

The Village of

Sandalwood Park

REVIEW

Vol. 21 Issue 08 August 2023

Recreation Review
Pg 4

Clips and Curls
pg 8

Village Life
Pg 5

Hearing Clinic
PG 6

Welcome/Birthdays/memorial
Pg. 3

Warm weather facts pg 2

S.V Connections pgs 9 & 10

Research Matter Pg 11

Contact Information Pg. 13

Mission Statement

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 for each resident.



The Village of
SANDALWOOD PARK



September 10
Grandparents Day

Why is **YOURS** the **GRANDEST?** Send a free personalized postcard telling them why!

How to send a card:

1. Go to schlegelvillages.com/GrandparentsDay2023 or scan the QR code.
2. Choose a card.
3. **Complete the form between August 1–27.**
4. Printed cards will be delivered to your grandparent living in a Schlegel Village on Grandparents Day, Sunday, September 10.



Warm weather facts



WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.



Jose F

Jean T

Manuel M

Bernice G

Our Residents

Maria O	August 1st
Richard K	August 3rd
Janice M	August 6th
Gwen D	August 7th
Gurmel A	August 10th
Jasset L	August 13th
Tammy T	August 17th
Robert Y	August 17th
Dolores S	August 19th
Mary F	August 24th
Lucinda A	August 26th
Robert S	August 29th
Paul G	August 31st

IN MEMORIAM

*The Board of Directors, Management and Staff
were saddened by the passing of:*

Irene Walker
Mohinder Dhillon

RECREATION

Giving Back to Our
Community
In honour of
Wilfred Schlegel Day
See more detail on page 9

Food Drive

Please bring non perishable
items to the village
between
August 7th until
August 25th

All food donated will be
donated to local Food Bank

Thank you for your Support

review

Water Day!



Friday
August 25th
2:00

Front grass

Water games
Slip and slide
Mini pools



Blue Jays Game Outing



August 30th 2023
1:00pm—8:00pm
\$25 per person

Please sign up with
Recreation Team
Space is limited

Jacks Garden Corner

August the hot month! August is a very productive month. The tomatoes are ready, along with peppers, cucumbers and other small fruits and vegetables. Corn that is sweet is finger licking good. Second cut of hay for winter feed for cattle is ready soon, Milking the cows is rich in production, apples are coming soon, wild blue berries are ready for picking and pies along with raspberries. Most Female Cattle of 2 years and older are winter bred to birth a calf about now to help produce more milk for the winter time when production is usually down due to the feed consumption. Winter wheat is cut and thrashed along with early oats. After the grain is cut the field can be ploughed and worked up for fall seeding of winter wheat.

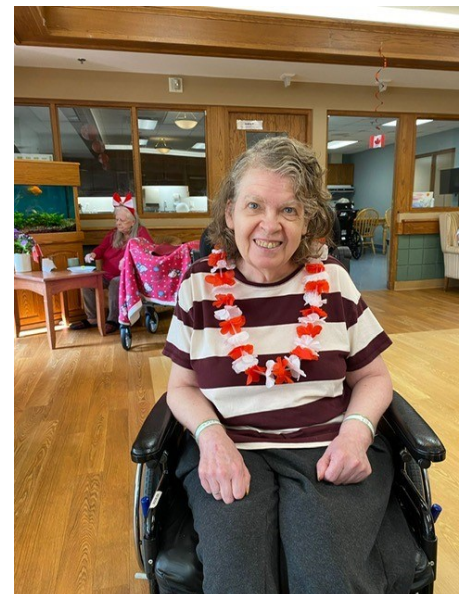
Until Sept more to come
Jack



Village Life



Circles of Friends
Baby Chicks
Manicures





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 Sandalwood Park, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Clips & Curls

Wash & Set or Blow Dry - \$28.00
Wash, Set & Cut - \$38.00
Colour including Cut & Set - \$70.00
Men's Cut - \$ 18.00
Perm Including wash, Cut, Set - \$85.00
Special Conditioning Treatment - \$5.00 & up
Highlights (only) \$40.00 & up

