



HAMILTON CONTINUING CARE CHRONICLES

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



September 2024 Issue



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 #13

Every Resident has the right to keep and display personal possessions, pictures and furnishings in their room subject to safety requirements and the rights of other residents.

Resident Bill of Right #14

Every Resident has the right to manage their own financial affairs unless the resident lacks the legal capacity to do so.

Happy BIRTHDAY

George	September 12
Lou Ann	September 13
Betty	September 17
Barry R	September 17

Spiritual Corner

Spiritual Calendar for August

Legion of Mary

September 03 @ 2:00

September 17 @ 2:00

Bible Study with Connie

September 24 @ 10:30

Sunday Church Service

September 15 @ 1:30

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

Thank-you!

In Loving Memory

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

Mireya P
Janice S



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

The General News...

HCC Community Room!

Happy September everyone!

In case you haven't heard, our community room downstairs is back up and running and makes for a great recreation space which our team is putting to excellent use. Did you know however, you can come and visit your loved one and go down to the community room for some quite time, to play a game or watch a movie?

Please ask any member of the Leadership Team or Recreation Team if you would also like to book the room for a party or get together, we will be happy to accommodate!

Have a great September!

- Julie



Julie Maidment
General Manager

Recreation Station

As the leaves start changing to beautiful yellow, red, and orange we look forward to what will be happening for the month of September!

Village Events

Grandparent's Day Celebrations

Sunday September 08

2:00pm-3:00pm

Community Room

HCC Car Wash

Sunday September 08

10:00-2:00

Parking Lot

HCC's Game Night

Tuesday September 18

6:00pm-7:00pm

Community Room

Village Outings

Picnic in Myrtle Park - Thursday September 12 @ 12:00-2:00

5 Pin Bowling - Thursday September 26 @ 1:00-3:00

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

September Fun!

Zodiac Signs: Virgo & Libra

September Flower: Aster

September Birthstone: Sapphire

- ⇒ September is the ninth month of the year, but its name comes from the Latin word *septem*, meaning "seven"
- ⇒ In ancient Rome, September was dedicated to the god of fire, Vulcan.
- ⇒ The September birth flower, the aster, symbolizes powerful love.

Q: Why did the scarecrow win an award?
A: Because he was outstanding in his field!



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
Cheryl Uncles	Neighbourhood Coordinator	223	cheryl.uncles@schlegelvillages.com
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
Crystal Beaudoin	Social Service Worker	508	crystal.beaudoin@schlegelvillages.com