THE ST. CLAIR SUN

JUNE 2023

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The Village at St. Clair
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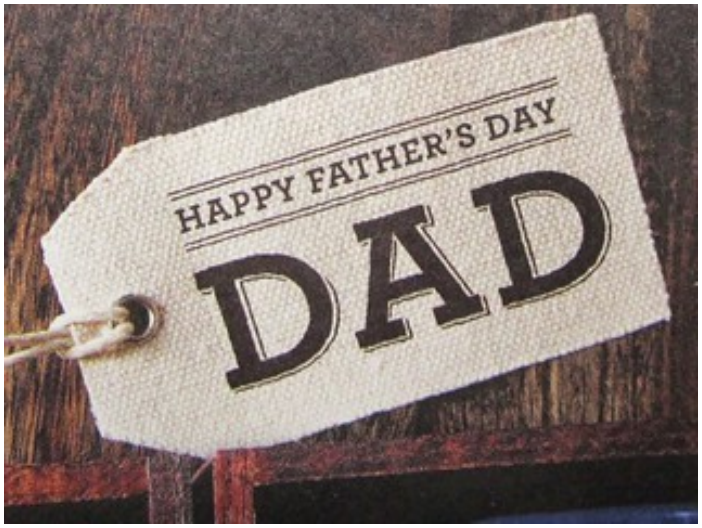
"Everything Good, Everything Magical happens between the months of June and August." Jenny Han

Welcome to June everyone! We have lots of great programs planned for this month so keep your calendars close! Our main Village event this month will be our Pursuit of Passions X ~ ElderWisdsom event taking place on June 14th in the afternoon. Come down to Main Street to see wonderful photos and stories showcasing Residents from all of our Schlegel Villages across Ontario. This interactive display will be at the Village until Sunday June 18th, 2023. We will also be celebrating Pride Day in the Village on June 21st. Join us for fun photos, activities and a morning parade around the Village!

Dad (Noun)

1. A Father, Guardian, Protector, Provider & Friend
2. Teacher, Mentor, Inspiration, Listener & Best Hug Giver
3. Sports Fanatic, Fixer Upper, Handy Man, Mower Man, Taxi, Chef & Bank
4. Tough on the Outside, Soft in the Middle
5. Best Dad you could ask for

Happy Father's Day to all of our Uncles, Dads, Grandpa's, Grandad's, and Great



Grandpa's and Grandad's! We love you and hope that you have a Great Day!

Joyous June Facts

- *The Birthstone for the month of June is the Pearl.*
- The Zodiac signs for June are Gemini and Cancer
- *The Birth flower for the month of June is the Rose.*

- June is derived from Juno ~ The Goddess of Marriage.

- *June has the Summer Solstice ~ The day with the longest daylight of the year.*
- June is Pride Month.
- *On June 2nd 1835, P.T. Barnum and his Circus started touring the U.S.*

- In June of 1956, Elvis Presley debuted his new song, "Hound Dog" on the Milton Berle Show.

Pursuit of Passions X #ElderWisdom

June 2023

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

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

Celebrate Seniors Month

The exhibits feature photographs and stories of our residents pursuing their passions and sharing their wisdom.

We are challenging negative stereotypes of aging and celebrating the contributions of seniors to our communities.

Register to attend

schlegelvillages.com/POPxEW

SCHLEGEL VILLAGES

Gala exhibits

Thursday, June 1 – 1:30 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.
The Village at St. Clair
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

Questions

Ted Hudson
ted.hudson@schlegelvillages.com

Our spotlight continues to shine on our volunteers.
This month the light stops on Carol Mangin!

Some of you know Carol as Tom Mangin's wife. Tom Mangin is a resident here at the Village at St Clair. He is also the love of Carol Mangin's life and the reason she volunteers. Tom and Carol are a classic love story of a city girl falling in love with a country boy.

In a conversation I had with Carol she says, "Country life took a bit of getting used to. I remember when we were first married. It was strawberry season and Tom asked me when I wanted to start making jam. With eyes wide open I looked at him and said, Well no we can go and buy jam in the store." This city girl really must have been in love because country boy Tom got his way. Carol not only learned how to make jam but she learned how to can fresh fruit.

