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**[www.schlegelvillages.com](http://www.schlegelvillages.com)**

"It is now May . . . It is the month wherein Nature hath her fill of mirth, and the senses are filled with delights. I conclude, it is from the Heavens a grace, and to Earth a gladness." —*Nicholas Breton*

Welcome to May Everyone! It's hard to believe that we are already in the 5th month of 2024! There is lots of great programming planned for the month of May, so keep your calendars close as you won't want to miss a thing! On May 29th, we will be having a fun "Dog Walk" in the morning. There will be lots of pooches to snuggle on that day, so come on out and join us. We will also be Celebrating Caregiver Week from May 12th to the 18th. Please take time this month to thank your dedicated Team Members here at the Village. They are so deserving of our Appreciation!



Until Next  
Month, have a  
great May!



### *A Mother's Love*

*A Mother's love is something that no one can explain,  
It is made of deep devotion and of sacrifice and pain.  
It is endless and unselfish and enduring come what may,  
For nothing can destroy it or take that love away.  
It is patient and forgiving when all others are forsaking,  
And it never fails or falters even though the heart is breaking.  
It believes beyond believing when the world around condemns,  
And it glows with all the beauty of the rarest, brightest gems.  
It is far beyond defining, it defies all explanation,  
And it still remains a secret like the mysteries of creation.  
A many splendored miracle we cannot understand,  
And another wondrous evidence of God's tender guiding hand.*

*~ Helen Steiner Rice ~*

## *Happy Mothers Day 2024*



# Caregivers' Week: May 12-18



# We are **CAREGIVERS**





# Marvelous May Facts!

*The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.*



May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

*May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4<sup>th</sup> is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force.”*



Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a maypole. In the UK, they have been present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

*May also has two Zodiac signs, Taurus and Gemini. People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy. Those born under the sign of Gemini are said to be passionate, adaptable, and smart.*



May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May!



*The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.*



What is your Favourite Spring Flower? Colour me Beautiful!

## The Volunteer Vibe



If you had the opportunity to meet one person in life who would that person be? My answer would be Barb Schlegel. I never had the opportunity to meet Barb personally, but people described her as a “bright light”, the kind of person who made you feel as if you were the most important person in the world. It was her kindness and genuine interest in others that created an award that would recognize the exceptional contributions our volunteers make in our Villages every day. So each April, during the week of Volunteer Appreciation, our Villages select one volunteer fitting of the Barb Schlegel Volunteer Award. Leaders, team members, neighbours, and family members are encouraged to vote for one volunteer they feel are deserving of this honour. To mark the occasion, our volunteers were invited for a volunteer appreciation dinner hosted at Eatery 101 in St. Clair College. It was a lovely affair. Simply themed, “We love Volunteers,” the room was dressed in her very best of black and white tablecloths. The China and shiny cutlery gave the restaurant a very classy feel. Each volunteer selected from an assortment of Walkers sundae toppings for their gift.



The meal was delicious and served by our very own St Clair College culinary students. Finally, the moment arrived. The winner of the Barb Schlegel Volunteer Award goes to Judy Menard, affectionally nicknamed “Blue.” Chosen for her positive energy and dedication to our Village, she has become an indispensable part of our volunteer team. Whether she’s brightening days in our General Store or helping at events, Judy’s can do’ attitude and warmth have touched many. A big thank you to Judy for her unwavering commitment.



## Movie Musicals 1 - Word Search

Y S P Y G E N I L S U R O H C A N  
 W S L A T R A V I A T A H M F Y A  
 J S H M I C O N L C Y I O L U T M  
 H G W O A L I L N L M U K E N O C  
 O Q S E I M E F L I L E F S N L I  
 L E S V E P M O I I E B F U Y E S  
 I T E E S T D A N C R O T O G M U  
 D R A D I O C R M I A E H R I A M  
 A O O H L S O H G I R P T A R C E  
 Y G J L P U W A A A A V H C L E H  
 I K E O G O D E B R E V I T A G T  
 N H D E E O T A N L I T U Y U V Y  
 N I O W O O C A I S A T N A F O H  
 B Q C N S H O W B O A T Y K O C S

