

# Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

July 2024

Contact Us:

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## SCHLEGEL OLYMPICS *Summer* 2024



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The qualifying rounds for the Schlegel Summer Olympics were a great time in the Village! Many Residents made an effort to do their best and to cheer for others!





# Notes from the General Manager's Desk

Can you believe we are now in July? Where did the time go?

In June, we celebrated our inspiring residents during Senior's Month. At Aspen, we hosted the #ElderWisdom Green Bench event at the Tecumseh Library, where Cecile and Barry shared their wisdom, stories, and laughter with fellow community members.

We also held the Aspen Olympics, where many residents competed in 5 events, showcasing their skills, endurance, and teamwork while being cheered on by Ollie the Rooster! If you didn't see Ollie in person, please check out the pictures! Additionally, we celebrated Pride Month, seeing a vibrant display of colors and having conversations about inclusion, respect, and love.

About a month ago, we received feedback from proactive audits conducted by our Support Office team members. While we did well, areas for improvement were identified. We are actively working through the action plan and making changes such as using placemats in the dining room and offering different food options to enhance your experience. We are also progressing with our capital projects, notably the refurbishment of our front porch in most neighborhoods, with the next priority being our server cabinets. If you have ideas on how we can make Aspen Lake better for you, we would love to hear from you.

For the month of July, we are looking forward to celebrating summer with neighborhood BBQs and live entertainment. As the temperature changes from warm to very hot, please take care when spending time outside. Dress appropriately for the temperature and try to avoid excessive sun exposure. You can check the Hot Weather Temperature board inside the front doors to stay informed about the daily temperature.

Happy Canada Day!

Melody Jackson,  
General Manager

In the  
**Spotlight**



I am overjoyed to introduce you to this month's feature volunteer, or should I say 'returning' volunteer, Joanne Kanaan. Many of you may remember Joanne since she is a long-time volunteer who started at our village in 2016. By February 2020 she had accumulated over 422 hours, helping with many different activities and events and acting as a facilitator of the Java Mentorship Program.

Joanne has recently rejoined the volunteer team at Aspen as a Therapeutic Touch practitioner, and recreation volunteer. She is a member of the Therapeutic Touch Network of Ontario and has been practicing Therapeutic Touch for about 20

years. Joanne and her fellow TT practitioners, who I will introduce in future newsletters, began coming in to Aspen Lake to provide resident sessions in May 2024.

In her spare time, Joanne loves to take nature walks, and enjoys frequenting Point Pelee, Ojibway and other nature parks. She also enjoys sitting by the waterfront, kayaking and playing pool.

Joanne said she is passionate about service and spending time with residents and team members. We are so thankful to have her back as a volunteer at our village, and thrilled to have the Therapeutic Touch Team with us at Aspen Lake.

The Next Volunteer Orientation Session is scheduled for:

**Sunday, July 28th  
at 12 noon**

If you are interested in attending, please call the village to register at:  
**(519) 946-2062 ext. 8016**



# FOOD *for the Soul*

## Laying Bricks or Building Something Great?

Gensler has designed many pronounced buildings, one of them, one of the world's tallest buildings completed in 2015. It stands 2,073 feet tall—it is the Shanghai Tower, tallest in China. Thinking of other building masterpieces of architecture such as St. Paul's Cathedral in London, Taj Mahal in India, and the CN Tower, Toronto here at home.

If we took a poll of construction workers building these great buildings of history—we asked them, "What are you doing?" Some will respond by saying, "I'm laying bricks" or "I make cement." Others will respond when asked, "What are you doing?" Cheerfully with and enthusiasm, "I am building a masterpiece of architecture!"

Surveys reveal most people hate their work. What about you? They don't look forward to going to work; instead, they are bored and tired of their work. They dream of winning the lottery so as not to work another day.

We are not to be bored and unfulfilled by our work. We find what we love and then do it in service to others. This is service to God and as a result this provides us with interests outside of ourselves.

If we look at work merely as something that makes a buck and just to survive, we won't ever be happy. On the other hand, if we decide to serve out of our life, we will not only be happy, others will too. Our labours are meant to help and serve each other.

As we search to find our way to enjoy what we do – let me help and serve you.

Bruce Jackson,

Chaplain

(519) 946-2062 x8043

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# Chapel News

# & EVENTS

## UPCOMING Chapel Events

Chapel Services will be held on each neighbourhood as follows:

### WEDNESDAYS

10:00am - **Lasalle** Neighbourhood

11:00am - **Belle River** Neighbourhood

### THURSDAYS

10:00am - **Walkerville** Neighbourhood

11:00am - **Riverside** Neighbourhood

### FRIDAYS

10:00am - **Sandwich Towne**  
Neighbourhood

11:00am - **Tecumseh** Neighbourhood

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### Roman Catholic Mass

*No Mass in July*

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**Bible Study** - Mondays at 6:30pm  
in the Chapel



## In Memory

**We remember...**

**Roberta A.**

**Maria P.**

Celebration of Life Service  
is planned for September.



