

The Village of

Sandalwood Park REVIEW

Vol. 22 Issue 08 August 2024

Recreation Review
Pg 4

Message from The GM
Pg 2

Research Matters
Pg 12

Clips and Curls
PG 6

Welcome/Birthdays/memorial
Pg. 3

Dentist Pg 13

S.V Connections pgs 11& 12

Pal Message Pg 7

Contact Information Pg. 14



CLASSIC

CAR SHOW



THURSDAY AUGUST 22ND

6:30PM

BBQ & MUSIC

425 GREAT LAKES DRIVE BRAMPTON ONTARIO

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.



The Village of
SANDALWOOD PARK



Wishing you a Happy Birthday!



All Residents

We have a new Memory Box which you can find in our Chapel.

It is an opportunity for all members of the Village - including team members, volunteers, students, residents, and visitors – to share a special memory or words of appreciation for a resident of the Village who has passed away. These messages will be shared at our memorial services and with the family or loved ones of the resident.

Thank you for helping us to remember the special people who we have been fortunate enough to know at the Village!

Our Residents

Lucinda A	August 26th
Gurmal A	August 10th
Maria O	August 1st
Gwen D	August 7th
Palagia G	August 4th
Paul G	August 31st
Jasset L	August 13th
Jusztina L	August 20th
Janice M	August 6th
Robert S	August 29th
Tammy T	August 17th
Robert Y	August 17th

IN MEMORIAM

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

See Note Beside for Memory Box information

RECREATION



Monthly Birthday Parties!

Wednesday August 21st

**Elliot and Sanders
2:00pm in S,OA**

**Johnston and Cumberland
3:00pm in J,OA**

**Come join us to celebrate
Everyone's Birthday**

review



MULTICULTURAL
Festival

Wednesday, August 28th
On Main Street
@ 1:30—3:30pm

- Dress in your Cultural Dress
- Enjoy Food from different Countries
- Listen to music from around the world

If you would like to support with Food or other items please see Jenn

Art Therapy

Monday August 12th
&
Monday August 26th

1:30pm in Community Centre



Ice Cream Cart Social

**Popsicles,
Ice cream Sandwiches
Fudgesicles, Creamsicles**

**Tuesday August
6th & 20th
2:00pm –3:00pm**



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



Family Council

**Next meeting will be
Sunday, September 22nd
1:00pm
Community center**

Please email
Brendan.Cater@
schlegelvillages.com for
More information

Residents Council

Next Meeting will be
Wednesday August 21st
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

A Message From P.A.L

WELCOME

Hello everyone!

My name is Richard Ayala



I am the new R.Kin – PAL Coordinator for The Village of Sandalwood Park. I have an extensive educational background in exercise rehabilitation/injury prevention and my role here is to assess and create new innovative interventions to prevent injuries caused by falls, as well as to become a pillar of support for the village.

Since there are still many who do not know me, here are a few fun facts about me: I am a soccer fanatic, I love listening to music and playing the guitar, and I am a glutton when it comes to trying different cultural foods! I'm very excited to join the team here and get to know all of the residents and their respective families.

Please feel free to reach out to me any time if you have any questions or just want to say hello! Thank you for welcoming me into your home and I hope to continue to support everyone as best as possible.

I can be reached at

905-458-9272 ext 812

Richard.ayala@schlegelvillages.com



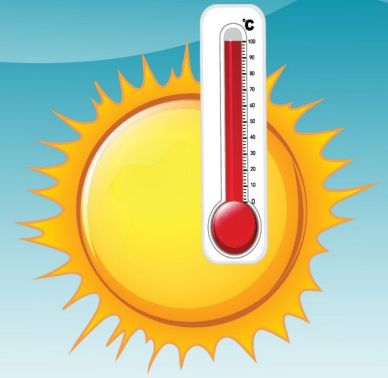
Wednesday, August 14th 2024

WATER DAY

**10:30 am water fun and music in
the Court Yard on Elliot &
Sanders**

**2:00pm water fun, snow cones,
steel pan music
in the front yard**

Stay hydrated!



FACTS



With the weather finally getting warmer, proper hydration is of increased importance for everyone but especially our residents



Staying hydrated leads to increased energy, better sleep, improved mood, increased clarity, better digestion, and better concentration



Evidence tells us that our residents need to drink at least 6-8 cups or 1500-2000 ml of water per day



Water in beverages (e.g. milk, coffee or tea) and foods counts!

