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 The Village at St. Clair
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www.schlegelvillages.com

A Note from the General Managers Desk:

“The beautiful Spring came, and when nature resumes her loveliness, the human soul is apt to revive also!”

Harriet Anne Jacobs



Welcome April ~ Spring has sprung and we are again beginning to enjoy the sights, sounds and weather of Spring. We are pleased to welcome Stephanie June as our new Director of Care starting April 15th. Stephanie has worked in several clinical roles within the Village over the last several years and we are happy to have her joining the team. We have lots of fun spring programs on the calendar for this month, including a Village Movie Night ~ Singin' in the Rain, and a fun “Roaring 20’s” night. Keep an eye on your calendars and join us for the fun! Enjoy the month!

Amazing April Facts!

Those who were born in April have a diamond as their birthstone, which represents innocence.

Their birth flower is either a Daisy or a Sweet Pea.



There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.



On April 15, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

Of course, one of the most well-known dates of April, is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.

For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.



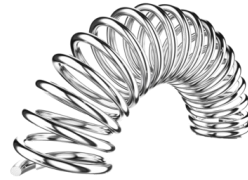
After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.





Spring is Springing! It's that Time of Year!



Calling all Neighbours and Families!
It's a great time of year to get into your closets and do some Spring Cleaning. Look for those clothes that are too small, or seasonal items that can be packed away until next year. We can support you with bags and boxes if needed.

**Speak to your
Neighbourhood
Coordinator or
Recreation team member
if you need assistance.**





What is your favourite
Easter Basket treat?
Colour Me Beautiful!

The Volunteer Vibe

WE LOVE OUR VOLUNTEERS!

April is truly a lovely month.



A month of celebration. Spring returns and with it so do our flowers, birds and warmer weather. April is also the month in which we celebrate our Volunteers. Like Spring they warm the soul with their brand of cheerful and helpful nature. In October 2023, we welcomed a bright and enthusiastic volunteer, Jake Mendonca. You may have heard some of our neighbours refer to him as “Curly”. His hair says it all!

Jake came to the Village at St Clair to gain some experience in the medical field. He wanted to see firsthand what it would look and feel like. Jake joined the Java Mentorship Program where he was able to have the opportunity to participate in one-to-one visits with the neighbours. He has enjoyed being able to make connections with them, as well as being able to learn about the countless amazing things they have done throughout their lives. Jake has built strong relationships and the residents adore him.



Jake expressed that volunteering at the Village has increased his interest in working with the older adult population. It was his dedication that prompted Julia (our Java Mentor lead) to reflect on how else we could support his growth. “Could we have Jake shadow one of the doctors or the nurse practitioner” she asked?



So, Jake became our first volunteer to shadow our nurse practitioner, Suk. Pleased and grateful to be given such an opportunity, Jake feels he has truly benefited from this experience. He smiles as he tells us how he has gained an understanding of analysis results, and the importance of documentation. The most important skill that Jake has taken from Suk is the importance of good bedside manners. He admires how she carries herself around the Village.

Every interaction with the residents is one that conveys care and professionalism.

Jake, we are thrilled to have you as a volunteer here at the Village at St Clair. We know that you will do incredible things.

Thank you for choosing to be part of our family.

thank you



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

2023 Family Engagement survey *results and action plan*



Schlegel Villages

679
participants
476 more
than 2022

The Village at St. Clair

61
participants
26 more than 2022

AVERAGE RESPONSES

	Schlegel Villages	The Village at St. Clair
RESPECT	95% up from 92%	94.3% up from 91.2%
VISITING EXPERIENCE	95% up from 86%	92.5% up from 87.1%
ENGAGEMENT IN CARE	91% up from 86%	91.4% up from 85.7%
COMFORT ITEMS	90% up from 80%	84.4% up from 74.1%
TRUST	88% up from 78%	86.2% up from 70.6%
COMMUNICATION	87% up from 84%	84.9% up from 79.7%
SAFETY AND SECURITY	79% up from 71%	69.8 up from 64%
STAFF RESPONSIVENESS	73% up from 71%	65.4% up from 52.9%
FOOD AND MEALS	69% up from 61%	52.5% up from 47.8%
ACTIVITIES AND BELONGINGS	25% same as last year	29.0% down from 30.9%

TOP 3 SCORES

1. I can visit when I choose
2. I participate in care decisions about my family member
3. Staff treat me with respect and treat my family member with respect

3 AREAS FOR IMPROVEMENT

1. Another resident is my family member's close friend
2. My family member participated in meaningful activities in the past week
3. My family member enjoys mealtimes and they get enough variety in their meals

Action plan

AREAS OF FOCUS

PLAN

- | | |
|--|---|
| 1 Activities and Belonging | <ul style="list-style-type: none">• Engage families in completing the My Experience Form• Encourage joining FB page to see residents in activities• Share participation with families |
| 2 Communication | <ul style="list-style-type: none">• Continue to share Village updates• Communicate to families the point of Contact for their neighbourhoods• Engage with Family Council to share improvement |
| 3 Food And Meals | <ul style="list-style-type: none">• Continue to offer taste testing of menu items with menu changes• Utilize comment cards to gather suggestions of variety of meals• Highlight menu choices of residents |



What's Growing On?

With Karyn O'Neil
~ Horticulture Therapist~

Join us in the Greenhouse on
Tuesdays at 6 for Horticulture Club!

Crochet Club is on Thursday afternoons
in the Library.