Waxing - Upper Lip - \$6.00
Upper lip & Brow \$12.00
Full Face \$ 15.00

Please contact Debbie 905-458-9272 ext 807



VOLUNTEER VIEW

Family Council

**Next meeting will be
Saturday, August 13th
3:00pm
Community center**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

Next Meeting will be
Wednesday July 16th

10:30am
In the Community Centre

Please see neighbourhood
Calendars for neighbourhood
mini council meetings

"Volunteers Enrich Peoples Lives"

If you are interested in volunteering, please contact
Coordinator of Volunteers and Social Services.
(905) 458-9272 X838 or sandalwood.volunteers@schlegelvillages.com

WELCOME !

SPIRITUAL CARE COORDINATOR - DOROTHY

I'm an experienced professional with 20 years in children's education and 8 years as a Christian pastor. I was part of the curriculum team that wrote the primary textbook for children in India, and I served as a resource person for training teachers in a new education system. I bring diverse skills and a passion for serving others. Additionally, I have worked in various churches, ministering to children and families of different sizes. I have achieved notable accomplishments while working with various age groups.

What excites me about joining your organization is its inclusive and collaborative environment. I strongly believe in teamwork, open communication, and mutual support. Outside of work, I enjoy cooking, gardening, and watching movies, which help me maintain balance and gain a fresh perspective.

I'm honored to be part of Schlegel Villages and eager to contribute my skills, creativity, and dedication to our shared goals. I look forward to getting to know all of you.



Introduce our new Assistant Director of Environmental Services

Hi my name is Shari Farrugia, I started at the village 3 short years ago. Many of you know me as a village Covid Screener and Swabber, McMaster Research Coordinator, some have seen me around helping in many areas around the village like housekeeping, 1:1 resident support and safety support as a Basic aide. I've recently accepted the position of Assistant Director Environmental Services, I look forward to supporting the Residents, Families and Team Members in this role. If there is anything I can assist you with in my new role please do not hesitate to contact me.

Email: shari.farrugia@schlegelvillages.com
Phone: 905458-9272 ext 806



Schlegel Villages – CONNECTIONS

Schlegel Villages is a growing organization serving 5,000 residents in 18 Villages with the support of more than 5,000 team members.

In the next five years, the numbers will rise significantly and as excited as we are to spread our mission to broader communities in Ontario, we know it is important we keep everyone within our Villages connected to our shared vision and values.

In the **Schlegel Villages – Connections** section, we will share some of the initiatives underway throughout Schlegel Villages; it's a way to keep our culture connected from Village to Village and community to community.

We'll connect in other ways, as well, depending on the information and the audience, so watch for additional letters or videos and new Village Voice stories about Village life on our website. Feel free to reach out if you have any suggestions or questions: communications@schlegelvillages.com.



**WILFRED
SCHLEGEL** Day

Monday, August 7

This year for the August Civic Holiday weekend, we felt it was fitting to honour Wilfred Schlegel, the man who inspired his son Ron and grandsons Rob, Brad and Jamie to strive every day towards the betterment of their community.

It was 70 years ago that Wilfred bought the Schlegel family's first home to care for and support older adults, and the family's commitment to others has only grown stronger over the decades within Schlegel Villages and other aspects of business and philanthropy.

Wilfred Schlegel Day is meant to launch a month of giving back to the community, and Villages are encouraged to follow through on a variety of initiatives.

Whether through small, random acts of kindness or larger, organized drive like the Shady Pines fundraiser we're launching this month, there are so many ways we can come together to create better communities.

Schlegel Villages – CONNECTIONS

BUILD A LEGACY in nature

Support the Schlegel family in the **accessible cabin project** at Shady Pines Campgrounds.



In the rolling meadows and forests north of Ailsa Craig, Ontario there lies a hidden oasis where families have etched memories of outdoor adventure together for more than 40 years.

When Wilfred Schlegel bought the land in the 1970s, he pictured a place where people could escape the bustle of modern life and reconnect with the peace and tranquillity that can only be found in nature.