TIPS



Drink water throughout the day



Eat foods with high water content such as fruit and vegetables



Drink together – when you consume water with others you are likely to drink more



Remind others to drink water regularly



Drink a glass of water during a routine you do daily (e.g. when you brush your teeth, take your medication, etc.)



Take water with you during activities such as walking



Help us give hope!

Join us for a beautiful afternoon of golf while raising funds for the Wilfred Schlegel Hope Fund.

THURSDAY SEPTEMBER 26

12:15 p.m. – registration and lunch
1 p.m. shotgun start

Victoria Park East Golf Club
1096 Victoria Road South, Puslinch

Foursomes for sale

\$600 per foursome or \$150 per player.
• Includes lunch, dinner
and 18 holes of scramble golf.

To buy your tickets visit
schlegelvillages.com/GolfForeHope
or scan the QR code



All profits raised go
to the Wilfred Schlegel
Hope Fund.

#iGiveHope

WILFRED SCHLEGEL
Hope Fund


SCHLEGEL VILLAGES

Schlegel Villages – CONNECTIONS



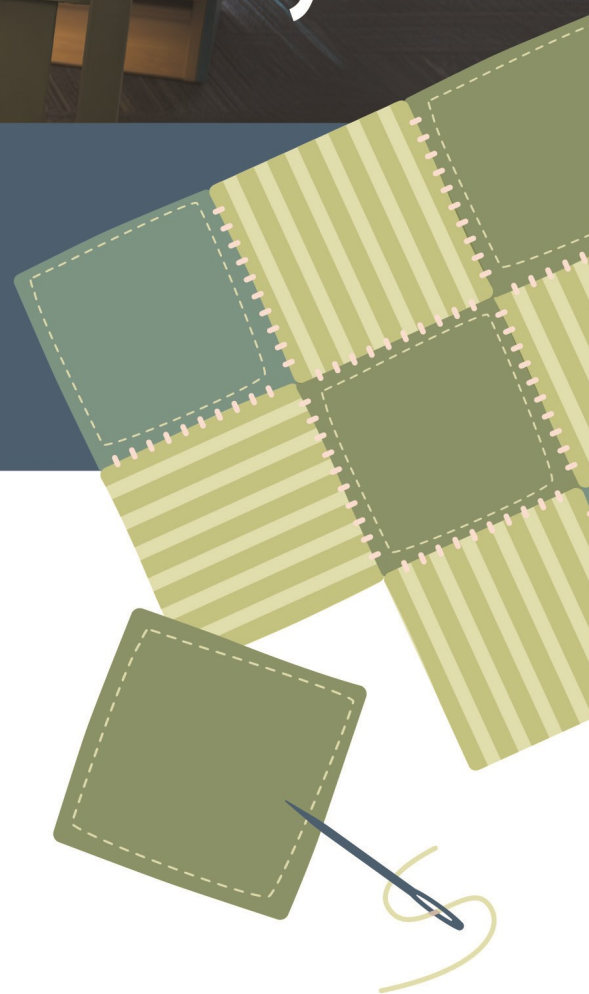
The **GRANDEST** **GRANDPARENT** Legacy quilt project

This year, Schlegel Villages is excited to celebrate Grandparents Day in a unique and heartfelt way! We invite all grandchildren to participate in our **Grandest Grandparent Legacy Quilt Project** by creating a personalized quilt square that showcases why their grandparent is the grandest.

Starting **August 15th**, we will provide 6x6 square materials at all our Villages and online for order. Grandchildren are encouraged to decorate their squares, leaving a 1/4 inch border on each side, and then send them back or drop them off at a Village. Along with their creative quilt square, participants should also submit a written piece explaining why their grandparent holds a special place in their hearts.

To make this project even more special, some of our Villages will host Grandparents Day programs on the second Sunday of September, where grandchildren and grandparents can come together to work on their quilt squares. This is a wonderful opportunity to bond, share stories, and create lasting memories.

