

The Glendale Gazette

May 2024



Chaplain's Chat

From the desk of Hans Van Eyk

They say, *"April showers bring May flowers."* Did you know that quote goes back to part of a poem written in the year 1610 and the saying came originally from England and Scotland where April is usually a soggy month.

The meaning for us is that after a disappointing month of sickness and some gloom after several outbreaks here at Glendale, we can hope for some happiness, joy, sunshine and flowers in the month to come. May also brings us, Mothers Day and Victoria Day that Canada has celebrated since 1845 in honor of Queen Victoria's birthday.

Since April showers bring May flowers, I have picked a nice bouquet of flowers in the form of inspiring quotes to encourage us all.

- *"Wrinkles should merely indicate where smiles have been."* - Mark Twain
- *"God loves each of us as if there were only one of us"* - Saint Augustine
- *"I've read the last page of the Bible. It's all going to turn out all right."* - Billy Graham
- *"Worry does not empty tomorrow of its sorrows; it empties today of its strength."* Corrie Ten Boom
- *The older the fiddle, the sweeter the tune*
- *"And my God will supply every need of yours according to His riches in glory in Christ Jesus. – The Bible*
- *Old people are just young people who have been alive for a very long time.*
- *"Faith does not eliminate questions. But faith knows where to take them."* Elizabeth Elliot

Friends, aging is inevitable for all of us but God has promised to be with us as the Bible says, "Even to your old age, I am God, and even to gray hairs I will carry you! I have made, and I will bear; even I will carry and will deliver you" (Is 46:3-4). What a wonderful promise.

There is enough hatred in the world, let us here at Glendale pick some flowers of love from the garden. The Bible reminds us, *"Beloved, if God so loved us, we also ought to love one another."* Jesus said, *"Love your neighbor"* A church sign read, *"Love God and love your neighbor; ... doesn't seem to complicated?"*

I also picked a bouquet from the Muslim and Hindu Gardens

"Allah does not burden a soul beyond that it can bear." Quran 2:286

"Allah can change the most hopeless situation into the best moment in your life."





Wishing you a
Happy Birthday!

Our Residents

*"Don't just
count your
years...
Make your
years count!!"
~Ernest Meyers*

LTC

Jean L May 2
Marie S May 2
Annette K May 9
Dianne B May 13
Skip F May 16
Luke P May 19
Henry S May 20
Betty H May 21
Marion D May 23
Graham B May 26
Doreen R May 28
Jim C May 30
Mona B May 30
Harvey B May 30

RH

Robert M May 2
Margaret F May 3
Fred B May 3
Alex D May 3
Qais A May 3
Frank S May 4
Anna P May 8
Joan C May 9
Paul B May 11
Wilf A May 12
Gloria T May 12
Norman F May 12
Eva B May 14
Les F May 17
David B May 17
George H May 17
Neil H May 19
Derek K May 20
John M May 24
Barbara M May 25
Joan B May 26
Cindy R May 27
Izzy A May 31



In Memoriam

The Board of Directors, leadership team and team members were saddened by the passing of:

*LTC– Jean L, Helen L, Masamitsu T, Walter M, Olga P
RH– Janet S, Linda S, Marilyn C*

Meal Tickets



If you would like to enjoy a meal with your loved one, you can purchase a meal ticket from the Village Offices in both Long Term Care and Retirement.

We ask for 24 hours notice if possible when you will be joining us for a meal.

Prices as follows:

Long Term Care

Breakfast \$10, Lunch \$13, Supper \$16

Retirement

Breakfast \$10, Lunch \$16, Supper \$19

What's New In The Gym

From the desk of Morgan Sullivan

As the summer season approaches, it's essential to ensure that we're taking care of our health, especially in the warmer weather. At Glendale Crossing, we're committed to promoting active living and well-being among our residents, and this summer is no exception.

Importance of Hydration

One of the most critical aspects of staying healthy during the summer months is staying hydrated. Dehydration can lead to a range of health issues, particularly for older adults. Therefore, it's essential to prioritize hydration to maintain overall health and well-being.

Here are some tips to stay hydrated:

1. **Drink Plenty of Water:** Drink water regularly throughout the day. Keeping water bottles readily available in common areas can serve as a reminder to stay hydrated.
2. **Hydrating Foods:** In addition to water, many fruits and vegetables have high water content and can contribute to hydration. Consider incorporating water-rich foods like cucumbers, watermelon, oranges, and strawberries into meals and snacks.
3. **Monitor Fluid Intake:** Keep track of fluid intake, especially during warmer days. Encourage those who may have difficulty drinking independently to seek assistance from team members or caregivers.