In 2016, the Schlegel Family once again took ownership of this space with the intention of creating two, fully-accessible cabins and the accompanying infrastructure to ensure that no matter a person's ability, a place in the wonderful outdoors is available to them.

Sponsor levels

Foundation – \$1,000

Boards – \$250

Pathway – \$100

Sponsor names to be recognized on the structure.

Donate

Online or at the Village office.



schlegelvillages.com/givingback

RESEARCH MATTERS

RIA FEATURE

AUGUST 2023

Opening our doors to the Schlegel Villages community

The RIA recently held a special Residents' Day event for our next-door neighbours at the Village at University Gates. The day was all about bringing our community together and showing everyone what we do to enhance life and care for older adults across Canada.

The day had an open-house feel, letting residents explore different parts of our four-story Centre of Excellence for Innovation in Aging.

On the main floor, guests got to see "Aging Faster in Space" research. Residents also got a tour of the Monitoring, Intervention, and Response for Aging Demonstration Apartment (MIRADA) to showcase how radar technology can make a resident's home safer by detecting falls in a non-invasive way.

On the fourth floor, the Nutrition in Disguise project offered tasty samples with extra nutrients, like lentil brownies.



Then there was a chance to try out a virtual reality experience with our new Schlegel Research Chair in Technology for Healthy Aging.

The final stop was the Dementia Hub, where we helped break down some of the common misunderstandings about living with dementia.

Want to come visit us? We're excited to share that we're opening our doors again on September 16 as part of Doors Open Waterloo.

This is a chance for all Schlegel Villages residents to come and see what we're all about, meet our team, and learn how we're making life better for older adults.



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 • Waterloo • Cambridge

Enhancing Life

250 Laurelwood Drive, Waterloo, ON

519-904-0660 | info@the-ria.ca

www.the-ria.ca

Charitable Registration # 841471212 RR0001



**NEW
TRIAL**



NURSE CALL SYSTEM

Rescheduled for August 14th

at The Village of Sandalwood Park

We are excited to be trialing a new nurse call system on the **Sanders, Elliott, Johnston and Cumberland neighbourhoods**. This next generation nurse call system will provide easier real-time communication and a quieter environment for residents and team members.

The Village of Sandalwood Park

Phone: 905-458-9272 Fax: 905-458-1312

General Manager

Zoie Mohammed zoie.mohammed@schlegelvillages.com	Ext. 803
---	-------------

Director of Food Services

Kanico Wright kanico.wright@schlegelvillages.com	Ext. 810
---	-------------

Kinesiologist/Physiotherapy

Albert Sese albert.sese@schlegelvillages.com	Ext. 812
---	-------------

Neighbourhood Coordinator

Indra Persaud Indra.persauda@schlegelvillages.com	Ext. 801
--	-------------

ADNC/Infections Control Coordinator

Jaspreet Kaur Jaspreet.kaur@schlegelvillages.com	Ext. 821
---	-------------

Quality Coordinator

Samantha McKoy Samantha.mckoy@schlegelvillages.com	Ext. 886
---	-------------

B.S.O Recreation Therapist Consultants

	Ext. 845
--	-------------

Director Of Nursing Care

Adwoa Pomaah Adwoa.pomaah@schlegelvillages.com	Ext. 805
---	-------------

Director of Recreation/Volunteer Services

Jennifer Gould jennifer.gould@schlegelvillages.com	Ext. 814
---	-------------

Administrative Coordinator

Gabriel James gabriel.james@schlegelvillages.com	Ext.802
---	---------

Neighbourhood Coordinator

Faustina Andrews Faustina.andrews@schlegelvillages.com	Ext. 881
---	-------------

Director of Environmental Services

Shari Farrugia Shari.farrugia@schlegelvillages.com	Ext. 806
---	-------------

B.S.O Lead—P.E.R.T Coordinator

Pawan Sandhu Pawan.sandhu@schlegelvillages.com	Ext. 885
---	-------------

Administrative Assistant

Zeena Amin Zeena.Amin@SchlegelVillages.com	Ext. 801
---	-------------

You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!
Forward your name and email address to Jennifer Gould : jennifer.gould@schlegelvillages.com
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com