

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

November 2023

Contact Us:

The Village of Aspen Lake
9855 McHugh Street,
Windsor, ON N8P 0A6
(519) 946-2055

Inside this issue:

Notes from the General Manager's	2
Volunteer View	3
Credo Awards	4
Chapel News & Events	6
Program for Active Living	8
Dates to Remember	9
Connection Corner	11
SV Connections	13
Research Matters	15
November Birthdays	16
Village Directory	17
A Thousand Words	18



The Residents on Belle River had some fun last month celebrating Oktoberfest! They enjoyed taking these fun photos ... and the beer, of course!





Notes from the General Manager's Desk

There is lots of news to share regarding our Village Team this month!

First, we are happy to welcome our new General Manager, Melody Jackson to Aspen Lake. Melody has started her orientation has been busy learning about the Village and the people who live, work and visit here! Please feel free to come by the office to say hello!

Last month, we also said farewell and good luck to our Nurse Practitioner, Vlad. Vlad has taken a position at the hospital and we wish him all the best. We will have an announcement about the Nurse Practitioner role soon.

We are also pleased to welcome a new Horticulturist to the Recreation Team. Dina has begun to work in the Greenhouse and is meeting Residents and fellow gardeners on the neighbourhoods as well! Please stop and say hello if you see her working in the Greenhouse!

Joining the Volunteer Team, we have Sue in the role of Student Services Coordinator. Sue will be sharing space in the Community Centre and will be supporting the post-secondary students in completing their placements. We are so happy to have her!

Every year, the Village proposes different areas for capital spending. Capital Projects that the Village completed this year included: wallpaper replacement on several neighbourhoods, improving the HVAC system for Main Street and new Chapel Chairs (which we are anxiously waiting for)!

The Village is starting to look at 2024 projects and will tour Aspen Lake with our Support Office Team in early December. If you have any thoughts on capital projects, please let your Neighbourhood Coordinator know so we can explore all ideas.

Lastly, it has been my honour to support the Village as Interim General Manager for this short time. I will continue to assist during Melody's orientation period and we both thank you for your support. I am looking forward to turning my attention to all the Christmas events!

Warm Regards,

Jenny Brown

Director of Recreation/Interim General Manager

In the Spotlight



She's a Peach! This month the Volunteer Spotlight is on our amazing pet therapy team Sarah & Peach! Peach, a 3-year-old Boxer, is a St. John's Ambulance Therapy dog who has been visiting Residents and Team Members at Aspen Lake weekly since April. She loves to play ball and snuggle, and especially loves doing her pet therapy visits. Sarah said all the pets and scratchies help fill up Peach's snuggle meter! Working with dogs is Sarah's passion. She had several pets growing up, and said she knew when Peach was a pup that she had the right characteristics to be a great therapy dog, which we certainly agree she is! Sarah & Peach visit at two other long term care homes, the Windsor Police Station, Youth Hub Center in Windsor, and dorms at St. Clair College. Sarah is a hairstylist/esthetician (evident by Peach's flower she wears, and matching painted nails). She said she works hard so her dog can have a better life, and that seeing her dog happy is therapy for her. When they pull into the Aspen Lake parking lot, Sarah said Peach gets as excited as when they go to the dog park. We know how she feels! We are overjoyed when this amazing pet therapy team walks through the front door, and want them both to know how grateful we are for your therapy visits!

Credo Awards



Credo Success Award winners,



Our Team Appreciation Event was held in September on a beautiful fall evening! Held outside under a tent, those attending enjoyed the food prepared by local food trucks, games on the lawn and entertainment by Crystal & Ryan. As it was held at the Village, some Residents also enjoyed watching the festivities from the front patio.

During the event, the Credo Success Awards were distributed to recognize Team Members for living up to the Customer Service values outlined in the Connect the Dots program. The program trains all Team Members in the key values which include: Know Me, Follow Through, Be Present, Earn Trust and Walk in My Shoes.