Today Carol is well known for her baking skills and is put to work volunteering on the Colchester neighbourhood. Colchester's country kitchen has been taken over a couple of times by Carol's passion for baking. She brings with her the goodness of old fashioned fresh baked pies and tarts topped with coconut whipped cream so those who are l actose intolerant can also indulge in a little sweetness!

Carol's passion for helping others goes beyond Village life.

She and Tom have also volunteered their time for the Children's Aid Toy Drive and Food bank. This was something that she and Tom, in fact the whole family, did together. Together with their two daughters and grandchildren volunteering has been a way for Carol and Tom to stay connected to their family in a very special way.

Carol and Tom have enjoyed a lifetime together. Carol fondly recalls traveling to Alaska in their Dodge Dakota for nine weeks.

Travel plans look a little different these days. Carol and Tom can be spotted daily travelling our "St Clair pathways."

At the end of our conversation, I asked Carol if there were anything else she thought our readers should know about her or Tom. Without skipping a beat, she said, "I want people to know that Tom still **is**…. He is still kind, funny, a good father and a wonderful husband.
Dementia has not changed my feelings for him.
His still is and always will be the love of my life."

Happy Father's Day!

~ Memories of fishing with Dad

Home Sweet Home - Word Search

X K F D A F W I G R W K T L P C C
F D I N I N G R O O M N R O N H B
O J I M O K C C S T E S N V Y I Y
O C O M F O R T E M S L Z E K M T
R I H T M R A W E O E T S S Q N F
F Y N M A I E S R O F X E D T E O
W I X E R T A P T R B A O S J Y G
T M R W H B T I V G E P M N O A I
P R A E I C E I Z N D N R I R L A
L Y X V P G T P C I R H W D L S C
B A T Q A L A I L V O P E A D Y P
M O O R H T A B K I O N S E L V Q
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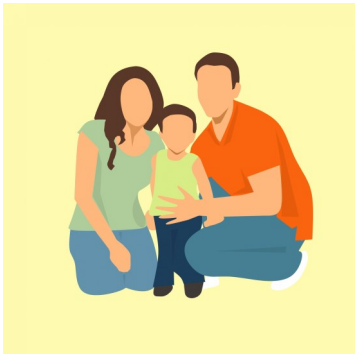
ATTIC
BASEMENT
BATHROOM
BEDROOMS
BEDS
CHIMNEY
CLOSETS
COMFORT
DININGROOM
FAMILY
FENCE
FIREPLACE
GARAGE
GARDEN
KITCHEN
LAWN
LIVINGROOM
LOVE
PATIO
PETS
ROOF
STAIRWAY
TREES
WARMTH



A Special Happy Father's Day to all Fathers!!

God's Coffee

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite -- telling them to help themselves to the coffee. When all the students had a cup of coffee in hand, the professor said: "*If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each other's cups.*" "*Now consider this*," he continued... "*Life is the coffee. The jobs, money and position in society are the cups. They are just tools to hold and contain life, and the type of cup we have does not define, nor change the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us*."

God brews the coffee, not the cups... Enjoy your coffee!

"The happiest people don't have the best of everything. They just make the best of everything they have." Live simply. Love generously. Care deeply. Speak kindly... and leave the rest to God.

"*For God so loved the world, that He gave His only begotten son, that whosover beleiveth on Him should not perish but have everlasting life."*

