



HAMILTON CONTINUING CARE CHRONICLES

The Village Newsletter

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
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HELLO
February



February 2024 Issue

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.

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

Edna M
Drago

February 10
February 27



Welcome

Myrna
&
Inge

Village Councils

Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

Resident Bill of Right #26

- ⇒ Every Resident who is dying or who is very ill has the right to have family present 24 hours per day.

Resident Bill of Right #27

- ⇒ Every Resident has the right to be informed in writing of any law, rule, or policy affecting services provided to the resident and of the procedures for initiating complaints.

Family Council

To our Village Families and Friends,
Please join us on **Tuesday February 20th at 6:30pm** for our Family Council Meeting. The Family Council Meeting will be both in person and over Zoom to accommodate those who are unable to make it to our Village.
We hope to see you there!

Purpose of a Family Council

- ⇒ to provide a forum for family input into the operations of the village.
 - ⇒ To provide families with a voice in decisions that affects them and their family members.
 - ⇒ To establish two-way communication between family members and the village team members.
 - ⇒ To provide a means of mutual support for family council members and families of new residents.
 - ⇒ To allow family members to be informed about the Long-Term Care system as a whole and to provide a forum for discussions about strategies for improvement.
 - ⇒ To promote and encourage activities directed at the provision of quality of care and quality of life for the residents.
 - ⇒ Membership including who may be a member and how long people can be a council member.
- www.fco.ngo

Spiritual Corner

Spiritual Calendar for December

Legion of Mary

February 06 @ 2:00

February 20 @ 2:00

Bible Study with Connie

February 13 @ 10:30

February 27 @ 10:30

Sunday Church Service

February 11 @ 1:30

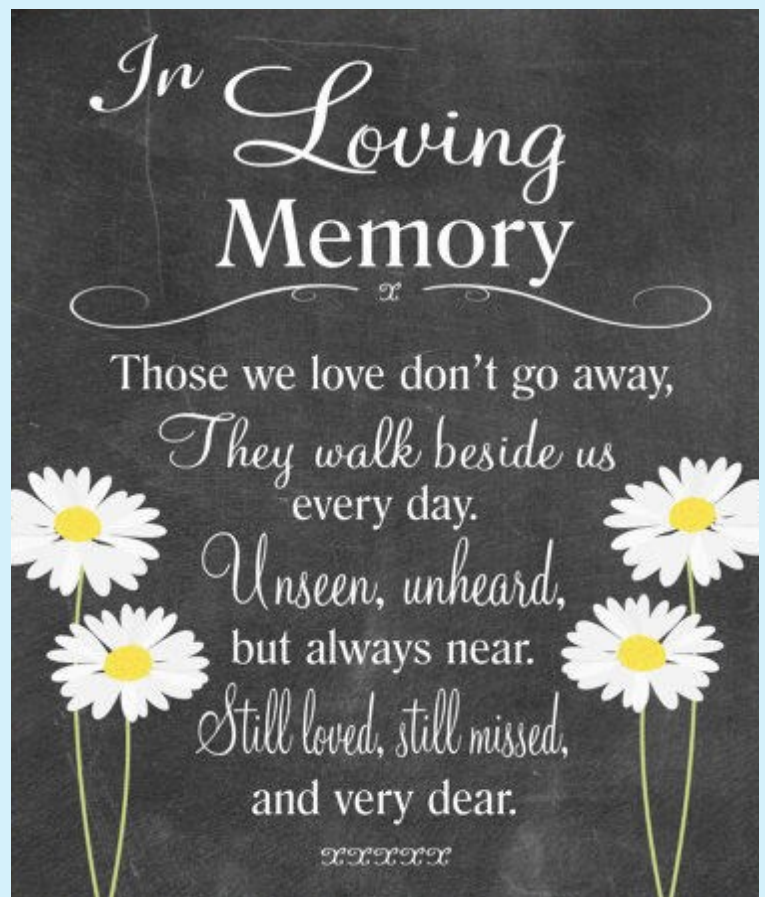
If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us:

**Helen
Douglas
Dorothy**



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 to stay up-to-date on the latest news, events, and helpful resources.

