

Aspen Lake ECHO

CELEBRATING THE NEWS & EVENTS OF THE VILLAGE OF ASPEN LAKE

August 2024

Contact Us:

The Village of Aspen Lake
 9855 McHugh Street,
 Windsor, ON N8P 0A6
 (519) 946-2055

We celebrated Canada Day with live music outdoors on a beautiful day!

There was a lot of patriotic pride on display because we are #ProudToBeCanadian!



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Notes from the General Manager's Desk

Summer is in full-swing and it is wonderful to see people out enjoying the summer weather around the Village. The front patio is a popular spot, but if you find it a little too crowded, we also have a lovely central courtyard that is often a quiet space with a view of the soccer fields.

Were the summer days of your youth filled with riding bikes? We are anticipating the first rides on our newest two-person bicycle! The Maintenance Team has done the set-up work and the training documents are almost ready - so we will be seeing Residents enjoying a ride around the neighbourhood very shortly! It will be a fun way to get out and about!

Coming soon to Main Street... there will be a change with our pop machine. The current machine is not able to accept cash and Coca-Cola is moving to machines that only accept payment by debit or credit. Our solution is to have our pop & water sales operate out of the General Store. There will be a new fridge in the place of the pop machine. Customers will need to tell the Volunteer in the store that they are wanting a cold drink or stop in at the Village Office if the store is closed. This will also give us control over the drinks being offered, so please let us know what your favourite is and we will add it to the available options!

At the time this is being written, our Village is in a Village-Wide outbreak for Influenza A. We encourage everyone to practice good hand hygiene habits in the Village and please do not visit while you are ill. Any visitors to the neighbourhoods should check-in with the Team Members on the neighbourhood or in the Village Office for direction.

Later in the month, we will be celebrating the work of our St John's Ambulance Pet Therapy program. This program is in its 20th year in our community and has supported Aspen Lake almost from the day we opened! Please support our fund-raiser for this great organization by attending the BBQ Lunch on August 20th or by getting a ticket for the Raffle Basket (available in the Village Office or General Store).

Many thanks for your continued support! Enjoy these summer days!

Melody Jackson,
General Manager



In the Spotlight



Angie is supporting Kelly and sharing the benefits of Therapeutic Touch.

Please help me give a warm welcome to this month's feature volunteer, Angie Hanson. Angie has recently joined our volunteer team as a Therapeutic Touch practitioner. She has been practicing Therapeutic Touch for the past five years.

In her spare time, Angie loves to bake. She baked with her mom for years, and now enjoys baking with her sister. She also enjoys gardening and cooking.

Angie has also been a volunteer at Hospice for six years, working in the kitchen. She enjoys volunteering because she likes giving back to her community. Angie enjoys being around seniors, and recalls being involved in many activities when visiting her mother in the dementia unit at Huron Lodge for 15 years.

Thanks so much Angie for joining our volunteer team! We are so grateful to have you with us as a Therapeutic Touch practitioner at Aspen Lake!

The Next Volunteer Orientation Session is scheduled for:

**Sunday, August 25th
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*

Run the Race

Today is not the day to be late....

Olympians don't want their competition times to disqualify them. Today is not the day to be late. Many of the Residents in the Village have been practicing for the Schlegel Summer Olympics! Go Aspen Go!

In July we wait with anticipation for the Paris Summer Olympic Games, the excitement and anticipation on athletes' faces. As the Olympics get underway either in Schlegel or in Paris—we gather with hope aiming for gold.

We are reminded that we all run a race of perseverance in our daily lives—taking each day as it comes—the race marked out for us. God provides for us and takes care of us in all circumstances! Let me encourage you to throw off anything that hinders us, hurts us, and run our daily race with perseverance. Someday we will know that we have finished the race, with a “well done”!

I found two quotes reminding us of how to live:

- 1) Ralph Waldo Emerson, "To laugh often and much; to win the respect...to know even one life has breathed easier because you have lived. This is the meaning of success."
- 2) "Take the future head-on. And do it with a smile. :)"

Today is not the day to be late...laugh, breath, smile with success. You can do it. As always it is a pleasure serving among you!! Happy to support you in your race.

Bruce Jackson,

Chaplain

(519) 946-2062 x8043

bruce.jackson@schlegelvillages.com

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

Roman Catholic Mass

August 20th at 2pm

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



In Memory

We remember...

Diane C.
Cecelia D.
Richard E.
Ann G.
Georgette G.
Helen L.
Kathy L.
Lenore P.
Malwina T.
Branko T.
Mary T.
Maria Z.

Celebration of Life Service
is planned for September.



Schlegel Villages Summer Olympics

As the 2024 Summer Olympics in Paris are underway, the Schlegel Summer Olympics will take place on July 30 when Aspen Lake will travel to compete against Residents from other Villages at the Village of Glendale Crossing. Aspen Lake will be represented by six residents competing across five events. One of our athletes is Rose Emery from Sandwich Towne, who will be participating in the Parallel Bars event. She will also participate in the NuStep Sprint event as an alternate. Over the past month, she has been coming down to the Fitness Club consistently to practice her Parallel Bars routine and improve her speed on the NuStep bike. Rose had never won a medal in her life until she was one of the top performers at our Village event in June. This was the first time she had ever participated in a competition like the Schlegel Olympics.