Programming Outside

Summer provides a wonderful opportunity to enjoy the outdoors and engage in outdoor activities. At Glendale Crossing we're excited to offer a variety of outdoor programming to help residents stay active and connected with nature.

Here are some outdoor activities to look forward to:

1. **Gardening:** Gardening is a therapeutic and enjoyable activity that allows us to connect with nature while engaging in light physical activity. Whether it's planting flowers or growing vegetables, gardening provides numerous benefits for physical and mental well-being.
2. **Outdoor Exercise Classes:** Take advantage of the warm weather by joining our outdoor programming. Coming up soon is our Walk and Roll program where we do walks around the Village. These classes not only promote physical fitness but also provide opportunities for socialization and community engagement.
3. **Picnics and Outdoor Socials:** Organize picnics or outdoor social events where friends and family can gather, enjoy refreshments, and soak up the sunshine. These gatherings foster a sense of community and belonging while providing a change of scenery from indoor activities.

As we prepare for the summer months ahead, let's prioritize hydration and outdoor activities to promote health, happiness, and vitality. Together, we can make this summer a season to remember!

P.S. Don't forget the hat and sunscreen.



Elder Wisdom

This month we asked the question, “How has continuous learning/personal growth impacted your overall wellbeing” to a handful of Residents, here are their responses:

“After coming to village, I am feeling satisfied and not feeling miserable anymore. I have learned to be more patient , and accept recommendations like what to do for my health. I have also learned to be respectful. I never had time to do anything earlier but now I get to do a lot of activities and experience a lot of things. This really have impacted my overall wellbeing and has helped me to be in a good place”.

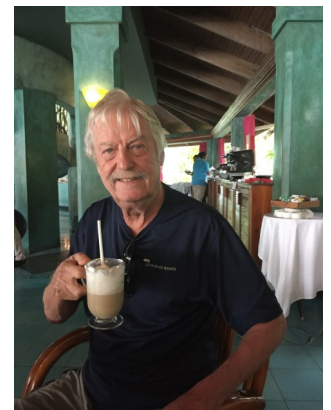
Bill V.

“Since coming into long term care I have become a better version of myself and a better friend to others. I rely on people every day to assist me, and I feel I’m a better person for it. Being able to show empathy towards my friends within the village makes me feel good. I continue to work on my personal growth, and with the help of my friends and team members I know that is achievable.”

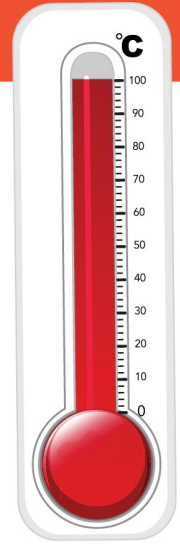
Carol G

“It seems strange that some people in society think you stop learning as you age, and I unfortunately became aware of this during my stay in the hospital. As you get older, doctors don’t come out with the answer and tell you what is wrong, and this greatly affects your well-being. They most likely push medications on you, or pass you along from referral to referral. I have learned that sometimes hospitals do more harm than good to one’s overall well-being, and this negatively can impact your own growth.”

Gerry A



Heat-related illness

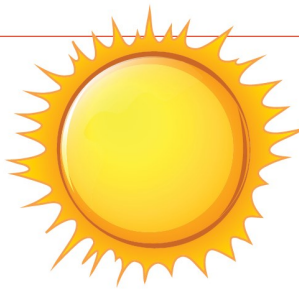


Prevention and management

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.

Word on the Neighbourhood

From the desk of Shannon Dafoe

My name is Shannon and I am one of the Neighbourhood Coordinators here at Glendale. I have the privilege of overseeing the Egerton and Becker Neighbourhoods in Retirement.

I am in my 10th year of being employed here at Glendale Crossing. I started here as a Volunteer and was lucky enough to be hired on in Long Term care as a PSW for many years. I transitioned into the Neighbourhood Coordinator role last May and have enjoyed watching Retirement come to life over the past several months.

I was born in London although my formative years were spent in Grey Bruce County, on a 100-acre farm under the guidance of my grandparents. Following a brief residency in Owen Sound, I returned to London at 18, where I soon met my husband, Alex.

