



Hamilton Continuing Care

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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September 2023 Issue

september



2023

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OUR MISSION, VISION, VALUES & ASPIRATIONS

MISSION

Our Mission is to provide holistic health care in a home environment located within an intentional neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident.

VISION

Each person lives in a Village where they have life purpose and are able to pursue their passions, develop meaningful relationships, have opportunity to learn and grow, and contribute to their community.

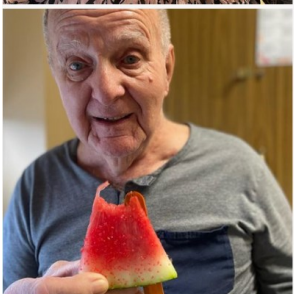
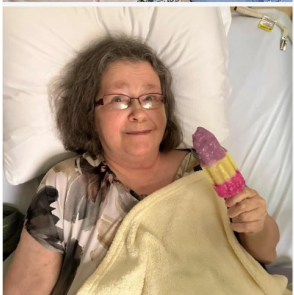
VALUES

Caring People
Passion
Hands-On
Innovation
Positive, Can-Do Attitude
Hard Work

ASPIRATIONS

Promote cross-functional teams
Create opportunities for meaningful and shared activities
Connect research and innovation to Village Life
Offer flexible living
Foster authentic relationships
Honour diversity in Village life
Promote resident empowerment
Offer flexible dining

BEST SUMMER EVER



A decorative border surrounds the text, featuring stylized orange and purple flowers, blue and black bees, and yellow starburst patterns on a light yellow background.

Resident Council

To our Residents,

We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

Resident Bill of Rights

- Every resident has the right to be told both who is responsible and who is providing the residents direct care.
- Every Resident has the right to be afforded privacy in treatment and in caring for their personal needs.



Happy BIRTHDAY

George ————— **September 12**
Lou Ann ————— **September 13**
Betty ————— **September 17**
Barry ————— **September 17**
Janice ————— **September 21**

W E L C O M E

Linda!



Spiritual Corner

Spiritual Calendar for September

Legion of Mary

September 05 @ 2:00

September 19 @ 2:00

Bible Study with Connie

September 12 @ 10:30

September 26 @ 10:30

If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us:

Elena Vukovich





Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer essential Audiology services to all Schlegel Village residents.



Our services are located at your Retirement Village.

Appointments ARE required.

Appointment requests are made through our office. You will be notified once a timeslot is booked with your village.

For more information or to book an **appointment please call or email**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

RESEARCH MATTERS

RIA FEATURE

SEPTEMBER 2023

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](https://www.the-ria.ca/artsandaging). 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.

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.

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.



spark ideas. ignite change.

October 18-19

DoubleTree by Hilton
30 Fairway Road South, Kitchener

**Schlegel Villages and the
Research Institute for
Aging (RIA) are excited to
be hosting our 7th annual
Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**

A Message from our General Manager



Many of you may have already seen that we have a new vending machine at HCC! The machine will be located in the 1st floor hallway, opposite the dining room and next to the stairwell.

The “VIVE” vending machine offers snacks such as:

- Starbucks Iced coffee
- Juice
- Energy drinks
- Soft Drinks
- San Pellegrino Sparkling water
- Chips
- Chocolate bars
- Cookies
- Nuts

“VIVE” is associated with the “Make A Wish Foundation” with proceeds going to this wonderful cause! The machine currently accepts vis/MC/Debit and phone payments and as soon as the part arrives will also accept cash for your convenience. Enjoy!

CARF Survey (Accreditation)

Many thanks go out to team members, family members and residents who participated in our recent Accreditation process. We had a hugely successful day with a tour, several focus groups and departmental meetings; our onsite surveyor was very impressed by what she saw, heard and felt from listening to experiences that were shared about life at Hamilton Continuing Care. We are very proud of the care we provide in our “Small but Mighty” home! Thank you everyone!

Julie Maidment



Neighbourhood News

Hello HCC Family

Summer season is almost a wrap and the change of colors is fast approaching. We have had a number of memorable moments to cherish.

Our RECREATION TEAM created events beyond expectations and truly contributed to the wellbeing of residents, our team and families. Big thank you for getting the duet bike on the road, international days, ducklings and butterflies. Not to mention the BBQ days. So many highlights to speak about, only naming a few.

Welcome, our NEW RESIDENTS and FAMILIES.

Our leadership and team members are here to serve you and thank you for choosing us as your new home.

A grand hello and WELCOME to our new team members. We sincerely feel complimented and honoured to have your compassion to serve in our village, not to mention the experience, education and expertise each of you carry with you. As you move through your onboarding and orientation days our hope is that you truly immerse yourself in the SCHLEGEL CULTURE.

Throughout the summer our PSW teams on all neighborhoods engaged in (NTM) neighborhood team meetings to support change, efficiency and neighborhood aspirations. In addition, we have entrusted team members to pursue engagement and collaboration through our quality-of-life surveys.

We have recently posted a call to action for our COMPASSION COMMITTEE please reach out to myself and Alexandra Amey for details and what designates this support as essential and valuable to our village.

Our JHSC is well underway mitigating risk for everyone. If you have a keen interest in safety and auditing, please reach out to any JHSC member.

FAMILY COUNCIL, we are eager to initiate. As a result of CARF and the commitment our families made to attend, we feel we have a core group of invested families who support the quality of life of our residents and village.

Heather Livingstone

Neighbourhood Coordinator, Director of Environmental Services



Recreation Station

Hello everyone and Welcome September!
Can you believe fall is just around the corner?
I don't know about you but I'm ready for nice cool evenings and sipping on
some hot apple cider watching the leave change from green to yellow,
orange and red!

