

ISSUE: 9  
SEPTEMBER  
2024

# The Senior Star

...News from Maynard Nursing Home

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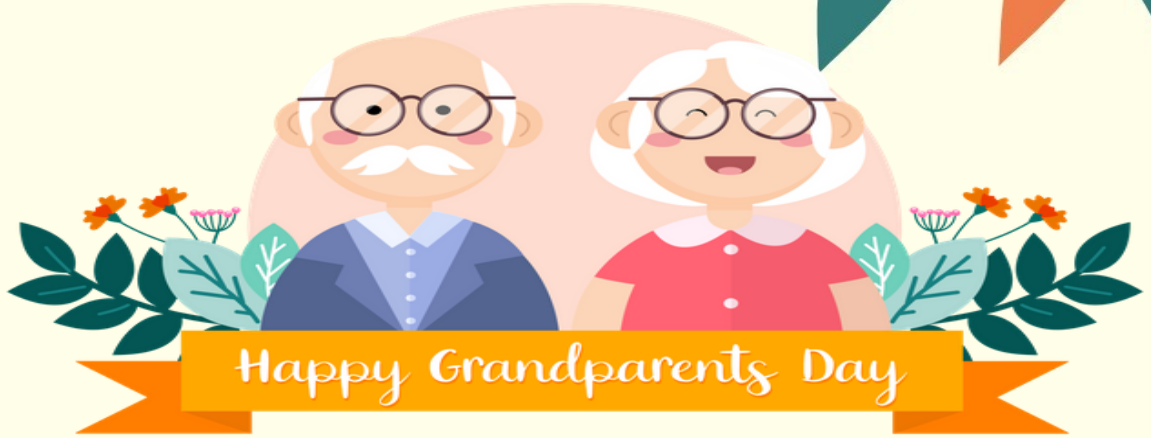
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**Grandparents are special with wisdom and pride**  
They are always offering love and kindness and are always there to guide.

They often make you feel so confident and strong  
Their arms are always open no matter what you did wrong  
They try to help out in every way that they can  
They love all their grandchildren the same whether you`re a child, woman or man.

They are always there to list and to lend a helping hand.  
They show you respect and they try to understand.  
They give their love, devotion and so much more, that`s easy to see.



**MAYNARD**  
Nursing Home

MAYNARD NURSING HOME 28 HALTON STREET TORONTO, ONTARIO M6J 1R3

PHONE: 416-533-5198 FAX: 416-533-3531

<http://www.schlegelvillages.com/maynard-toronto>

# RESEARCH MATTERS

RIA FEATURE

September 2024

## A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

### What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

### How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

### What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: [the-ria.ca/events/arts-and-aging-day](https://the-ria.ca/events/arts-and-aging-day)

# Schlegel Villages – CONNECTIONS

## WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



# September can be hot

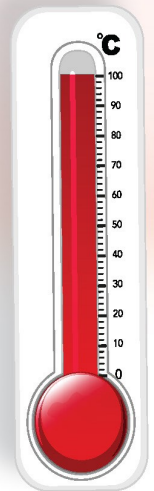
*Keep cool and have fun!*

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INDOORS  
REST  
SUNSCREEN  
HAT  
POPSICLES

COOLSHOWER  
LIGHTACTIVITY  
HYDRATE  
FAN  
SUNGLASSES

LIGHTCLOTHING  
UMBRELLA  
SHADE  
WATER





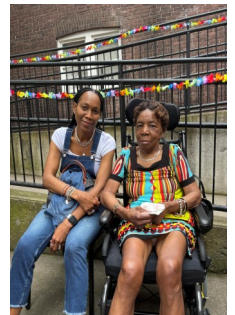
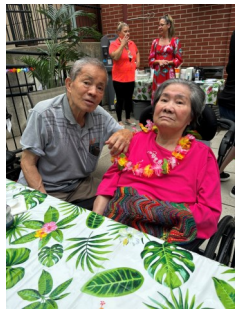
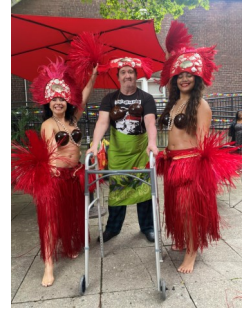
# Album of Family Fun Fair

On Saturday, August 17th, our goal of bringing Residents and their families together was successfully achieved.

