



The Village of  
**ARBOUR TRAILS**

A SCHLEGEL VILLAGE

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose.



**APRIL 2024**

**226-251-3065**

32 Bayberry Drive,  
Guelph, ON, N1G 0C9

Ailsa Craig Neighbourhood:  
115 Cherry Blossom Circle,  
Guelph, ON, N1G 0A3

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# I Volunteer Because



# Resident Birthdays *April*

April 1 — Davaleen Parker  
April 2 — Aggie Charbonneau  
April 2 — Elaine Walton  
April 5 — Anne Marie Moruzi  
April 6 — Don Smith  
April 10 — Mollie Churchman  
April 11 — Rina Longo  
April 11 — Maria De Angelis  
April 15 — Bill Apgar  
April 15 — John Ferguson  
April 16 — Kathy Crain  
April 18 — Margaret Hartshorn  
April 18 — Mary-Jane Thomas  
April 18 — Clarence Fatt

April 18 — Miriam Miller  
April 19 — Donna Hart  
April 19 — Celia Hampson  
April 19 — Denise Caron  
April 19 — Linda Sponchia  
April 20 — Marjorie Cowan  
April 21 — Barry Turner  
April 23 — Ollie Desjardine  
April 23 — Gordon Pipher  
April 26 — Art Pyke  
April 27 — Bernard Rathwell  
April 29 — Penny Jacobi-Warren  
April 29 — Judy Gerber



Please join us in  
welcoming Arbour Trails'  
newest residents!

**Ailsa Craig**

**Williamsburg  
& Becker**

Susan &  
Harry Braun

Frank Misurka

Elizabeth Golz

Betty Stewart



## Birthday Parties

See your neighbourhood  
monthly calendar for the  
location and time!

*Let's  
Celebrate*



If you would prefer not to have your birthday displayed in the newsletter or village, **please**  
**let Katie Lammert know at: 226-251-3065 ext. 807**

# *A Message From* Residents' Council



Greetings Friends,

Here we are in April, with a lot of happenings behind us. St. Patrick's Day was celebrated with Irish food being served and a party on Saturday night with Irish beverages. This was a really fun time. Easter has also just passed. There was an Easter egg hunt and Easter meal treats from Shannon and her team. Thank you.

There were some staff changes announced and we wish everyone success in their new positions. Spring has really arrived both on the calendar and in the weather and we can now look forward to lovely weather and pretty spring flowers.

Joanne Potts made a very interesting presentation along with a video and pictures of the Schlegel family and what motivated them to create retirement homes. It was very inspirational. Perhaps in the future, we can look forward to hearing how things run behind the scenes—that will be a lengthy story. We have several interesting speakers lined up for our April meeting. We look forward to seeing you there. Remember, we always welcome suggestions for topics to present.

There will be a number of new residents moving in at this time. Take the time to greet them, ask their name and give them yours. Make them feel welcome. Do you remember what it was like to start a new school, not knowing anyone and everything being strange? I do.

Enjoy the spring weather!

Until next time,

**Marilyn Wax**  
President of Residents' Council



# A Message From The VBA

In my role as President, I have been keen to establish working relationships with individuals in leadership roles in both Arbour Trails and Ailsa Craig. In February, I met with the president of the Arbour Trails Residents' Council, Marilyn Waxman. I was joined by Lyn McLeod (a resident of Ailsa Craig) who as a member of the VBARA Executive Board of Directors, speaks to the needs of those who live in the Schlegel Village residences and are an important part of the VBA community. We met again in March to continue the conversation.



From left to right: Pat Sorbara, Marilyn Wax and Lyn McLeod

Also in March, Lyn McLeod and I met with representatives of the Ailsa Craig Action Committee. I learn a lot during these meetings and appreciate the advocacy of the members. It is helpful to identify areas of common interest and determine how VBARA can lend support.

Discussions are underway to set up events (similar to a town hall) that would give members of the VBARA Executive an opportunity to meet with residents of Arbour Trails and Ailsa Craig to review issues of specific concern to them. I look forward to identifying ways we can better meet your needs, as members of the wider village. We want to ensure you have the information you need to know what's happening across the VBA and find ways to lower barriers to your participation.

I'm delighted by every chance I get to meet you during my visits to your residence or around the neighbourhood. Thanks for reaching out and staying in touch.