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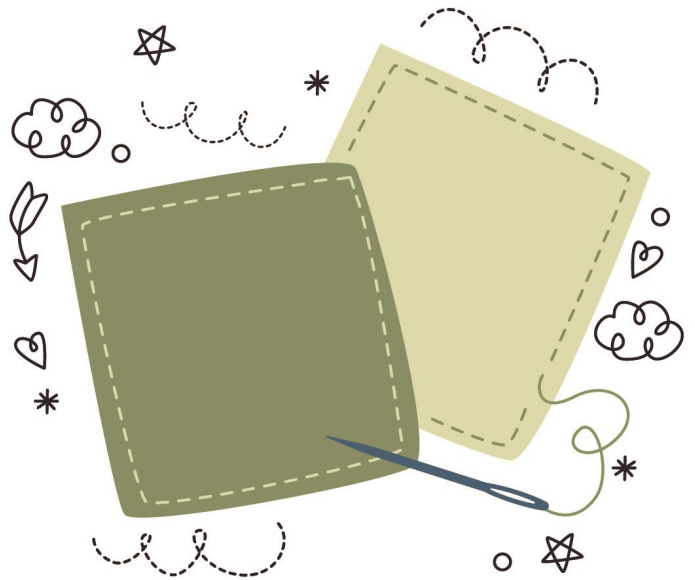
Schlegel Villages – CONNECTIONS

Once all the quilt squares are **collected by October 31st**, our team will connect them into a beautiful collective quilt. We will collaborate with skilled quilters to finish the quilt, which will then be proudly displayed at Schlegel Villages.

Each quilt square and accompanying story will be turned into a digital display for our SVTVs and social media platforms. Additionally, our online digital quilt will allow you to click on an image to see the story behind it, preserving these precious memories in a digital format for all to see.

Join us in this touching tribute to our beloved grandparents. For more information on how to participate, please visit our website or contact your local Village.

Let's celebrate their legacy by creating a quilt filled with love, stories, and creativity!



**WILFRED
SCHLEGEL**

Monday, August 5

Day

Wilfred Schlegel Day marks a month of giving back to the community through a variety of initiatives, no matter how large or small.

Every year on the first Monday of August, Schlegel Villages honours Wilfred Schlegel for the way he inspired his son and grandsons to strive every day towards the betterment of their community and for how his legacy inspires us all.

Keeping your mind active

Keeping your brain active is like giving it a workout, helping you to think, concentrate, and feel better about yourself. Studies have shown that by doing simple daily exercises, we can learn new strategies and stretch our mental abilities. Inspired by the “By Us For Us Guide: Memory Workout”, this article shares enjoyable activities to help you keep your mind active, slow down memory decline, and improve overall well-being.

Simple Exercises to Boost Memory

Crosswords and Word Searches: These are great for improving vocabulary. You can set a 20-minute timer and see how many words you can find, rather than focusing on completing the puzzle.

Rubik’s Cube: They don’t have to be solved; the act of trying helps keep your mind active.

Jigsaw Puzzles: Start with puzzles that have fewer, larger pieces. As you get better, move on to more complex puzzles.

Musical Instruments: Even if you are only able to use one finger, it will still get you thinking and help with coordination.

Math Games: Games like Yahtzee or dominoes help keep your math skills sharp. You can also practice making change to improve your practical math abilities.



Memorization Activities: Try reading an article several times, or making a list of 10 items, and then see how much you remember.

Tips for Successful Brain Workouts

- Create a routine and try to set aside an hour each day, three to five times a week, for these activities.
- Pick activities you find fun and interesting to make it easier to stick with the routine.
- Begin with easier tasks and gradually increase the difficulty as you improve.
- Focus on what you can do and celebrate small achievements. You might do better tomorrow. You might have done better yesterday. What matters is that you are doing the best you can in the moment.

Keeping your brain active is a lifelong journey. So, pick up a puzzle, grab a deck of cards, or try a new game today – your brain will thank you for it!

For more tips and information, refer to the “By Us For Us Guide: Memory Workout”:
the-ria.ca/bufu.



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- ✓ Hearing aid dispensing, cleaning and adjustments
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- ✓ 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



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

The Village of Sandalwood Park

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General Manager

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Director of Food Services

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Program for Active Living

Richard Ayala Richard.Ayala@schlegelvillages.com	Ext. 812
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Neighbourhood Coordinator

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ADNC/Infections Control Coordinator

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Resident Support Coordinator

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Spiritual Care Coordinator

Andrea Saul	Ext. 828
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Director of Quality

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Director Of Nursing Care

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Director of Recreation/Volunteer Services

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Director of Environmental Services

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B.S.O Lead—P.E.R.T Coordinator

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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
See our Newsletter and Monthly Activity Calendar online at www.schlegelvillages.com