Two decades of smiles, laughter, and cherished moments at our Family Fun Fair!

A huge thank you to our residents, their families, and the fantastic team who made this day a beautiful celebration once again.

Cheers to 20 years and counting!



# NOSSA SENHORA DAS DORES 15/09

Ave Maria Sagrada  
Cheia de Graca divina  
Oracao tao pequenina  
Mes de uma beleza elevada

Nosso senhor e convosco  
Bendita sois vos Maria  
Nasceu vosso filho um dia  
Num palheiro humilde e tosco

Entre as mulheres bendita  
Bendito o que destes a luz  
No vosso ventre Jesus  
Amor e graca infinita

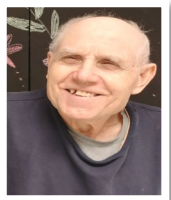
Santa Maria das Dores  
Mae de Deus se for do vosso  
agrado  
Pelo vosso filho amado  
Rogai por nos pecadores

Se o povo vive sem sorte  
Acordai-nos virgem mae  
Agora e sempre e tambem  
Na hora da nossa morte

Amem dizemos com alegria  
Ajudai-nos virgem mae  
Agora e sempre e tambem  
Na hora da nossa morte

Amem dizemos com alegria  
Ajudai-nos virgem mae  
O sempre virgem Maria  
Que e mae de Deus nossa mae  
tambem.

By Joao Engenheiro,  
Maynard Nursing  
Home Resident



**Alfred Sodonis Sep 6th**

**Alex Murray - Sep 18th**

**Jane Hill -Sep 27th**

**Jose Couto- Sep 30th**

**Sending you smiles for  
every moment of your  
special day...Have a  
wonderful time and a very  
happy birthday!**

# DATES TO REMEMBER

September 4th - Labour Day

September 10th - Grandparents Day

September 16th - Oktoberfest

September 21th - World Alzheimer's Day

September 23th - First Day of Autumn

September 30th - National Day for Truth  
and Reconciliation



# Schlegel Villages – CONNECTIONS



MONDAY,  
SEPTEMBER 30

## National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.




ARTS & AGING  
DAY CANADA



SEPTEMBER 24



Looking for meaningful way to spend your time?

Volunteer with us and bring smiles to our seniors!

Call Allison, the Volunteer coordinator

@416-533-5198– Ext 303

Or

Email:

maynard.volunteers@schlegelvillages.com



Family Council seeks to improve the overall quality of life and care for all residents by promoting an environment of unity and support amongst staff, friends, and residents families.

Maynard's Family council is seeking a president and vice president representative.

All family members are welcome to attend or join the family Council.

For any interest or information in joining please e-mail

samuel.leite@schlegelvillages.com

**get social**  
tell your story. share our vision.



Like us on Facebook  
[facebook.com/schlegelvillages](https://www.facebook.com/schlegelvillages)



Follow & Tweet on Twitter  
[@SchlegelVillage](https://twitter.com/SchlegelVillage)



Tag us on Instagram  
[@SchlegelVillage](https://www.instagram.com/SchlegelVillage)



## The Family Quality of Life Survey

interRAI has undertaken a program of research to develop a new Family Survey instrument to measure family member experiences and expectations. The new interRAI Family Quality of Life Survey is now available to be used with your LTC family members on the QoLPro platform. This instrument contains 25 items, half of which are core items that are also on the Resident Self-Report QoL Survey and half are new items that are unique to the family experience in LTC.

Family members play a critical role in resident's quality of life while living in Long Term Care. They provide vital information and collaboration in shared decision-making to support person-centred care planning. They support residents with their physical and psychosocial needs and can provide insight into the operation of the LTC home. Therefore, family members have unique perspectives that can inform approaches to improving quality of care and quality of life in long-term care.

Visit <https://schlegelvillages.qolpro.com/surveys/family> or use the QR Code to complete your survey

