



FEBRUARY  
2024  
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# The Senior Star

....News From Maynard Nursing Home

## The Meaning Of Love

To love is to help and encourage  
with smiles and sincere words of praise,  
to take time to share,  
to listen and care  
in tender, affectionate ways.

To love is to have someone special,  
one on whom you can always depend  
to be there through the years,  
sharing laughter and tears,  
as a partner, a lover, a friend.

To love is to make special memories  
of moments you love to recall,  
of all the good things  
that sharing life brings.

Love is the greatest of all. By Krina Shah



**MAYNARD**  
*Nursing Home*

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

# Maynard Family Council Meeting

Please join us for The Village of Maynard Family Council Meeting

**When:** Wednesday, February 21, 2024 / **Time:** 7:00 pm to 8:00 pm.

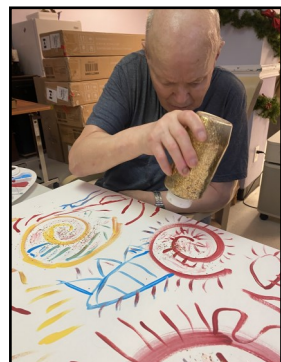
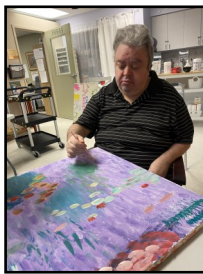
**The meeting will take place in two ways:**

- 1- In-Person at 28 Halton Street, in the Activity Room located in the basement.
- 2- Virtually, through TEAMS.

To get the link for this meeting, please contact Samuel Leite at [Samuel.Leite@schlegelvillages.com](mailto:Samuel.Leite@schlegelvillages.com) or 416-533-5198 ext.406. Your participation is so important.

## CREATIVE EXPRESSIONS

Creative expressions provides an opportunity for our residents to overcome limitations through creative and imaginative thinking and learning about an artist. In January, the Recreation team started to host group workshops and one-on-one classes to allow all residents to participate in the workshop. Through music, colors, manual movements, each resident contributed to the realization of beautiful paintings that will be exhibited in the dinning room/common area.





Schlegel Villages – **CONNECTIONS**

# NATIONAL Heart Month

♥ FEBRUARY ♥

The heart is the image of Valentine's Day, and during the month of February Canadians shine a spotlight on the importance of a healthy lifestyle to promote good heart health.

We're proud that we have the Michael T. Sharratt Program for Active Living (PAL) in our Villages as a core signature program, and encourage all residents to take advantage of the experience we have in our PAL teams to help everyone stay active and healthy.



**Happy birthday Sending you smiles  
for every moment of your special  
day from all your neighbours at  
Maynard**



**TO THE FOLLOWING RESIDENT:  
Jamal Deebaj - Feb 25 th**



## POETRY CORNER



### Festa da Senhora das estrelas

2 de Fevereiro

Nossa Senhora faz meia  
Com linha da côr da Luz  
O novelo é a lua cheia  
E as meias são para Jesus.

Quando a noite é escura e bela  
Diz- se lá na minha aldeia  
Numa tão linda janela  
Nossa Senhora faz meia.

Jesus pequenino e louro  
De uma beleza sem fim  
Seus cabelos são fios de ouro  
Não há outro igual assim.

Dormem as coisas mais santas  
Só a santa Mãe traduz  
Faz serão até às tantas  
E as meias são para Jesus.

Nossa Senhora do monte  
Ó lindo e belo horizonte  
Cheio de paz e de graça  
Dizemos nós com vontade  
Que és Mae da Santíssima Trindade  
Rico dom que por nós passa.

# RESEARCH MATTERS

RIA FEATURE

## 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.**

Alzheimer's Awareness Month



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)



# RESEARCH MATTERS

RIA FEATURE

February 2024

## Living safely with new in-home health monitoring technology

Imagine a future where your home could monitor your health and daily activities without cameras or needing to wear a device. There was a time this idea only existed in science fiction, but researchers at the University of Waterloo and the RIA have developed a new system that can do just that.

