

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

April 2024

Contact Us:

The Village of Aspen Lake  
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A Visit from the  
**Easter Bunny**  
 Easter was extra special  
 with the chance to meet  
 and greet the Easter Bunny!





# Notes from the General Manager's Desk

Happy April! Happy Spring!

We have a few things to look forward to in April! Firstly, thank you for your nominations to our Barb Schlegel Volunteer Award. We will be announcing the Award Winner at our Volunteer Appreciation Event on April 19th and taking time to recognize ALL our amazing volunteers at that time, as well. Volunteers add so much life to our Village. We are truly blessed for their contributions. This year's theme is "Every Moment Matters". Certainly we appreciate every moment that volunteers spend in our Village!

On April 27th, we hope to see everyone at our first Spring Bazaar! The Village traditionally held a bazaar prior to Christmas. This is our first try at a Spring Bazaar and we hope that it is a wonderful success and will become an annual event! You can expect to see Vendors, a Bake Sale, a Raffle Table and a BBQ Hot Dog Lunch. This is a key fund-raiser for our Village and helps us to provide Christmas Gifts to every Resident. See you there!

In other Village news, Jackie Garant our Administrative Coordinator has accepted a temporary assignment as Neighbourhood Coordinator for the neighbourhoods of Lasalle & Tecumseh. You will see Ashlynn Miller in the Front Office during this time. We thank them both for supporting the needs of the Village, the Residents & Family Members.

With thanks for your support,

Melody Jackson,  
General Manager





# 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.



Darith from the Kitchen was appreciated... Thanks for organizing a team event and lifting team spirit! We so appreciated it!



Dina, Horticulturalist was noticed... Always so nice and pleasant. Helps with our Green Thumbs and visits the plants in our room to see how they are doing!



Randy from Maintenance received this note of thanks... Thanks for always being willing to lend a helping hand, no matter the task. Big, small, silly... (especially when I'm terrified of spiders)!



Maja from Sandwich Towne was appreciated... Thank you for being you! You are a great addition to our team. I know that we are happy you are back on Sandwich Towne. Continue doing what you do best!

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



This month we would like to introduce the wonderful high school co-op students we are fortunate to have with us this semester.

In the Spotlight

Dylan Wylkie is 17 years old student from St. Joseph's High School who plans on pursuing a career in health care. Dylan's placement is on Belle River Neighbourhood. He enjoys socializing and doing puzzles with Residents. From the day he started, Dylan seemed genuinely interested in forming positive relationships with Residents, and he has succeeded in doing just that.



In the Spotlight



Jazmin Smith is a Grade 12 student at F.J. Brennan High School. Her career goals are to become a Child and Youth Social Worker. Jazmin is doing her co-op placement on Walkerville Neighbourhood. She has made many authentic relationships with Residents and is always willing to lend a hand wherever it is needed.

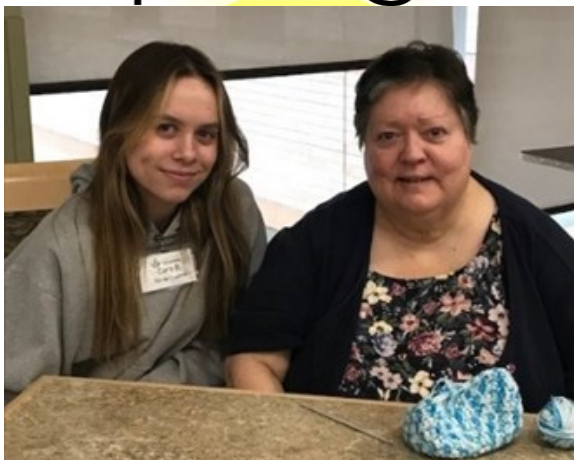
The Next Volunteer Orientation Session is scheduled for:

**Saturday, April 6th  
at 12 noon**

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



In the  
**Spotlight**



Riverside Neighbourhood is very pleased to have Cara Boyle as a co-op placement this semester. Cara is a 17-year-old student at L'Essor High School. She decided in Grade 9 that she wanted to become an EMS worker. Cara is very resident centered and she always makes each and every resident she is involved with feel special.