◊ John 3:16

◊ *Bishop Paul Riley ~ Chaplain*

Home Sweet Home - Solution

X K F D A F W I G R W K T L P C C
F D I N I N G R O O M N R O N H B
O J I M O K C C S T E S N V Y I Y
O C O M F O R T E M S L Z E K M T
R I H T M R A W E O E T S S Q N F
F Y N M A I E S R O F X E D T E O
W I X E R T A P T R B A O S J Y G
T M R W H B T I V G E P M N O A I
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LOVE
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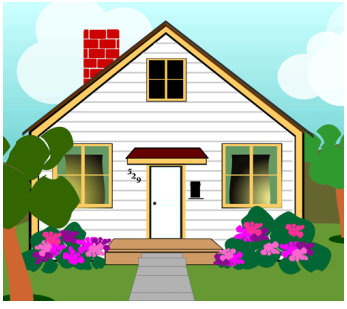
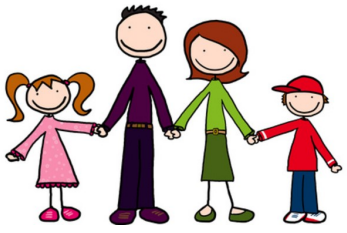
PETS
ROOF
STAIRWAY
TREES
WARMTH





Stories from the GREEN BENCH

Podcast

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ElderWisdom.ca

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RESEARCH MATTERS

RIA FEATURE

MAY 2023

Q&A with Jane Kuepfer: Nurturing your spiritual life to help age well

Jane Kuepfer, Schlegel Specialist in Spirituality and Aging, has always been deeply fascinated by the wisdom that is cultivated through years of living, and the way people navigate and become inspired by the experiences of life. We asked her some questions about what spirituality and aging looks like today.

What is a significant change you've seen in the field of aging and spirituality over the years?

Researchers and experts are recognizing that spirituality extends beyond religious practices. While acknowledging the rich resources that many people find in their religious traditions such as prayer, scriptures, and community, we are learning that everyone, religious or not, has a spiritual dimension.

How has the global pandemic influenced the field of aging and spirituality?

The global pandemic has shed light on the profound spiritual needs of humanity. As people faced uncertainties and challenges, questions about the meaning and value of life became more common. The need for connection, compassion, solace, and strength became evident as many people struggled through difficult experiences. This has reinforced the importance of spirituality and spiritual care.

How does the field of spirituality and aging cross over with other areas of study?

Spirituality and aging connect with many other fields, highlighting its multidisciplinary nature. For example, technology can help people explore their spirituality and connect with others. As another example, psychology recognizes that spirituality is important for mental health. It helps people build relationships, find meaning in life, and cope with illness.

By exploring these intersections and many more, we gain a better understanding of the role spirituality plays in aging and how it interacts with other aspects of human experience.

What are some of the key themes or topics that participants can look forward to in the upcoming 10th International Conference on Ageing and Spirituality?

The role of religion as a determinant of health, the meaning of aging across generations, the potential benefits and concerns surrounding the use of technology in spirituality, the intersection of dementia and faith communities, Indigenous knowledge and experiences, and much more!

Kuepfer will be chairing the 10th International Conference on Ageing and Spirituality from June 4-7, 2023. You can register to attend virtually or in person here.

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.