Rose says that exercising is important to her because it has helped her become healthier and begin walking again. Exercise has allowed her to try new things and move around more, as before she was not as active as she is now. She feels accomplished and remains motivated to continue her commitment to exercise.

Rose also credits everyone who has helped her reach this point where she is competing for medals.

At the Schlegel Olympics, she plans to have a good time and enjoy the day. Rose is not focused on the outcome, since she is proud of how far she has come to be in this position. Regardless of whether she wins another medal, Rose says she has already accomplished so much over the past three years while at Aspen Lake.

Rahul Seehra,
KIN Student



Rose Emery with her Gold Medal from the Aspen Lake Olympic Event!

Dates to Remember



SUMMER BBQ'S on Your Neighbourhood

August 15th

Riverside & Tecumseh

August 22nd

Lasalle & Sandwich Towne

August 29th

Walkerville & Belle River

This month, our BBQ's will be for supper and have a Mediterranean menu!

DOG RACES

AUGUST 22ND

AT 2:30PM

We are celebrating all dogs and especially our therapy dogs this week.

Come to Main Street to join in the fun!



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

schlegelvillages.com

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

Join us on Social Media!



“Like” us on FACEBOOK
The Village of Aspen Lake



“Follow” us on TWITTER
@aspen_lake



“Follow” us on INSTAGRAM
aspen_lake

CONNECTION

corner

RESIDENT COUNCIL

August 21st at 2pm

FOOD COMMITTEE

August 27th 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. ***

Schlegel Villages – CONNECTIONS



September 8

Grandparents Day

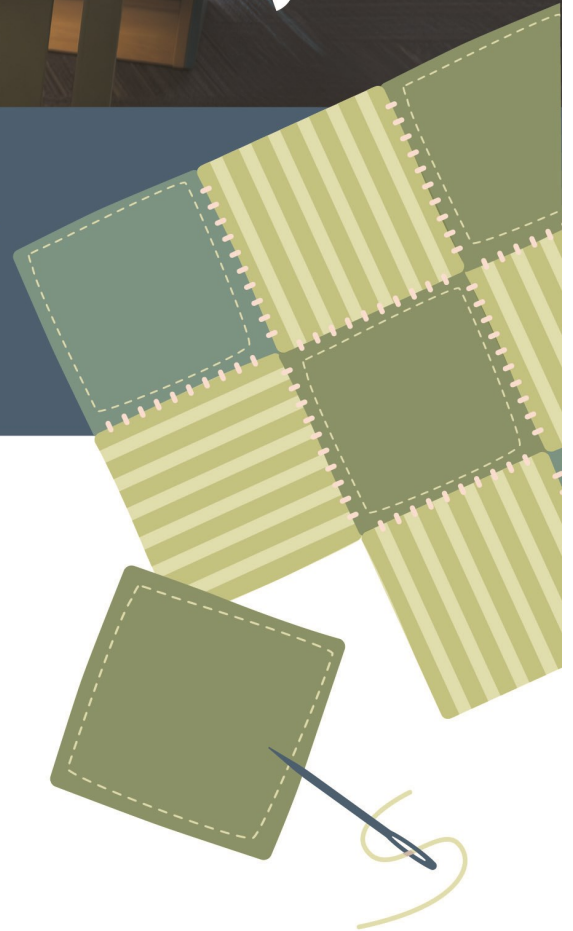
The **GRANDEST** **GRANDPARENT** *Legacy quilt project*

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.

Continued on next page



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.

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.



Ashley from Lasalle was recognized by a Family Member... “Ashley is so kind and attentive. Her smile and dedication is always greatly appreciated.”



Shelley from Lasalle received this note from a Family Member... “An amazing PSW who helped my mom! So grateful! She followed through.”



Amanda from Tecumseh was recognized by a fellow Team Member... “For being an amazing Team Member and always being there for Residents. She is a great co-worker. We always look forward to working with her.”

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





Helping Hands in the Village: *Supporting St John's Pet Program*

St John's Ambulance Pet Therapy Program has been providing services at Aspen Lake since 2012. Our Residents have benefited from spending time with so many different therapy dogs during that period. Our restrictions around volunteers during the COVID period meant that we missed their visits for a while - but as soon as the restrictions allowed, these Therapy Teams (owner & dog) were the first to jump up and say "We're ready to come back!" This year, the St John's Ambulance Pet Therapy program is celebrating their 20th year! We are giving you the opportunity to show your appreciation to their program and participate in some fund-raisers in August.

BBQ HOT DOG OR SAUSAGE

FUND-RAISER LUNCHEON

Tues, August 20th
11:30am - 1pm

\$8.00



Hot Dog or
Sausage,
Chips and
Summer Salad

Proceeds will support the St John's Ambulance Pet Therapy program, which is celebrating it's 20th year!