All the best,

**Pat Sorbara**

President of VBARA (Village by the Arboretum Residents' Association)

# Getting to Know: The Village Team

**Name:** Arshpreet Sandhu  
**Position:** Dining room Supervisor  
**Extension:** 834

**About Me:** I was born and brought up in Punjab, India. I got married to my husband, Rick, in 2019 and moved to Canada to be with him. I've been living in Guelph since then. We had our first boy, Harrai, in Sept 2021 and are now expecting our second child in July 2024.

**What do you do to unwind?** I love to cook. To unwind, I listen to Gurbani (my religious rhymes) or do Path (read our religious book).

**What are your hobbies, your talents, your interests?** I love to cook and travel.

## Quick Hits!

**Favourite music:** Punjabi Music.

**What is your most prized possession?** Traditional Jewellery that belongs to my Nani (my maternal grandma).

**What has been the greatest accomplishment of your life?** Marrying my best friend and moving to a new country, studying here and building a happy family with him.

**What is on your bucket list?** Visit Iceland.



Arshpreet and her son, Harrai

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**Name:** Carmelita Jacel Nabua  
**Position:** Dishwasher

**About Me:** I am from the Philippines and proud to be a Filipino. I have been married for 14 years to my beloved husband, Benjie. We have 3 kids; 2 girls and 1 boy. Currently, we live in Guelph.

**What do you do to unwind?** Listen to calm music or nature sounds.

**What are your hobbies, your talents, your interests?** I love to cook, as I get a lot of joy from seeing my family try a new dish that I cook.

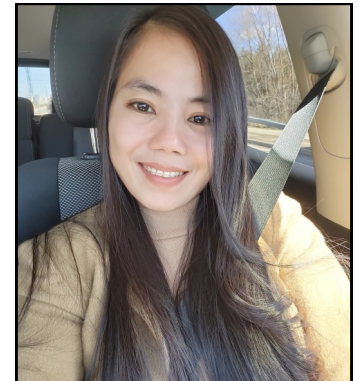
## Quick Hits!

**Favourite music:** Broken Vessels.

**Favorite movie:** Titanic.

**What is on your bucket list?** Buying our own house, going to Disneyland with my family, take a road trip across the country.

**What is your best childhood memory?** Going to the farm and harvesting fresh vegetables.



# Dining News



Event	Date	Time	Location
<b>Food Committee Meeting</b>	Thursday, April 4	2:30 p.m.	The Library

## Dining Room Reservation Info:

We understand the importance of sharing meals together and we encourage family and guests to join their loved ones for a meal in the village. In order to accommodate everyone, we kindly request a 24-hour notice to ensure that a table can be set up for you and your loved one.

**To make a reservation, please contact our reservation number at: (519) 836-2464.** Our friendly staff will be happy to assist you in scheduling your visit.

**For any room bookings that require catering, set up, or tear down services, we kindly request a minimum of 7 days' notice to ensure that we can meet all your needs.**

To book a room and arrange for these services, you can speak with our Administrative Assistant, Marika, in the Main Office or contact our reservation line. Our Dietary team will connect with you to discuss our services and confirm any bookings.

We appreciate your understanding and cooperation in providing us with adequate notice for your visit or any special requirements you may have.





# Program For Active Living PAL Corner!



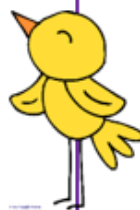
## Happy April Arbour Trails!

Happy April Arbour Trails! At last, winter is officially over and we have entered the beautiful season of **SPRING!** Although the Canadian climate always keeps us guessing this time of year, there are warmer days ahead. We can all look forward to the blooming of vibrant flowers, reawakening of wildlife critters, warm sun on our faces, opening our windows to let the fresh air in and storing away our hats and mittens.

April is also **Stress Awareness Month.** We wouldn't be human if we didn't experience stress, however, that does not mean we need to let it control our lives. Stress is a natural human response to challenges and difficult situations in our lives. Stress can be caused by a variety of factors such as health complications, loss of a loved one, relationships and major life events or changes. Stress relief looks different to everyone and you are not alone, let's find a technique that works for you!

### Stress Relief Hacks

- Get outside – Take in some fresh air and sunlight!
- Physical activity – Get moving to release endorphins!
- Do something you enjoy – Puzzles, games, reading, gardening, exercise, knitting, crosswords etc.
- Reach out to friends & loved ones – Talk about it!
- Deep breathing and meditation – Try to relax!
- Journaling – Put your worries down on paper!



Connect with Megan or Miranda at 226-251-3065 ext. 808 or stop by the Fitness Centre.