Save the Dates:

May 3rd ~ Mother's Day Mini Market

May 24th ~ Plant Sale

~ All are Welcome ~





Fun Facts About Monstera



Monstera turns up producing fruits that can be eaten, the taste is a combination of strawberry, passion fruit, mango and pineapple.



The holes on the leaves of the monstera have a function to resist the abundant rain and the passing winds.



Monstera leaves can't make extra holes, all the gaps are already formed from the start of growing shoots.



Monstera has a muscle called a geniculum which functions to direct its leaves towards the sun.





**Warm Up Walk
for
Alzheimer's Awareness
APRIL 19 2024
Friends & Family Welcome!**

GAMES @ 1:30PM

WALK @ 2:30PM – 3:30PM

Drinks and Snacks provided

THE VILLAGE AT ST CLAIR: MAIN
ENTRANCE

Donations to The Alzheimer's
Society Welcome

Contact: Julia Tanguay @
jullatanguay16@gmail.com with any questions



SSW-G students in collaboration with The
Alzheimer's Society





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 at St. Clair, please call

1-888-745-5550

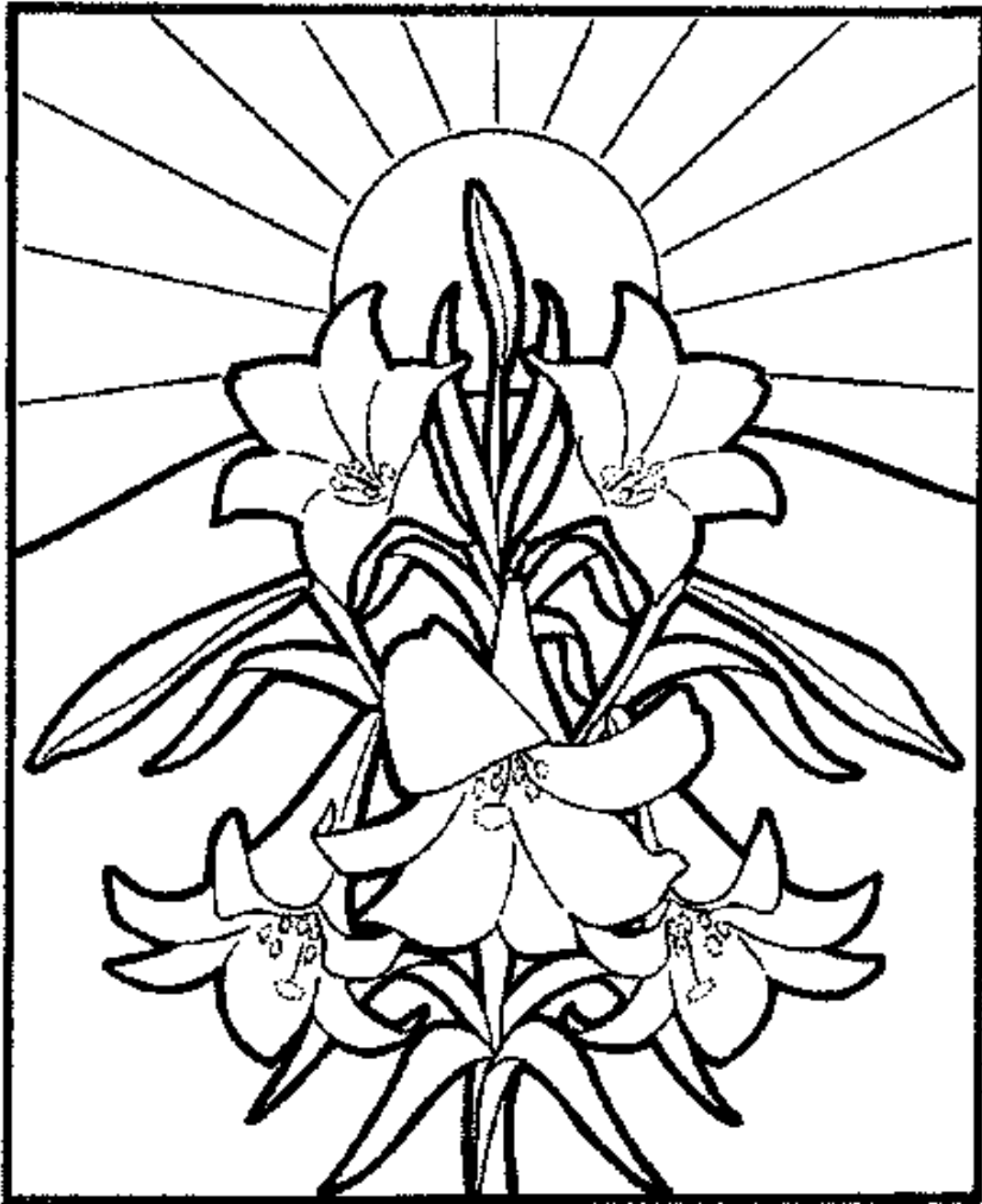
retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



The Lord has Risen Indeed!
Colour Me Beautiful!

VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

Ancillary Support

Lindsay Belanger	Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

Directors

Kristin Frye	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Bennett	Director of Quality and Innovation	x 8013
Janelle Way	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Milijana Radic	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Marilayna Amato	Interim Infection Control Lead	x 8042

RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Jodie Lee	Amherstburg, Colchester, Talbot	x 8029

Nurse Practitioner

Sukhvir Locham		x 8133
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Director of Nursing Care

Stephanie June		x 8005
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