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The Village at St. Clair
View Calendars at:
www.schlegelvillages.com

*"By all these lovely
 tokens, September
 days are here.*

*With summer's best of
 weather and autumn's best of cheer."
 ~ Helen Hunt Jackson ~*



We are pleased to welcome our new General Manager, Dana Houle who joined our Village on August 8th. Dana was the previous GM at the Village of Aspen Lake. When you have a chance, please drop in to the Village office to say Hello! It's that time of year when we start to welcome the crisp and cool fall air. Families are back to routine as the children are back to school for another year with the summer holidays behind us. We have lots of great programs for you to enjoy this month. Check



your calendars for your favorite entertainer or programs! We will also celebrate Grandparents Day this month.

Until next month,
 have fun!!



**Happy
Grandparents
Day!**

Wishing all of our:

~ Grandfather's and Grandmother's ~
~ Grandpa's and Grandmas ~ ~ Meme and Pepe's ~
~ Nana and Papa's ~ ~ Opa and Oma's ~
~ Nonno and Nonna's ~ ~ Abulo & Abula's ~
...and MANY more, a wonderful and joyous

GRANDPARENTS DAY!

**Sunday
September 10th**



STUPENDOUS SEPTEMBER FACTS

Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year.

No other months have the same amount of letters as their number in the calendar year.



The September “Harvest Moon” is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.

The first day of fall is typically on September 22 or September 23 in North America. This is when the hours in the day are almost equal to the hours in the night.



The Romans believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.

Zodiac signs in September are split between Virgo (August 23 – September 22) and Libra (September 23 – October 22).

Famous people born in September include Adam Sandler, Amy Winehouse, Bill Murray, Bruce Springsteen, Confucius, Freddie Mercury, Queen Elizabeth, Stephen King, and Sophia Loren.



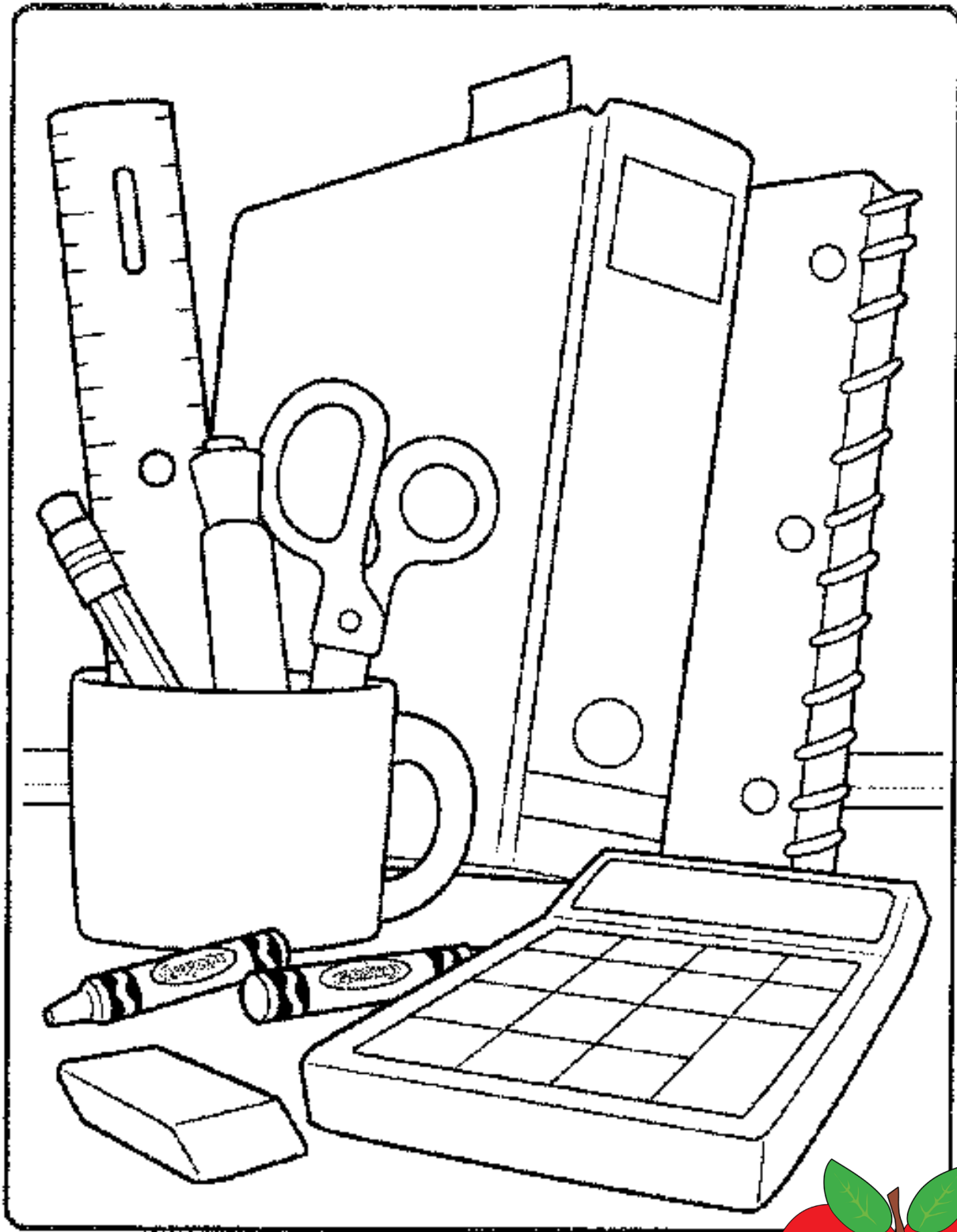
The birthstone for September is the sapphire which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.

