

The Village of

# Sandalwood Park

## REVIEW

Vol. 22 Issue 05 May 2024

Recreation Review  
Pg 4

Heat Related Illness  
pg 3

Research Matters  
Pg 10

Clips and Curls  
PG 6

Welcome/Birthdays/memorial  
Pg. 2

Dentist Pg 11

S.V Connections pgs 8 & 9

Pal Message Pg 7

Contact Information Pg. 13

### 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!**



**Welcome  
To  
Seedath R  
Teresa R**

## Our Residents

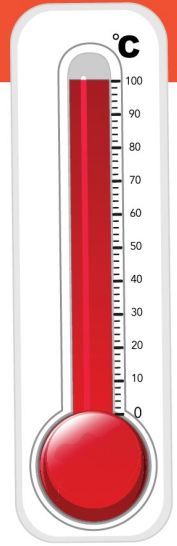
<b>Patricia S</b>	<b>May 1st</b>
<b>Doug R</b>	<b>May 2nd</b>
<b>Donald King</b>	<b>May 7th</b>
<b>Julie C</b>	<b>May 9th</b>
<b>Resheeda S</b>	<b>May 16th</b>
<b>Irene C</b>	<b>May 19th</b>
<b>Peter R</b>	<b>May 20th</b>
<b>Mary C</b>	<b>May 22nd</b>
<b>Maria F</b>	<b>May 23rd</b>
<b>Bimla M</b>	<b>May 28th</b>
<b>Bibi M</b>	<b>May 29th</b>
<b>Dhandai H</b>	<b>May 30th</b>

## IN MEMORIAM

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

**Barbara Challis Bea Biship  
Evelyn Paterson**

# Heat-related illness

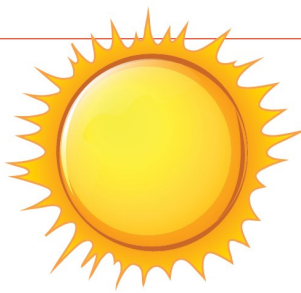


## Prevention and management

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.

# RECREATION

Victorian Tea

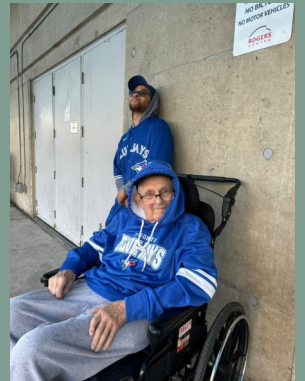
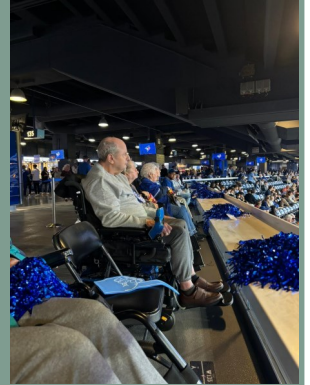
Monday, May 20th

@2:30pm  
On Main Street

Enjoy a high tea with  
Entertainment



# review



Art Therapy

Monday May 13th  
&  
Monday April 27th

1:30pm in Community Centre



Cinco De Mayo

Monday, May 6th 2024

2:30pm

On Main Street





# #ElderWisdom

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

Having such great people hear  
to care for me.

M

My Parents and Family!

C.M

*Gratitude*

**What moments or  
experiences are you  
most grateful for?**

WISDOM  
of the  
ELDER

Getting Married and Having a  
Family.

D.

Every things I get to do here,  
they keep me busy and the  
staff are great!

D.H

# 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



VOLUNTEER VIEW

## 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 May 15th  
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

6

# A Message From P.A.L

## Physical changes with Aging

Aging is associated with many physical changes. As you get older, you may notice a decline in strength, balance and flexibility. As we age, we typically become less active. This could be the result of various reasons such as: pain or chronic conditions, low energy levels, decreased motivation or interest to participate in physical activity, and so on. Muscles follow a “use it or lose it” principle. Therefore, the less active you are, the more likely you are to see a loss in muscle strength. Muscle loss is a natural process associate with aging that can be accelerated with a sedentary lifestyle. Furthermore, chemical age-related changes such as changes in your hormone levels also contribute to a loss of muscle mass. We also see our joints and muscles become less flexible because the water content decreases in our tendons and ligaments. As a result, our joints and muscles become stiff, and our movements get restricted. In addition, degenerative changes such as cartilage breakdown can contribute to a loss of flexibility, and stiffness.



Regular physical activity can positively impact our physical health, mental and emotional wellbeing. Exercise routines that include aerobic exercise, strength/resistance training, and stretching/flexibility exercises are beneficial for older adults.

*See below for a sample exercise routine.*

**Participants are to perform the exercises standing behind chair, holding chair for support, feet shoulder width apart, and upright posture.**

Exercise	Instructions	Repetition
Hip Flexion	Bring knee up towards chest then back down	10 per side
Hip Abduction	Kick leg straight out to the side, then lower back to the floor	10 per side
Hip Extension	Kick leg straight out behind you, then lower back to the floor	10 per side
Mini Squats	Bend knees as if you were going to sit down into a chair, then push your legs up straight and tall again	10
Knee Flexion	Bend your knee bringing your foot towards your bottom, then straighten the knee	10
Heel Raises	Push up onto your tip toes, lifting your heels off the ground, then lower heels back to the floor.	10

# 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.





# Caregivers' Week: May 12-18



We are

# CAREGIVERS



## 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 Benjamin.



# 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](http://www.thesmileroom.ca)



## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://www.earandhearingclinic.com)



# 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](mailto:jennifer.gould@schlegelvillages.com)  
See our Newsletter and Monthly Activity Calendar online at [www.schlegelvillages.com](http://www.schlegelvillages.com)