We were married on my family farm in 2012 and have since welcomed two daughters, Aubrey & Sophie, who are our pride and joy.

They keep us busy shuttling them to various activities and I even signed on to be a Girl Guides Leader in 2022 as an opportunity to share new experiences with them and other girls in our community.

In my free time I enjoy cooking, baking, crocheting, embroidery, reading and spending time with my family.

Identifying a singular favourite aspect of my time at Glendale proves challenging. However, witnessing the integration of both sides of the Village into one cohesive family, resonates deeply with me. Undoubtedly, being a part of this journey is an experience I won't soon forget.

It has been such a pleasure getting to engage with so many of you since we've opened and I look forward to connecting with more of you as we go forward.





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The Village of Glendale Crossing, please call

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retirement@earandhearingclinic.com



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www.earandhearingclinic.com

Spotlight on You

My Name is Bea Leano, I'm glad to be of service!

Food Service Aid Team Lead

Back in my homeland, the Philippines, I am proudly dedicated to work in the pharma industry for 8 years, representing top brands like Jamieson Wellness Inc. & Apotex Canada in both hospital and pharmacy accounts nationwide. I developed my leadership and interpersonal skills in dealing with medical professionals. I'm grateful for the experience and knowledge gained during my time there and honoured to have received various recognitions and awards that led to my career advancement to achieve a higher position.

One of my aspirations in life is to pursue my dream to study and work in Canada and explore the diverse culture of this beautiful country.

In August of 2019, I made the bold decision to move in Canada to chase my dream in Business Marketing pushing boundaries and reaching new heights. And now it's been 5 years since I started down this path. From uncertainty to growth, challenges to victories, every moment has shaped me into who I am today. I finished my Business Marketing course at Fanshawe College with determination. I am thankful for my loving family who supported me through the years in my journey here in my second home.



Barb Schlegel Volunteer Award Winner

Rae Piche

The recipient for the Barb Schlegel Award for 2024 is Rae Piche.

Rae started volunteering at Glendale Crossing in August 2022 and she has achieved 140+ hours of service. Rae dedicates every Saturday afternoon to the residents and she supports the recreation department with various programs and activities.

She comes in with a smile on her face and she is so kind, patient, calm and attentive with the residents. Her positive attitude is infectious and she is always willing to lend a helping hand with the team members. She is an empathetic advocate and she engages with the residents in conversation and makes them feel valued.

Rae continues to foster lasting relationships with everyone she encounters and we are a better Village because of her.

Congratulations Rae!



Volunteer Update

From the desk of Yolande Turner



Our annual Volunteer Appreciation Event was a success with 30+ volunteers in attendance. It was wonderful to see our volunteers engaging with our fun Bingo get to know you game and we all enjoyed delicious food and tasty treats. I am so proud to work with an incredible team of kind and compassionate volunteers. Thank you all for continuing to build authentic relationships with our residents. A special thank you to Erin and the recreation team members for making the event a success!

We have many exciting programs and special events for you to sign up for in May. Please see the calendar for a complete list of fun opportunities to choose from.

If you are interested in becoming a part of the caring team at Glendale Crossing, please attend our orientation session to learn about our volunteer program. We offer flexible hours to allow volunteers to make the commitment that suits their lifestyle.

Please contact Yolande Turner, Volunteer Coordinator
519-668-5600 Ext. 8046/ glendale.volunteers@schlegelvillages.com

To Glendale Crossing:

Well spring is here and the birds are chirping their song. The Glendale garden of the greatest flowers. I hope you have a green thumb! Well, if you like to ask what kind of music I played while growing up as a kid, my favourites are gospel, Whitney Houston, and Carrie Underwood, and many more. My personal and the greatest music of all time is Jum and Melissa Brady. God's so great, he loves everyone!

See you soon!

Co-Editor, Heather (a picture of Whitney Houston below)



Village Events

Combined Village Events with Retirement and Long Term Care

Saturday May 4 Spring Vendor Sale 10-3 RH Main Street

Sunday May 5 Cinco de Mayo Party @ 2:45 in Town Hall

Wednesday May 8 Catholic Mass @ 10:15 in Town Hall

Thursday May 9 Nostalgic Theatre @ 2:45 in Town Hall

Saturday May 11 Music with Jim Cochetto @ 2:45 in Town Hall

Saturday May 25 Walk for Memories Outing 10-1 (sign up)

Tuesday May 28 Remember When? Baby Boomers Presentation @ 2:30 in Town Hall

Plus regular music night on Mondays, Documentary Hours on Fridays and Church Service on Sundays!