A CHORUS LINE  
 ANNIE  
 BRIGADOON  
 CABARET  
 CAMELOT  
 CAROUSEL  
 EVITA  
 FANTASIA

FUNNY GIRL  
 GODSPELL  
 GYPSY  
 HELLO DOLLY  
 HOLIDAY INN  
 LA TRAVIATA  
 MAMMA MIA  
 MOULIN ROUGE

NEWSIES  
 OLIVER  
 SHOW BOAT  
 SOUTH PACIFIC  
 SWEET CHARITY  
 THE MUSIC MAN  
 TOP HAT





## What's Growing On?

With Karyn O'Neil  
~ Horticulture Therapist~

Join us in the Greenhouse on  
Tuesdays at 6 for Horticulture Club!

Crochet Club is on Thursday afternoons  
in the Library.

### **Save the Dates:**

May 3rd ~ Mother's Day Mini Market

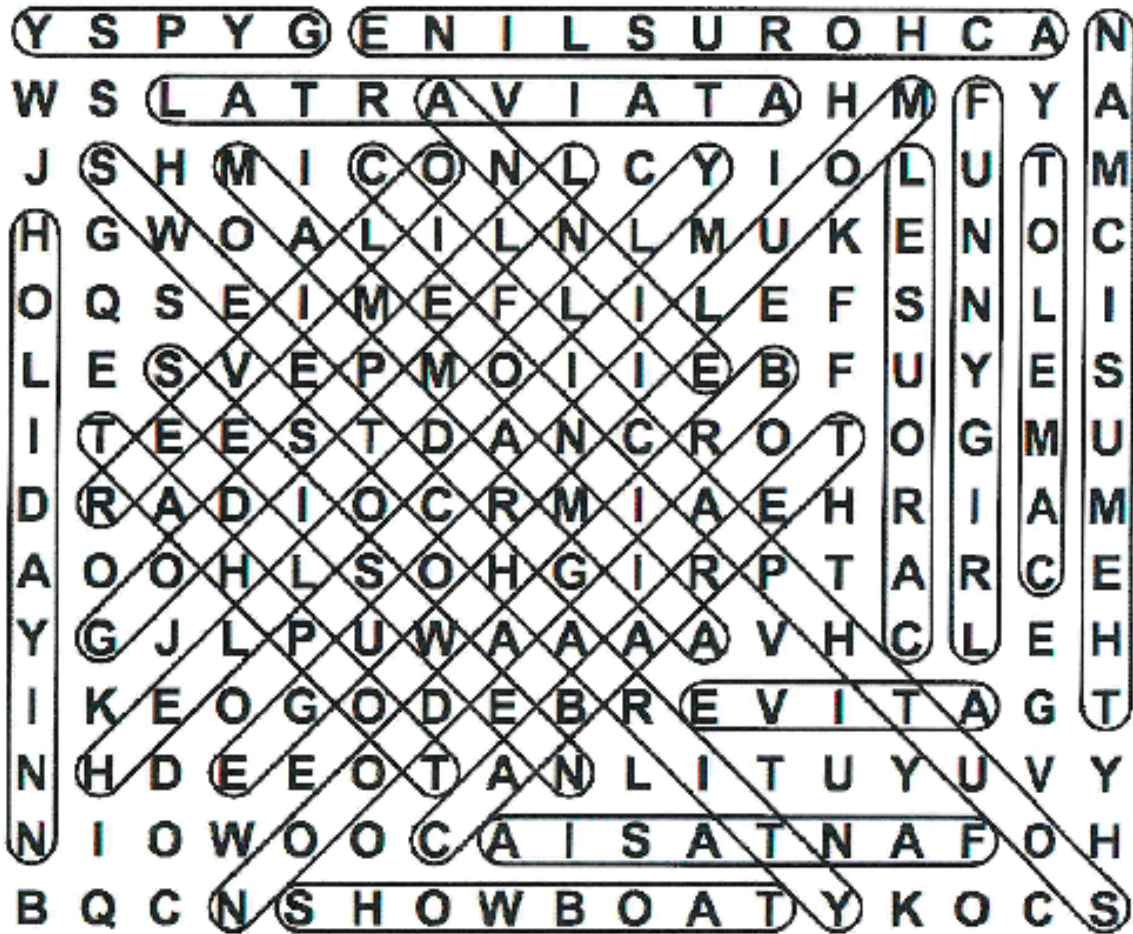
May 24th ~ Spring Plant Sale

~ All are Welcome ~





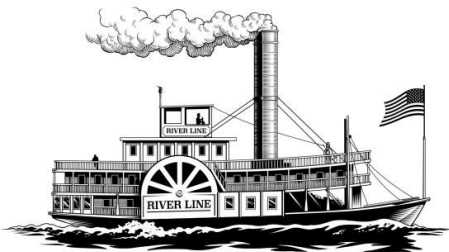
## Movie Musicals 1 - Solution



A CHORUS LINE  
ANNIE  
BRIGADOON  
CABARET  
CAMELOT  
CAROUSEL  
EVITA  
FANTASIA

FUNNY GIRL  
GODSPELL  
GYPSY  
HELLO DOLLY  
HOLIDAY INN  
LA TRAVIATA  
MAMMA MIA  
MOULIN ROUGE

NEWSIES  
OLIVER  
SHOW BOAT  
SOUTH PACIFIC  
SWEET CHARITY  
THE MUSIC MAN  
TOP HAT



# Schlegel Villages – CONNECTIONS



Our Exceptional Customer Experience Training Program that equips our team members with an understanding and service skills to create meaningful and memorable moments with those we serve.

## SPOT the dot!

**A fun way to keep our credo alive day to day in our Villages!** Recognize team members with a “Dot” for the amazing and impactful work they do every day.

**We are launching Spot the dot during Caregivers’ Week, May 12–18.**

### How it works

- Think of a team member who lives one of our credo values: **Know me, Be present, Walk in my shoes, Earn trust** or **Follow through**.
- Find the board in the Village, choose that value post-it note, write your message and post it on the board.
- Take the matching sticker, find the team member and present it to them.

Let’s fill up the board with messages of gratitude for our team members and show them we recognize how hard they work to bring our mission and vision to life.



### Connect the dots – credo values



Draw on what you know about me to make things personally meaningful. Make me feel special, recognize what makes me unique.



