



ISSUE: 10  
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2023

# The Senior Star

...News from Maynard Nursing Home

## Schlegel Villages – CONNECTIONS

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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.



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

# Nearly Four Decades of Dedication at Maynard Nursing Home

Lou Orias carries himself with the calmest measure of positivity one could ask for in a caregiver, and it has carried him through nearly four decades of work at Maynard Nursing Home.

Lou arrived in the Toronto area in 1980 as an 18-year-old alongside his younger sister and parents. They'd come from a poor mountainside community nine hours outside of the largest city in The Philippines, Manilla, and with the support of an older sister who was already in the Toronto area and her employer, the family was sponsored to build a new life beyond the grip of poverty they faced at home.

Lou studied to be a health care aide at Centennial College through night courses while working as a housekeeper at a small nursing home. Hard work was never something to shy away from, Lou says. "I always need to move, move, move," he says, and the first opportunity he had upon graduation for a full-time job was working nights on Maynard's second floor, where he stayed for 23 years. In 2004, he switched to days and has been a fixture in the Bellwoods neighbourhood ever since.

Working with older adults was always something Lou imagined for a career. "Just like a teacher, they want to work with and teach kids, I love to work with the elderly," Lou says. "The way we treat my father and my mom, I want to apply that to the residents who live here. I love them."

Lou and his sisters and mother supported his father as his health began to decline and Lou still lives with and supports his mother, who at 102 is still living a full life. His grandmother lived to 117, Lou mentions with a smile and wide eyes, so his mother still has plenty of time ahead.

Lou says there have been many changes over four decades of working at Maynard, most notably in how the complexity of care among the residents has increased significantly. The importance of strong relationships and patience, however, remains as important as ever, and Lou is proud to have had the opportunity to mentor many new team members over the years. It is important, noble work that requires a special type of person with a compassionate heart, and Lou hopes more people will consider a role as a future caregiver.

"I really love working here," Lou says, noting that at 62, "I still have lots of energy for work."

It's energy that is fuelled by the connections of an extended family at Maynard, and the small home is happy to have the gift of his presence.

Posted by: Kristian Partington



## MAYNARD'S RESIDENT/FAMILY



## BREAKFAST *with* SANTA

Join Santa our special guest from the North Pole, for this once a year, breakfast with your family.

**When: Saturday, December 16th  
at 9am-12 pm (In the Activity Room)**

**Tickets Cost \$10.00**

**(Residents & Children under 5 Years old are FREE)**

Tickets can be purchased starting November 1st, 2023  
Due to space we are limiting 3 tickets per Resident, extra seating available will be accommodated closer to date. Please purchase at your earliest convenience to guarantee seating.

Please visit the Activity Department or call  
416-533-5198 Ext #238 for tickets

**NO TICKETS WILL BE SOLD ON THE DAY OF THE EVENT. THE LAST DAY TO PURCHASE TICKETS WILL BE THURSDAY, NOVEMBER 30th.**

Beat the  
**COLD & FLU**  
season



Fall is upon us which means it is that time of year again: respiratory illness season. This includes, Covid, Flu, Cold and RSV. Please note that under the direction of Public Health, Flu and Covid vaccines will soon be available for your loved ones. RSV vaccine for individuals 60+ will also be available later this year.

We kindly ask that you are familiar with the following steps to prevent the spread of germs while visiting:

- Monitor for symptoms prior to visiting. If feeling unwell, do not visit.
- Wash your hands often using an alcohol-based hand rub or soap and water.
- Cough or sneeze into your elbow or use a tissue. Throw the tissue in the garbage and wash your hands.
- Medical masks are not mandatory at this time, but continue to be recommended.

Additional information will be shared as the season progresses.

If you have any questions, please do not hesitate to reach out to IPAC Lead, Jessica, at extension 241, or email: [jessicaelizabeth.richert@schelgelvillages.com](mailto:jessicaelizabeth.richert@schelgelvillages.com)



- \* Lucinda Da Costa -November 4th
- \* Maria Terceira -November 18th
- \* Emma Luque -November 27th

**Happy Birthday from everyone at Maynard!**

Nossa Senhora da Apresentação

21 de novembro



Perguntei a uma velhinha  
Se já tinha amado alguém  
A velhinha respondeu  
Amei como uma rainha  
E sofri como ninguém  
Ninguém amou como eu

Depois sentei-me com ela  
Nos degraus de uma capela  
E ela prosseguiu então:  
"Se amares alguém, tem  
cuidado  
Que amar pode ser pecado  
Ou talvez redenção."

