

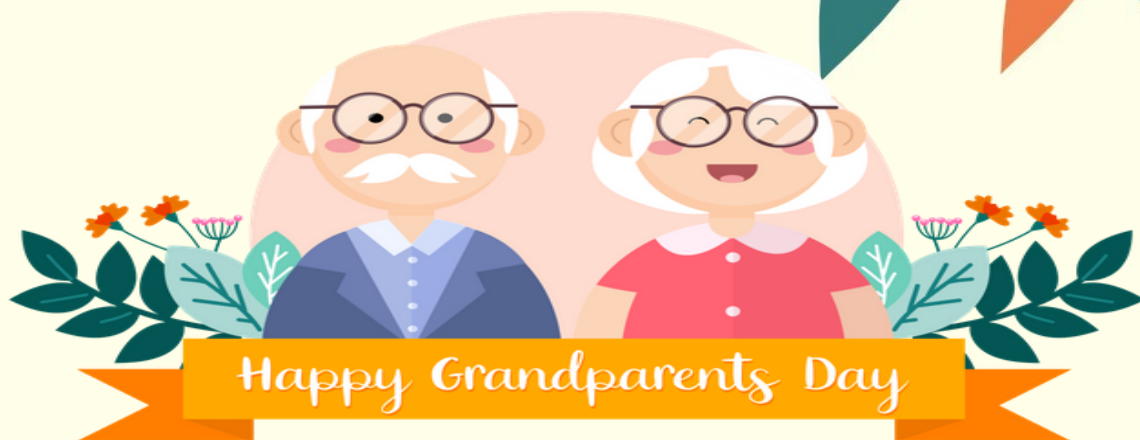
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The Senior Star

...News from Maynard Nursing Home

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Grandparents are special with wisdom and pride

They are always offering love and kindness and are
always there to guide.

They often make you feel so confident and strong
Their arms are always open no matter what you did wrong

They try to help out in every way that they can
They love all their grandchildren the same whether
you`re a child, woman or man.

They are always there to list and to lend a helping hand.
They show you respect and they try to understand.

They give their love, devotion
and so much more, that`s easy to see.



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<http://www.schlegelvillages.com/maynard-toronto>

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.

DATES TO REMEMBER

September 4th - Labour Day

September 10th - Grandparents Day

September 16th - Oktoberfest

September 21st - World Alzheimer's Day

September 23rd - First Day of Autumn



Joyce Costello– Sep 9th

Jose Couto- Sep 30th

Jane Hill –Sep 27th

Alex Murray - Sep 18th

Maria Isilda Sep 1st

Maximina Simoes - Sep 10th

Alfred Sodonis Sep 6th

Happy Birthday from everyone at Maynard!



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.

Album of Family Fun Fair

On Saturday, August 26th, our goal of bringing residents and their families together was successfully achieved.

The Recreation Department is thrilled to share that this year's Family Fun Fair was an unparalleled success. Family ties were at the heart of our celebration, making the day uniquely memorable. Designed to foster quality moments between residents and their loved ones, the fair achieved just that. Musical tribute to Elvis Presley, the King of Rock 'n' Roll, was a highlight.

A hearty applause to our Dietary Department for the scrumptious fare, and commendations to our Nursing Staff for their attentive assistance. Our Maintenance team's efficient setup and takedown deserve special mention. Together, we made magic happen! With warm hearts, we extend our gratitude to all attendees.

A big shoutout to the staff for orchestrating such a splendid event. Games and prizes added zest, rewarding participants for their vibrant spirit. At Maynard Nursing Home, we anticipate creating more such memories next year and for years to come.



Paixao e Morte de Nosso Senhor

Jesus Cristo

Seja sempre bem louvada
E paixao do redentor
E morte amargurada
So porque nos tem amor

Na vossa cabeça sagrada
Coroa de espinhos cravaram
Ja ferida e massacrada
Imensas gotas de sangue brotaram

Vossos cabelos divinos
Foram ensopados
Prova que nao sao pequeninos
Os nossos feios pecados

Tambem vos deram a beber
Vinagre e fel amargoso
Para o ser humano se arrepender
Do seu pecado horroso

O vosso lado sagrado
Por uma lanca foi ferido
Para o ser humano ser levantado
Do mal em que estava a caído

Vossos pes abençoados
Foram numa cruz pregados
E as vossa maos tambem
Para nos poder salvar
E tambem para nos mostrar
Que so voces o grande alem.

O senhor Jesus vivia
Com seus pais a todo momento
Mais os pais longe viam
Todo seu padecimento.

By Joao
Engenheiro,
Maynard Nursing
Home Resident



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@mcmater.ca
Phone: (289) 639-5988

www.covidlhc.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



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!





MAYNARD

Nursing Home

Position	Extension	Name	Office Location
General Manager (GM)	231	Julie Music	Basement/Main Street, East
Director of Nursing Care (DNC)	232	Elise Howe	1 st floor, West
IPAC Lead/ADNC	241	Jessica Richert	2 nd floor, North
PERT/ ADNC	227, 404	Marlene Da Costa	1 st floor, South
Neighborhood Coord. (NC)	242, 405	Sandra Correia	2 nd floor, North
Director of Recreation (DR)	238	Kelly Almeida	Basement/Main Street, West
Volunteer Coordinator (VS)	402	Allison	Basement/Main Street, West
Kinesiologist (KIN)	401	Cesar Noriega	Basement/Main Street, West
Admin. Coordinator (AC)	222	Renju Johnson	Basement/Main Street, North
Admin. Assistant (AA)	221	Esther Samaroo /Akilah Davis	Basement/Main Street, North
Director Food Services (DFS)	225	Diana Kania	Basement/Main Street, East
Director of Quality and Innovation	403	Daniel Bedard	Basement/Main Street, North
Environmental Services Manager (ESM)	230	Evelyn Molina	Basement/Main Street, South
Resident Support Coordinator (Social Worker)	406	Samuel Leite	
1 st Floor Nursing Station	226		
1 st Floor Nursing Office			
2 nd Floor Nursing Station	228		
2 nd Floor Nursing Office	235		
Kitchen	223		Basement/Main Street, East
Bellwoods (1 st floor) Cellphone	437-213-9616		
Trinity (2 nd floor) Cellphone	437-214-1977		
Fax No. Admin. Office	416-533-3531		
Fax No. – Nursing Office	416-533-3492		



Looking for meaningful way to spend your time??

Volunteer with us and bring smiles to our seniors!

Call Aline, the volunteer coordinator
@416-533-5198

Or

Email:

maynard.volunters@schlegelvillages.com

IN MEMORIAM

The Board of Directors, Management and Team Members were saddened by the passing of

Analyn Peradilla

July 8, 1967—August 1, 2023



We are devastated by the news of the passing of our dear team member Analyn Peradilla and mourn deeply her loss. She was a beloved member of the Maynard Team and will be greatly missed. We also think of her sister Aurora and those at the Village she was especially close to, and send you our deepest condolences. We also think of her son, and her extended family back home and the tremendous loss they have also suffered.



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families.

Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council.

For any interest or information in joining please e-mail

samuel.leite@schlegelvillages.com

The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.

Visit <https://schlegelvillages.qolpro.com/surveys/family> or use the QR Code to complete your survey