### Fitness Classes at a Glance

(see calendar for changes)

Fitness Centre (FC)  
Jack Purcell Lounge (JPL)  
Hobby Shop (HS)

#### Mondays:

**Von Exercise Class:**  
11:00 — Ailsa Craig (JPL)

**Better Balance:**  
10:00 — Standing Class (FC)  
3:00 — Ailsa Craig (JPL)

**Get Active:**  
2:00 — Seated Class (FC)

#### Tuesdays:

**Fun & Fitness:**  
10:00 — Egerton  
11:00 — Emma's

**VON Exercise Class:**  
11:00 — Ailsa Craig (JPL)

**Stretch Class:**  
3:30 — Open to All (FC)

#### Wednesdays:

**VON Exercise Class:**  
9:30 — Open to All (FC)  
11:00 — Ailsa Craig (JPL)

**Get Active:**  
10:00 — Standing Class (FC)  
2:00 — Seated Class (FC)  
3:00 — Ailsa Craig (JPL)

#### Thursdays:

**Chair Yoga:**  
10:00 — Open to All (FC)

**Fun & Fitness:**  
11:00 — Egerton  
**VON Exercise Class:**  
11:00 — Ailsa Craig (JPL)

**Gentle Exercise:**  
3:00 — Open to All (FC)

#### Fridays:

**VON Exercise Class:**  
9:30 — Open to All (FC)

**Fun & Fitness**  
11:00 — Emma's

**Hand Therapy:**  
2:30 — Open to All (HS)

**Saturdays:**  
**Fun and Fitness:**  
10:00 — Emma's  
11:00 — Egerton

**Basketball Game:**  
3:00 — Open to All (FC)

## In Memoriam

Claire Smith  
Allan Brown  
Shirley Kilpatrick  
Keith Kerr  
Kay Bratty

As a Village, we extend  
our heartfelt condolences  
to their loved ones.

## Chaplain Update

We are pleased to  
announce that  
Rev. Beverleigh  
Broughton will be  
returning on a  
permanent part-time  
basis!

Please join us in  
welcoming her back  
into the community!

**Chapel Services** — Sundays at 3:00 p.m. in the Chapel  
(unless otherwise noted)

- **April 7 at 2:00 p.m. in TH (please note time/location change)—led by musical guests—The Salvation Army Songsters Choir**
- April 14—led by Chaplain Beverleigh
- April 21—led by Chaplain Beverleigh
- April 28—Communion Chapel Service led by Rev. B. Sykes

### Communion Services

- Catholic Communion — Mondays at 10:30 a.m. (led by Betty Rowsell) April 1, 8, 15, 22, 29
- Guelph United Ministries — Friday, April 26 at 10:30 a.m. in the Chapel (led by Rev. E. Beauchamp)

**Men's Conversation Connection** — 2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 10:30 a.m. in the Chapel (led by Dave Peterson & Wayne Hong). April 10 & 24

**Bible Study** — Thursdays at 10:30 a.m. in the Chapel (led by Marguerite Davies). April 4, 11, 18, 25

**Film of Faith** — Tuesday, April 23 at 2:30 p.m. in Town Hall  
Featuring "Love's Unfolding Dream" (90 minutes)

**Conversation Café** — Tuesday, April 16 at 3:30 p.m. in the Jack Purcell Lounge

**For the Soul (Emma's)** — Thursdays at 2:30 p.m.

- April 4—led by Beverleigh Broughton
- April 11 & 25—led by Marguerite Davies

**For the Soul (Egerton)** — Thursday, April 18 at 2:15 p.m.  
— led by Beverleigh Broughton



Our in memoriam is located  
outside of the chapel and is  
updated on a regular basis.



# Village Outings



## Independent Shopping Shuttle

### Drop-off/Pick-up locations:

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance
- Metro
- Walmart
- Indigo: Stone Road Mall
- Farm Boy
- Shoppers Drug Mart & LCBO: Scottsdale Road
- Hartland Zehrs
- No Frills

You will be picked up 1 hour after your drop off time at the same location. **SIGN-UP IS REQUIRED**

### Every Thursday at:

- 10:00 a.m. — Front Entrance
- 10:05 a.m. — Ailsa Craig Front Entrance
- 2:00 p.m. — Front Entrance
- 2:05 p.m. — Ailsa Craig Main Entrance

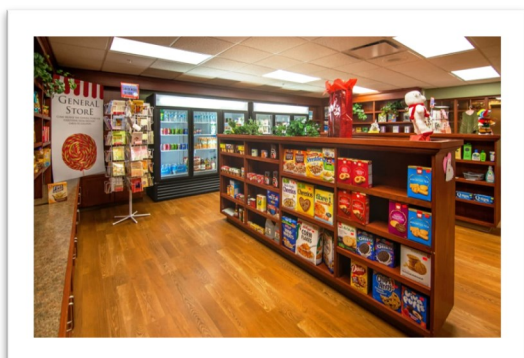
Please refer to the sign-up sheets outside the Hobby Shop and Ailsa Craig Main Lobby for the shuttle schedule and any updates that may arise.

