

The Village of

Sandalwood Park REVIEW

Vol. 22 Issue 04 April 2024

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Mission Statement

Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each resident

Mother's Day Lunch

Saturday, May 11th 2024
12:00pm - 2:00pm

\$25.00 per person
With live entertainment

Please sign up by May 6th with Recreation team



The Village of
SANDALWOOD PARK



Wishing you a
Happy Birthday!



Our Residents

Seedath R	April 1st
Mary Jane M	April 4th
Marion F	April 7th
Gerard G	April 14th
Joyce W	April 14th
Asif D	April 16th
Brenda A	April 22nd
Cathy S	April 27th

**Welcome
To
Richard L
Rosaria B**

IN MEMORIAM

*The Board of Directors, Management and Staff
were saddened by the passing of:*

Eulalee Ingram Rodolfo Rosca

Music Therapy

MARCH WAS MUSIC THERAPY AWARENESS MONTH

My name is Daiva Zemaitis and I am the Certified Music Therapist (MTA) who has the pleasure of bringing music therapy to the Village of Sandalwood Park. I am at the Village on Thursdays from 9am-5pm. During my day I facilitate a small group music therapy session on each neighbourhood, as well as 1:1 sessions.

You may or may not have heard about music therapy before. Here is the definition from the Canadian Association of Music Therapists:

Music therapy is a discipline in which credentialed professionals (MTA*) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

*Music Therapist Accredited

Music therapy is about getting residents involved in the music making process in order to achieve non-musical goals. I am not here to entertain, but rather, to help bring out each resident's musical side. Some examples of goals include:

- Improve communication skills
- Facilitate learning
- Assist with processing of complex emotional issues
- Improve self-esteem
- Promote independent mobility
- Provide alternative forums for self-expression

During music therapy sessions at the Village you can see residents singing, playing instruments, moving to music, and sharing their thoughts, feelings, or memories as they come up. Sessions are unique and catered to resident needs and preferences.

It is not uncommon for residents, or perhaps for yourself, to say, "But I'm not musical" or "I can't sing!". However, we each have a heartbeat, an internal drummer, so just by living – we are music! Music therapy is for everybody and anyone can benefit from it. If you have further questions or want to learn more visit www.musictherapy.ca or email me at: sandalwoodmusic@schlegel.com

