

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

May 2023

Contact Us:

The Village of Aspen Lake
9855 McHugh Street,
Windsor, ON N8P 0A6
(519) 946-2055

Inside this issue:

Notes from the General Manager's	2
Spot the Dot	3
Chapel News & Events	4
Volunteer View	6
Helping Hands	7
Program for Active Living	8
Dates to Remember	10
Connection Conner	11
Research Matters	14
May Birthdays	16
Village Directory	17
A Thousand Words	18



Take Me Out to the Ballgame!



As soon as the weather gets warmer, everyone is itchin' to get outside! Last month, the Sandwich Towne Residents took advantage of the unseasonably warm weather to enjoy the world's favourite pastime... BASEBALL!

1, 2, 3 Strikes... You're Out!





Notes from the General Manager's Desk

There are lots of great things happening this month!

Mother's Day is coming soon! We hope that all those celebrating feel extra special this month! Our Residents will be enjoying some special treats that day in the neighbourhoods and at their meals. We hope our efforts bring lots of smiles!

We recognize Caregiver's Week from May 7th-13th. We take this special week to recognize the contributions of our Team Members and the caring & compassionate care that they give each and every day. It's truly a celebration that could last all year long! I hope you will join the Village in showing your appreciation too!

Also, this month the Alzheimer's Society will hold their Walk for Alzheimer's. Schlegel Villages appreciates the work that the Alzheimer's Society does and appreciates the support that they give to our Residents, Team Members and Family Member through education and support groups. We are pleased to support and will be attending the walk on May 28th. Please join our team at the event, it's more fun together! If you can't join, consider giving a donation. (See page 11 for more details.)

Wishing you a lovely spring with lots of the May Flowers these April Showers have promised us!

Dana Houle
General Manager

Caregivers' Week: May 7-13



We are

CAREGIVERS



SPOT the dot!

Tell us who you feel is connecting the dots and delivering an extraordinary experience.



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Tommy from Sandwich Towne was appreciated, “for helping Recreation with getting the baking dishes clean. It was greatly appreciated!



Danny from Walkerville was thanked “for always helping out when needed and being a smiling, friendly face on the neighbourhood”.

CONGRATULATIONS TO...

Tommy & Danny who both receive a \$10 Tim Card this month!



FOOD *for the Soul*

Remembering Mothers on a Day!

A Mother's hug lasts long after she lets go. I can still remember my Mom's hugs! "Come over here and give your Mother a hug", I would hear. We hugged a lot and Mom was a good hugger! I have done my best to recognize Mom more than one day a year! I hope you will remember your Mother as well!



You filled my days with rainbow lights,
Fairytale and sweet dream nights,
A kiss to wipe away my tears,
Gingerbread to ease my fears.
You gave the gift of life to me
And then in love, you set me free.
I thank you for your tender care,
For deep warm hugs and being there.
I hope that when you think of me
A part of you
You'll always see.
~ Author unknown

Honour your mother by one of the following suggestions:

- ✿ List the things your Mother has done for you, your family, and her community.
- ✿ Create an acrostic poem based on your M-O-T-H-E-R.
- ✿ Write a letter to your Mom for the things she did/does for you.
- ✿ Write a journal of funny and heartfelt moments.

The memories are ours...We remember our Mothers!
Happy Mother's Day!

Bruce Jackson,
Chaplain
(519) 946-2062 x8043
bruce.jackson@schlegelvillages.com

Chapel News & EVENTS

UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

FRIDAYS

10:00am - **Sandwich Towne**
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

May 23rd at 2pm

Roman Catholic Mass in the Chapel

May 29th at 10:30am

Chapel Music Service in the Chapel

In Memory



We remember...

Corrine Marcoux

Dorothy Pleadwell

Celebration of Life Services to honour these individuals is planned for May 30th at 2pm.



Chapel Music Service

We are thrilled to be gathering together in the Chapel again!

Please join us for a special music service on:

MAY 29th at 10:30am

In the Spotlight



This month's Volunteer Spotlight is shining on the 1st recipient of the Barb Schlegel Memorial Volunteer Award, Brittney Robinet!

Brittney has been a volunteer at The Village of Aspen Lake since 2017, logging over 2055 volunteer hours to date. We are so grateful to Brittney and her dedication as a volunteer at our village! She not only provides companionship to our residents, but also advocates on their behalf. She has a unique perspective on facing challenges and obstacles in everyday life as a person living with cerebral

palsy. She tries to assist our residents with their physical challenges using the knowledge she has gained from her own experience.

Brittney is more than a volunteer; she is an inspiration to our entire village community.