Thank-you!

## Visit our General Store!

**Hours:**  
Monday—Friday  
1:30 p.m. to 3:30 p.m.

**CASH ONLY**



To learn more about the store contact Katie Lammert at 226-251-3065 extension 807 or [katie.lammert@schlegelvillages.com](mailto:katie.lammert@schlegelvillages.com)

**Do you have reusable bags that you are looking to get rid of?**

Drop your bags off in the General Store (during its open hours) and they will be donated to the Guelph Food Bank!

## Other Accessible Community Transportation Services:



**Just Call Lynda**  
Phone: 519-827-5571  
Email: [justcalllynda@gmail.com](mailto:justcalllynda@gmail.com)



**VON Canada**  
Phone: 1-888-506-6353

# Village Outings



## **Lancaster Smoke House Restaurant**

Monday, April 8  
Departure: 11:00 a.m.  
at the front entrance

## **Red Lobster Restaurant (Ailsa Craig Neighbourhood)**

Saturday, April 13  
Departure: 11:00 a.m.  
at the Ailsa Craig front entrance

## **Country Drive (Emma's & Egerton Neighbourhoods)**

Wednesday, April 24  
Departure: 10:30 a.m.  
at the front entrance

## **Mandarin Buffet Restaurant (Ailsa Craig Neighbourhood)**

Wednesday, April 24  
Departure: 11:30 a.m.  
at the Ailsa Craig front entrance

## **Basilica of Our Lady Immaculate Tour**

Friday, April 26  
Departure: 1:00 p.m.  
at the front entrance



**Sign up is required**

Please sign up for outings in the binder outside the  
Hobby Shop or in the Ailsa Craig Main Lobby.  
Space is limited.

# Village Life *Last Month in Photos*



**Top:** Flower Arranging on the first day of spring!

**Middle & Bottom:** Residents, team members & family gather to celebrate at the Village's 3<sup>rd</sup> Annual St. Patrick's Day Pub Crawl!



# Village Life

## LIVE Entertainment

**Musical Storytelling with  
Brad Woods & Friends**  
Saturday, April 6  
at 2:30 p.m. in Town Hall

**The Salvation Army Songsters Choir**  
Sunday, April 7  
at 2:00 p.m. in Town Hall

**Pianist “Paul Schalm”**  
Tuesday, April 9  
at 2:30 p.m. in Town Square

**Grace Cowley**  
Friday, April 19  
at 2:30 in Town Hall

**The Remedy Band**  
Thursday, April 25  
at 2:30 in Town Square



## Vendors

**Mobile Senior Shop**  
Thursday, April 4  
from 10:30-2:30 in The Hobby Shop

**Cathy’s Scarves, Gifts & Jewelry**  
Friday, April 5  
from 10-2 in Town Square

**New! Bella Boutique**  
Wednesday, April 10  
from 10-2 in Town Square

**Flowers, Fair & Gifts  
Spring Sale**  
Monday, April 15  
from 10-2 in Town Square

**Creations Boutique**  
Friday, April 19  
From 10-2 in the Hobby Shop

## Happy Hour!

**Featuring LIVE music with Arbour Trails  
resident “Bill Parker”**  
Wednesdays & Saturdays at 3:00 p.m.  
in the Main Floor Café

(see daily boards for updates or changes)



# Village Life *April Happenings*

## Celebrating National Poetry Month:

An Afternoon of Stories & Songs with:

*Brad Woods & Friends*

Saturday, April 6  
at 2:30 p.m.  
in Town Hall



## SOLAR ECLIPSE DAY



**MONDAY, APRIL 8**



## BLUE JAYS



### PRE-PARTY

Monday, April 8  
at 3:00 p.m.

in the Main Floor Café

**TORONTO BLUE JAYS  
VS. SEATTLE MARINERS**

Come watch it on the big screen!  
at 7:15 p.m. in Town Hall

## SOLAR ECLIPSE DAY



**MONDAY, APRIL 8**

## National PET DAY

### Dog Show

Thursday, April 11  
starting at 3:00 p.m.  
in Town Square

Featuring  
“The Dogs of Arbour Trails!”