Please give me your undivided attention. Practice patience, listen empathetically and with an open mind. Show respect, genuine interest and sincerity.



Ask questions to gain a deeper understanding, acknowledge and empathize with my experience and feelings. See through my eyes, feel what I feel, connect with me.



Be clear, genuine, and transparent in all communications. Take responsibility and confirm a shared understanding of action plans and commitments. Deliver on our promises.



Pay close attention to detail, going the extra mile. Show me how I will be taken care of and follow up throughout the process.





# “A Joyful Word”

With Rev. Elise



*The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference.*

*And the opposite of life is not death, it's indifference. Elie Wiesel*

I have now been part of this wonderful team at St. Clair for almost a month, and each day has brought many joys, some frustrations, and lots of learning- and teaching moments. You are all enabling me to come into the family, and guiding me along the way. I hope I can be that to you as well! I feel so connected to all of you as we travel through these days together. I am slowly learning your names and which neighbourhood you are living or serving in. Thank you for being patient with me as I “learn the ropes”. Each of us has a part to play. We all have gifts to share, whether neighbour, team or family. Please continue to be generous with each other- share your gifts- your time, your energy, your talents, your joy- even your sadness. Even living as closely as we do here, we don't always know what has happened to someone before we see them.

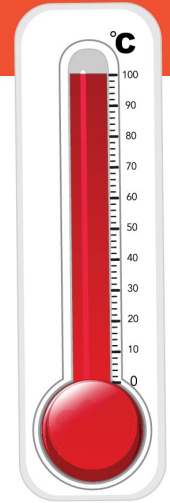
Sometimes, a smile as you pass them by, can be the best part of their day. Share freely! Know that we all have special gifts and we are so precious to our Creator. The quote above is so striking to me, especially with all that is taking place in the world. So, do not be indifferent to your own thoughts and dreams and actions. Remember- we make a difference in people's lives every day. Each in our own way and in our own role, make a difference.