Congratulations Brittney!
Thanks for all you do!

We  our
volunteers



The Next Volunteer Orientation Session is scheduled for:

Saturday, May 13 -- 12noon - 2pm

If you are interested in attending,
please call the village to register at:
(519) 946-2062 ext. 8016



Helping Hands in the Village: *Walk for Alzheimer's 2023*



join us.

SUNDAY, MAY 28th
at the Ford Test Track

Registration at 8:30am
Walk Begins at 10:30am

Please join our TEAM!
Speak to Jenny Brown or
register on-line at



**THE END OF ALZHEIMERS
STARTS WITH YOU.**



#svwalks





Fracture Prevention

As we age, our bone density naturally begins to decrease, increasing our chances of falls resulting in fractures. Bone density refers to the amount of minerals, consisting of mainly calcium and phosphorus, present in the bone (National Council on Aging). A natural process called bone remodeling is what keeps our bones strong, however as we age this process begins to slow down and our bones become more brittle. During the process of bone remodeling, the loss of old or damaged bone is replaced by the formation of new bone (National Library of Medicine). However, once we reach age 50 we begin to lose bone faster than we can rebuild it, which causes our bones to become weaker and thinner (National Council on Aging).

Osteoporosis is the loss of bone density and deterioration of bone structure (National Council on Aging). Although it is more common in women following the menopausal stage, men can also develop osteoporosis. With osteoporosis, you are more susceptible to fractures and once you have already suffered one fracture, you become twice as likely to sustain another fracture (National Council on Aging). With these high risks of fractures in the older population and those with osteoporosis, it is important that we take the necessary steps to prevent falls from occurring.



One of the most important preventative measures you may take to prevent falls from occurring is by remaining physically active. Engaging in physical activity ensures the muscles remain strong so that you are less likely to have a fall. Gait training activities like walking, stair climbing, or strength training can all improve balance, coordination, and overall strength to help reduce the risk of falls (National Institute on Aging). It is also important that if you have been recommended to use an assistive device such as a walker or wheelchair, that you are using them at all times. Using a walker as an aid when walking will reduce your chance of falling and thus reduce the risk of sustaining a fracture. Decluttering space can also be a preventative measure to reduce the risk of falls as clutter becomes a tripping hazard. It is also important that you wear appropriate footwear when walking so that you can reduce the chances of slipping or tripping over your own footing. Closed toe shoes and non-slip socks are both forms of appropriate footwear that may reduce your risk of falling.



With these measures in place, your chances of falling and sustaining a fracture can significantly decrease. Keeping our bones healthy and strong is crucial as we age because with just one fall your daily living can completely change. This is why the PAL team here at Schlegel Villages ensures falls prevention strategies are put in place for each of our residents. So let's work together to put these measures in place and prevent falls from happening.

Lauren Lowe,
Kin Student

DATES TO REMEMBER



May 2nd 10:00am Tecumseh
 10:45am Belle River

May 9th 10:00am Sandwich Towne
 10:45am Lasalle

May 16th 10:00am Walkerville
 10:45am Riverside

May 23rd 10:00am Tecumseh
 10:45am Belle River

May 30th 10:00am Sandwich Towne
 10:45am Lasalle

Bus Trips this Month

May 18th - - Sandwich/Lasalle
 going to **Wal-Mart**

May 24th - Tecumseh going to
 Tim Horton's

May 28th - **Walk for Alzheimer's**
 Event at Ford Test Track

May 31st - Sandwich/Lasalle
 going to **Tim Horton's**



May 2nd - George Boden
performs for Walkerville at 1:30pm
& Riverside at 2:30pm

May 10th - Bev Bechard
performs for Lasalle at 3pm
& Sandwich Towne at 4pm

May 16th - Ted Bachmeier
performs for Tecumseh at 1:30pm
& Riverside at 2:30pm

May 18th - Bev Bechard
performs for Walkerville at 3pm
& Belle River at 4pm

May 24th - Ted Bachmeier
performs for Lasalle at 1:30pm
& Sandwich Towne at 2:30pm

May 29th - Dave Wilson
performs for Tecumseh at 3pm
& Belle River at 4pm

FOOD COMMITTEE

May 12th at 2pm

RESIDENT COUNCIL

May 26th at 2pm

Meetings in the Chapel

Join us on Social Media!