RECREATION

Victorian Tea

Monday, May 20th

@2:30pm
On Main Street

Enjoy a high tea with
Entertainment



review



Art Therapy

Monday April 8th
&
Monday April 22nd

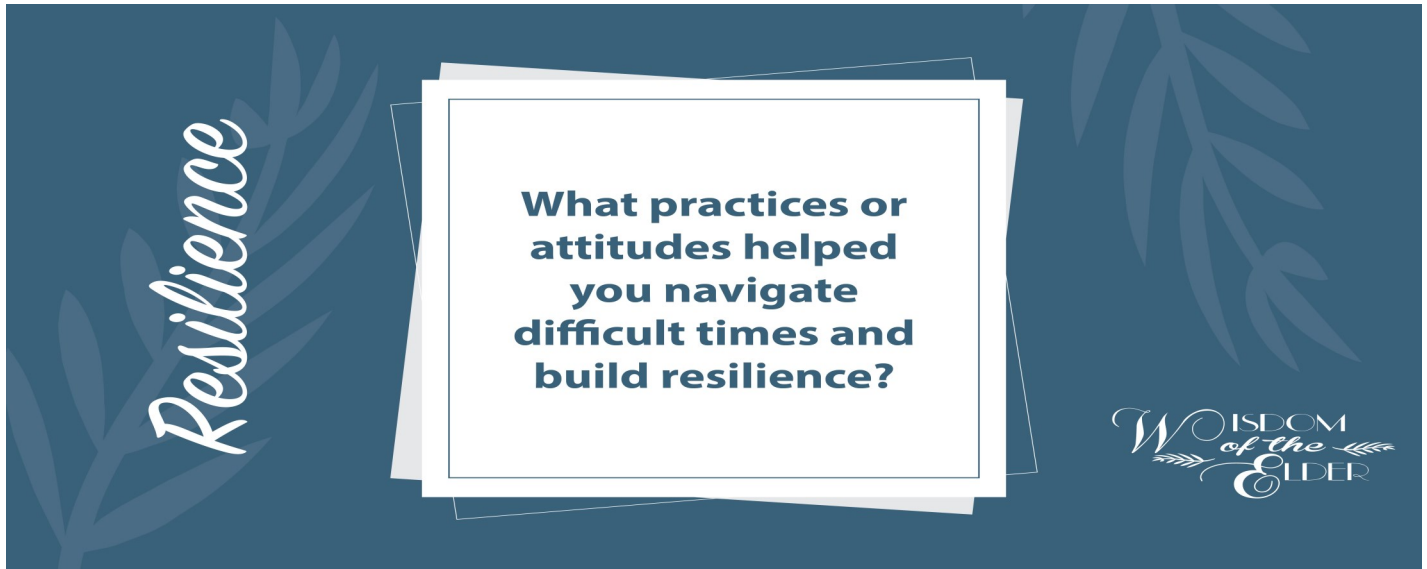
1:30pm in Community Centre



#ElderWisdom

We will be sharing each months Wisdom of the Elder Reflections.

Reflections from March



Having friends and families around me to talk too!

D.R

Going for a walk to reflect

Keeping my mind busy

Writing in a journal, sharing my feelings

J.T

Clips & Curls

Wash & Set or Blow Dry - \$28.00
Wash, Set & Cut - \$38.00
Colour including Cut & Set - \$70.00
Men's Cut - \$ 18.00
Perm Including wash, Cut, Set - \$85.00
Special Conditioning Treatment - \$5.00 & up
Highlights (only) \$40.00 & up

Waxing - Upper Lip - \$6.00
Upper lip & Brow \$12.00
Full Face \$ 15.00

Please contact Debbie 905-458-9272 ext 807



Family Council

**Next meeting will be
Sunday, May 5th
3:00pm
Community center**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

Next Meeting will be
Wednesday April 17th
10:30am
In the Community Centre

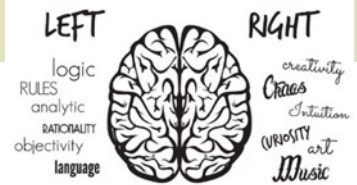
Please see neighbourhood
Calendars for neighbourhood
mini council meetings

“Volunteers Enrich Peoples Lives”

If you are interested in volunteering, please contact
Coordinator of Volunteers and Social Services.
(905) 458-9272 X838 or sandalwood.volunteers@schlegelvillages.com

A Message From P.A.L

Let Me Hand it to You



Are you Left-handed or Right-handed? Roughly about 12% of the population is Left-handed. There are a lot of theories regarding what causes handedness; genetics, prenatal hormone exposure, vestibular asymmetry (ear structure imbalance) and, geographic influence. The bottom line is no one really knows what causes people to be left or right-handed. In many sports being left-handed or commonly referred to as a Southpaw is considered a benefit. Sports like boxing, baseball, tennis and cricket have a proportionately higher number of left-handed players compared to other sports. Ambidextrous is when someone can

use either their Right or Left hand to complete a task. Someone who is truly ambidextrous is able to do any task equally well with either hand. Those who teach themselves to be ambidextrous still tend to favor their originally dominant hand which is why true ambidexterity is quite rare.



It's a No Brainer!

Did you know the brain is divided into 2 sides; the left hemisphere and the right hemisphere. The 2 sides are joined by a structure called the 'corpus callosum'. I'm sure many of us have heard the term left brained and right brained. According to popular psychology left-brained people are more logical, and right-brained people more creative. This generalization is not supported by research. However, scientists have discovered remarkable trends. The left and right sides of the brain are not mirror images of each other. There are specialized sections on the right hemisphere that are not found on the left and vice versa. So, for some tasks you may be using one side more than the other but, both sides work together to interpret and comprehend the information.



Getting to know us!

For 2024 we thrive to build and grow Authentic Relationships
Each month we will be feature a Team member.

Greetings Team

What has life been like for you of late? For me, my work-life has been given a positive boost. For the past fourteen years I have worked at the Village of Erin Meadows as the principal Recreation Therapist on the Howland Neighbourhood. Erin Meadows became a second home to me as I empowered and engaged my Residents and their families and friends through active support. Together with my other team members, we had great joy on a daily basis.

I enthusiastically look forward to increased opportunity to contribute to our goals of supporting the residents and team in this new role at the Village of Sandalwood Park as your BSO Therapeutic Recreation Consultant.



National Volunteer Week

April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our
volunteers



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

#NVW2024

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.