## Chapel Music Service

July 8th at 10:30am



## The Benefits of Healthy Foods

As we age, health and lifestyle changes can make it difficult to maintain a healthy diet. Many medical conditions can affect our abilities to get the food we need. It is important for people of all ages to meet their nutritional needs, but especially older adults, so that their bodies can continue to function at a high level. A healthy diet is a main part of aging well and provides numerous benefits for our entire body. It provides us with the essential nutrients that we need to live. Eating well will help your body stay strong by reducing losses of muscle and bone that come with aging. By staying stronger, you can reduce your risk of falling and sustaining injuries. It can also help lower your risk of some health problems, including heart disease, diabetes and cancers. Not only does a healthy diet help your body, but it also benefits your brain and mental health.

Eating a variety of healthy foods will ensure that you get all of the nutrients needed. Your diet should include fruit, vegetables, whole grains and foods with protein every day. Some good protein options are eggs, nuts, fish, milk and yogurt. Drinking water over high sugar drinks is a great choice for your health. Other drinks with added vitamin C and calcium will help keep your bones strong as you age. It is also best to limit your intake of foods that are high in calories but lack nutrients. This includes items that are high in added sugars, solid fats and salt. Many processed and packaged foods tend to fall into this category. Lastly, rather than eating larger meals spaced throughout the day, choose to eat smaller meals and snacks more often. By following these tips, you can achieve a healthy diet to help maintain your independence and quality of life.

Rahul Seehra,  
KIN Student





# Dates to Remember



# BBQ



Neighbourhood BBQs in July

## SUMMER BBQ'S on Your Neighbourhood

**July 11th**

Riverside & Tecumseh

**July 18th**

Lasalle & Sandwich Towne

**July 25th**

Walkerville & Belle River



*Stories* from the  
**GREEN BENCH**  
Podcast

Your seat on the green  
bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca

Read the latest  
Village Voice article on  
our web-site:

**schlegelvillages.com**

*“Good News” stories about Long-Term Care at Schlegel Villages*

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The Village of Aspen Lake



“Follow” us on TWITTER  
@aspen\_lake



“Follow” us on INSTAGRAM  
aspen\_lake

CONNECTION

*corner*

**RESIDENT COUNCIL**

*July 2nd at 2pm*

**FOOD COMMITTEE**

*July 16th at 2pm*

*Meetings in the Chapel*

**FAMILY COUNCIL**

*September 9th at 6:30pm-8pm*

*Meetings take place in Council Chambers.*

How can Family Council support you?  
Please reach out to Chaplain Bruce Jackson to share your thoughts.

*Please note that Family Council does not meet during July & August. The next scheduled meeting will take place on Monday, September 9th at 6:30pm-8pm.  
\*\* Family Council meets the first Monday of each month. \*\**





# Wisdom of the Elder - June Reflections

Question of the Month: Why is independence important to you?



Steven says: "Independence is important because it makes you feel like people can rely on you, like you are needed. It means you can advocate for yourself and make your own decisions, which makes me happy... feeling like I am able to speak up for myself and others."



Natalia says: "Independence is being able to help yourself and do life for yourself. It means being able to take care of those you love. I raised my 3 kids on my own from teenagers, and I have shown them how to be an independent woman, and how to be independent themselves."



# Schlegel Villages – CONNECTIONS



The Schlegel Olympics is an exciting, organization-wide event that brings our east and west Villages together in the spirit of friendly competition.

As part of our Wisdom of the Elder Signature Program, the games help us recognize that regardless of someone’s ability and the fact they reside in a long-term care or retirement setting, their competitive nature still vibrates within and their past experiences and wisdom are worth celebrating.

The games within each Village are a time of laughter, bonding, and relationship building as team members support competitors who are cheered on by their Village neighbours. We look forward to the events held within each Village and especially the events at Taunton Mills and Glendale Crossing that bring all of our people from across the province together.

*Let the games*  
**BEGIN!**

**Tuesday, July 30**

The Village of Glendale Crossing

**Thursday, August 1**

The Village of Taunton Mills

## EVENTS



Slalom



Soccer



Parallel  
Bars



Olympic  
Shooting



Sprint





# VILLAGE QUALIFIERS

Congratulations to our Athletes who are headed to London, Ontario on July 30th! Go, Gators!