In the  
**Spotlight**

The Riverside Neighbourhood is blessed to have two amazing Co-Op Students this semester. Jasveen Sangha is a 17-year-old student at St. Joseph's High School. Her career plan is to become a Registered Nurse. Since the day she started Jasveen has been developing great relationships with Residents, assisting with activities/ events, and displaying her artistic abilities with great attention to detail.



Dylan, Jazmin, Cara, and Jasveen, we are so incredibly happy to have you all with us this semester. Your kind and caring nature, motivation to jump in and help with anything that is needed, and ability to build positive relationships with residents are the qualities we always hope for in our co-op students. You are all doing a great job! Keep it up!

# 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, April 23rd at 2pm  
in the Chapel

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

## In Memory



### We remember...

**Georgette C.**

**Michael L.**

**Shirley M.**

**Gale S.**

**Lorraine S.**

Celebration of Life Services to honour these individuals is planned for May.



### Chapel Music Service

April 29th at 10:30am



# FOOD *for the Soul*

## Spring Renewal

Having welcomed the Spring Equinox, we enter into another Spring and, no different than other Springs, I am often been asked—What can I do to prepare for Spring?—What can I do to prepare for Lent?—What can I do to prepare for Easter?

For a start, we can begin to think about what we can do to renew ourselves and be open to God providing a renewal of Spring. This is a good time to re-prioritize with the rebirth of Spring. Here are some spring “rituals” to help get us started.

- ✿ De-clutter our living space. Get rid of anything we no longer need. Donate clothing and household items that are in reasonably good condition to an organization or charity and books to your local library or hospital.
- ✿ Clear out mental and emotional clutter. Say goodbye to what weighs you down and takes away your energy. Let go of the past to make room for new things in our lives.
- ✿ Start a new habit. A new discipline will invite mindfulness into our lives. A daily practice affords us a “time-out” from our everyday routine. This is a gift to ourselves; a promise to honor who we are. It can start with prayer and meditation. It’s far better to change the way we live, instead of waiting for things to get out of our control.
- ✿ Spend time outdoors. Plant a garden. If no outdoor space, use a greenhouse, herb garden, or a pot of flowers on the window sill.
- ✿ Simplify our life. Slow down. Control the stimulation and information stream to quiet our minds and make quality time for ourselves.

Hopefully, these renewals will set us on course for a life that is not only fulfilling and meaningful---but fully our own.

**Bruce Jackson,**  
Chaplain  
(519) 946-2062 x8043  
[bruce.jackson@schlegelvillages.com](mailto:bruce.jackson@schlegelvillages.com)



## Balance

Happy April! This month, we are focusing on improving our balance and strengthening muscles. Balance and strength are crucial components of our overall fitness. Each work together to allow us to move properly, and without causing injury. By improving these skills, we can also prevent falls from occurring. There are steps we can take to ensure that these skills are maintained and even improved on!

Balance is a crucial skill and involves the coordination of the brain, muscles, eyes, and tendons. With higher levels of balance, there is a reduced chance of experiencing a fall. One's level of balance can be observed while standing up. If an individual can be still while standing, they have a high level of balance. If an individual stands, but is not steady, they may have difficulty with their balance. A person may have difficulty with this skill for various reasons, such as inner ear issues, low blood sugar, and medication side effects.

While everyone has varying levels of balance, this skill can be increased through exercise. There are many balancing exercises that work to improve the coordination of the body. By completing these exercises on a regular basis, you can start to experience the positive effects that are associated with them. If interested, you can come to the fitness club for more information.

Strength is another essential skill that works hand in hand with balance. As we age, we often lose muscle mass. We often lose strength because of this, but there are ways to prevent this from happening! Similar to balance, it is important to stay physically active. It is also recommended to complete strengthening exercises if possible. Resistance bands and weights are often used for this type of exercise. Strengthening exercises typically focus on a muscle or muscle group and work to contract the muscles at a higher intensity. This strengthens the area that you wish to target. Strengthening exercises are typically completed 2-3 times a week, and can be modified for each individual, depending on their goals. As with balancing exercises, you can visit the fitness club for more information.