Resident Bill of Rights:

28. Every Resident has the right to participate in the Resident's Council

Environmental News

From the desk of Amy Jackson

Emergency Preparedness

Did you know the month of May is national Emergency Preparedness Month? We would like to talk a little bit about how that looks within our Village.

Once a month you will hear our fire alarm going off and a page over our PA system that says **CODE RED** with a location. This is the team practicing our fire drills. In the event of a fire, or a fire drill, you will hear a loud tone sound throughout the building. Team members will respond to the location of the fire and if needed will begin moving residents away and to safety. When walking down our hallways you may have noticed the fire doors, these will close during a fire (automatically on LTC side and 2nd stage in our Retirement side) this allows for fire containment and creates safe zones within our neighborhoods. Our alarm monitoring company as well as the fire department are automatically notified right away when the system is triggered.

We have ongoing education yearly with the teams and in addition to one fire drill a month we practice one of our color codes. Some Codes you may hear over our PA system may include;

CODE YELLOW – a missing resident, all team members will search their assigned areas, that may include knocking on doors to check resident rooms. You can help by reporting to a team member or the nurse if you have seen the resident recently.

CODE ORANGE – an external disaster that may affect anyone inside the building. Typically practiced as a severe weather drill, we encourage everyone to close blinds and move away from windows. We may also ask that residents move into common areas, or hallways where there are not large windows.

CODE GREEN – this is our evacuation code. In the event that a CODE GREEN is paged we ask that you stay in your suites and wait for instructions. Team members will be guided by the Nurse so that we move everyone in a calm and orderly fashion.

CODE BLACK and **CODE PURPLE** – team members will respond to the area, the safest thing for residents to do is stay in their suites during these until the all clear page is made.

Taking it outside the Village - If you are looking for more information on emergency preparedness you can find many resources online. The city of London website, london.ca/living-london is a good place to start as well as www.getprepared.gc.ca



The City of London also hosts an Open House at the Byron Fire station #12 (275 Boler Rd) on Saturday May 11th this year. It's a family friendly drop in. They will have activities, emergency vehicles and you can tour the station.

Thank you for reading! If you have any questions feel free to reach out to Amy Jackson our ADES, or Greg Lee our DES. Happy MAY!



Retirement News

Did you know?

We now have birds and fish in our Pet Shop!



Lola



Tito

Thank you to everyone who suggested and/or voted on names, it was great to see all the different ideas!

Please note, we have all the animals on a feeding schedule, if you would like to feed them, please see the recreation team before doing so.



News from the Greenhouse

From the desk of Monika Semma-Good

Celebrating May Day

A long time ago, the 1st of May ushered in a time of celebration and ritual for a lot of our ancestors. In Early Europe and North America, communities would gather for dancing around the MayPole, long nights of bonfires, and colourful parades through town, all in an effort to celebrate and bless the growing season ahead. During times when people relied solely on what local farmers could produce and what their direct environment could provide, these celebrations were thought to help them establish more bountiful and fertile crops and livestock.

As our belief systems and relationship to food and land began to change, as did our traditions. That doesn't mean, however, that they should all be forgotten. Throughout the 1920s and into the early 50's, May Day baskets were a celebrated tradition in North America. On the 1st of May, folks would fill baskets with flowers, sweets, treats, and goodies and drop them off anonymously on loved one's and neighbours front doors. It was act of kindness that symbolized fondness, selflessness, and the sharing of resources in the spirit of community. Further to that, the eve of May 1st was also often spent decorating trees or porches of homes in secret, with bright ribbons and flowers as a way for young people to declare affection for one another. Harmless pranks, small but thoughtful gifts, and spring flowers were central to these little acts of merriment as everyone shook off the blues of winter.

If winter is a time of self reflection and quiet, then spring is the time for community, liveliness and friendship. I see this everyday that I'm in our village as I see friends and groups gathering to enjoy the sunshine together, enjoying conversation by the pond, watching the trees and flowers come to life again. While we are privileged not to have to rely directly on our backyards to feed us--I think it's important to remember that our community is still an integral part of our wellness and something worth nurturing.

This month, I encourage you to do something in the spirit of the May Day Basket--a small act of kindness for a neighbour or stranger, share a treat with a friend or simply offer a kind word to someone who may need it. I promise that it'll bring you as much joy as it does them and that's what spring is all about--leaning into joy.



