



HAMILTON CONTINUING CARE CHRONICLES

125 Wentworth Street South, Hamilton, ON. L8N 2Z1
(905) 527-1482



July 2024 Issue

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.

Schlegel Villages – CONNECTIONS



SCHLEGEL OLYMPICS *Summer* 2024

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





Resident Council

To our Residents,
We wanted to inform you that Resident Council Meetings will be held on the Second Tuesday of every month.

All residents are welcomed to participate in Resident Council. Please feel free to bring up any issues or concerns related to your Neighbourhood to the meetings. If you do not wish to attend a Council Meeting, please let your Neighbourhood Representative know or the Resident Council President and they can bring forth your concerns during the meeting.

Meeting Minutes are located on each Neighbourhood in a binder if you wish to review what was discussed and the responses that were given.

This Month's Bill of Rights

Resident Bill of Right #9

Every Resident has the right to meet privately with their spouse or another person in a room that assures privacy.

Resident Bill of Right #10

Every Resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.

Happy BIRTHDAY

Edna C

July 04

Jutta

July 26

Walter

July 27

Barry I

July 29

Spiritual Corner

Spiritual Calendar for July

Legion of Mary

July 02 @ 2:00

July 16 @ 2:00

Bible Study with Connie

July 09 @ 10:30

July 23 @ 10:30

Sunday Church Service

July 14 @ 1:30

If you have any questions
please do not hesitate to
speak to
Alexandra Amey-Director
of Recreation

Thank-you!



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.

Recreation Station

Hello everyone and hello July!
Check out what's happening this month!

Canada Day Celebrations

Monday July 01

2:00pm-3:00pm

Patio OR Community Room

Ice Cream Truck Visit

Tuesday July 16

1:30-2:30

HCC Parking Lot

Schlegel Village Olympics

Tuesday July 30

9:00am-3:00pm

The Village of Glendale Crossing, London ON

Neighbourhood BBQ's 12:00-1:30

Tuesday July 09 - Third Floor Neighbourhood

Tuesday July 23 - Second Floor Neighbourhood

Tuesday July 30 - First Floor Neighbourhood

Village Outings

Friday July 19 - Picnic at Mrytle Park 11:30-1:30

Wednesday July 24 - Hutches on the Beach 11:30-2:30

Recreation Updates

A warm welcome to our new Recreation Team Member Brooke!

Alexandra Amey
Director of Recreation



Hamilton Continuing Care: The Heart of Hamilton



Schlegel Villages'
Volunteers

VOLUNTEER WITH US!

If you are interested in supporting our village and would like to Volunteer, please visit our website www.schlegelvillages.com/volunteer

or contact

Alexandra Amey
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  our
volunteers

Follow Us on Social Media!






@HCC_LTC




facebook.com/HamiltonContinuingCare

July Fun!

Zodiac Signs: Cancer  & Leo 

July Flower: Water Lily 

July Birthstone: Ruby 

- ⇒ July is historically called the dog days of summer because it's the beginning of the hot summer days.
- ⇒ July is the hottest month in the Northern Hemisphere and the coldest month in the Southern Hemisphere.
- ⇒ July is named after Julius Caesar, the Roman general and statesman, who was born in this month.

Q. Why do seagulls fly over the sea?

A. Because if they flew over the bay, they'd be bagels!



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.



These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com



Village Team Directory

Name	Role	EXT	Email
Julie Maidment	General Manager	224	julie.maidment@schlegelvillages.com
Kaitlyn Wynnyk	Director of Nursing Care	227	kaitlyn.wynnyk@schlegelvillages.com
Beverly Agravante	Asst. Director of Nursing Care	236	beberly.agravante@schlegelvillages.com
Alexandra Amey	Director of Recreation	233	alexandra.amey@schlegelvillages.com
Heather Livingstone	Neighbourhood Coordinator	223	heather.bell.livingstone@schlegelvillages.com
Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Cheryl Uncles	Administrative Coordinator	229	cheryl.uncles@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com