"Like" us on FACEBOOK

The Village of Aspen Lake



"Follow" us on TWITTER

@aspen_lake



"Follow" us on INSTAGRAM

aspen_lake

CONNECTION *corner*

Read the latest Village Voice article on our web-site:
schlegelvillages.com

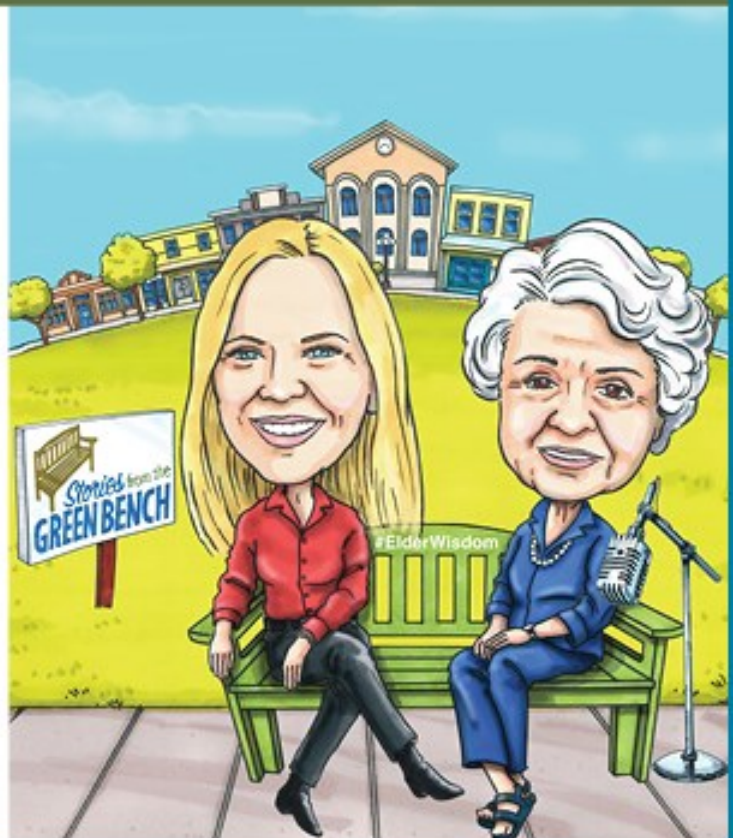
"Good News" stories about Long-Term Care at Schlegel Villages



Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca



GRATO GIFTS

Main Street Sale

May 10th 10am - 2pm

Beautiful handbags, clothing items and more!



&

*P*URSUIT
of PASSIONS



There is a great wealth
of wisdom we can gain
through the experience
of our elders.



Gala events

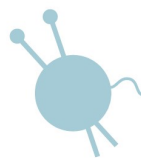
Thursday, June 1 – 1 p.m.
The Village at University Gates
Waterloo

Thursday, June 8 – 2 p.m.
The Village of Taunton Mills
Whitby

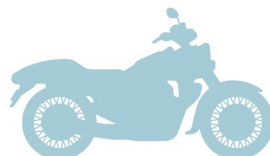
Wednesday, June 14 – 2:30 p.m.
St. Clair College
Windsor

Wednesday, June 21 – 2:30 p.m.
The Village of Erin Meadows
Mississauga

Thursday, June 29 – 2 p.m.
Art Gallery of Hamilton
Hamilton



We're honoured to
showcase our Schlegel
Villages' residents and the
variety of passions that
continue to drive them.




SCHLEGEL VILLAGES



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 of Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Creating comfort and belonging for people living with dementia

Whether you have been diagnosed yourself or care for someone living with dementia, there are simple things you can do to make home calming to improve wellbeing. We spoke with Dr. Allen Power, Schlegel Research Chair in Aging and Dementia Innovation, to get tips from the expert himself.

Noises

An ideal environment for people living with dementia should have minimal background noise or competing sounds. As a care partner, ensure that the TV is kept at a comfortable volume and be mindful of the noises generated by everyday activities like cooking or cleaning. Avoid loud or sudden noises.

Sensory Challenges

Aging and dementia can lead to changes with touch, taste, smell, sight and sound. For instance, people may feel cold more often. Additionally, peripheral vision can decrease, and many people with dementia smell smoke or foul odors that may cause them to investigate or want to leave the area.

Lighting

Improper lighting can cause confusion and stress. Ensure that the living space is well-lit, with natural light during the day and soft, warm lighting in the



evening. Lamps instead of overhead lighting can help with this. Consider using nightlights in hallways and bathrooms to provide a gentle guide.

Decor

Decorate in a way that minimizes glare and avoid flooring with busy patterns – dark circles or stripes can look like holes in the floor.

Furniture Placement

Lastly, arranging furniture to promote engaging conversation can enhance the sense of belonging for someone living with dementia.