There are more pop and classic songs with “September” in the title than any other month.

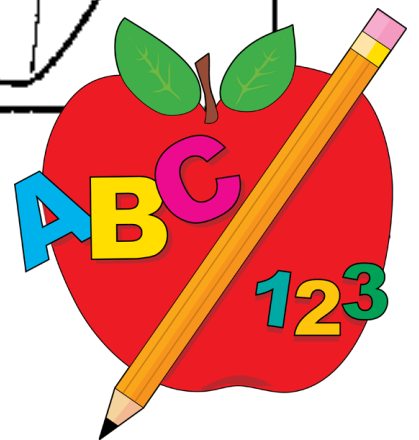
We all know that Labor Day is in September, but did you know that September also has a few little known holidays? Among these are National Grandparent Day, National Cheese Pizza Day, and National Drink-a-Beer Day.



Readin' and 'ritin' and 'rithmetic



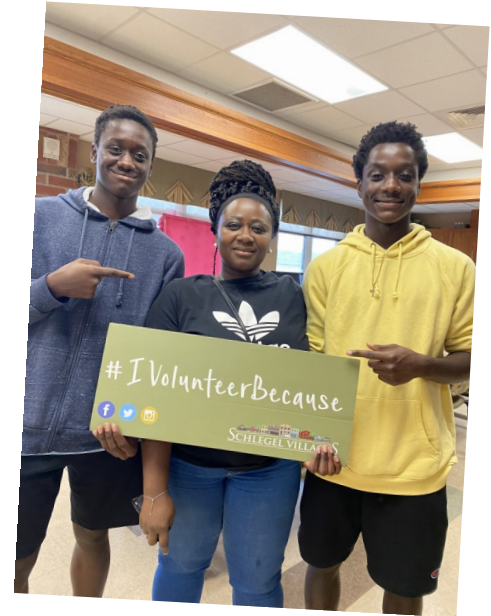
Colour me with
the Kids!





**Who is a proud to be a volunteer mom?
OUR VERY OWN team member, ESSEX
RPN and Mom to four boys
~ Deines Amah is!**

**This month's spotlight shines on not
one but two of our newest volunteers
Junior and Albert Amah.**



**Deines encouraged her older sons, Junior and Albert to
volunteer for the Village at St Clair. She wanted the boys to try
a try a variety of volunteer experiences to help them
spread their wings.**

**The boys have been involved in Tuesday's horticulture club, and
have supported Friday afternoon Bingo's on Essex.**

**So far both boys have found volunteering to be exciting and fun!
They have made new friends and had the opportunity to hear
some fantastic stories. When asked about what they have
enjoyed the most? Taking the residents out on the duet for bike
rides and enjoying the weather was definitely on top of the list!**

“Junior and Albert started volunteering on Essex in late July, early August. The neighbor’s immediately fell in love with their warm smiles. “Both boys are very well mannered and respectful. J.P. likes when they help him with Bingo, and they share in the excitement when the neighbor wins! It is always a beautiful day in the neighborhood when they are there!!”

Kristy Thibert~ recreation aide on Essex

To Albert and Junior, it has been so nice to have such polite young men complete their volunteer hours with us....but we have to ask.....“Are you guys this great at home?”