Congratulations to those that received awards and to those deserving Team Members who were also nominated!



Credo Awards



KNOW ME

CONGRATULATIONS!

Mercy Gadzella



EARN TRUST

CONGRATULATIONS!

Sara Cowan



WALK IN MY SHOES

CONGRATULATIONS!

Katrina Plummer



BE PRESENT

CONGRATULATIONS!

Samantha Parent



FOLLOW THROUGH

CONGRATULATIONS!

Donna Elvidge

FOOD *for the Soul*

When to Die?

A family found themselves in a serious accident. Evan, the younger of two brothers involved, had serious injuries and needed a blood transfusion. Evan's big brother Ethan, who was eight, had the same blood type. Their Dad sat down with Ethan and carefully explained to him why a blood transfusion was needed. After some silence, Ethan responded by saying, "Yes, Daddy, I will give my blood so Evan can get well." At the hospital, blood was drawn from Ethan's veins. After the needle was removed Ethan turned to his Father with tears rolling down his cheeks and asked, "Daddy, when do I die?"

The father suddenly realized with a shock that Ethan had misunderstood his explanation of giving blood. Ethan thought he was giving all of his blood to save the life of his brother. He thought that he would die after the transfusion was over and agreed to help his little brother anyway.

Ethan was willing to die to save a life. We thank all those that have died for their brother, and those willing to die for their brother.

As we approach Veteran's Week, Remembrance Day—may we all this season remember those that have willingly fought for freedom, and many willingly died, many that lived and live with PTSD. We thank those that have died and fought for freedom.

I thank God daily for His provision and providence over us in the Freedom He has afforded us.

Pleasure serving with you,

Bruce Jackson,
Chaplain
(519) 946-2062 x8043
bruce.jackson@schlegelvillages.com

Chapel News & EVENTS

UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

FRIDAYS

10:00am - **Sandwich Towne**

Neighbourhood

11:00am - **Tecumseh** Neighbourhood

Roman Catholic Mass
Tuesday, November 28th at 2pm
in the Chapel

In Memory



We remember...

Peggy B.

Barbara C.

Scott J.

Arnolda M.

Peter R.

Celebration of Life Services to honour these individuals is planned for Dec 5th at 2pm.

Remembrance Day



Please join us for our
Remembrance Day Service
NOVEMBER 10th at
10:00am in the Chapel

*(Poppies are available in
the Front Office.)*



PAL Team Putting the “Fall” in Falls Prevention

During the first week of October, we celebrated Active Aging Week which was filled with multiple events for all the Residents in our village to enjoy. From the 2nd to the 6th of October, we organized a range of enjoyable activities, including basketball, a Turkey Trot, apple tossing, and outdoor walks. Scores were recorded, and at the end of the week, the winners received certificates for their achievements. These activities were designed to encourage all our Residents to maintain good physical and mental health. Participation in these activities promotes an active lifestyle, contributing to their happiness, longevity, and improved strength and balance (Mayo Clinic Staff, 22).

Next, the PAL team looks to celebrate Falls Prevention month all November long. Fall prevention is a critical consideration as one ages. Bodily changes and medical conditions make falls more likely as our Residents grow older (Mayo Clinic Staff, 2022). Preventing falls is a crucial step for both Residents and caregivers in reducing the risk of injury. Several strategies can help protect our Residents from serious falls. Providing the appropriate environment and necessary assistive devices, such as handrails, raised toilet seats, fall mats, hip protectors, and non-slip socks (grip socks), is essential (Mayo Clinic Staff, 2022). Another suggestion for fall prevention is to engage in physical activities, such as exercise and regular walks. Residents can also consult with our Exercise Therapist and Kinesiologist to create a personalized exercise program focused on improving their balance and flexibility. These recommendations for fall prevention can reduce the risk of Residents falling and motivate them to maintain a healthy, active lifestyle. The PAL team will be hosting several activities for Residents and team members all throughout November, so check with the PAL team to find out what’s going on!