The presence of dementia may increase the person's distress, but it is rarely the root cause. Often, people may simply be responding to the limitations of their environment. To learn more, read the [Supporting Comfort and Belonging for people Living with Dementia guide](#), created by Dr. Power and Laura Aguiar, MPH, BASc.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

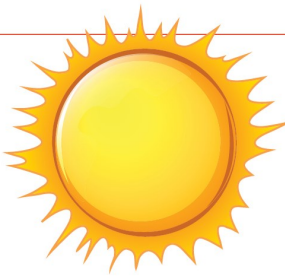
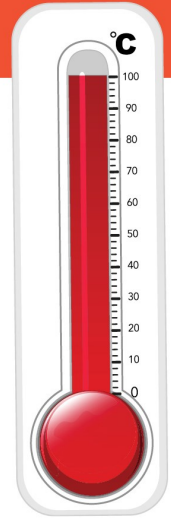
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.



May Birthdays



Happy Birthday!

TO OUR RESIDENTS!

BELLE RIVER

May 21st - Mary Torok
May 21st - Branko Tomicic

RIVERSIDE

May 19th - Donald Lapensee
May 21st - Judi Gurr
May 22nd - Peggy Bourdeau

WALKERVILLE

May 8th - Marilyn Martin
May 21st - Julijana Suserski

TECUMSEH

May 10th - Peter McCormack
May 18th - Teresa Adoranti
May 20th - Mary Breen
May 24th - Karen Webb

LASALLE

May 17th - Dolores Schiller
May 18th - Justin McNamara
May 25th - Patricia McNamara

SANDWICH TOWNE

May 17th - Robert Crewe



Happy Birthday!

TO OUR TEAM MEMBERS

BELLE RIVER TEAM

May 5th - Dawn Parent, PSW
May 11th - Danielle Raycroft, RN
May 24th - Leah Lauzon, PSW
May 30th - Melanie Leaman, PSW

RIVERSIDE TEAM

May 1st - Morgan Dufour, PSW
May 2nd - Cindy Foote, FSA
May 21st - Asha Sebastian, RPN
May 21st - Mary Sleinman, RPN
May 30th - Bradley Mascarin, PSW

WALKERVILLE TEAM

May 3rd - Malak Atoo, PSW
May 7th - Morgan Vallier, PSW
May 15th - Michelle Abreu, PSW

TECUMSEH TEAM

May 25th - Renee Allen, PSW

LASALLE TEAM

May 4th - Michael Sawyerr, PSW
May 5th - Mickayla Downie, PSW
May 16th - Krista Wallis, PSW
May 18th - Eric Seguin, PSW
May 28th - Taylor Iftiniuk, PSW

SANDWICH TOWNE TEAM

May 4th - Rukevwe Esabunor, PSW
May 15th - April Granger, PSW
May 15th - Randy Leaman, MAIN
May 18th - Amy Carnahan, PSW
May 23rd - Dimitri Poposki, PSW

Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



Dana Houle <i>General Manager</i>	8003	Belle River Neighbourhood	8013
Aurelia Pristoleanu, RN <i>Director of Nursing Care</i>	8005	Riverside Neighbourhood	8033
Katie Zucco, RN MaRhoda Dauz, RPN Nada Horvat, RN <i>Assistant Directors of Nursing Care</i>	8037	Walkerville Neighbourhood	8035
		Tecumseh Neighbourhood	8025
Jillian Studman <i>Director of Food Services</i> Dafina Prvulovik <i>Assistant Director of Food Services</i>	8004	Lasalle Neighbourhood	8027
		Sandwich Towne Neighbourhood	8029
Ken Parish <i>Director of Environmental Services</i>	8006	Brenden St. Aubin <i>Neighbourhood Coordinator</i> <i>Supporting Belle River & Riverside</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Barbara Masse <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh & Lasalle</i>	8020
Bruce Jackson <i>Chaplain/Counselor</i>	8043	Shannon Murr <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Coordinator</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
Kristen Beaudoin <i>Director of Quality & Innovation</i>		Amanda Bondy <i>RAI-QI Nurse (South Tower)</i>	8019
Lauren Markovic <i>Resident Support Services</i>		Ryanne Stieler <i>Director of Program for Active Living</i> Caitlyn Douglas <i>PAL Coordinator</i>	8008
Jackie Garant <i>Administrative Coordinator</i>	8002		
Hair Salon			

A Thousand Words...

Because a Picture is worth a Thousand Words!

We appreciate all our volunteers! During Volunteer Week, our volunteers were recognized for their contributions with gifts and awards. Our special therapy dogs were also recognized with treats and extra hugs! We are PAWS-atively grateful for your visits!