(both resident and  
community dogs)

If you're interested in participating  
contact Recreation at  
226-251-3065 ext. 811

# Village Life *April Happenings*

Reel Canada Presents:

## NATIONAL FILM DAY

Wednesday, April 17  
at 2:30 p.m. in Town Hall

With a Special Showing of:  
"Peace by Chocolate"

Join us for this heartwarming,  
Canadian film based on a true story.  
Indulge in popcorn, candy and  
drinks from our concession stand!



CELEBRATING NATIONAL POETRY MONTH:

## "Poem in Your Pocket" Day

Thursday,  
April 18



"Poem in Your Pocket Day" is an international movement that encourages people to select a poem, carry it with them and share it with others, wherever they may go!

Grab a poem in Town Square!

## EARTH DAY

Village Outdoor Walk



Monday, April 22  
at 3:00 p.m.

Meet at the Arbour Trails  
main entrance

Refreshments to follow in the  
Main Floor Café

Keep an eye out for nature  
signs around the village!

## Parkinson's Awareness Month Fundraising Event

Join us on  
Thursday, April 25 at 2:30 p.m.  
in the Main Floor Café

Featuring Live  
Music with:  
"The Remedy Band"

All proceeds will be  
going to the  
Parkinson's Society of  
Southwestern Ontario

**PARKINSON**  
SOCIETY SOUTHWESTERN ONTARIO

Wear red to show  
your support for  
Parkinson's Awareness!



# Village Life

UNIVERSITY OF  
**WATERLOO**

School of Public Health Systems  
**PARTICIPANTS NEEDED FOR USER EXPERIENCE STUDY**

Participate in an interview session and provide your perspective on what technology could do to help independent older adults and their children communicate!

- Elderly parents can participate alone, or they can sign up with an adult child:
  - an older adult (65+) living independently
  - their child (18-65) who regularly keeps in touch with the older adult and offers aid when needed
- The interview session will take place in April 2024 at The Village of Arbour Trails
- It will take approximately 1.5 hours
- The session will include a group discussion about your communication habits with each other, followed by individual discussions about your information sharing habits and preferences
- In appreciation for your time, you will receive a \$15 Shoppers Drug Mart gift card for taking part in the study

For more information about this study or to express interest in participating, please contact Dr. Leila Homaeian at [leila.homaeian@uwaterloo.ca](mailto:leila.homaeian@uwaterloo.ca), or Dr. James Wallace at [james.wallace@uwaterloo.ca](mailto:james.wallace@uwaterloo.ca), Dr. Keiko Katsuragawa at [keiko.katsuragawa@nrc-cnrc.gc.ca](mailto:keiko.katsuragawa@nrc-cnrc.gc.ca), or Vanessa Duong at [v4duong@uwaterloo.ca](mailto:v4duong@uwaterloo.ca), or Sijia Li at [k287li@uwaterloo.ca](mailto:k287li@uwaterloo.ca).

## Important Announcement Regarding Newspapers

**Please do not take** the newspapers in the Main Floor Café unless you have a newspaper subscription. They have been labelled accordingly with room numbers. These are paid for independently by residents.



**If you would like to subscribe to a newspaper, please contact the following numbers:**

**Toronto Star** — 416-367-4500

**Globe and Mail** — 1-800-387-5400

**Waterloo Region** — 1-800-210-5210

**The National Post** — 1-800-668-7678



# Village Life

**NEW!**

## Simple Alterations with Maria

**Wednesdays from  
3:00 p.m. - 4:00 p.m.  
in the Hobby Shop**

### Available services include:

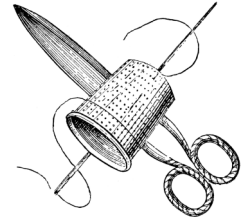
- Simple hemming
- Button re-attachment
- Small hole repair

## Sign up outside the Hobby Shop!

### IMPORTANT NOTE:

Residents are encouraged to drop their items off at 3:00 p.m. in the Hobby Shop and pick them up in the same location at 4:00 p.m.

Please note that this is a volunteer-run & free service!



