



# HAMILTON CONTINUING CARE CHRONICLES

125 Wentworth Street South, Hamilton, ON. L8N 2Z1  
(905) 527-1482



January 2024 Issue

# Hello January

**J**ourney of a thousand miles  
**A**lways starts somewhere.  
**N**othing will be achieved  
**U**nless you take  
**A**ction. Momentum plus  
**R**epeated efforts will take  
**Y**ou further than expected



If you are brave enough to say  
goodbye, life will reward you  
with a new hello

Paul Coelho



# 2024

Happy  
New  
Year





# Alzheimer's Awareness Month



Supporting the well being of residents living with dementia throughout our Villages.



Learn more at  
[alzheimer.ca](http://alzheimer.ca)

  
**SCHLEGEL VILLAGES**  
[schlegelvillages.com](http://schlegelvillages.com)



*Happy*  
**BIRTHDAY**

**Alganesh**

**January 01**

**Jamie**

**January 03**

**Jane**

**January 05**

**Georgia**

**January 06**

**Aline**

**January 06**

**Russ**

**January 19**

**Zoly**

**January 20**

**Helen**

**January 26**



# Spiritual Corner

## **Spiritual Calendar for December**

### **Legion of Mary**

January 02 @ 2:00

January 16 @ 2:00

### **Bible Study with Connie**

January 09 @ 10:30

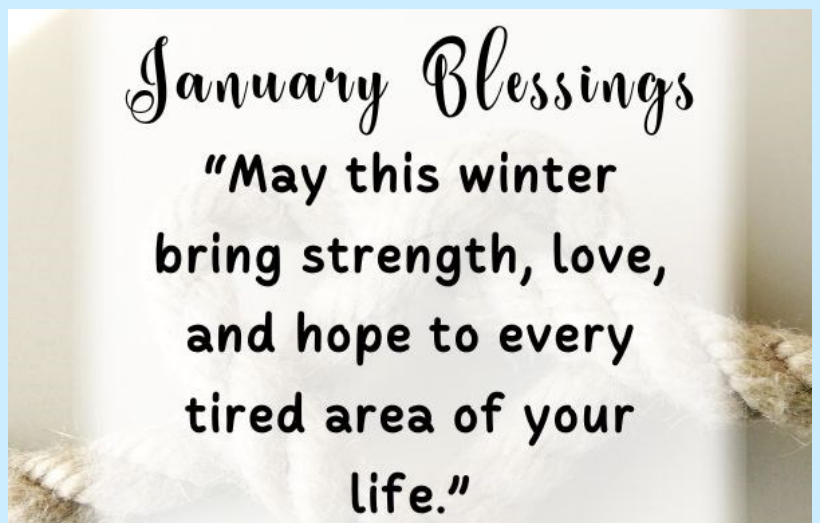
January 23 @ 10:30

### **Sunday Church Service**

January 14 @ 1:30

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

Thank-you!





Dear Residents,

As part of our initiative to live healthier lives, **The Smile Room** will be visiting our building, on a regular basis to provide dental cleanings and checkups onsite.

**The Smile Room's** mobile clinic will be set up for the day in the building. **The Smile Room** follows strict infection control protocols. Each client gets a sterile pack opened for them, and all team members wear proper PPE while on the premises. Registered Dental professionals provide all services.

### **How do you book?**

Click this [link](http://www.thesmileroom.ca/eldercarelocations) to [www.thesmileroom.ca/eldercarelocations](http://www.thesmileroom.ca/eldercarelocations). You can follow the instructions below or if you prefer, give us a call at 1-888-274-9569.

### **Online booking instructions:**

1. Choose the service(s) you wish to book
2. Pick your location (will be listed as 'provider')
3. Pick the time that works best for you - Scroll through to find the next available date
4. Fill out your information
5. Come over to the pop-up clinic at the time of your appointment...voila!
6. Enjoy your bright, healthy smile :)

Have questions about how The Smile Room works? Want to see what's going on inside your mouth? Just email us at [info@thesmileroom.ca](mailto:info@thesmileroom.ca) or give us a call at 1-888-274-9569

Check out availability and book your appointment today. Spots are limited.

1.888.274.9569

[WWW.THESMILEROOM.CA](http://WWW.THESMILEROOM.CA)

# RESEARCH MATTERS

RIA FEATURE

Alzheimer's Awareness Month

## Common views and facts about dementia

This is a resource developed together with care partners of people living with dementia.

**View 1: Dementia is a normal part of aging.**

**Fact 1: Dementia is not a normal part of aging.**

The risk of developing dementia increases as you age, however many people do not develop dementia. It is a good idea to speak to your doctor if you are concerned about any changes with your memory, thinking or functioning to rule out other causes for the changes you are experiencing.

**View 2: People with dementia are victims who are suffering and are incapable.**

**Fact 2: Many people with dementia are capable, content, and happy.**

People living with dementia are often shown on television as powerless, incapable and dependent. But while people may experience sadness, uncertainty, and fear after being diagnosed, many adjust to the diagnosis and live fulfilling lives.

Care partners and others can help by acknowledging their feelings, reminding them of their abilities and value, and treating them with dignity and respect.