Exercise is important for one's overall strength, but there are other ways to increase this skill as well! Another way to gain or maintain strength is through diet. It is important to eat a well-balanced diet that consists of proteins, calcium, and whole grains. Proteins are known as the "building blocks of muscles", so it is important to have enough protein in your diet. Foods with high levels of protein include eggs, meat, fish, tofu, and nuts.

Another crucial mineral, calcium, improves strength by hardening and strengthening bones. Those who have high levels of calcium in their diet are at a reduced chance of developing bone diseases, such as osteoporosis. Foods with high levels of calcium include dairy products, beans, fish, and tangerines.

Whole grains are also important as they maintain energy levels throughout the day. Muscles need energy to move, so with whole grains, muscles are able to move more easily. Whole grains also contain some protein, making them a key food for improving muscle strength. Whole grain pasta, bread, oatmeal, rice are recommended.

By exercising and eating a well-balanced diet, you can ensure that you stay strong and balanced. By maintaining these two essential skills, you can prevent falls, maintain muscle, and stay healthy!

Kayla Bethune  
PAL Student

# Baseball Day



Whether you are playing or watching from the stands... it's always a good time!



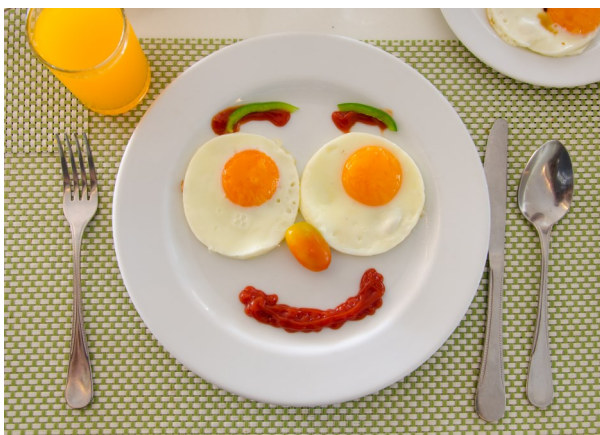
# Dates to Remember



**APRIL 11th 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**  
**APRIL 23rd at 8:30am**



**APRIL 3rd - Bill Poisson**

performs for Sandwich Towne at 1:00pm  
& Walkerville at 2:00pm

**APRIL 13th - Brent Meiedinger**

performs on Main Street at 2pm.

**APRIL 16th - Ted Bachmeier**

performs for Lasalle at 1:30pm  
& Tecumseh at 2:30pm

**APRIL 17th - Bill Poisson**

performs for Riverside at 1:00pm  
& Belle River at 2:00pm

**APRIL 25th - Ted Bachmeier**

performs for Sandwich Towne at 1:30pm  
& Belle River at 2:30pm


**APRIL 30th - Richard Sennema**

performs for Walkerville at 1:30pm  
& Riverside at 2:45pm



# Dates to Remember

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## GRATO GIFTS

Main Street Sale

April 24th

10am - 2pm

Beautiful handbags,  
clothing items and more!

# Dates to Remember

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A vibrant spring-themed poster. The top half has a light blue sky with a variety of colorful butterflies (orange, yellow, blue, red) flying across. The bottom half shows a bright green field of grass and white daisies with yellow centers, set against a warm yellow and orange sunburst background with bokeh light effects. The text is centered in a dark blue, serif font.