**Dina Rudak**

Olympics Shooting

**Rose Emery**

Parallel Bars



**Bill Scott**

Canoe Slalom

**Cecile Wilkinson**

Nu-Step Sprint



**Audrey Azulay**

**Andy Morrow**

Soccer

  
SCHLEGEL VILLAGES





# Schlegel Villages – CONNECTIONS



As the summer rolls on and we reflect on a busy first six months of 2024, it's exciting to note that construction is well underway in four new communities: Ridgeview Court in Milton, Stouffer Mills in Stouffville; Millers Creek in Ajax; and Riverbank Terrace in Ottawa. We're also thrilled to be nearing completion of the next phase of expansion at The Village of Winston Park in Kitchener.

When we think of the sense of community we find across this great country on Canada Day every July 1, we can't help but recall how proud we are to be a Canadian company, proudly owned and operated

by a family that has been caring for older adults for more than 70 years! We continue to grow, bringing our philosophy of service to new communities, and for that we are extremely proud.

Looking ahead, we are a short time away from honouring the Schlegel family's community-building mission during **Wilfred Schlegel Day on August 5.**

This is a time for Village's to work together to give back to their community in any number of ways, and we look forward to the many initiatives we'll see on the Civic holiday in August.



# SPOT the dot!

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



Our “Spot the Dot” program supports “Connect the Dots” Customer Service training and has a goal to recognize our Team Members for providing the best Customer Experience by going above and beyond. All Village Members (Residents, Family Members and fellow Team Members) are invited to write down when they observe or experience a wonderful moment in our Village. The notes can be posted on the Spot the Dot board located on Main Street near the Clinic or can be handed to your Neighbourhood Coordinator.



Ronna, Lana, Jennifer & Rodica from Tecumseh were recognized by a Family Member... “Thank you so much for all that you do every day for our dad and our family. Each of you are a gift & a light that shines brighter than a star.”



Kausila from Tecumseh received this note... “She is wonderful with the Residents. She has fun with them and makes them laugh & smile.”



Eldo from Tecumseh was recognized by a fellow Team Member... “He is very kind, professional and respectful to Residents and Team Members alike. It is wonderful to work with him.”

CONGRATULATIONS TO...  
Ronna...who was randomly selected to receive a \$10 Tim Card!



## Four foods for healthy aging

Most older adults are not consuming enough important nutrients to stay healthy. The best way to get the nutrients our bodies need is through food – that’s why it’s important to choose foods rich in protein, fibre, vitamins and minerals.

Heather Keller, Schlegel Research Chair in Nutrition and Aging, leads the Nutrition in Disguise project, which creates healthy recipes by adding nutrient-dense ingredients to popular recipes, such as lentils in brownies. Below are some of Keller’s favourite nutrient-dense foods to add to recipes or enjoy on their own.

### Almonds

Add them sliced to salads, granola, trail mix, or as a topping for desserts, yogurt or cereal. They are a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes. Other vitamin E-dense foods: sunflower seeds, peanut butter and avocado.

### Dark chocolate

Need an excuse to have dark chocolate in your life? Dark chocolate (at least 70%) is packed with magnesium and iron. Magnesium is important for your muscles, and keeps your heart and immune system strong. Iron helps maintain



many important functions of the body, including energy and focus.

### Wheat Germ

There are countless ways to add wheat germ to your diet – in yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola or toppings for parfaits. Wheat germ is a great source of omega-3, which has been shown to help prevent heart disease and stroke, and may prevent some cancers and other conditions. Wheat germ is also loaded with fibre and vitamin E.

### Flax seeds

Similar to wheat germ, these seeds can easily be added to baked goods such as muffins, breads or loaves; or as a topping on yogurt, salads or cereal. Flax seeds contain a lot of fibre – a nutrient crucial for our digestive health and regular bowel movements. It also helps us feel fuller for longer, and can improve cholesterol and blood sugar levels. Omega-3 is also found in flax seeds.

[Click here](#) to subscribe to Aging 360 and receive more healthy aging tips.

# Signs and symptoms of heat illness



## *Heat exhaustion*

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

## *Heat stroke*



High body temperature



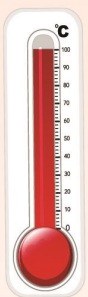
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.





# July Birthdays



## Happy Birthday!

TO OUR RESIDENTS!

### BELLE RIVER

July 11th - Christine F.

July 29th - Gus D.

July 31st - Gloria S.

### RIVERSIDE

July 2nd - Janet P.

July 6th - Dina A.

July 25th - George D.

### WALKERVILLE

July 1st - Samira M.

July 12th - Pavel S.

July 27th - Eugenie T.