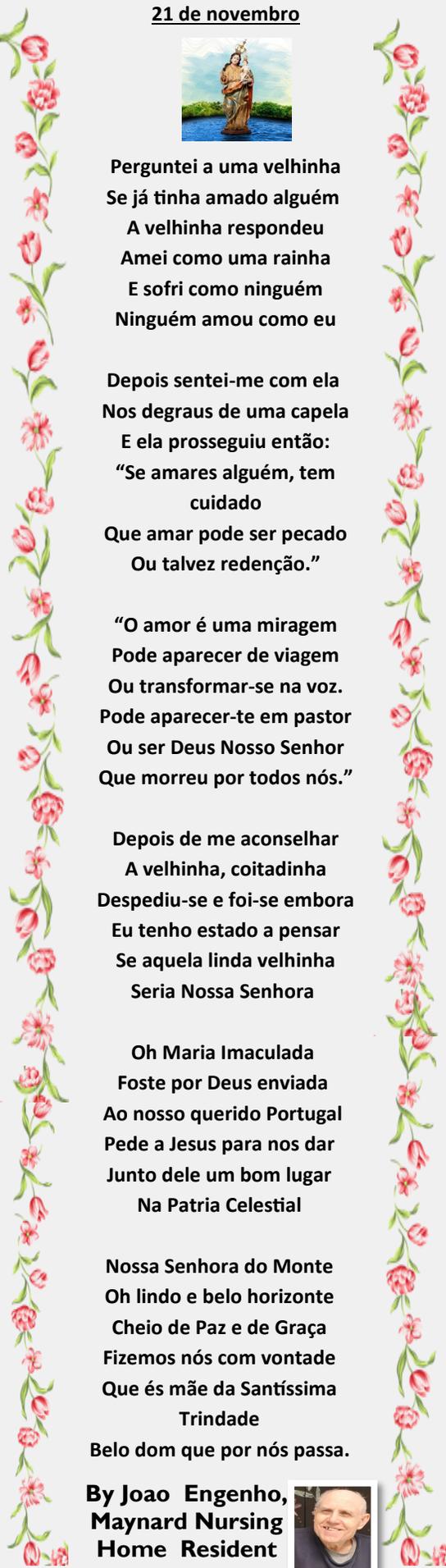
"O amor é uma miragem  
Pode aparecer de viagem  
Ou transformar-se na voz.  
Pode aparecer-te em pastor  
Ou ser Deus Nosso Senhor  
Que morreu por todos nós."

Depois de me aconselhar  
A velhinha, coitadinha  
Despediu-se e foi-se embora  
Eu tenho estado a pensar  
Se aquela linda velhinha  
Seria Nossa Senhora

Oh Maria Imaculada  
Foste por Deus enviada  
Ao nosso querido Portugal  
Pede a Jesus para nos dar  
Junto dele um bom lugar  
Na Patria Celestial

Nossa Senhora do Monte  
Oh lindo e belo horizonte  
Cheio de Paz e de Graça  
Fizemos nós com vontade  
Que és mãe da Santíssima  
Trindade  
Belo dom que por nós passa.

**By Joao Engenho,  
Maynard Nursing  
Home Resident**



2023 OPERATIONAL PLANNING

Schlegel Villages – CONNECTIONS



GENIUS  
of the  
&

PEOPLE • CARE • QUALITY

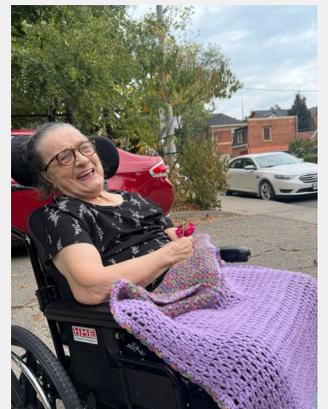


As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operation Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of 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](https://schlegelvillages.com/village-voice-stories) you'll find stories that connect to Operational Planning and much more.



# Album of the Month





<u>Position</u>	<u>Extension</u>	<u>Name</u>	<u>Office Location</u>
General Manager (GM)	231	Julie Music	Basement/Main Street, East
Director of Nursing Care (DNC)	232	Elise Howe	1 <sup>st</sup> floor, West
IPAC Lead/ADNC	241	Jessica Richert	2 <sup>nd</sup> floor, North
PERT/ ADNC	227, 404	Marlene Da Costa	1 <sup>st</sup> floor, South
Neighborhood Coor. (NC)	242, 405	Sandra Correia	2 <sup>nd</sup> 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 <sup>st</sup> Floor Nursing Station	226		
1 <sup>st</sup> Floor Nursing Office			
2 <sup>nd</sup> Floor Nursing Station	228		
2 <sup>nd</sup> Floor Nursing Office	235		
Kitchen	223		Basement/Main Street, East
Bellwoods (1 <sup>st</sup> floor) Cellphone	437-213-9616		
Trinity (2 <sup>nd</sup> floor) Cellphone	437-214-1977		
Fax No. Admin. Office	416-533-3531		
Fax No. – Nursing Office	416-533-3492		

## 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](http://www.the-ria.ca/enews) to stay up-to-date on research participation opportunities, events and helpful resources.



## CULTURE DIVERSITY

On October 11th Residents of Maynard celebrated the Polish culture. Residents enjoyed eating Pierogis, while listening to polish music and learned the history. Every month we will be celebrating and exploring all the different types of diversity's at Maynard. The beauty of the world lies in the diversity of its people.





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



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

## IN MEMORIAM

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

**David Chong**  
Nov 11, 1934 - Oct 3, 2023

AND

**Maria Loura**  
Jan 16, 1933 - Oct 7, 2023



## 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