**View 7: There is nothing that can be done for people living with dementia.**

**Fact 7: There are many treatments and strategies that can help to slow progression and manage symptoms.**



While there is not a cure for dementia, there are treatments and strategies that can improve quality of life. There are medications that may help slow the progress of dementia, memory strategies, healthy lifestyle choices, and music, speech, and occupational therapies that can support well-being.

**View 4: People living with dementia cannot learn new things.**

**Fact 4: People living with dementia can continue to learn!**

Some types of dementia may impact a person's short-term memory. They may not remember things that happened recently, and it can also take more time to learn new things. However, it is possible. For example, a person living in a care setting may remember their seat in the dining room, develop familiarity with a particular staff member, or learn the rules to a new activity.

Some strategies that may assist with learning something new are: taking your time, using a pencil and paper to take notes, and asking for help when needed. Care partners can provide support by repeating information as often as needed, providing encouragement, and assisting the person living with dementia when required.

To find more resources about dementia, visit [www.forwardwithdementia.ca](http://www.forwardwithdementia.ca)

# The General News!

Happy New year to all of our HCC residents, family and friends.

2023 has been a year of change and recovery from the Pandemic. As I look ahead to 2024, I am filled with hope for a year full of wonderful opportunities for Hamilton Continuing Care. We have a strong and stable leadership team who are excited and ready to lead us into a new year!

This year, HCC has been fortunate to have received some year end funding from the Ministry of Health and Long-Term Care. We have ordered, and are in the process of receiving some much-needed new nursing and recreation equipment and supplies, such as; state of the art shower and commode chairs, an upright walker, dining room stools, blanket and towel warmers, therapeutic mattresses, new credenza's for recreation supplies and a permanent Gazebo for our backyard to name just a few things!

However, what gives me the greatest pleasure, is to tell you that we will be moving things around the home in order to get our community room set up and back to residents! Once we have moved some of our leadership team back upstairs, the resident community space will once again be open and free for everyone to use. The room will include a TV lounge and an exercise area for classes with Jonathan and the physio team, complete with brand new a NuStep exercise machine!

We are so happy to be getting back to our "new normal!" and I can't wait to see the changes this will bring in supporting our residents' daily lives.

2024 also brings fully funded education and training sessions for our team members some running from January through to the end of March which will be fully paid opportunities: Understanding of dementia and personal expressions, personal wellness, and guiding principals for providing optimal holistic care for our residents....stay tuned for more details.

Wishing you all the very best blessing for the new year ahead,

Julie

**Julie Maidment**  
**General Manager**



# Recreation Station

Hello everyone and Happy New Year!  
I am so excited for this year, we have so much in store!  
Here is what we have in store for this month! Starting this year we have implemented a travelling Tuck Shop which will be available on Tuesdays and will include goodies like pop, chips, and chocolate for residents to purchase!

## Village Special Events

### **Pajama Day!**

January 1 - All Day!  
Time to be Cozy!

### **Alzheimer's Awareness Bake Sale!**

January 19 @ 1:30  
The Community Room  
Come out to Support the Alzheimer's Society!

## Village Outings

\*Please note that outings are subject to change based on availability of transportation, and weather, Neighbourhoods will be notified of any changes.\*

### **The Mandarin**

January 11 @ 11:30

### **Giant Tiger**

January 24 @ 2:00

Alexandra Amey  
Director of Recreation

# Program for Active Living

As we start a new year, I wanted to thank each and everyone of you for moving and keeping active. Each time you came to exercise class it warmed my heart and I enjoyed creating a fun, healthy active environment for you. Movement is very important its not only for looking good but helps you feel good and be more independent in your living. I challenge each of you to look into joining a class next year. As next year I am looking to have more classes and specialized classes (boxercise, stretch and flow).

One new addition to our therapy program will be the use of Paraffin Wax as a non-pharmacological approach to pain. Residents who have either Arthritis, contracture and lost of mobility in their hands can benefit from this. If you have any questions regarding how it works are wanting to try it out, you can reach out to me.

## Therapeutic Benefits of Paraffin Wax

- ⇒ **Osteoarthritis**
- ⇒ **Rheumatoid Arthritis**
- ⇒ **Fibromyalgia**
- ⇒ **Joint Mobility Issues**



1. Apply the wax



2. put on our plastic liners over that



3. put on gloves and socks



4. remove the wax

**Jonathan Manning**  
PAL Coordinator



# Hamilton Continuing Care: The Heart of Hamilton



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](http://www.schlegelvillages.com/volunteer)

or contact

Alexandra Amey  
(Director of Recreation)  
[alexandra.amey@schlegelvillages.com](mailto:alexandra.amey@schlegelvillages.com)

We  our  
**volunteers**

## **Follow Us on Social Media!**






@HCC\_LTC




[facebook.com/HamiltonContinuingCare](https://facebook.com/HamiltonContinuingCare)

## **January Fun!**

Zodiac Signs: Capricorn  & Aquarius 

January Flower: Carnation 

January Birthstone: Garnet 

- ⇒ January is named after Janus, the Roman god of gates and doorways.
- ⇒ Henry Ford introduced his first assembly line for automobile manufacturing in January 1914.
- ⇒ The heaviest snowfall in the world was recorded in Japan on January 12, 1999, when 647.7 inches of snow fell in one hour.

Q. If January threw a parade, would February March?

A. No, but April May.



# Village Team Directory



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