School - Word Search

M M P X R O T I N A J E N T L E M
 B M U M T T E X T B O O K S O O N
 P A K I K F Y H X B I B X Y C Q V
 M N T F S T I K A T E S I R K Y L
 D O R H I A C R N L C S E X E R U
 V R O S R O N E E H L T R U R A N
 Y L Z R L O T M O D N W V U R T C
 T I L C S E O O Y I R Q A O N E H
 N B L X D S L M Q G A I L Y Y R R
 E R E G V Y A K S E D L L G S C O
 D A B F A W N L M M C E L L Z E O
 U R E R M A S Q C A Z E X K D S M
 T Y D O O R S H L T E A C H E R H
 S M C K L L L L A P I C N I R P M

BATHROOM
 BELL
 CLASSROOM
 CLOCK
 DESK
 DETENTION
 DOORS
 FIRE DRILL

HALLWAY
 INTERCOM
 JANITOR
 LIBRARY
 LOCKER
 LUNCHROOM
 NURSE
 PRINCIPAL

SCHOOLYARD
 SECRETARY
 STUDENT
 TEACHER
 TEXTBOOKS





GOD'S SMELL

A cold March wind danced in Dallas as the doctor walked into the small hospital room of Diana Blessing. She was still groggy from surgery. Her husband, David, held her hand as they braced themselves for the latest news. That afternoon of March 10, 1991, complications had forced Diana, *only 24-weeks pregnant, to undergo an emergency Cesarean to deliver couple's new daughter, Dana Lu Blessing*. At 12 inches long and weighing only one pound nine ounces, they

already knew she was perilously premature. Still, the doctor's soft words dropped like bombs. *"I don't think she's going to make it,"* he said, as kindly as he could. *"There's only a 10-percent chance she will live through the night, and even then, if by some slim chance she does make it, her future could be a very cruel one"* Numb with disbelief, David and Diana

listened as the doctor described, She would never walk, she would never talk, she would probably be blind, and she would certainly be prone to other catastrophic conditions from cerebral palsy to complete mental disability, and on and on. **"No! No!"** was all Diana could say. All they could do, as Dana struggled alone beneath the ultraviolet light in the tangle of tubes and wires, ***was to pray that God*** would stay close to their precious little girl. As the weeks went by, she did slowly gain an ounce of weight here and an ounce of strength there.

At last, when Dana turned two months old, her parents were able to hold her in their arms for the very first time. And two months later, though doctors continued to gently but *grimly warn that her chances of surviving, much less living any kind of normal life, were next to zero*, Dana went home from the hospital, just as her mother had predicted. **Five years later**, when Dana was a petite but feisty young girl with glittering gray eyes and an unquenchable zest for life. She showed no signs whatsoever of any mental or physical impairment.

Simply, she was everything a little girl can be and more.

But that happy ending is far from the end of her story.

One blistering afternoon in the summer of 1996 near her home in Irving, Texas, Dana was sitting in her mother's lap in the bleachers of a local ball park where her brother Dustin's baseball team was practicing. As always, Dana was chattering nonstop with her mother and several other adults sitting nearby when she suddenly fell silent. ***Hugging her arms across***

her chest, little Dana asked, "Do you smell that?" Smelling the air and detecting the approach of a thunderstorm, Diana replied, "Yes, it smells like rain." Dana closed her eyes and again asked, ***"Do you smell that?"*** Once again, her mother replied, *"Yes, I think we're about to get wet. It smells like rain."* Still caught in the moment, Dana shook her head,

patted her thin shoulders with her small hands and loudly announced, ***"No, it smells like Him. It smells like God when you lay your head on His chest."*** Tears blurred Diana's eyes as **Dana happily hopped down to play with the other children**. Before the rains came, her daughter's words confirmed what Diana and all the members of the extended Blessing family had known, at least in their hearts, all along. During those long days and nights of her first two months of her life, when her nerves were too sensitive for them to touch her, God was holding Dana on His chest and it is His loving scent that she remembers so well.

Bishop Paul Riley ~ Chaplain, The Village at St. Clair.

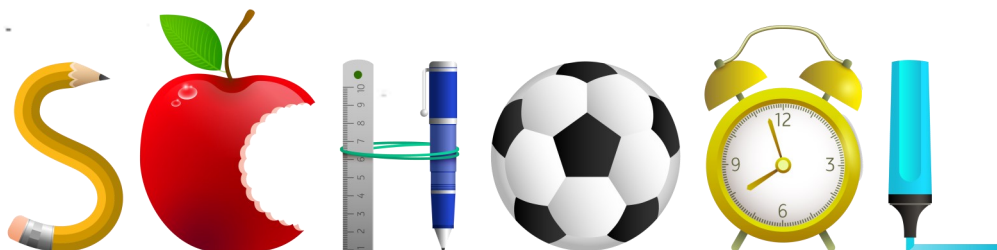
School - Solution



BATHROOM
BELL
CLASSROOM
CLOCK
DESK
DETENTION
DOORS
FIRE DRILL

HALLWAY
INTERCOM
JANITOR
LIBRARY
LOCKER
LUNCHROOM
NURSE
PRINCIPAL

SCHOOLYARD
SECRETARY
STUDENT
TEACHER
TEXTBOOKS

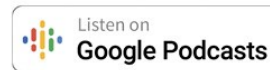




Stories from the **GREEN BENCH** Podcast



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retirement@earandhearingclinic.com



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JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](#). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

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.