The PAL team wishes you all a wonderful autumn season, and as the saying goes, 'Leaves are supposed to fall, people aren't.'

Bharthi Krishnan,
PAL Student

Dates to Remember



GRATO GIFTS

Main Street Sale

Nov 22nd
10am - 2pm

Beautiful handbags,
clothing items and more!

FAMILY COUNCIL MEETING

Monday, November 13th

6:30-8pm

In Council Chambers

All are welcome!

Family Council is holding a raffle
for a Christmas centerpiece.

Tickets are \$2 each/ 3 for \$5

Draw will be held at the Christmas
Bazaar on Sat., Dec 2nd



NOVEMBER 2nd - Brent Meiedinger

performs for Tecumseh at 1:30pm
& Lasalle at 2:30pm

NOVEMBER 8th - Belle River Band

performs for Belle River at 2pm

NOVEMBER 15th - Crystal St Denis

performs for Walkerville at 1:30pm
& Riverside at 2:30pm

NOVEMBER 21st - Richard Sennema

performs for Lasalle at 1:30pm
& Belle River at 2:45pm

NOVEMBER 23rd - Richard Senema

performs for Tecumseh at 1:30pm
& Sandwich Towne at 2:45pm



Saturday
December 2

10 a.m. – 3 p.m. | Main Street

We invite all our neighbours in the community
to join us for shopping and social time!

Vendors • Bake sale • Raffle table • Hotdog and chili lunch



9855 McHugh Street, Windsor

FOOD COMMITTEE

Nov. 16th at 2pm

RESIDENT COUNCIL

Nov. 29th at 2pm

Meetings in the Chapel

Join us on Social Media!



"Like" us on FACEBOOK

The Village of Aspen Lake



"Follow" us on TWITTER

@aspen_lake



"Follow" us on INSTAGRAM

aspen_lake

CONNECTION *corner*

Read the latest Village Voice article on our web-site:
schlegelvillages.com

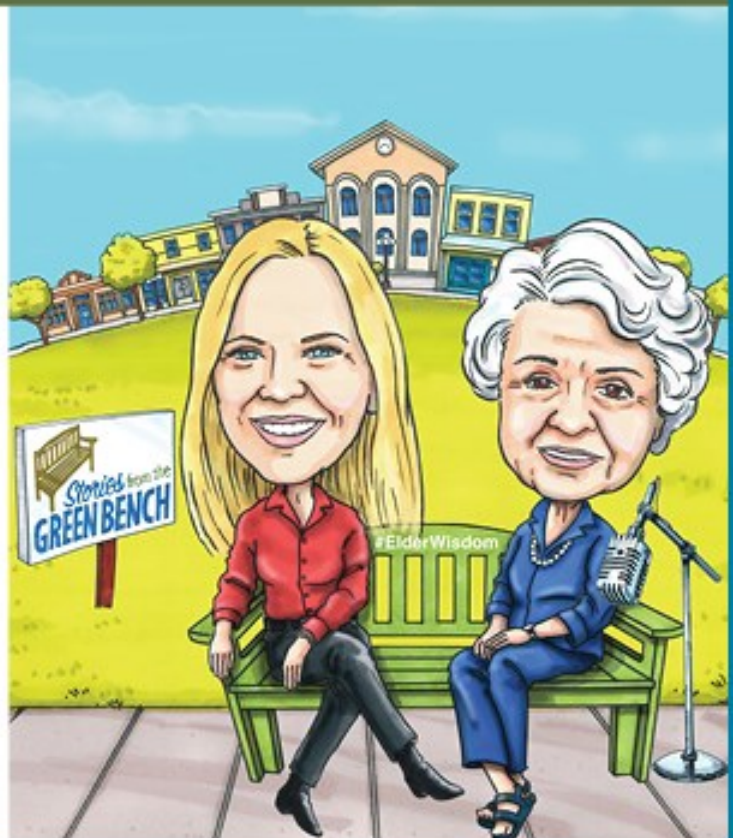
"Good News" stories about Long-Term Care at Schlegel Villages



Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca



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 Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operation Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Schlegel Villages – **CONNECTIONS**

November 11

Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.