The team of researchers, led by George Shaker, PhD, adjunct associate professor, University of Waterloo created a state-of-the-art facility at the RIA that allows researchers to test technology solutions designed to help older adults take control over their health and well-being.

The Monitoring, Intervention, and Response for Aging Demo Apartment (MIRADA) is a space where researchers can study and demonstrate advanced monitoring systems to help address the unique challenges faced by aging populations.

The research team recently showcased an in-home monitoring system that uses radar sensors and artificial intelligence to detect a person's location and movements within a home without the use of cameras or other devices. The sensor emits low-power radio waves – less than those emitted by a WiFi internet system – that reflect off a person's body. This data can identify specific activities like walking, sleeping, eating, and even falling.

According to Shaker, this technology has exciting potential for health care. "Continuously monitoring



health and activities at home could mean declining health is noticed earlier," he explained.

Quick fall detection in any living space can save lives. The technology can also monitor bathroom visit frequency and duration, which provides insight into hydration and medical conditions, such as urinary tract infections.

Beyond falls and bathroom monitoring, walking information can be monitored. Walking changes often occur before health decline, and with this system, walking is measured daily rather than once in a while during clinic visits. Doctors can use the system to track small changes, triggering a closer look when needed.

This system offers an exciting glimpse into how wireless sensing and artificial intelligence could support healthier living. While further research is still required, the future looks bright for technologies that enhance care options without invading privacy.

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.

**RIA** RESEARCH  
INSTITUTE  
for AGING  
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*Enhancing Life*

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[www.the-ria.ca](http://www.the-ria.ca)

Charitable Registration # 841471212 RR0001



Position	Ext	Name	Office Location
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 Coord. (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/ Mildred	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		
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		

## 2024 CALENDAR

### FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

- 2 Groundhog Day
- 10 Chinese New Years
- 13 Shrove Tuesday
- 14 Ash Wednesday
- 14 Valentines Day
- 19 Family Day
- 28 Pink Shirt Day



# Schlegel Villages – CONNECTIONS

SCHLEGEL VILLAGES ACKNOWLEDGES

**BLACK**  
**HISTORY MONTH**

The roots of Black History Month are found in the remarkable legacies of two men whose contributions to black history are monumental. Frederick Douglass was born into slavery on a February day in 1817 or 1818 – there was no official record but he wrote that he marked his birthday as the 14th of February because his mother always called him her “little Valentine.” Douglass would become one of the most powerful abolitionist voices in history when he became a free man, and his speeches and writings offer an incredible first-person account of the struggles of history.

Abraham Lincoln, who was born on February 12, 1809, is immortalized in history in large part because the emancipation proclamation he signed in 1863 was a major catalyst for the official end to slavery in the United States.

Black communities in the United States began to celebrate the contributions of these two titans of history on their birthdays, and eventually Black History Month would be recognized in February in the United States and beyond.

Equality has been an elusive ideal, however, and within our Villages we have residents and team members who continue to represent the black community with distinction in all they do. We honour their histories this month, and commit to working together towards achieving the ideal of true equality for all.





Looking for meaningful way to  
spend your time?

Volunteer with us and bring smiles to our  
seniors!

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

Or

Email: [maynard.volunters@schlegelvillages.com](mailto: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 sup-  
port amongst staff, friends, and residents fam-  
ilies.

Maynard's Family council is seeking a presi-  
dent 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](mailto:samuel.leite@schlegelvillages.com)

**get social**  
tell your story. share our vision.



Like us on Facebook  
[facebook.com/schlegelvillages](https://facebook.com/schlegelvillages)



Follow & Tweet on Twitter  
@SchlegelVillage



Tag us on Instagram  
@SchlegelVillage

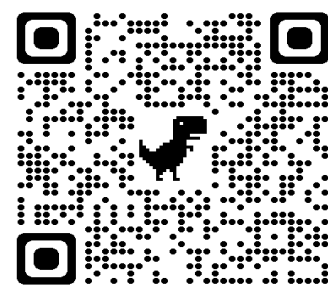
SCHLEGEL VILLAGES



### 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 vi-  
tal information and collaboration in shared decision-  
making to support person-centred care planning. They  
support residents with  
their physical and psy-  
chosocial 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.



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