Blessings, Rev. Elise+  
Village Spiritual Care Coordinator





# Heat-related illness

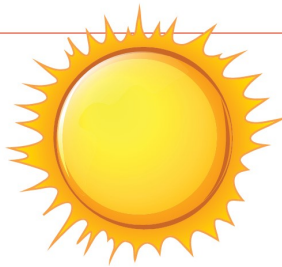


## Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



## Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



### Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



### Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



### Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



### Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



### Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.



## Late-life depression

Depression is not a natural part of aging, yet it affects up to 40 per cent of older adults. Recognizing and managing depression is important for improving quality of life.

### What is depression?

Clinical depression, or major depression, is not just about feeling sad. It's a serious condition where one may feel sad all the time and lack interest in activities that used to bring joy. Changes in sleep patterns or appetite, low energy, difficulty focusing, not maintaining personal hygiene, and feelings of guilt or worthlessness are other signs of depression.

### Risk factors for developing depression

There are some risk factors that increase the risk of depression as one ages:

- The loss of a friend or loved one
- Loneliness, which may happen more frequently as one ages
- Ongoing medical problems
- Struggles with thinking, focusing and memory
- Long-term hospital stays or diagnoses like strokes or Parkinson's disease

### Common myths

Common misconceptions about depression can prevent older adults from seeking help. Some of them include:



"It's a normal part of aging." Depression is *not* an inevitable part of aging and should be treated with the same concern as any health problem.

"There are no effective treatments." There *are* many effective treatments for depression, including medications, therapy, and lifestyle adjustments.

"It's just grief" or "I'm just tired." While grief and fatigue are common, persistent symptoms shouldn't be ignored.

### Seeking help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and come up with a treatment plan specific to your needs. This may include therapy, medication, and/or lifestyle changes.

With the right support and treatments, a fulfilling life is not out of reach.

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Watch the full "Demystifying Depression in Older Adults" video [here](#) featuring Schlegel Chair in Mental Health and Aging, Sophiya Bejamin.

## VILLAGE AT ST. CLAIR DIRECTORY ~ Main Line ~ 519-960-1050

### Neighbourhood Coordinators

Noel Erum	Neighbourhood Coordinator Gosfield & Kingsville	x 8020
Jeff Studman	Neighbourhood Coordinator Amherstburg & Colchester	x 8038
Stacey McDonald Price	Neighbourhood Coordinator Essex & Harrow	x 8032
Mark Mitchell	Neighbourhood Coordinator Talbot & Oldcastle	x 8026

### Ancillary Support

Lindsay Belanger	Resident Support Coordinator	x8009
Elise Chambers	Spiritual Care Coordinator	x 8052
Tammy Zimmerman	Volunteer and Student Coordinator	x 8016
Jacqueline Reinhardt	Dietician	x 8014
Kari Lappan	Administrative Coordinator	x 8002

### Directors

Kristin Frye	Director of Environmental Services	x 8006
Hannah Renaud	Director of Recreation Services	x 8007
Candace Bennett	Director of Quality and Innovation	x 8013
Janelle Way	Director of Program for Active Living	x 8008
Jamie Melton	Director of Food Services	x 8004
Kelsey Derbowka	Asst. Director of Food Services	x 8004
<b>Dana Houle</b>	<b>General Manager</b>	<b>x 8003</b>



## ~ VILLAGE AT ST. CLAIR CLINICAL DIRECTORY ~

### Clinical Team

#### Assistant Directors of Nursing

Cherie Drouillard	Essex & Harrow	x 8069
Milijana Radic	Gosfield & Kingsville	x 8068
Danielle Harris	Oldcastle & Talbot	x 8067
MaRhoda Dhaz	Amherstburg & Colchester	x 8010
Marilayna Amato	Interim Infection Control Lead	x 8042

#### RAI / QI Team

Roderick Balinio	Oldcastle, Harrow	x 8035
Jamie Santillan	Gosfield, Kingsville, Essex	x 8041
Jodie Lee	Amherstburg, Colchester, Talbot	x 8029

#### Nurse Practitioner

Sukhvir Locham		x 8133
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#### Director of Nursing Care

Stephanie June		x 8005
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