## Connect with Arbour Trails!

The monthly calendars and Newsletter can be found online at:  
[www.schlegelvillages.com/arbortrails-guelph](http://www.schlegelvillages.com/arbortrails-guelph)

'Like' us on Facebook! [www.facebook.com/ArbourTrails](http://www.facebook.com/ArbourTrails)

Follow Arbour Trails on Twitter @ArbourTrails

Follow Arbour Trails on Instagram @ArbourTrails



## Guelph Public Library Bookmobile

Wednesday, April 10 & 24  
from 3:00-4:00 p.m.  
**Outside the Arbour Trails  
Front Entrance**

If you have questions about how to get signed up, call the Recreation Team at **226-251-3065 x 811**



## Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.



Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy

## Medical masks

### To be effective

- Masks should fit snugly over the nose and mouth without large gaps.

### Etiquette

- Clean hands before putting on your mask.
- Avoid touching your face and the outside of your mask.
- Clean hands before touching your face and if you touch the outside of your mask.
- Avoid hanging your mask under your chin.
- Double masking is not advised. Use one medical mask that fits well.



Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



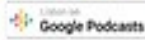
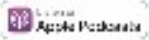


# Stories from the GREEN BENCH Podcast

Your seat on the green bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca

*Growth and Learning*

**How has continuous learning and personal growth impacted your overall well-being?**

WISDOM of the ELDER



## 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

In The Spa (clinic room) by appointment only

Monday March 4, 18

Monday April 15, 29

Monday May 13

Monday June 3, 17

For more information or to book an appointment at The Village of Arbour Trails, 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)

# SPOT THE DOT

Many of our team members have participated or will participate in the Connect the Dots Customer Experience Program. This certificate training program allowed the team to learn more about the Schlegel Villages credo and the five components of providing an exceptional customer experience. To keep the customer experience learning alive in the village and for us to acknowledge the amazing work our team does every day, we are launching the Spot the Dot Program on April 8<sup>th</sup>, 2024.

Our Spot the Dot program follows the five key areas of the customer experience:



## Help us Spot the Dot by:

1. Seeing a credo in action (*Know Me, Be Present, Walk in My Shoes, Earn Trust and Follow Through*)
2. Write down the first and last name of the team member you saw demonstrating the credo on the corresponding note paper (located at each neighbourhood hub or below the Spot the Dot Board)
3. Post the note on the Spot the Dot board on Main Street across from the Welcome Centre or in the Lobby at Ailsa Craig

Thank you for helping us promote the Customer Experience program and making Arbour Trails a wonderful place to work and an exceptional place to live!



# CONNECT *the* DOTS

*The Schlegel Villages Customer Experience*

## **Know Me** means to....

Understand and anticipate my needs  
Support my WELL-BEING  
EXCEED my expectations  
Make me feel SPECIAL

## **Be Present** means to....

Be PATIENT and practice listening  
Let ME guide the conversation  
ASK ME my expectations and needs  
FOCUS on ME in the moment

## **Walk in My Shoes** means to....

Hear what I HEAR  
See what I SEE  
Feel what I FEEL  
CONNECT with me

## **Earn Trust** means to....

Demonstrate YOU care  
Take responsibility for those we serve  
Create a sense of SAFETY and COMFORT  
DELIVER on your/our promises

## **Follow Through** means to....

Show me my concerns are IMPORTANT  
Confirm that I am VALUED as a customer  
Let me know I will always be TAKEN CARE OF  
Create MEMORABLE MOMENTS from start to end

# 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.

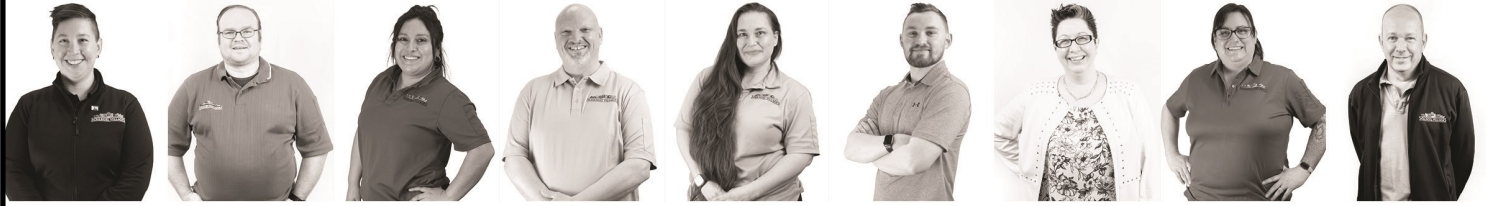
This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023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

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

We  our  
**volunteers**

**#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)

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the Arbour Trails  
Movie Crew



**New members  
are welcome!**  
See your recreation  
calendar for date, time,  
and location of meetings

**Monday Movies 2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**April 1<sup>st</sup> — “Sense & Sensibility” (1995)**

Rich Mr. Dashwood dies, leaving his second wife and her three daughters poor by the rules of inheritance. The two eldest daughters are the title of opposites.

