



HAMILTON CONTINUING CARE CHRONICLES

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April 2024 Issue

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

#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

The deadline for submissions is Tuesday, April 30.



Village Councils

Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

Resident Bill of Right #1

Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's inherent dignity, worth and individuality, regardless if their race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability.

Resident Bill of Right #2

Every resident has the right to have their lifestyle and choices respected.

Resident Bill of Right #3

Every resident has the right to have their participation in decision-making respected.

Family Council

HCC is sending a warm welcome to our Family Council!

Family Council Members thus far:

- ⇒ Daniel Gaisin
- ⇒ Beatrice Ntamagiro

Our next Family Council Meeting will be held on April 2, 2024 @ 6:30pm, Resident Family or Friends are more than welcome to attend, and are encouraged to attend!



Happy
BIRTHDAY

Myrna
Gail

April 01
April 01



Welcome

Gail

Spiritual Corner

Spiritual Calendar for April

Legion of Mary

April 02 @ 2:00

April 16 @ 2:00

Bible Study with Connie

April 09 @ 10:30

April 23 @ 10:30

Sunday Church Service

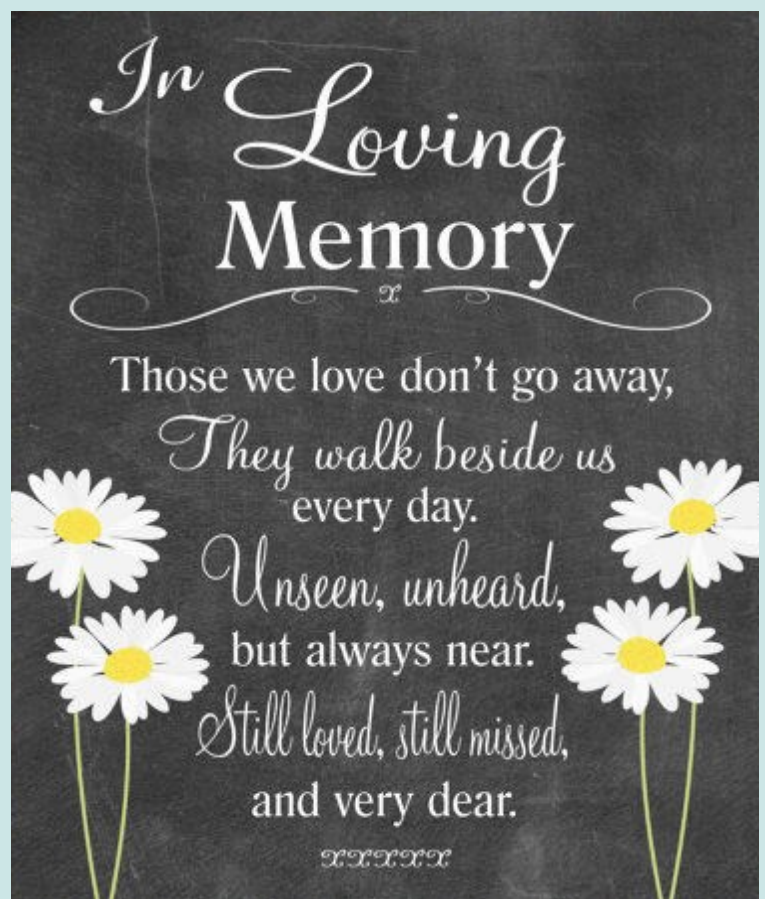
April 14 @ 1:30

If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us:



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

Recreation Station

Hello everyone and Happy Spring, I hope it is true what they say
APRIL showers bring MAY flowers!
Here is what we have in store for this month!

Recreation News

Please welcome Evan to the team!
Evan will be working part-time on our First Floor Neighbourhood,
if you see him around the Village please feel free to say hello/
welcome!

Village Special Events

The Little Hobby Farm

Tuesday April 16
2:00-3:00

Join us as some farm friends come and visit the Village!
Location will be outdoors or in the Community Room weather
pending!

Village Outings

Please note that outings are subject to change based on availability of transportation, and weather, Neighbourhoods will be notified of any changes.

Shopping at Limeridge Mall

April 03 @ 1:00-3:30

Dinner at the Cadillac

April 25 @ 4:00-6:00

Alexandra Amey
Director of Recreation

Program for Active Living

Jonathan Manning: PAL Coordinator

Our Brain is a Muscle too lets not neglect how important our brain is to our overall health!

1. Enhanced Cognitive Function: Regular engagement in brain exercises improves cognitive functions such as memory, attention, and processing speed, leading to sharper mental wellness.
2. Increased Mental Alertness: Activities that challenge the brain boost overall mental alertness, helping individuals stay focused and attentive in daily tasks.
3. Enhanced Problem-Solving Skills: Brain exercises improve problem-solving skills by encouraging logical thinking, creativity, and the ability to approach challenges from different perspectives.
4. Stress Reduction: Engaging in brain exercises, especially those involving mindfulness and meditation, helps reduce stress levels and promotes emotional well-being.
5. Better Concentration and Focus: Regular mental challenges strengthen the brain's ability to sustain attention, leading to improved concentration and focus.
6. Positive Impact on Mood: Brain exercises can have a positive impact on mood and emotional well-being, potentially alleviating symptoms of depression and anxiety.
7. Enhanced Learning Capacity: Engaging in brain exercises improves the brain's ability to learn and adapt to new information, supporting ongoing intellectual development.
8. Encourages Lifelong Learning: Incorporating brain exercises into daily routines encourages a mindset of lifelong learning, promoting intellectual curiosity and continuous mental growth.

List of activities and exercises person can do for brain functioning

1. Sudoku and Crossword Puzzles: These brainteasers test logical reasoning and memory abilities while encouraging mental agility.
2. Book clubs and reading: Participating in book clubs gives reading a social component while also stimulating the brain.
3. Strategy and Chess Games: Critical thinking and problem-solving skills are stimulated by strategic thinking games like chess.
4. Creative Activities: Painting, drawing, and sculpting are examples of creative arts that activate various brain regions.
5. Meditation & Mindfulness: Reducing stress and improving concentration are two benefits of mindfulness and meditation practices.
6. Puzzle games: Engage in puzzle-solving games like jigsaw puzzles or brain teasers. These activities challenge the brain's problem-solving abilities and reasoning.
7. Yoga and Mind-Body Exercises: Participate in yoga or other mind-body exercises. These activities combine physical movement with mindfulness, promoting relaxation and mental clarity.



Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

If you are interested in supporting our village and would like to Volunteer, please visit our website www.schlegelvillages.com/volunteer

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!




@HCC_LTC




facebook.com/HamiltonContinuingCare

April Fun!

Zodiac Signs: Aries ♈ & Taurus ♉

April Flower: Daisy 

April Birthstone: Diamond 

- ⇒ April is named after the Greek goddess of love, Aphrodite.
- ⇒ In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open."
- ⇒ Leonardo da Vinci and Poet William Wordsworth was born in April!

Q: What's one bone a prankster doesn't want to break on April Fools' Day?

A: The humerus.

Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Heather Livingstone	Neighbourhood Coordinator	223	heather.bell.livingstone@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Cheryl Uncles	Administrative Coordinator	229	cheryl.uncles@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Recreation	Recreation Team		hcc.recreation@schlegelvillages.com
Randy Montour	Maintenance	237	randy.montour@schlegelvillages.com
Anna Cleaver	RAI-MDS Coordinator/PERT	228	anna.cleaver@schlegelVillages.com
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