Here is what we have in store for this month!

Ice Cream Truck (Rescheduled)

September 6 @ 1:30

Birthday Breakfast!

September 19 @ 8:00am

Celebrating residents birthdays from
July, August, and September!

Grandparent's Day!

September 10

10:15-11:15 Triple C Farm Visits
2:00-3:00 Paula French Performs

HCC's Car Wash!

September 23 @ 11:00-2:00

All proceeds raised will go to the Wilfred Schlegel Hope Fund!

Festival of Flavours!

September 27 @ 11:00-2:00

Join us in celebrating our Culturally Diverse Village!
Please speak to myself if you would like to participate
More information to follow!

Village Wide Outings

September 21 @ 10:30 - African Lion Safari
September 28 @ 1:30 - Jackson Square

Alexandra Amey
Director of Recreation

Hey! What's Cookin'?

Introducing ME!

Hello my name is Shamanpreet Kaur, but I prefer Shaman!

I am an individual with a passion for Nutrition and Art. Having graduated from Centennial College in Nutrition and Food Services Management, I bring valuable experience from both Retirement homes and Long-Term Care Facilities. While working as the Director of Food Services for Schlegel Villages, I am dedicated to utilizing my skills to contribute to the organization's growth. I am excited everyday to learn from everyone around me. It is great working with Schlegel Villages as it helps me to grow professionally.

Outside of work, I enjoy expressing my creativity through sketches, drawings and paintings. While I may not be fan of cooking, my love for watching cooking competitions adds an ironic twist to my interests. I love to spend my free time playing games that involve interior designing. Its like being an architect and decorator all in one!



Shamanpreet Kaur
Food Service Manager



Wake up and Stretch

Stretching in the morning can help relieve any tension from the night before and prepare the body for a new day. It also improves blood circulation which can reduce injury in the joints!



1. Lying outstretched-you can place hands above head outstretched and point toes forward.



2. Knee to chest stretch you can bring both feet to chest if able.



3. Bring knee across Chest



4. Wrap arms around your shoulders

Jonathan Manning
Pal Coordinator



Hamilton Continuing Care: The Heart of Hamilton

We Are Looking for Donations!

We would love to grow
our Music & Memory
Program here at HCC
and would love to be
gifted with some iPods/
CD Players for our
residents to enjoy!

*Please See
Recreation.*



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

If you are interested in
supporting our village and
would like to Volunteer,
please visit our website
www.schlegelvillages.com/volunteer
or contact
Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

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



The Village social media



HAMILTON
Continuing Care



@HCC_LTC



facebook.com/
HamiltonContinuingCare



@HCC_LTC

Connect with us



@schlegelvillage



@schlegelvillage



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Schlegel Villages

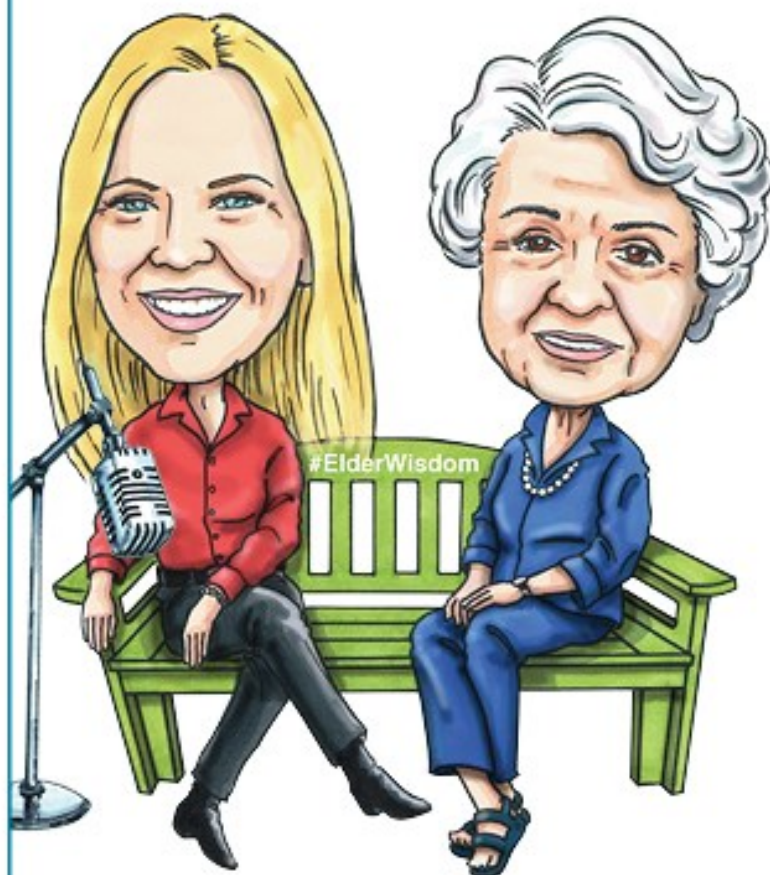


Stories from the **GREEN BENCH** Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

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Village Team Directory

Happy
FALL
Y'all



Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Heather Livingstone	Neighbourhood Coordinator	223	heather.bell.livingstone@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Deanna Ngo	Administrative Coordinator	229	deanna.levac@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Recreation	Recreation Team		hcc.recreation@schlegelvillages.com
Randy Montour	Maintenance	237	randy.montour@schlegelvillages.com
Anna Cleaver	RAI-MDS Coordinator/PERT	228	anna.cleaver@schlegelVillages.com
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

