



HAMILTON CONTINUING CARE CHRONICLES

125 Wentworth Street South, Hamilton, ON. L8N 2Z1

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October 2024 Issue

Schlegel Villages – CONNECTIONS



THERE'S
always
SOMETHING TO BE
thankful
FOR

With the colours of Autumn marking another change of season, we reflect on the spirit of gratitude we have within Schlegel Villages. We are grateful so many people choose to make their home with us and we know that without the dedication, compassion and commitment of our amazing team members, we couldn't offer the care our residents deserve. We are thankful for all they do every day.

We are also grateful that this year we have seen fast progress in the construction of four new long-term care Villages, which when complete will allow us to expand upon our mission to offer our social model of living and our concept of Village Life to more of our neighbours. Across Ontario, there is a great need for new long-term care capacity, and Schlegel Villages is proud to be part of the solution.

Schlegel Villages – CONNECTIONS

ACTIVE AGING — WEEK —

The **Michael T. Sharratt Program for Active Living (PAL)** is one of the three Signature Programs that distinguishes Schlegel Villages among care providers, and during **Active Aging Week** from **September 30 to October 6**, we are reminded how fortunate we are to have such a program.

Our kinesiologists and exercise therapists work with partners and other team members to create individualized approaches to physical well-being for the residents we serve, and we encourage everyone to take advantage of the opportunities they offer.

We see the impact of their efforts in many ways, and take this opportunity to share our gratitude for all of our PAL team members.



Schlegel Olympics, Summer 2024



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 #15

Every resident has the right to exercise the rights of a citizen.

Resident Bill of Right #16

Every resident has the right to proper accommodation, nutrition, care and services consistent with their needs.



Mary Lou	October 03
Frank	October 04
Joanne	October 13
Charles P	October 17
Eileen	October 18
Daniel	October 19
Hamide	October 20
Patty	October 26



Penny!



Spiritual Corner

Spiritual Calendar for October

Legion of Mary

October 01 @ 2:00

October 15 @ 2:00

Bible Study with Connie

October 08 @ 10:30

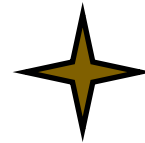
October 22 @ 10:30

Sunday Church Service

October 13 @ 1:30

In Loving Memory

With great sadness,
we remember our friends
who are no longer with us



Betty J.



Recreation Station

“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.” Here are some fun things happening in October!

Coffee with a Cop Day

Wednesday October 02

2:00pm-3:00pm

Community Room

Festive Music Entertainment

Saturday October 05 & Monday October 14

2:00pm-3:00pm

1st Floor Neighbourhood

Spooky Halloween Party

Thursday October 31 2:00pm-3:00pm

2:00pm-3:00pm

Community Room

Village Outings

McDonald's— Thursday October 10 @ 11:30-2:30

Splitzville - Tuesday October 15 @ 1:00-3:30

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, She/Her
(Director of Recreation)
alexandra.amey@schlegelvillages.com

We  Our
volunteers

**Follow Us on
Social Media!**
@HCC_LTC



Like us on
Facebook

facebook.com/HamiltonContinuingCare

October Fun!

Flower—Calendula or Common Marigold.

The October birthstone is Opal, Ancient Greeks thought that Opal honored its wearer with the gift of foresight and prophecy.

October Zodiacs

Libra (The Scales)

Scorpio (The Scorpio)

Q: Where do werewolves store all their Halloween Candy?

A: In a WEREhouse!

Understanding Insomnia and How to Treat It

As we age, we often sleep less and experience poorer quality sleep. Many older adults struggle with insomnia, meaning they have trouble falling asleep, staying asleep, or waking up too early. Chronic insomnia, which lasts for more than three months, can significantly impact our health and quality of life because sleep is essential for our bodies and minds to recover.

Dr. Sophiya Benjamin, Schlegel Chair in Mental Health and Aging, studies these sleep changes and offers advice on managing insomnia.

- **Go to bed only when you're sleepy**, and if you're awake in bed for more than 20 minutes, get up and do something quiet like reading or listening to soft music until you feel sleepy again. Try to wake up at the same time every day to keep a regular sleep schedule.
- **Spend less time in bed if you can't sleep.** If you're lying in bed but not sleeping, try spending less time in bed. For example, if you're usually in bed for 9 hours but only sleep for 5.5 hours, try reducing your time in bed to 6 hours. This method works by increasing your body's sleep drive. You can slowly increase your time in bed as your sleep improves.
- **Relax before bed.** Try deep breathing, tensing and then relaxing your muscles, or



mindfulness exercises to help calm your mind and body. Remind yourself that it's okay to have a bad night's sleep once in a while. Your body will catch up, and being relaxed about it can actually help you sleep better.

- **Keep naps short.** If you need to nap, try to keep it under 20 minutes and avoid napping after 3 p.m.
- **Watch what you drink.** Avoid coffee or other caffeinated drinks after noon.
- **Talk to your pharmacist or doctor** to see if your medications might be affecting your sleep.

Understanding and accepting these natural changes in sleep as we age can help us take steps to improve our sleep quality. For more resources, visit mysleepwell.ca or consult with your doctor.

For more helpful content to enhance your life, subscribe to updates from the RIA at www.the-ria.ca/enews.



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
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Shaman Kaur	Food Service Manager	234	shamanpreet.kaur@schlegelvillages.com
Nelia Rodrigues	Administrative Coordinator	229	nelia.rodrigues@schlegelvillages.com
Jonathan Manning	Exercise Therapist	503	jonathan.manning@schlegelvillages.com
Registered Nurse	Charge Nurse	506	hcc.chargenurse@schlegelvillages.com
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