**2h 16m**

**Cast: Emma Thompson, Kate Winslet, James Fleet**

**April 8<sup>th</sup> — “Schindler’s List” (1993)**

In German-occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis.

**3h 15m**

**Cast: Liam Neeson, Ralph Fiennes, Ben Kingsley**

**April 15<sup>th</sup> — “The Prime of Miss. Jean Brodie” (1969)**

An eccentric Scottish schoolteacher’s extravagantly romantic ideas life—and—love—overly impress her young pupils and bring her into conflict with her school’s conservative headmistress.

**1h 56m**

**Cast: Maggie Smith, Gordon Jackson, Robert Stephens**

**April 22<sup>nd</sup> — “The Lion In Winter” (1968)**

1183 A.D: King Henry II’s three sons all want to inherit the throne, but he won’t commit to a choice. When he allows his imprisoned wife Eleanor of Aquitaine out of the Christmas visit, they all variously plot to force him into a decision.

**2h 14m**

**Cast: Nicole Kidman, Ewan McGregor, John Leguizamo**

**April 29<sup>th</sup> — “9-5” (1980)**

Three female employees of a sexiest, egotistical, lying, hypocritical bigot find a way to turn the tables on him.

**1h 49m**

**Cast: Jane Fonda, Lily Tomlin, Dolly Parton**

**Friday Movies 2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**April 5<sup>th</sup> — “The Last Bus” (2021)**

After the death of his wife, an aging man travels across the UK by bus to fulfill his pledge to spread her ashes near their first home.

**1h 26m**

**Cast: Timothy Spall, Phyllis Logan, Natalie Mitson**

**April 12<sup>th</sup> — “RESPECT” (2021)**

Following the rise of Aretha Franklin’s career from a child singing in her father’s church’s choir to her international superstardom, RESPECT is the remarkable true story of the music icon’s journey to find her voice.

**2h 25m**

**Cast: Jennifer Hudson, Forest Whitaker, Marlon Waynes**

**April 19<sup>th</sup> — “Spencer” (2021)**

Diana Spencer, struggling with mental-health problems during her Christmas holidays with the Royal Family at their Sandringham estate in Norfolk, England, decides to end her decade-long marriage to Prince Charles.

**1h 57m**

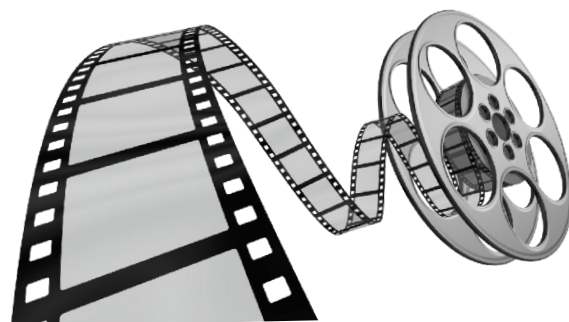
**Cast: Kristen Stewart, Timothy Spall, Sally Hawkins**

**April 26<sup>th</sup> — “Oppenheimer” (2023)**

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

**3h**

**Cast: Cillian Murphy, Emily Blunt, Matt Damon**





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**Thursday Movies**  
**2:30 p.m. & 7:30 p.m.**  
**in Town Hall**

**April 4<sup>th</sup> — “The Quiet Man” (1952)**

A retired American boxer returns to the village of his birth in the 1920s Ireland, where he falls for a spirited redhead, whose brother is contemptuous of their union.

**2h 9m**

**Cast: John Wayne, Maureen O’Hara, Barry Fitzgerald**

**April 11<sup>th</sup> — “Bridget Jones’s Diary” (2001)**

Bridget Jones is determined to improve herself while she looks for love in a year in which she keeps a personal diary.

**1h 37m**

**Cast: Renee Zellweger, Colin Firth, Hugh Grant**

**April 18<sup>th</sup> — “Dr. No” (1962)**

A resourceful British government agent seeks answers in a case involving the disappearance of a colleague and the disruption of the American space program.

**1h 50m**

**Cast: Sean Connery, Ursula Andress, Bernard Lee**

**April 5<sup>th</sup> — “Scent of a Woman” (1992)**

A prep school student needing money agrees to “babysit” a blind man, but the job is not all what he anticipated.