**Spring Bazaar**  
Saturday, April 27th  
10am - 2:30pm

Vendors, Raffle Table, Bake Sale & Hot Dog



## FOOD COMMITTEE

*April 9th at 2pm*

## RESIDENT COUNCIL

*April 10th 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*

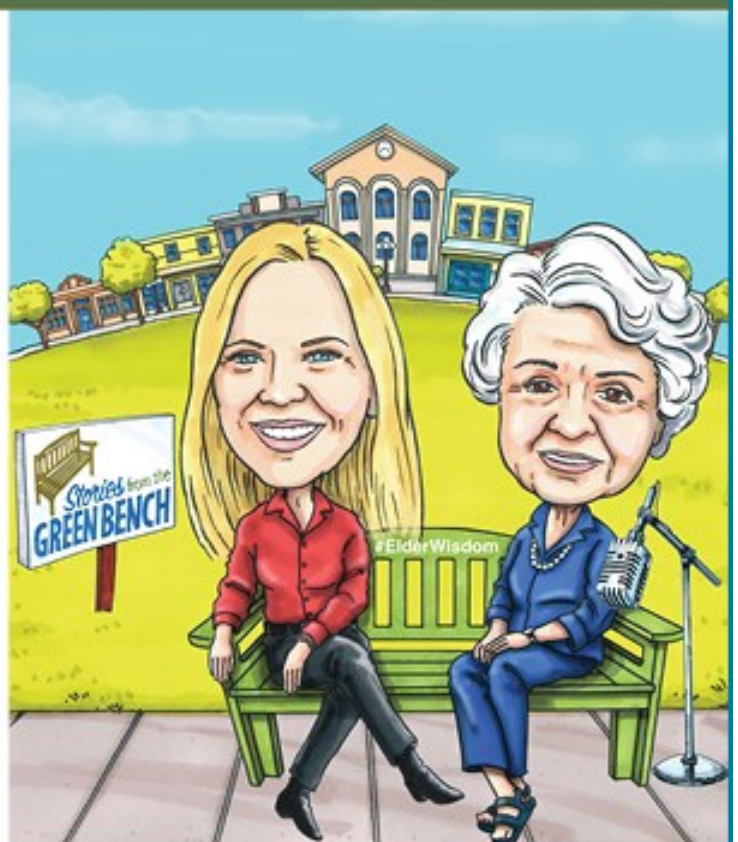
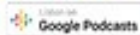


*Stories* from the  
**GREEN BENCH**  
Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



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



# National Volunteer Week

## April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our  
**volunteers**



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

[schlegelvillages.com/volunteer](https://schlegelvillages.com/volunteer)

## #NVW2024

# Schlegel Villages – CONNECTIONS



## Thank our **CAREGIVERS**

**Caregivers week** is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

[schlegelvillages.com/thank-caregivers](https://schlegelvillages.com/thank-caregivers)

**The deadline for submissions is Tuesday, April 30.**





## Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

### Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

### Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

### Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at [www.the-ria.ca/resources/babel](http://www.the-ria.ca/resources/babel)



# April Birthdays



**Happy Birthday!**

**TO OUR RESIDENTS!**

**BELLE RIVER**

April 3rd - Bert V.  
April 4th - Tim P.  
April 5th - Doris L.  
April 18th - Walker K.

**RIVERSIDE**

April 2nd - Carol S.  
April 12th - Lorraine M.  
April 21st - Teresa P.  
April 30th - Rick E.

**WALKERVILLE**

April 11th - Hale R.  
April 16th - Steve B.  
April 18th - Ray L.

**TECUMSEH**

April 17th - Carol M.  
April 21st - Domenico V.  
April 29th - Richard H.

**LASALLE**

*No Birthdays This Month.*

**SANDWICH TOWNE**

*No Birthdays This Month.*



**Happy Birthday!**

**TO OUR TEAM MEMBERS**

**BELLE RIVER TEAM**

April 16th - Jose C.  
April 27th - Beda G.  
April 28th - Shelly B.  
April 29th - Esha D.

**RIVERSIDE TEAM**

April 1st - Leah R.  
April 29th - Adaobi O.

**WALKERVILLE TEAM**

April 2nd - Mark L.  
April 2nd - Lori S.  
April 7th - Mackenzie D.  
April 20th - Steve G.  
April 29th - Alycia M.

**TECUMSEH TEAM**

April 7th - Jody T.  
April 13th - Ruth Anne W.  
April 19th - Abril A.  
April 19th - Katrina P.  
April 27th - Maja P.  
April 30th - Olivia O.

**LASALLE TEAM**

April 3rd - Ruth A.  
April 18th - Megan B.  
April 22nd - Nina G.  
April 30th - Tari-Lynne L.

**SANDWICH TOWNE TEAM**

April 29th - Sabitra K.

**VILLAGE TEAM**

April 27th - Nada H.



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

A St Patrick's Day Celebration was an absolute necessity! A few drinks, a little music and the wearin' o' the green... it's a party that practically plans itself!