COLOUR ME FALL!

PAL Power!



Paddy, from the Kingsville neighbourhood, moved into the Village at the end of 2022 and has had so much growth since. As a Student Kinesiologist, I had the Pleasure of meeting Paddy at the start of my placement this summer and have continued to work with her and see her progress throughout the months. Paddy has been consistently working with the PAL Team to reach her goals of getting stronger and being able to walk again, and she has impressed us by doing just that! She has progressed from being able to walk about 20 steps to walking multiple hallway lengths without breaks. In addition,

Paddy now confidently comes down to the PAL room to ride the NuStep machine multiple times a week. Paddy is always looking to

challenge herself in the hopes of becoming as independent as possible. Paddy's efforts and positive attitude never go unnoticed by our team and are worthy of some recognition! Being able to see our residents improve and progress in their independence has been such a rewarding part of my time here.

By Harmeet Wahid





What's Growing On?

With Karyn O'Neil
~ Horticulture Therapist~

**Come to the greenhouse and join us for September
Horticulture Club!**

~ Tuesdays ~

Garden Club ~ 6 pm

~ First Wednesday of Every Month ~

Pancake Brunch ~ 10 to 11 am

~ Thursdays~

Crochet Club 1:30 in the Community Center

~ September 24th ~ Garden Club is at the LaSalle Night
Market!! Come visit our Booth!

~ October 1st ~ Fall Mini Market at the Village

10-3 on Main Street

~ All Are Welcome ~





COME AND JOIN US!!

The PAL team is happy to announce the return of The Village at St. Clair's Walking Group! Walking group is for all residents who would like to get some exercise, would

like a change of scenery, or would simply like to spend some quality time outdoors in the fresh air this summer. Residents who are not independent in their mobility /ambulation will require a 1:1 with 1 team member/volunteer accompanying them to ensure their safety and well being. Walking group will take place on Thursday's at 10:30am and will meet in front of the PAL room before departing on the walk. We look forward to seeing you all in the Walking Group soon!

If you have any questions or concerns, please reach out to Jocelyn Snowdon, PAL Coordinator; extension 8008.



Schlegel Villages – **CONNECTIONS**



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17

Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.



COVID IMMUNITY
STUDY

COVID IMMUNITY STUDY VIRTUAL TOWN HALL



WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,
DR. DAWN BOWDISH AND DR. ANDREW COSTA,
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

HOW DO I REGISTER?

- Scan the QR code
- Go to our website:



NEED MORE INFORMATION?

Email: covidlhc@mcmaster.ca

Phone: (289) 639-5988

www.covidinlhc.com/townhall

DR. ANDREW COSTA, PHD

Study co-lead,
Health Services Epidemiologist,
McMaster University

Wednesday, September 27th

 2:30 p.m – 3:30 p.m



DR. DAWN BOWDISH, PHD

Study co-lead,
Immunologist,
McMaster University

Thursday, September 28th

 6:30 p.m – 7:30 p.m

National Day for Truth & Reconciliation is a federal holiday created to commemorate the heartbreaking legacy of residential schools; a painful part of Canadian history that impacts Indigenous people and Canadian communities to this day. We recognize this day to honour the healing path of survivors and their families, and we commit to the ongoing process of reconciliation.

Learn our History ~ Educate Ourselves:

Learn more here: Legacy of Hope <http://www.legacyofhope.ca/>

Reconciliation of Canada <http://reconciliationcanada.ca/>

Truth and Reconciliation Commission of Canada: 94 Calls to Action

Wear Orange:

We are encouraging our team to wear orange on Friday and Saturday. Wearing an orange shirt is an affirmation of our commitment to raise awareness of the residential school experience and to ensure that every child matters. www.orangeshirtday.ca



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
Dana Houle	General Manager	x 8003

~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

Clinical Team

Assistant Directors of Nursing

Cherie Drouillard	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

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

Nurse Practitioner

Valeriya Pavlova

Director of Nursing Care

Elvira Gacias	Director of Nursing Care	x 8005
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