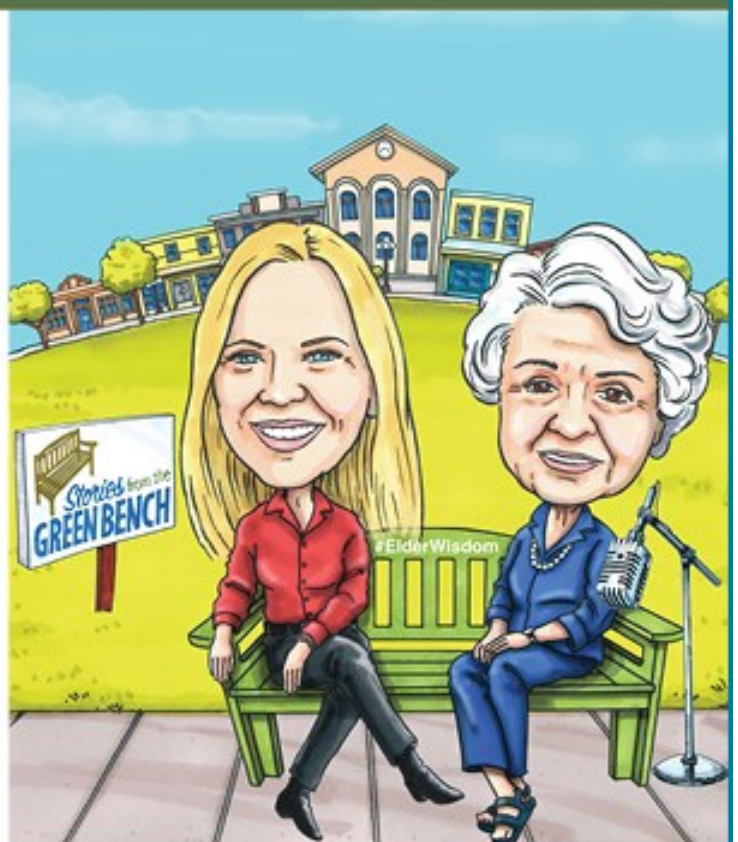


*Stories* from the  
**GREEN BENCH**  
Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



[ElderWisdom.ca](http://ElderWisdom.ca)

# Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

## SPOT the dot!

**A fun way to keep our credo alive day to day in our Villages!** Recognize team members with a “Dot” for the amazing and impactful work they do every day.

**We are launching Spot the dot during Caregivers’ Week, May 12–18.**

### How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



### Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.



# SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Jen from Tecumseh was appreciated... “She always knows the perfect thing to say to bring calm to Residents and Family Members, too!”



Shelby from Tecumseh received this note... “Thank you for doing the extra! It did not go unnoticed!”



Skylar from Belle River was thanked... “Many thanks for your support of our Bake Sale, Skylar. We really appreciated your delicious treats and are so appreciative that you volunteered to help during the sale as well.”

CONGRATULATIONS TO...  
Shelby...who was randomly selected to receive a \$10 Tim Card!





## Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

### What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

### Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

### Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

### Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

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Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

# May Birthdays



## Happy Birthday!

TO OUR RESIDENTS!

### BELLE RIVER

May 21st - Branko T.

May 21st - Mary T.

May 24th - Ron M.

### RIVERSIDE

May 19th - Donald L.

May 21st - Judi G.

### WALKERVILLE

May 8th - Marilyn M.

May 16th - Andrew M.

May 21st - Julijana S.

May 24th - Karen W.

### TECUMSEH

May 10th - Peter M.

May 18th - Teresa A.

### LASALLE

*No Birthdays This Month.*

### SANDWICH TOWNE

*No Birthdays This Month.*



## Happy Birthday!

TO OUR TEAM MEMBERS

### BELLE RIVER TEAM

May 24th - Leah L.

May 30th - Melanie L.

### RIVERSIDE TEAM

May 2nd - Cindy F.

May 7th - Morgan V.

May 15th - Pariss V.

May 28th - Cynthia B.

### WALKERVILLE TEAM

May 3rd - Malak A.

May 8th - Sara C.

May 15th - Michelle A.

### TECUMSEH TEAM

May 22nd - Gayatri K.

May 25th - Renee A.

May 31st - Samantha B.

### LASALLE TEAM

May 5th - Mickayla D.

May 15th - Krista W.

### SANDWICH TOWNE TEAM

May 1st - Morgan D.

May 4th - Rukevwe E.

May 15th - April G.

May 23rd - Dimitri P.

May 28th - Taylor I

May 30th - Bradley M.

### VILLAGE TEAM

May 11th - Danielle G.

May 13th - Crystal M.

May 15th - Randy L.

May 30th - Rajnish R.



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Aspen Lake, please call

**1-888-745-5550**

[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



# Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



<b>Melody Jackson</b> <i>General Manager</i>	<b>8003</b>	<b>Belle River Neighbourhood</b>	<b>8013</b>
<b>Katie Zucco, RN</b> <i>Director of Nursing Care (Interim)</i>	<b>8005</b>	<b>Riverside Neighbourhood</b>	<b>8033</b>
<b>Olivia Parsons, RPN</b> <b>Nada Horvat, RN</b> <b>Amanda Bondy, RN</b> <i>Assistant Directors of Nursing Care</i>	<b>8037</b>	<b>Walkerville Neighbourhood</b>	<b>8035</b>
		<b>Tecumseh Neighbourhood</b>	<b>8025</b>
<b>Jillian Studman</b> <i>Director of Food Services</i> <b>Dafina Prvulovik</b> <i>Assistant Director of Food Services</i>	<b>8004</b>	<b>Lasalle Neighbourhood</b>	<b>8027</b>
		<b>Sandwich Towne Neighbourhood</b>	<b>8029</b>
<b>Ken Parish</b> <i>Director of Environmental Services</i>	<b>8006</b>	<b>Brenden St. Aubin</b> <i>Neighbourhood Coordinator</i> <i>Supporting Belle River &amp; Riverside</i>	<b>8012</b>
<b>Jenny Brown</b> <i>Director of Recreation Services</i>	<b>8007</b>	<b>Jackie Garant</b> <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh &amp; Lasalle</i>	<b>8020</b>
<b>Bruce Jackson</b> <i>Chaplain/Counselor</i>	<b>8043</b>	<b>Shannon Murr</b> <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville &amp; Sandwich</i>	<b>8024</b>
<b>Debbie Durocher</b> <i>Volunteer Services Coordinator</i> <b>Sue MacTaggart</b> <i>Student Service Coordinator</i>	<b>8016</b>	<b>Alex Hrynyk</b> <i>RAI-QI Nurse (North Tower)</i>	<b>8023</b>
		<b>Maja Poposka</b> <i>RAI-QI Nurse (South Tower)</i>	<b>8019</b>
<b>Kristen Beaudoin</b> <i>Director of Quality &amp; Innovation</i>	<b>8051</b>	<b>Ryanne Stieler</b> <i>Director of Program for Active Living</i> <b>Caitlyn Douglas</b> <i>PAL Coordinator</i>	<b>8008</b>
<b>Ashlynn Miller</b> <i>Administrative Coordinator</i>	<b>8002</b>		
<b>Lauren Markovic</b> <i>Resident Support Services</i>	<b>8050</b>	<b>Hair Salon</b>	<b>8042</b>



# A Thousand Words...

Because a Picture is worth a Thousand Words!

Celebrating the Opening Day of BASEBALL! Bring on the Summer Fun!

