



The Senior Star

...News from Maynard Nursing Home

In Spring's Embrace

In the embrace of spring, the world
awakens.

As winter's slumber gently breaks.

The earth adorned in robes of green, a symphony
of life, unseen.

The blossoms bloom, the butterflies take flight,
A dance of joy, pure and bright.

With fragrant breezes, soft and mild, Spring
whispers secrets to the wild.

Oh, Springtime, bring your magic near,
Banish doubt, and all fear.

In your embrace, we find our worth,
Renewed by nature's boundless mirth.

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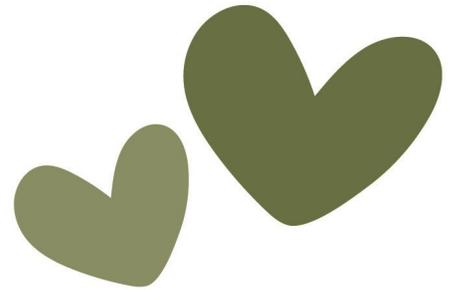
Schlegel Villages – CONNECTIONS

National Volunteer Week

April 27–May 3

Our Villages thrive because of the relationships that bloom in all of our neighbourhoods among all Villagers – our residents, team members, community partners, and, of course, our wonderful volunteers. At the end of April, we'll make extra time to pay a special tribute to the countless people who give their time, energy and love to the people who call our Villages home.

Volunteers Make Waves is the theme this year, and we think of the steady, ongoing force the waves of volunteers have in the lives of our residents and team members. That impact ripples over the course of time, and for the third year in a row, Villages across the province will offer the **Barb Schlegel Volunteer Award** in memory of the kind-hearted matriarch of the Schlegel Villages family, who always gave of herself in service of others.



We look forward to sharing a snapshot of the recipients at the end of that special week and invite you to visit our website featuring our 2024 recipients; be sure to take a moment to thank all of the volunteers who make our Villages such wonderful places to live and visit.

We  our
volunteers

#NVW2025

Schlegel Villages – CONNECTIONS



— APRIL IS — **PARKINSON'S** **DISEASE AWARENESS** — MONTH —

Across Canada, it's estimated that more than **110,000 people** are living with Parkinson's disease.

Within our Villages, we know and have known many who always inspire us with their tenacity and perseverance in the face of the challenges the disease can present.

A key aspect that rings true is the fact that the experiences of someone living with Parkinson's are as unique as the individual; there is no single path of progression of symptoms and no certainty in predicting the pace. What is common, however, is the fact that people living with the disease and their loved ones deserve every opportunity to make the most of every moment, and we're proud to support in any way we can.

April is marked across the country as Parkinson's Awareness Month, and we urge everyone to take some time to learn more about the many ways people living with the disease and their loved ones are affected.

Sharon Hunwick, a resident living at Erin Mills Lodge who was diagnosed with Parkinson's disease at the age of 43, shared her fascinating insights on the Stories from the Green Bench podcast.

This April, we join Canadians across the country in pursuit of more knowledge and research to help slow and hopefully eliminate the progression of this disease.

For more information and resources visit Parkinson Canada at parkinson.ca

RESEARCH MATTERS

RIA FEATURE

April 2025

Advance Care Planning Can Bring Peace to People Who are Dying

For many people, the thought of dying brings up feelings of fear and uncertainty, which may prevent them from finding peace as they face the end of life.

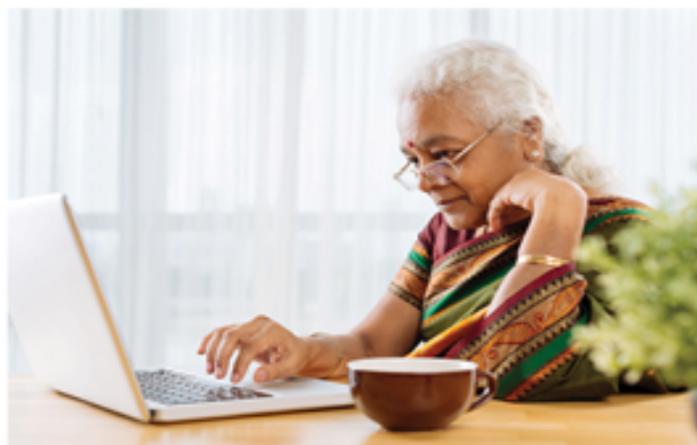
Nearly one in five older Canadians may not experience peace with dying, according to a recent data analysis of the Canadian Longitudinal Study on Aging at McMaster University. The analysis, published earlier this year, highlights the importance of end-of-life care and suggests advance care planning may help people feel more at peace before they die.