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



LTC Family Council

The next Family Council Meeting is Tuesday May 21, 2024 at 3pm in the Long Term Care Library



Family
Councils
Ontario

Spot The Dot

Tell us who you feel is connecting the dots and delivering an extraordinary experience!

Categories for nominations:

Know Me: as a unique human being

Be Present: in all communications

Walk in my shoes: by trying to understand how I feel

Earn Trust: by being clear, genuine and transparent in all interactions

Follow Through: all the way



We will have 2 boards located on LTC's Main Street and one on Retirement's Main Street. Come and fill out a dot for someone if they have gone above and beyond. They will be entered in a draw for a gift card every month.

Thank-you all in advance!

Know Me nominee: Ify Robinson times 2, Mandeep P

Be Present nominees: Enviro Team, Nicole T, Angie R, Andrea (PTA), Joe T, Taylor M, all Team Members, Shannon B, Charlie C, Ryan M, Jennifer S, Aster Y

Walk in My Shoes: Rema K x2, Byron Team, Cass P, Nicole D, Caroline T, Tarah S, Amanda V, John G, Courtney R, Helga U, Lambeth Team

Earn Trust: Holly R, Ashley T, Aster Y, Rec Team, Rema K, Anne L, Kashiku B, Hiam E, Caroline T times 2, Julie M, Kim H, Eric E times 2, Danny M, Physio Team, Jean G, Sabrina (PTA), Chinyere, Salma O

Follow Through: Taylor M, Aster Y x2, Mary Ellen R, Kim M, Sabrina (PTA), Murshid G, Angela F, Taylor M, Elena J

Recreation News

From the desk of Erin Seldon

May brings us a few important events, first up is Mother's Day. We all have wonderful women in our lives who have inspired us. "Behind all your stories is always your mother's story, because hers is where yours began." For the Long-Term Care Side, at 10:30 we will be having a Mother's Day High Tea with our wonderful harpist, Lyn Thompson. For the Retirement Side, at 10:30 we are having a Mother's Day Social with entertainment by Jamie Todd in Town Hall. Happy Mother's Day to all Resident's, and Family Members who are Moms. We are keeping those close to our hearts whose Mother's are no longer on this earth.

The annual Walk for Memories will be at Mother Teresa School on Saturday May 25, 2024, we will be taking 2 bus loads of people (one for LTC and the other for RH) Our Team name is Glendalicious and we welcome anyone to meet us there. Please let myself or Tina Lancaster (Recreation Supervisor in Retirement) know if you are interested in meeting us there and will make sure we are on the look-out for you! We will be doing some fundraising for this event too, our Spring Sale, all of the \$10 table charges will be going to Walk for Memories and a 50/50 draw at the Sale will also be going to that. If anyone wishes to donate to our Team, please see myself (office on corner right before Community Centre on the Long-Term Care Side)

If you have any ideas for outings or programming you would like to see in the summer, please let anyone on the Recreation Team know. We like building our calendars based off of what the Residents on each Neighbourhood like and that is why I would like to encourage you all to attend the "Calendar Planning Meetings" each month, so you can give your feedback on what you would like to do!

For those who are newer and may not know your current Recreation Teams, they are as follows:

For Long Term Care

Westminster-Full Time: Maria, Part Time: Mawada

Glanworth-Full Time: Aish, Part Time: Karen

Brighton-Full Time: Taylor, Part Time: Rose Ann

Byron-Full Time: Elena, Part Time: Dahlia

Pondmills-Full Time: Jean, Part Time: Gurjit

Lambeth-Full Time: Rema, Part Time: Murshid

For Retirement

Williamsburg, Becker, Ailsa Craig-Full Time: Ashley, Part Time: Brikshya

Egerton-Full Time: Bailey, Part Time: Bukola

Emma's-Full Time: Ana, Part Time: Ali

Take Care Everyone!



Athlete of the Month

Athlete of the Month

We are thrilled to announce Larry Rooks as our athlete of the month! In just two months of dedicated physiotherapy, Larry has showcased remarkable progress, transitioning from sit-to-stand exercises to ambulation with remarkable speed and determination.

Larry's unwavering commitment to his therapy regimen, coupled with his infectious positivity, has not only inspired our team but also exemplified the spirit of resilience and perseverance. We are immensely proud of Larry's achievements and look forward to witnessing his continued success on his journey to wellness.