In the Neighbourhood...

Hello residents and team!

I personally would like to thank our housekeeping team for receiving multiple accolades and recognition for going above and beyond expectations. Please let's continue to share in the optimism amongst ourselves, as it is infectious and it will keep those nasty bugs out!

Welcome Heather B to the JHSC and Kely A to committing to running our code drills.

Knock on wood, we haven't displaced laundry for some time. If you see any articles of clothing that the label is worn, please let our team members know and we provide a new legible label.

We are always looking at ways to boosting our well being for both residents and team and as curators of exceptional experiences I feel I'm the fulcrum of change. So please don't hesitate to bring your ideas to life by having open dialogue with me or any of our leadership team.

Neighborhood Team meetings will start again in February for each neighborhood. This is pivotal time for us to establish strategies for change and share exceptional service moments. We welcome an interdisciplinary approach, all our welcome.

Heather

Heather Livingstone
Neighbourhood Coordinator



**CUTIE
PIE**

Recreation Station

Hello everyone and Happy Heart Month!
Here is what we have in store for February!

Village Special Events

Pancake Tuesday

Tuesday February 13

Residents will have the option for pancakes for lunch and the leadership team will be making pancakes for our team!

Lover's Lunch!

Wednesday February 14 @ 12:00

Special Valentine's Day Lunch for Residents

Sweetheart Soirée

Wednesday February 15 @ 2:00

First Floor Neighbourhood

Enjoy a performance by Grace Cowley and delicious specialty drinks and treats!

Pink Shirt Day

Stand up against bullying by wearing a pink t-shirt!

Village Outings

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

Flamboro Downs Casino

February 16 @ 2:00

Tracies Place Karaoke Bar

February 28 @ 5:00

Alexandra Amey
Director of Recreation



Hey! What's Cookin'?

Choice at Mealtimes:

When it comes to the meals we serve, we are always examining ways we can enhance the dining experience. We originally launched the Fall Winter menu in November, 2023 with one main entrée at lunch & dinner meals.

Since our new menu has launched resident feedback has been positive surrounding the increased amounts of fresh produce and overall mealtime experience however there was still requests for more variety and choice at meals.

In December 2023 we brought back two entrée choices at dinner and in February 2024 we plan to bring back two entrée choices at lunch as well. We will continue to offer fresh produce & buy local where possible. The team in the kitchen and dining room will continue to strive to offer residents quality meals and options to enhance the dining experience overall.

Upcoming Holiday Meals:

Feb 10- Chinese New Year
Feb 13- Pancake Tuesday
Feb 14- Valentines Day

Ontario Fruits & Vegetables in Season:

Fruits: Pears, Strawberries (greenhouse)

Vegetables: Carrots, Cucumber (greenhouse), Leeks, Onions, Parsnips, Potatoes, Squash, Tomatoes (greenhouse)

Amy Hasson
Interim Food Service Manager



BE
MINE



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

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!



@HCC_LTC




facebook.com/HamiltonContinuingCare

February Fun!

Zodiac Signs: Aquarius ♒ & Pisces ♓

February Flower: Violet 

February Birthstone: Amethyst 

- ⇒ Did you know that "February" is one of the most misspelled words in the English language?
- ⇒ In Welsh, February is sometimes known as "y mis bach," which means "little month."
- ⇒ February was named after a purification ritual which was like an early Roman spring cleaning festival.

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

A. No, but April May.

Village Team Directory

HAPPY
Valentine's day ♥



Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
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Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
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Recreation	Recreation Team		hcc.recreation@schlegelvillages.com
Randy Montour	Maintenance	237	randy.montour@schlegelvillages.com
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Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