Get your ticket for a fun raffle basket to support the St John's Pet Therapy Program!

Raffle Basket

Tickets are:

3 for \$5.00

(Single Tickets - \$2 each)

Draw Date: August 23rd

Get your tickets at the
General Store.



Helping Hands in the Village:

How you can help to make someone's Christmas very special:



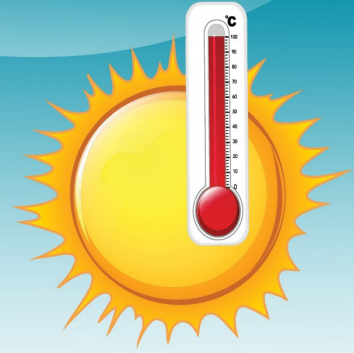
- Participate in our Donation Raffles
SEPTEMBER - Bring in School Supplies to win!
OCTOBER - Bring in Personal Hygiene supplies (soap, hair brushes, toothbrushes, etc.) for a chance to win!
NOVEMBER - Bring in SMALL children's toys (no weapon or war-themed toys and no used toys) for a chance to win!
- Fill a shoebox on your own and bring it in!

Save the Date!

Family BBQ

**Saturday - September 7th
11:30am - 1pm**

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



August Birthdays



Happy Birthday! TO OUR RESIDENTS!

BELLE RIVER

August 8th - Stephanie D.
August 11th - Kelly L

RIVERSIDE

August 7th - Peter F.
August 13th - Ivan M.
August 20th - Miroslav V.
August 27th - Bill F.

WALKERVILLE

August 23rd - Doreen D.
August 25th - Donna S.

TECUMSEH

No Birthdays this Month!

LASALLE

August 19th - Barbara T.

SANDWICH TOWNE

August 1st - Christine B.
August 7th - Barry H.
August 26th - Teresa C.

Happy Birthday! TO OUR TEAM MEMBERS!

BELLE RIVER TEAM

August 5th - Francesca A.
August 13th - Angela K.
August 13th - Jodie K.
August 14th - Sergio L.
August 21st - Sita S.
August 25th - Denise P.
August 27th - Maha A.

RIVERSIDE TEAM

August 19th - Katherine R.

WALKERVILLE TEAM

August 5th - Elizabeth M.
August 9th - Paula P.

TECUMSEH TEAM

August 2nd - Victoria N.
August 5th - Russell D.
August 6th - Laura P.
August 16th - Kausila S.

LASALLE TEAM

August 9th - Denise M.
August 19th - Jaime G.
August 20th - Dipa E.
August 25th - Hari M.

SANDWICH TOWNE TEAM

August 4th - Phul B.
August 5th - Dayna B.
August 11th - Shannon M.
August 13th - Neb K.
August 28th - Rebbie C.

VILLAGE TEAM

August 10th - Carlos T.
August 15th - Navdeep S.
August 21st - Carliesel P.
August 28th - Mai A.



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 Aspen Lake, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Hairdressing Services at Aspen Lake



Styles by Stacy

Stylist
519-946-2062 ext. 8042

Owner and operator
Inside Schlegel Villages Windsor
Ontario

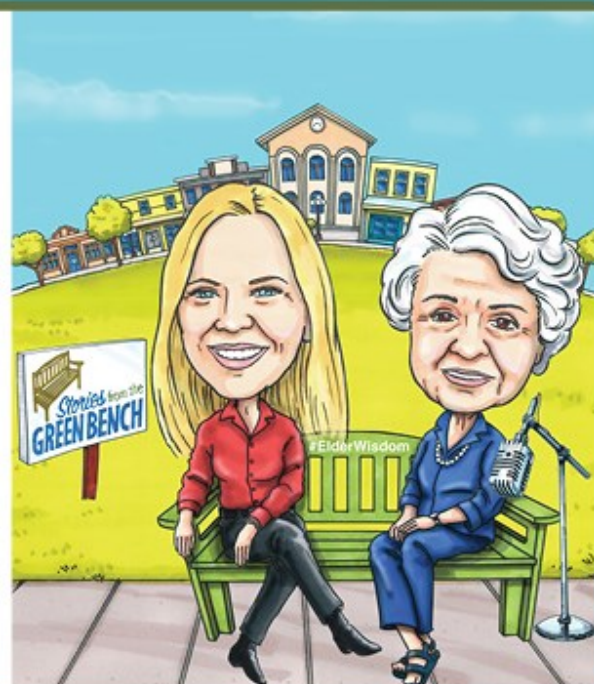


Stories from the **GREEN BENCH** Podcast

Your seat on the green
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Village Directory

The Village of Aspen Lake

Automated Answer Line

(519) 946-2062



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

A Thousand Words...

Because a Picture is worth a Thousand Words!

Summertime means BBQs! Throughout the month of July, we have kept the BBQ fired up with Neighbourhood BBQs each week. Residents enjoyed a burger cooked on the grill and some special treats we don't usually see at the lunch table... pop & chips! We are already looking forward to the August BBQs... nothing better than fresh off the grill!

