

# *The Senior Star*

## ...News from Maynard Nursing Home

### INSIDE THIS ISSUE:

St Patrick's  
Day Wishes

Research  
Matters 1

St Patrick's  
Support  
Services  
IPAC 2

Nominate a  
volunteer 3

Photos  
Welcome 4

Memorial  
Service  
Daylight 5

Team  
Member  
Happy  
Birthday  
Poetry 6

FYI 7



*Wishing you a rainbow  
For sunlight after showers-  
Miles and miles of Irish smiles  
For golden happy hours-  
Shamrocks at your doorway  
For luck and laughter too,  
And a host of friends that never ends  
Each day your whole life through!*



# RESEARCH MATTERS

RIA FEATURE

MARCH 2023

## Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

### Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

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Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to find out how residents, care partners and team members can get involved in projects like this one.



# St. Patrick's Day

**St Patrick's Day** is a public holiday in the Canadian province of Newfoundland and Labrador on the nearest Monday to March 17 each year. It remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century. His feast day also celebrates Irish culture.

## Shamrocks, saint and shillelaghs

*St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:*

<b>Shamrock</b> ■ Small, three-leaved herb appears on United Kingdom's coat of arms with English rose, Scottish thistle	<b>Irish flag</b> ■ Green stands for Catholics; orange for Protestants; white for wish for harmony	<b>Leprechauns</b> ■ Fairies who work day and night mending shoes of other fairies	<b>Shillelagh</b> (shi-lay'-lee) ■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow
			
<b>Patrick: Saint and legend</b>			
<b>387:</b> Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn	<b>Early 400s:</b> Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood	<b>432:</b> Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land	<b>Familiar legend</b> He drove the snakes from Ireland by beating a drum

## Support Services IPAC Recommendations

So far this winter we have had two very small and well controlled Respiratory Outbreaks- one in January and one in February. Our success in large part is due to early identification of symptoms and symptom management.

For those who would like more information on Infection Prevention and Control- there is now information packages at the front entrance (screening area) for your convenience or feel free to ask our Infection Prevention & Control Lead Shawn Fenlong.

Over the next few months we will be focusing on increasing our hand hygiene audits and education within the Village as we move toward relaxing our daily Covid-19 testing (swabbing) requirements from daily to every other day as our focus starts to shift from Covid-19 towards other prevalent viruses as well, such as the common-cold, flu and RSV to which currently there are no daily tests for which makes it imperative for Visitors and Team Members alike to stay at Home if they experiencing any common symptoms such as; sore throat, hoarse voice, fever, cough, tiredness etc. until they are feeling better.

Thank you for all you do to keep our Village safe for our residents!

**Shawn Fenlong**  
Infection Prevention and Control





Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

  
**SCHLEGEL VILLAGES**



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

Your seat on the green  
bench is ready and waiting.

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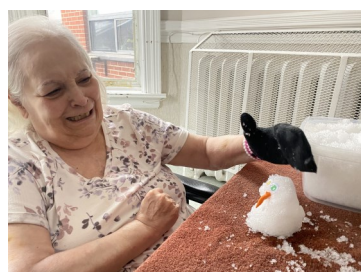
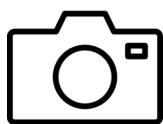
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# Photos



**WELCOME NEW RESIDENTS!**

Richard Doyle

Maria De Sousa

Vallan Lionel



## Maynard Nursing Home will hold a brief memorial service for all the residents that have passed away in the past year.

- Celestino Almeida
- Sarah Cox
- Herminio De Medeiros
- Zelia Maria Ferreira
- Barry Fitzgerald
- Mary Carmen
- Santicoomarie Samaroo
- Maria Fernanda
- Maria Vitorino
- Carol Thorn
- John Oswald
- Marcelino Goncalves
- Elvira Toste

Celebration  
of *Life*

**Will be remembered on Thursday, March 30, 2023 at 2:00 PM in the Recreation Room.**

We know that it helps to share with others who understand and care about your sorrow; therefore, friends, residents and staff will be encouraged to attend.

Please let us know how many family members and friends you are aware of that would like to attend. Call me at (416) 533-5198 Ext 238. Director Kelly Almeida.

## Are you ready to spring forward?

This year, daylight saving time (AKA daylight savings time) begins in early March—**Sunday, March 12th at 2 a.m.** That means you'll lose an hour of sleep (which you'll get back in November when daylight saving time ends).

Officially, the clocks move the clocks forward at 2 a.m. when daylight savings begin—and you'll find that your computers, smartphones, and other tech do it automatically, if you're willing to stay up long enough to watch daylight saving time come into effect. But you'll likely still have to switch the clocks manually on many of your less smart appliances and clocks.







Hello Residents, Team Member and Family,

Allow me to introduce myself, I am Marlene Costa. I am excited to be one of Maynard's newest Team Members. I will be joining Shawn as an ADNC! My focus will be on supporting the Personal Expression Resource Team (PERT).

Here is a little information about me. I am a first generation Canadian. My family originated from the Azores. I leave a small piece of my heart there every time I visit. The culture and the people are wonderful.

I love to read, my favourite author is Larry McMurtry and "The Berrybender Narratives" is my favourite novel series. I'd love to hear what you are reading.

I am a Mom of 2 young, bright girls. They keep me busy.

In my down time I should mention my passion is plants, I am an avid plant collector.

My other passion is Nurse. I love working in a health care field that focuses on helping others.

I look forward to meet everyone and I look forward becoming part of the Maynard team.  
If you have time, stop and say hi.

Marlene Costa



**Kedzierska, Krystyna - March 2nd**

**Botelho, Maria - March 22nd**

**Lopes, Maria - March 30th**

**Wishing you a Happy Birthday from all  
Team Members at Maynard.**

## Festa da Sao Jose 19 de março

Velhinho trabalhador  
Glorioso Sao Jose  
Ensinou nossa senhora  
Na oficina de Nazare.

Sao Jose e carpinteiro  
Trabalha com alegria  
E teve por companheiro  
O filho da virgem Maria.

E oficina sagrada  
Oficina de valor  
Foi por Deus abençoado  
Com o seu lindo  
explendor.

Sao Jose numa volta foi  
E virgem Maria ficou ali  
Quando Sao Jose chegou  
Ja Jesus tinha nascido.

Nao nasceu em casa ouro  
Nao em casa de luxuria  
Nasceu numa magedora  
Onde o boi comia.

O boi bento bavejava  
E a mula descobria  
O mula que es tao errada  
Ja ninguem em ti confia.

Sao Jose orgai por nos  
Voces o pai de verdade  
Nos recorremos a vos  
Com amor e amizade.

E aqui que se encerra  
Esta fereverosa oração  
Sao Jose foi ca na terra  
O pai de graça e do perdao

Sao Jose foi guardador  
De Jesus e de Maria  
Por isso alcançou valor  
Pela sua Valentia.

By Joao Engenheiro,  
Maynard Nursing Home  
Resident





Looking for meaningful way to spend your time??

Volunteer with us and bring smiles to our seniors!

Call Aline, the volunteer coordinator  
@416-533-5198

Or

Email:

[maynard.volunters@schlegelvillages.com](mailto:maynard.volunters@schlegelvillages.com)

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!



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families.

Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council. For any interest or information in joining please e-mail [samuel.leite@schlegelvillages.com](mailto:samuel.leite@schlegelvillages.com)

## FOREVER IN OUR HEARTS



Board of Directors,  
Management and Team  
Members were saddened by the passing of

Marcelino Goncalves  
&  
Elvira Toste

**get social**  
tell your story. share our vision.



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SCHLEGEL VILLAGES