Congratulations, Larry, on this well-deserved recognition!



Great Job!



Ryan Morin
Director of PAL Services

Retirement Home General Store

Our store will be open on Monday, Thursday & Saturdays 11:30am-2:30pm

*The store will be open during store hours only.

*Prices and store items may be subject to change.

If any Retirement Residents would like to Volunteer in the store please contact Yolande Turner at ext 8046 or glendale.volunteers@schlegelvillages.com



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.

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

Recipe Corner



EASY EGG Breakfast Muffins

Instructions:

1. Preheat oven 350 degrees and spray muffin pan with cooking spray
2. In large bowl, whisk eggs until frothy
3. Add shredded cheese and stir to combine. Set aside.
4. In frying pan, cook the onion and bacon over medium heat for 10 min on the stove. Add spinach after the 10 min and stir to combine. Remove from heat and let cool for 5 min
5. Add spinach mixture to egg mixture and stir until thoroughly combined
6. Ladle mixture into muffin pan, careful not to overfill as they will expand in oven. Cook for 15 min. Let cool 5 min

Ingredients:

**6 strips of bacon
(chopped)**

**½ large onion
(chopped)**

**1 ½ cups cheddar
cheese (shredded)**

2-3 cups spinach

12 eggs

Yield: 12

Prep time: 10 min

Cook time: 15 min

Cool time: 5 min

Total time: 30 min

You can freeze the extras and reheat in microwave for a quick and healthy breakfast on the go!

Recipe Corner

One-Minute Microwave Brownie

Ingredients

¼ cup granulated sugar
3 tablespoons unsweetened natural cocoa powder
3 tablespoons water
2 tablespoons canola or vegetable oil
2 tablespoons light brown sugar
½ teaspoon vanilla extract
pinch salt
¼ cup all-purpose flour
⅓ cup semi-sweet chocolate chips*
ice cream or whipped topping



Instructions

To a small microwave-safe bowl, add the granulated sugar, cocoa, water, oil, brown sugar, vanilla, salt, and whisk to combine.

Add the flour and stir until just combined, don't overmix.

Add the chocolate chips and stir to combine.

Cook on high power in the microwave for about 1 minute, or until the brownie is as set in the center as desired. All microwaves, bowls, ingredients, and preferences for doneness vary, so you will need to experiment with how long it takes to cook given your variables. I recommend stopping to check at the 45-second mark and going from there in 15-second bursts as necessary.

Optionally add ice cream or whipped topping and serve immediately. Brownie is best warm and fresh.

Notes *Double check that your chocolate chips are vegan, if you want this recipe to be 100% vegan.

Nutrition Serving: 1 | Calories: 637kcal | Carbohydrates: 87g | Protein: 7g | Fat: 31g | Saturated Fat: 11g | Polyunsaturated Fat: 17g | Cholesterol: 29mg | Sodium: 128mg | Fiber: 4g | Sugar: 66g

Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

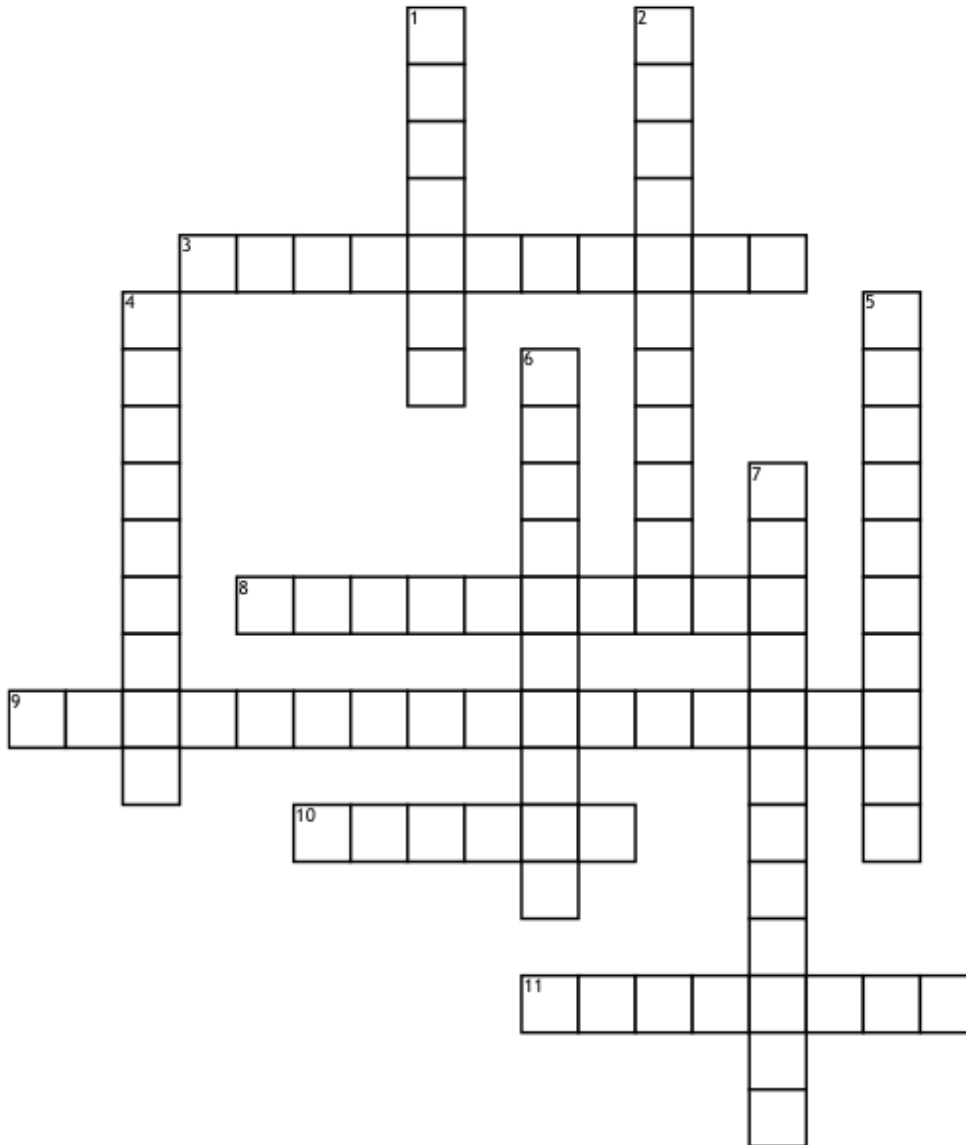
			8		3			7
7			5	6	1			2
	8			9	2		5	
			2	3			4	8
8		3			5		2	
						1		
	2	6			9			
		1					9	
						6	3	

			4					3
							5	7
9				3		8		
	8					5	7	2
7		1					4	9
3	2						1	
	9						2	
		5	6	1				
	6		8			1		

6	5	2	8	4	3	9	1	7
7	3	9	5	6	1	4	8	2
1	8	4	7	9	2	3	5	6
9	1	7	2	3	6	5	4	8
8	6	3	4	1	5	7	2	9
2	4	5	9	7	8	1	6	3
4	2	6	3	5	9	8	7	1
3	7	1	6	8	4	2	9	5
5	9	8	1	2	7	6	3	4

5	7	6	4	8	1	2	9	3
8	1	3	9	2	6	4	5	7
9	4	2	7	3	5	8	6	1
6	8	9	1	4	3	5	7	2
7	5	1	2	6	8	3	4	9
3	2	4	5	7	9	6	1	8
1	9	8	3	5	4	7	2	6
2	3	5	6	1	7	9	8	4
4	6	7	8	9	2	1	3	5

The month of May



Across

3. In May 1887, this Wild West Show opened in London
8. In May 1894 this ship canal was opened by Queen Victoria
9. In May 735 this English monk, scholar, historian and writer, died having just completed his translation of St. John into Anglo-Saxon
10. In May, 1954 Roger Bannister ran the first sub 4 minute mile in this city
11. This "little corporal" died on St. Helena in May 1821

Down

1. In May 1659, this Cromwell resigned as Lord Protector
2. In May 1759 the man destined to become the youngest ever British Prime Minister was born
4. This authorised version of the bible was adopted, 2nd May, 1611
5. In May 1536 this 29 year old queen was beheaded
6. On 4th May 1471, this last battle of the War of the Roses was fought
7. In May 1943, this inventor's bouncing bombs destroyed dams

Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



Contact us...

3030 Singleton Ave. London ON N6L 0B6

519-668-5600

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.