RIA Research Institute for Aging
Schlegel • UWaterloo • Conestoga
Enhancing Life

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www.the-ria.ca
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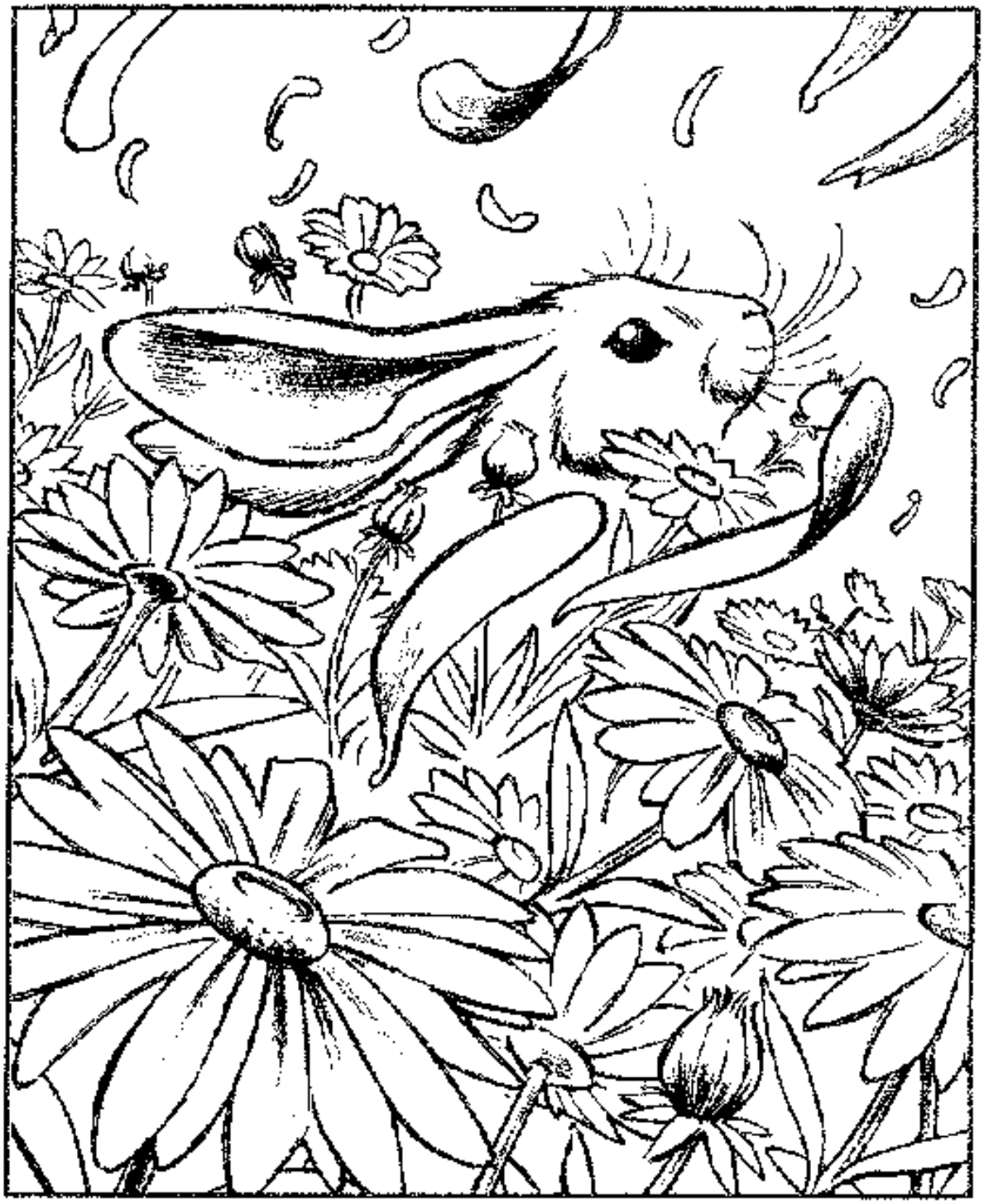


SHASTA DAISY

Colour Me Beautiful!

What's Growing On?

With Karyn O'Neil

~ Horticulture Therapist~

Come to the greenhouse and join us for June Horticulture Club!

~ Tuesdays ~

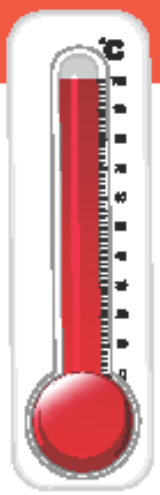
Gosfield, Kingsville, Harrow & Essex

~ Wednesdays ~

Amherstburg, Colchester, Oldcastle and Talbot

The proceeds from our Spring Plant Sale Raffle ~ $150.00 were donated to our Residents' Council! Thank you to all who supported this fun event!

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.

SCHLEGEL VILLAGES

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
Bishop Paul Riley	Chaplain	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
Candance 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
Tammy Roberts	**General Manager**	**x 8003**

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Christine Malinowski,	Essex & Harrow	x 8069
Milijana Radic	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
Charlotte Umbac	Amherstburg & Colchester	x 8010
Amanpreet Kaur	Infection Control Lead	x 8042

RAI / QI Team

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

Nurse Practitioner

Valeriya Pavlova

Director of Nursing Care

Elvira Gacias	Director of Nursing Care	x 8005