In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on research participation opportunities, events and helpful resources.



November Birthdays



Happy Birthday!

TO OUR RESIDENTS!

BELLE RIVER

November 11th - Annette C.
November 27th - Roberta A.

RIVERSIDE

November 5th - Sylvia G.
November 12th - Loan T.
November 27th - Sylvia P.

WALKERVILLE

No birthdays this month!

TECUMSEH

November 12th - Helen L.
November 14th - Huguette O.
November 24th - Doreen S.

LASALLE

November 11th - Rosie P.
November 26th - Doreen M.
November 28th - Joan N.
November 30th - Flo T.

SANDWICH TOWNE

November 22nd - Madelyn S.



Happy Birthday!

TO OUR TEAM MEMBERS

BELLE RIVER TEAM

November 2nd - Madison O.
November 9th - Jessica A.
November 10th - Arati D.
November 16th - Ranbir K.
November 19th - Kathryn D.

RIVERSIDE TEAM

November 5th - Haley D.
November 6th - Stephanie P.
November 24th - Jodi D.
November 26th - Priuamol P.

WALKERVILLE TEAM

November 9th - Jeanette S.
November 14th - Shaylin B.
November 24th - Zeina A.

TECUMSEH TEAM

November 2nd - Jessica M.
November 3rd - Mercy G.
November 19th - Cathy N.

LASALLE TEAM

November 8th - Leigh-Ann F.
November 9th - Skyler C.
November 25th - Alexandra E.
November 25th - Brunilda L.

SANDWICH TOWNE TEAM

November 17th - Elesha G.
November 27th - Ana Rocas F.

Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



Melody Jackson <i>General Manager</i>	8003	Belle River Neighbourhood	8013
Aurelia Prstoleanu, RN <i>Director of Nursing Care</i>	8005	Riverside Neighbourhood	8033
Katie Zucco, RN , RPN Nada Horvat, RN <i>Assistant Directors of Nursing Care</i>	8037	Walkerville Neighbourhood	8035
		Tecumseh Neighbourhood	8025
Jillian Studman <i>Director of Food Services</i> Dafina Prvulovik <i>Assistant Director of Food Services</i>	8004	Lasalle Neighbourhood	8027
		Sandwich Towne Neighbourhood	8029
Ken Parish <i>Director of Environmental Services</i>	8006	Brenden St. Aubin <i>Neighbourhood Coordinator</i> <i>Supporting Belle River & Riverside</i>	8012
Jenny Brown <i>Director of Recreation Services</i>	8007	Barbara Masse <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh & Lasalle</i>	8020
Bruce Jackson <i>Chaplain/Counselor</i>	8043	Shannon Murr <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville & Sandwich</i>	8024
Debbie Durocher <i>Volunteer Services Coordinator</i>	8016	Alex Hrynyk <i>RAI-QI Nurse (North Tower)</i>	8023
Sue MacTaggart <i>Student Service Coordinator</i>		Amanda Bondy <i>RAI-QI Nurse (South Tower)</i>	8019
Kristen Beaudoin <i>Director of Quality & Innovation</i>	8051	Ryanne Stieler <i>Director of Program for Active Living</i>	8008
Jackie Garant <i>Administrative Coordinator</i>	8002	Caitlyn Douglas <i>PAL Coordinator</i>	
Lauren Markovic <i>Resident Support Services</i>	8050	Hair Salon	

A Thousand Words...

Because a Picture is worth a Thousand Words!

Happy Halloween! The Residents from Tecumseh neighbourhood enjoyed showing off their superhero costumes along Main Street! There were lots of laughs!

There was lots of fun to be had in the neighbourhoods, too! Each celebrated in their own way with games, socials & crafts!