Long Term Care Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Holly Ross	Assistant General Manager	X 8003	Holly.Ross@schlegelvillages.com
Melissa Green	Director of Care	X 8005	Melissa.Green@schlegelvillages.com
Kendall Dougherty	Assistant Director of Care	X 8037	Kendall.Dougherty@schlegelvillages.com
Maria Martin	Assistant Director of Care-Ipac Lead	X 8024	Maria.Martin@schlegelvillages.com
Janna Cook	Assistant Director of Care	X 8019	Janna.Cook@schlegelvillages.com
Erin Seldon	Director of Recreation	X 8007	Erin.Seldon@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Valery Smith	Director of Food Services	X 8004	Valery.Smith@schlegelvillages.com
Tracey Moore	Assistant Director of Food Services	X 8012	Tracey.Moore@schlegelvillages.com
Lindsay Tansey	Registered Dietitian	X 8009	Lindsay.Tansey@schlegelvilages.com
Angela Farrish	Administrative Coordinator	X 8202	Angela.Farrish@schlegelvillages.com
Salma Omerovic	Administrative Assistant	X 8001	Glendale.Admin@schlegelvillages.com
Christina Lippmann	Neighbourhood Coordinator	X 8017	Christina.Lippmann@schlegelvillages.com
Amanda Verberne	Neighbourhood Coordinator	X 8023	Amanda.Verberne@schlegelvillages.com
Nicole Daley	Neighbourhood Coordinator	X 8020	Nicole.Daley@schlegelvillages.com
Ryan Morin-R. Kin.,	Director of PAL Services	X 8008	Ryan.Morin@schlegelvillages.com
Morgan Sullivan—R. Kin.,	PAL Coordinator	X 8016	Morgan.Sullivan@schlegelvillages.com
Yolande Turner	Student Services/Volunteer Coordinator	X 8046	Glendale.Volunteers@schlegelvillages.com
Shannon Brady	Resident Support Coordinator	X 8014	Shannon.Brady@schlegelvillages.com
Tracy King	Director of Quality and Innovation	X 8057	Tracy.King@schlegelvillages.com
Amera Elnamara	Nurse Practioner	X 8013	Amera.Elnamara@schlegelvillages.com
Hans Van Eyk	Chaplain	X 8043	Glendale.Chaplain@schlegelvillages.com

If any Resident would like a copy of the newsletter delivered monthly, please contact Erin Seldon at extension 8007, or let your Recreation Team Member know.

Contact us...

3030 Singleton Ave. London ON N6L 0B6
519-668-5600

Retirement Home Leadership Team

Cindy Awde	General Manager	X 8203	Cindy.Awde@schlegelvillages.com
Heather Hyland	Assistant General Manager	X 8204	Heather.Hyland@schlegelvillages.com
Larissa Polonio	Administrative Assistant	X 8201	Larissa.Polonio@schlegelvillages.com
Angela Farrish	Administrative Coordinator	X 8202	Angela.Farrish@schlegelvillages.com
TBD	Director of Wellness	X 8209	TBD
Tanveer Mann	Assistant Director of Wellness	X 8235	Tanveer.Mann@schlegelvillages.com
Kendra McKellar	Neighbourhood Coordinator	X 8205	Kendra.McKellar@schlegelvillages.com
Shannon Dafoe	Neighbourhood Coordinator	X 8208	Shannon.Dafoe@schlegelvillages.com
Tina Lancaster	Recreation Supervisor	X 8207	Tina.Lancaster@schlegelvillages.com
Lizy Tran	Exercise Therapist	X 8216	Lizy.Tran@schlegelvillages.com
Greg Lee	Director of Environmental Services	X 8006	Greg.Lee@schlegelvillages.com
Amy Jackson	Assistant Director of Environmental Services	X 8229	Amy.Jackson@schlegelvillages.com
Jeff Tucker	Director of Hospitality	X 8056	Jeff.Tucker@schlegelvillages.com
Robert Fagan	Dining Room Supervisor	X 8223	Robert.Fagan@schlegelvillages.com
Carole Metron	Director of Lifestyle Options	X 8230	Carole.Metron@schlegelvillages.com
Holly Albion	Director of Lifestyle Options	X 8231	Holly.Albion@schlegelvillages.com
Monika Szpigiel	Director of Lifestyle Options	X 8232	Monika.Szpigiel@schlegelvillages.com
Kathy Howell	Village Experience Coordinator	X 8233	Kathy.Howell@schlegelvillages.com
Riverstone Spa	Salon	X 8227	Marney@thespaathome.com
Rob Dore	Chaplain	X 8236	gcrhchaplain@schlegelvillages.com