As people go through their end-of-life journey, their health and symptoms will change, and it is the responsibility of their healthcare team, family, friends, and care partners to ensure their end-of-life wishes are understood and honoured.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, and her colleagues Dr. Allan Garland and Dr. George Heckman share important and helpful advice to empower you to make informed healthcare decisions ensuring your voice is heard and respected.

What is Advance Care Planning?

Advance care planning is about documenting your wishes and instructions for your present and future health should you be unable to speak for yourself. We understand these conversations can be difficult, but with



the right information and support, advance care planning can help you find peace at the end of your life. Below are some tips to help you make informed healthcare decisions.

Choose a substitute decision-maker

A substitute decision maker is a person or persons who will inform the care team about your wishes if you are unable to do so yourself. The substitute decision-maker must understand and represent your wishes for medical care and be able to provide consent for treatments.

Speak to your healthcare team and ask questions

Here are a few questions you may want to ask your healthcare provider:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- What will happen if I decide not to have the treatment and/or procedure?

For additional resources about Advance Care Planning, visit the-ria.ca/resources/babel/.

Album of the month



5 Hand Washing Facts

1

Why We Wash:

Improving **hand hygiene** is one of the most important steps that **prevents sickness and the spread of germs.**

2

How Germs Spread:

Germs from unwashed hands can be transferred to objects like handrails and table tops. Germs **may spread** into the body **by touching** your eyes, nose, or mouth.

3

Did You Know?

Hand **sanitizers** may quickly reduce number of germs, but **will not eliminate all** types of **germs.**

4

When to Wash:

- Before** eating or preparing food.
- Before** and **after** treating a wound.
- Before** and **after** caring for a sick person.
- After** coughing, sneezing, or blowing your nose.
- After** touching an animal, or animal food
- After** using the restroom.
- After** touching garbage

5

How to Wash:

- Wet** your hands and apply soap.
- Lather** front and back of hands.
- Scrub** for at least 20 seconds.
- Rinse** with warm water.

Oracao da Semana Santa 13 de Abril

Pecadores agora tempo profundo
De contricao e de temor
Serve a Deus despreza o mundo
Ja nao sejas pecador

Estamos em tempos santo
Em que o pecado faz horror
Serve a Deus e tanto tanto
Ja nao sejas pecador

Sejas sempre bem louvada
E paixao do redentor
E morte amargurada
So porque nos tem amor

Na vossa cabeça sagrada
Coroa de espinhos cravaram
Ja ferida e massacrada
Imensas gotas de sangue
brotaram

Vossos cabelos divinos
Foram em sangue ensopados
Para nos dar bons ensinios
Aos nossos feios pecados

Tambem vos deram a beber
Vinagre e fel amargoso
Para o ser humano se arrepender

Do seu pecado horroso
Vossas maos abencoadas
Foram numa cruz pregadas

E os vosso pes tambem
Para nos dar ideias acertadas
De que vos sos o grande alem.

By Joao Engenheiro,
Maynard Nursing



Oracao da Pascoa 20 de Abril

O Sr. Jesus vivia
Com seus pais a todo
momento

Mes os pais a longe viam
Todo o seu padecimento
Jesus tambem ja sabia
Ja tinha tido a visao
De que por nos morreria

Para nos dar a salvacao
E foi assim que tanto padeceu
Tanto que esteve a penar
Ate que por nos morreu

Numa cruz para nos salvar
Logo apos a sua morte
Quando o Salvador morreu
Fez um terremoto tao forte
Que toda a terra se comoveu

Morreu e foi sepultado
O nosso Deus tao querido
E ele foi depois mandado
Para o seu reino preferido

E la esta colocado
Com o seu pai a trabalhar
Nosso Jesus tao amado
Para as nossas almas salvar

Jesus morreu por todos nos
Jesus e Deus verdadeiro
Pascoa Feliz para todos vos
E para os fieis do
mundo inteiro.

By Joao Engenheiro,
Maynard Nursing





Looking for meaningful way to spend your time??

Volunteer with us and bring smiles to our seniors!

Call Allison the volunteer coordinator @416-533-5198 x 303

Or Email:

You may contribute and enjoy the following activities with our seniors; or create your own!



ART & CRAFT



KARAOKE



HAND MASSAGE



GARDENING



BEFRIENDING



... AND MUCH MORE!



A Family Council is a group of family members and friends of the residents of a long-term care home (LTC) who gather together for peer support, education, and to improve the experiences of all people in long-term care. The Council is an organized, self-led, self-determining, democratic group to help each other as caregivers, work to improve their loved one's long-term care home, learn about the issues affecting residents, and seek to create positive changes in the long-term care system.

For more information please email Alex- President of Family Council alexcorr99@gmail.com.

All family members are welcome to attend or join the family Council.



Joao Engenheiro - April 4th

Maria Pacheco - April 5th

Robert Ryan - April 9th

Margarida Almeida - April 18th

Maria Correia - April 29th

get social tell your story. share our vision.



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