### TECUMSEH

July 2nd - Terry L.

July 2nd - Maria J.

### LASALLE

July 1st - Imelda L.

July 4th - Zdzislaw B.

July 13th - Mary F.

July 17th - Filomena M.

### SANDWICH TOWNE

July 1st - Fahmiya H.

July 2nd - Elizabeth M.

July 5th - Tommy J.

July 6th - Rose E.

July 10th - Margaret S.

July 17th - Lenka J.

July 25th - Nicole S.

July 30th - Gaston N.

## Happy Birthday!

TO OUR TEAM MEMBERS

### BELLE RIVER TEAM

July 2nd - Cassandra D.

July 14th - Raymond S.

### RIVERSIDE TEAM

July 2nd - Jennifer S.

July 3rd - Delia M.

July 29th - Harsimran K.

### WALKERVILLE TEAM

July 4th - Catherine T.

July 6th - Sandra M.

July 7th - Kulwinder D.

July 9th - Diana P.

July 27th - Sharada P.

July 28th - Marivic D.

July 29th - Jillian S.

### TECUMSEH TEAM

July 2nd - Pearl J.

### LASALLE TEAM

July 2nd - Ashlee V.

July 22nd - Akinkunmi O.

July 30th - Jade R.

### SANDWICH TOWNE TEAM

July 20th - Nasiba K.

July 30th - Sarah H.

### VILLAGE TEAM

July 19th - Olivia P.

July 24th - Milena T.

July 31st - Dafina P.



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
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- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
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For more information or to book an appointment at The Village of Aspen Lake, please call

**1-888-745-5550**

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



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

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# Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



<b>Melody Jackson</b> <i>General Manager</i>	<b>8003</b>	<b>Belle River Neighbourhood</b>	<b>8013</b>
<b>Katie Zucco, RN</b> <i>Director of Nursing Care (Interim)</i>	<b>8005</b>	<b>Riverside Neighbourhood</b>	<b>8033</b>
<b>Olivia Parsons, RPN</b> <b>Nada Horvat, RN</b> <b>Amanda Bondy, RN</b> <i>Assistant Directors of Nursing Care</i>	<b>8037</b>	<b>Walkerville Neighbourhood</b>	<b>8035</b>
		<b>Tecumseh Neighbourhood</b>	<b>8025</b>
<b>Jillian Studman</b> <i>Director of Food Services</i> <b>Dafina Prvulovik</b> <i>Assistant Director of Food Services</i>	<b>8004</b>	<b>Lasalle Neighbourhood</b>	<b>8027</b>
		<b>Sandwich Towne Neighbourhood</b>	<b>8029</b>
<b>Ken Parish</b> <i>Director of Environmental Services</i>	<b>8006</b>	<b>Brenden St. Aubin</b> <i>Neighbourhood Coordinator</i> <i>Supporting Belle River &amp; Riverside</i>	<b>8012</b>
<b>Jenny Brown</b> <i>Director of Recreation Services</i>	<b>8007</b>	<b>Jackie Garant</b> <i>Neighbourhood Coordinator</i> <i>Supporting Tecumseh &amp; Lasalle</i>	<b>8020</b>
<b>Bruce Jackson</b> <i>Chaplain/Counselor</i>	<b>8043</b>	<b>Shannon Murr</b> <i>Neighbourhood Coordinator</i> <i>Supporting Walkerville &amp; Sandwich</i>	<b>8024</b>
<b>Debbie Durocher</b> <i>Volunteer Services Coordinator</i> <b>Sue MacTaggart</b> <i>Student Service Coordinator</i>	<b>8016</b>	<b>Alex Hrynyk</b> <i>RAI-QI Nurse (North Tower)</i>	<b>8023</b>
		<b>Maja Poposka</b> <i>RAI-QI Nurse (South Tower)</i>	<b>8019</b>
<b>Kristen Beaudoin</b> <i>Director of Quality &amp; Innovation</i>	<b>8051</b>	<b>Ryanne Stieler</b> <i>Director of Program for Active Living</i> <b>Caitlyn Douglas</b> <i>PAL Coordinator</i>	<b>8008</b>
<b>Ashlynn Miller</b> <i>Administrative Coordinator</i>	<b>8002</b>		
<b>Lauren Markovic</b> <i>Resident Support Services</i>	<b>8050</b>	<b>Hair Salon</b>	<b>8042</b>



# A Thousand Words...

Because a Picture is worth a Thousand Words!



Celebrating Seniors Month at our Green Bench Event! On June 8th, Cecile & Barry represented the Village at the #ElderWisdom event at the Tecumseh Cada Library and provided members of the community an opportunity for conversations.

Have a seat... Share wisdom!