CDCP INFORMATION FOR YOUR RESIDENTS

Who qualifies

To qualify for the CDCP, the following criteria must be met:

- no access to dental insurance
- an adjusted family net income of less than \$90,000;
- be a Canadian resident for tax purposes; and
- have filed their tax return in the previous year.

Canadian residents who have access to dental benefits through a social program offered by their province or territory and/or by the federal government will be eligible for the CDCP if they meet all the eligibility criteria.

How to apply

Canadian residents who may qualify will be able to apply to the CDCP through Service Canada. Starting in December 2023, letters will be mailed to potentially eligible seniors informing them that they may qualify for the plan and inviting them to apply. This letter will include a personalized application code and instructions on how to apply.

Only those who meet the following criteria will receive a letter with instructions on how to apply:

- are 70 years old, or will be 70 years old or older by March 31, 2024;
- have an adjusted family net income less than \$90,000 based on their and/or their spouse's or common-law partner's 2022 tax returns; and
- were a resident of Canada in 2022 for tax purposes.

From December 2023 until end of April 2024, seniors who receive invitation letters may call Service Canada to apply via an automated Interactive Voice Response (IVR) system. When applying, they will be asked for two pieces of identification and whether they currently have access to any type of dental benefits. The applicant will immediately be notified whether they have been successful in applying and are eligible. They will also receive a letter confirming this information.



www.thesmileroom.ca

Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel.



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 Sandalwood Park, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com



**ON-SITE
SPECIALISTS**

**service is often covered by healthcare insurance*



WHO WE ARE

On-Site Specialists is a comprehensive health care organization that work with independent health care providers to provide services to clients living in long term care and retirement homes.

We are a team of dedicated administrators who arrange consent intake, scheduling, billing, and invoicing of appointments.

MASSAGE THERAPY

**THE VILLAGE OF
SANDALWOOD
PARK**

CONTACT

US NOW



**(905) 326-9900
1-800-556-1762**



consult@onsitespecialists.com



www.onsitespecialists.com

TARGETING DISEASES

- Gout
- Arthritis
- Bursitis
- Depression
- Parkinson's
- Sciatica
- Diabetes
- Asthma
- Emphysema
- Multiple sclerosis

BENEFITS

- Simulates weak muscles
- Provides mental relaxation
- Relieves muscle tension
- Increases blood circulation

www.onsitespecialists.com

PROFESSIONAL HEALTH CARE SERVICES

The Village of Sandalwood Park

Phone: 905-458-9272 Fax: 905-458-1312

General Manager

Zoie Mohammed zoie.mohammed@schlegelvillages.com	Ext. 803
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Director of Food Services

Kanico Wright kanico.wright@schlegelvillages.com	Ext. 810
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Program for Active Living

Anjalee Singh Anjalee.singh@schlegelvillages.com	Ext. 812
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Neighbourhood Coordinator

Indra Persaud Indra.persauda@schlegelvillages.com	Ext. 801
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ADNC/Infections Control Coordinator

Jaspreet Kaur Jaspreet.kaur@schlegelvillages.com	Ext. 821
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Resident Support Coordinator

Brendan Cater Brendan.cater@schlegelvillages.com	Ext. 886
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Spiritual Care Coordinator

Andrea Saul	Ext. 828
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Director of Quality

Samantha Mckoy Samantha.mckoy@SchlegelVillages.com	Ext.
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Director Of Nursing Care

Adwoa Pomaah Adwoa.pomaah@schlegelvillages.com	Ext. 805
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Director of Recreation/Volunteer Services

Jennifer Gould jennifer.gould@schlegelvillages.com	Ext. 814
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Administrative Coordinator

Zeena Amin Zeena.Amin@SchlegelVillages.com	Ext.802
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Neighbourhood Coordinator

Faustina Andrews Faustina.andrews@schlegelvillages.com	Ext. 881
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Director of Environmental Services

Shari Farrugia Shari.farrugia@schlegelvillages.com	Ext. 806
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B.S.O Lead—P.E.R.T Coordinator

Pawan Sandhu Pawan.sandhu@schlegelvillages.com	Ext. 885
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B.S.O Therapeutic Recreation Consultant

John Knox John.knox@SchlegelVillages.com	Ext.
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	Ext. 801
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You Got Mail!

Join Our Email list and receive our monthly newsletter and special event updates!
Forward your name and email address to Jennifer Gould : jennifer.gould@schlegelvillages.com
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com