**1h 55m**

**Cast: Al Pacino, Chris O’Donnell, James Redhorn**

**Documentary Series**

**Playing every other Friday morning at  
10:15 a.m. in Town Hall**

**Wild Tanzania**

This is a showcase of wildlife throughout the diverse landscape of this enthralling African country. From Tanzania’s oldest park, the Serengeti, famed for its annual migration, to the islands of Maziwe, Fanjovi and Chumbe, where marine conservationists work hard to preserve its fragile ecosystem, the series captures the pressures of natural and human threats on the Tanzanian flora & fauna.

**50m**



**Reel Canada Presents:  
National Film Day**

**Wednesday, April 17<sup>th</sup>**

**“Peace By Chocolate” (2021)**

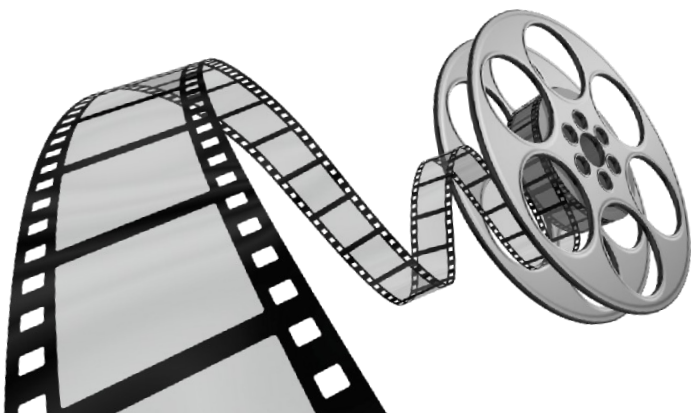
Tareq, a Syrian refugee in Antigonish, Nova Scotia, is torn between his dream to become a doctor and his family’s chocolate-making legacy. When his family joins him in Canada, his father’s new chocolate business becomes an unexpected success, leading to new, unforeseen challenges. Tareq must make a choice between being there to support the family that needs him or pursuing the life in Canada that he always envisioned for himself.

Inspired by the true story of the formation of the artisanal chocolate company of the same name, *Peace By Chocolate* is an inspiring and quintessentially Canadian story.

*“Peace By Chocolate is a bona fide crowd pleaser, and a true story to boot.” - Chris Knight, The National Post*

**1h 36m**

**Cast: Hatem Ali, Ayham Abou Ammar**



# Arbour Trails Team Directory

<b>Lead Nurse</b>		<b>505</b>	<b>Can be reached at this extension</b>
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
Luisa McMaster	Wellness Coordinator	820	luisa.mcmaster@SchlegelVillages.com
Donna Hastings	Administrative Coordinator	802	donna.hastings@schlegelvillages.com
Marika Jach	Administrative Assistant	801	marika.jach@schlegelvillages.com
	Ailsa Craig Lobby	895	<b>Can be reached at this extension</b>
Shannon Holmes	Director of Food & Hospitality	804	shannon.holmes@schlegelvillages.com
Arshpreet Sandhu	Dining Room Supervisor	834	arshpreet.sandhu@schlegelvillages.com
Anuj Solomon	Director of Environmental	829	anuj.solomon@schlegelvillages.com
Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
Liz Szpakowski	Director of Lifestyle Options	827	liz.szpakowski@schlegelvillages.com
Wendy Jewitt	Director of Lifestyle Options	826	wendy.jewitt@schlegelvillages.com
Nick Chambers	Director of Lifestyle Options	825	nicholas.chambers@schlegelvillages.com
Jenny Schaefer	Village Experience Coordinator	837	jenny.schaefer@schlegelvillages.com
Jessica Rawlings	Neighbourhood Coordinator	805	jessica.rawlings@schlegelvillages.com
Manbir Kaur	Interim Williamsburg & Becker Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
Natalie Minnick	Interim Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
Megan Wakefield	Program for Active Living (PAL) Coordinator	808	megan.wakefield@schlegelvillages.com
Miranda Timmerman	Exercise Therapist, Program for Active Living (PAL) Coordinator	808	miranda.timmerman@schlegelvillages.com
Beverleigh Broughton	Chaplain	845	Beverleigh.broughton@schlegelvillages.com
Recreation	Recreation / The Hobby Shop	811	arbourtrails.recreation@schlegelvillages.com
Maintenance	<b>For maintenance requests contact 887, 888, or 889</b>		
Dining Room Reservations		834	519-836-2464
Riverstone Spa		843	519-840-1500